



THE HARRIER

Spring
2019



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: 13th May 2019

PRESTON HARRIERS welcome the following New Members

SHELLEY AUDIS-RIDDELL
VERITY GLASSEY
KHAN HAMZA
MACIEJ JARNO
WILLIAM METCALF
EVA NUGENT
GRACE RAYNER
MARTHA RAYNER
LOLA UREY
PAUL YOUNGER

Cover:

Some of the younger competitors in the Christmas Handicap



e-mail harriermemberbenefits@gmail.com
Which will reply with
YOUR HARRIERS DISCOUNT CODE

CLUB VESTS

There are two sources of Vests:
Ann Middleton either at the track
(Monday night 6-8 & Wednesday 6-8.30)
or e-mail to: phclubkit@gmail.com

Sue Wickham also has vests and other kit.
Contact her at:
suealoesports@hotmail.com

TRAINING KIT

Below is a sample of some of the new training kit now available online from :
www.surridgesport.com/preston-harriers



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Management Committee

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Member	Gary Tunstall	garytunstall@btinternet.com
Member	Roy Parkinson	rwpark57@hotmail.co.uk

CHAIRMAN'S REMARKS

Recently I was working on the Club's history in the 1960's and was reminded how few Girls were competing at the time. There had always been a few, sprinters and jumpers, and they achieved good results for the time, but only when we got the track at London Road was there a regular inflow of Girls who found athletics as a good outlet for their talents.

It was at the end of that decade that we started to see ladies tackling distance events – in fact it took a long time before the rules even allowed them a full set of middle and longer distance events. Susan Carnegie, Kathy Holden and Liz Connors were among the pioneers of distance running in this area, and their performances still look good today.

In the last month I have been seeding at Northern Indoor Championships and been amazed to see just how many Girls are now taking part, especially in the younger age groups. Why is this? Do the Boys all imagine they can become Premier League footballers? Of course we know that only a minute proportion can become stars in any sport, but we must persuade more of the male sex that we have a sport worth their attention, and persuade both sexes that there is a lot of pleasure to be gained long term even if you aren't among the winners.

There have been some excellent results for our members at these Championships, and we look forward to even better results when the summer season gets under way.

The Under 15 relay squads will be competing at the Indoor Grand Prix meeting, and meanwhile our endurance squads are working their way through the Championships and gaining their rewards in a different way. Well done to all of you.

Below you will see the formal notice of the Annual General Meeting, which will take place on 1st April (because it happens to be a Monday, not for any other reason!!).

To most members this may be a boring piece of routine, but if you have things to say about the way the Club is run, you need to be there. We want to hear what you have to say, so please try to spare the time to come along and express your views.

Roy Swinbank

NOTICE OF PRESTON HARRIERS ANNUAL GENERAL MEETING

at
The Meeting Room
(1st Floor of the Reception Building)
UCLan Sports Arena
Off Tom Benson Way
Preston

on
Monday 1st April 2019 at 7.00pm

All Proposals for the AGM should be submitted by no later than 12 noon on Friday 1st March 2019

to:

Roy Swinbank (Chairman) roygreenhill@hotmail.co.uk

or

Bob Welfare (Secretary) athleticcoach1@gmail.com

PRESTON 10

Sunday 18 November 2018

The 37th Preston 10 race took place in ideal weather, with bright sunshine and only light winds. This year's race was sponsored by Pete Bland Sports, Tesco Leyland Extra and Eyesentials Opticians of Leyland and it attracted more than 500 runners from around the North West and beyond.

A group of 5 broke away on the first of two laps, but by the second lap, Tim Raynes of Blackburn Harriers and Adam Sciacca of Sale were locked in battle at the front of the field with Wesham's Rob Danson chasing hard from behind. Raynes won the race in an excellent time of 52.11, with Danson pushing through to claim second in 52.37 and Sciacca settling for third place in 52.43. Thirty-two runners broke the hour, including the first lady, Liz Abbott of Lytham St Anne's Road Runners, who clocked 59.35.



Wesley Wilkinson

First Harrier to finish was Wesley Wilkinson in 59.12. He was followed by Chris Wales (62.56), Stephen Young (63.31), Mariusz Kovacs (64.21), Peter Cowling (66.14), Neil McDonald (67.53),



Laura Conn

Steve Hallas (68.14), Craig McDougall (72.42), Ian Palfrey (74.42), Andrew Tranter (74.41) Ian Patterson (1:27:15), Bill Topping (1:27:05) and Andy Lea ((1:34:09). Harrier ladies who ran were Laura Conn (1:19:36), Jade Bebbington (1:22:55) and Julie Tyrer (1:31:33).

Preston Harriers thank all who ran and all the supporters and volunteers who made the race such a success and we look forward to welcoming you all again for the 38th edition next year.



Tim Raynes with John Proctor

XMAS HANDICAP



WHO WON?

WHO CARES?

KENDAL WINTER LEAGUE

Sunday 10th February 2019

The fifth race in the Kendal Winter League 2019 took place in the 3.2 kms. steep sided Barbondale valley.

The weather was kind to the runners, with the sun breaking through every so often. Eight members of Preston Harriers took part in the race which was won by Rob Jebb (v/40 Helm Hill) in 20:52.

First Harrier home was Oliver Heaton, sixth in the race (22:43); followed by John Rainford (V50 28:14); Roger Taylor (V50 28:31); Eleanor Parker (33:53); Robyn Anderson (FV40 36:08); Mick McLoughlin (V60 36:13); Olga Wiggins (41:02); and Joe Howard (V70 59:06).



Oliver Heaton

Joe



Mick McLoughlin



Robyn Anderson

PRIMARY SCHOOLS GAMES

Friday 23rd November 2018

The Harriers were asked to help out once again at these prestigious annual games for 26 local primary schools and the senior Harrier stalwarts were once again aided by six young Harrier helpers

This year we had Cerys Allen, Josh Hodgkinson, Maddie Roach, Evie Keft, Corey Middleton and Thomas Martin down at the Sir Tom Finney Sports Hall, part of the Uclan complex at the bottom of Leighton Street and Marsh Lane. The Harrier seniors were Dave Tait, starter, Barbara Gilles, Vicki Duckett and Pat Jackson track judges and Bob Welfare, Joe Howard, Steve Jackson, Dave Simpson, Alan Appleby and a parent, Chris Hall making up the timekeeping team.

The games are organised by Harriet Ascroft – School Games Organiser for Preston with Paula Barrow, who was the Presenter, both based at Ashton Community Science College also Emma Gove, Louise Violet and another Harrier, Emma Hargreaves who along with some of their students from Ashton were field event supervisors with Chris Gunn of Uclan who organised the venue and the Uclan students who helped run the field events.

The Games are based on Sportshall and use the same rules and scoring formats. Field events comprised Chest Pass, Speed Bounce, Standing Long and Triple jump, Javelin and Vertical Jump and the Track events we were involved with

were Obstacle (hurdles), 6 Lap Paarluf, 2x1 Lap, 4x1 Lap and 2x2 Lap. In all these track events our youngsters demonstrated the race which we timed and then challenged the schools to beat the Harriers performance, very few did. After the demonstration they ensured the starts were performed correctly and then kept the teams in order during the race, quite a task at times.

The day went well with just a short break for lunch and by mid afternoon all the events had been completed. The schoolchildren made lots of noise supporting their teams during the races and there was much enthusiasm shown by the teams themselves as they competed.

At the end when everything had been totalled, Broughton came out 1st with 609 points, 2nd were St Andrews with 562 points and 3rd were Our Lady and St Edwards on 546 points. There is always great rivalry between the schools, all giving their best and making for good competition. Three small schools only performed the Field events, St Mary and St Andrews came 1st with 114 points, and Lea Endowed and Ingol were tied on 88 points each. At the Presentation each team member received

an appropriate medal with the team awarded a trophy, these were presented by Harriet and Paula with help from the students and that concluded another successful Games.

Well done and thank you once again to our youngsters - and seniors.

Alan A



Maddie Roach, Cerys Allen, Evie Kett, Corey Middleton, Josh Hodgkinson, Thomas Martin

LEE MILL FELL RELAYS

Sunday 25th November 2018

The Lee Mill fell relay is one of the many races organised by Rossendale Harriers each year and this was the fourth winter running of the event. The start and finish is at Moorland Park, above Bacup. The route is flagged, although some people did go wrong, as it's not taped and flagged as extensively like a cross-country race and there are turns that have to be picked up and some featureless ground too.

The ascents start from Lee Farm, through the Green Moor Quarry, now disused and used extensively by mountain bikers, and climbs Top of Leach (474m) by it's northern shoulder. There's then a boggy route through Walstead Clough, where many made better acquaintance and close contact with the peaty ground. It's then back alongside the edge of Britannia Quarry and Lee Moss, to join the tracks used on the outward stretch.

The legs are 10k and 340m of ascent, with four legs, so four in a team. Except sometimes, there aren't... the team of "White Peak Fell Runners" only had two runners, running two legs each and they still came 2nd. The White Peak name, being a grouping of two very strong runners, Alasdair Campbell of Buxton and Harry Holmes of Pudsey & Bramley. They were both 2 minutes slower on their second runs...but what an effort.

So, there is an emphasis too, on a bit of fun and some made up team names. It is, however, a serious event, and full kit has to be carried as, it's a fell race! The weather can turn nasty on the higher ground. It snowed heavily last year, and this year, there was a cold wind, with spells of light rain under leaden skies. 85 teams set out and 2 didn't post full times.

Preston Harriers had three teams out and there were even two teams from Coventry Godiva Harriers. Oliver Heaton finished 7th on the first leg in 47.54; he recorded the 13th fastest time overall. For the "A" team who finished 29th, Oliver was followed by Jon Green (58.07), Neil McDonald (64.25) and Mike Burnham (67.29)

The Vets had John Griffiths, Roger Taylor, Roy Parkinson and Alan Appleby and they were 42nd in a combined time of 4:09.57. Both John and Roy showed, as experienced fell runners, how

to descend on steep broken ground with little purchase.

Rather wonderfully, there was a full ladies team with Eleanor Parker picking up leg 1, then it was Robyn Anderson, Vicki Sherrington and Olga Wiggins. Olgas said after she loved every minute of it and, came in to the finish with a huge smile on her face. The ladies finished in 5:20.24.

Ribble Valley Harriers won, breaking the previous record by over 14 minutes in 3:04.24. Their ladies broke their own record, lowering it 3:37.01 and the two individual men and ladies records went too. Chris Holdsworth in 43.58 and Nichola Jackson in 51.47.

It's a good event, a nice winter get together and well done to all who ran and especially those who ran at the Liverpool cross country the previous day.

Steve Jackson



Mike Burnham

CLUB AWARD WINNERS 2018

TRACK AND FIELD AWARDS

ERNIE TOPPING AWARDS (U.11'S BADGES)

LOGAN CAMPBELL JOSH PERRY, HAYDEN RIDGLEY, SOPHIA INCE, OLIVIA CAVEN

MOST IMPROVED 5STAR PENTATHLON SCORE 11-14

Male JOSHUA BEST (16%) Female MEGAN IND (40%)

BEST PERFORMANCES AT CLUB CHAMPIONSHIPS

Male (Richard Aspinwall Memorial Cup)

JAMES INCE HIGH JUMP 1.52 (GRADE 1, UK RANK 17TH) CLUB RECORD

Female (Ewart Bradshaw Bowl)

EVIE NOBLETT SHOT PUTT 9.24 (GRADE 1, UK RANK 20TH)

MOST PROMISING ATHLETE

MALE: NATHAN DUNN (Major Oddie Trophy)
FEMALE: EMILY RANKIN (Jean and Dave Tate Trophy)

MOST IMPROVED T & F ATHLETE

MALE: HARRY BURROW (Marcus Worthington Trophy)
FEMALE: EVIE NOBLETT (W,G.Swinbank Trophy)

ATHLETES OF THE YEAR (SHIELDS) (FOR SELFLESS CONTRIBUTION TO THE TEAM)

MALE: HARRY EVERETT FEMALE: SHARON WILKINSON

OVERCOMING ADVERSITY

THOMAS O'BRIEN

INTERNATIONAL AWARDS (FIRST NATIONAL VEST)

CHARLOTTE CROOK 1500M INTERTRUST GAMES, GUERNSEY
NATHAN DUNN XC SCHOOLS INTERNATIONAL

JUNIOR VOLUNTEER OF THE YEAR

ETHAN TIBBS

COACHES CHOICE AWARDS

MALE: HARVEY NOBLE
FEMALE: HOLLY SUFFOLK

ACHIEVEMENT OF THE YEAR

JAMAINE COLEMAN

SPECIAL AWARD

UNDER 13 GIRLS 4X100M RELAY TEAM (TOP OF RANKINGS AND WINNERS AT MULLER GAMES)

CROSS COUNTRY

THE CLARKSON CUP	1ST SENIOR MAN IN NATIONAL XC –	RICHARD SMITH
THE NATIONAL AWARD	1ST SENIOR LADY IN NATIONAL XC -	EMMA ESSEX-CROSBY
GARDEN WIZARD TROPHY	UNDER 17 XC CHAMPION BOY	KIAN DAVIS
JIT WATER FILTERS TROPHY	UNDER 17 XC CHAMPION GIRL	SCARLET SUTTON
XC SHIELD	V40 XC CHAMPION	DAVID WATSON
SHIELD	O/A LADIES XC CHAMPION	EMMA ESSEX-CROSBY
CHESTER TROPHY	O/A MEN'S XC CHAMPION	DANIEL BEBBINGTON



ROAD

1ST FINISHERS IN PRESTON 10

MALE WESLEY WILKINSON FEMALE LAURA CONN

ROAD RUNNING CHAMPIONSHIP

CHAMPIONSHIP WINNERS

MALE V40	1ST ANDY WHALEY
	2ND KENNETH GAWNE (SR)
	3RD IAN PATTERSON
FEMALE V40	1ST VICKI SHERRINGTON
	2ND JULIE TYRER
MALE V50	1ST NEIL MCDONALD
	2ND PETER COWLING
	3RD ANDREW TRANTER
FEMALE V50	1ST SUE WICKHAM
	2ND ANGELA TRANTER
FEMALE V60	1ST MAUREEN KIRKBY



MALE OVERALL CHAMPION	1ST KARL HODGSON
	2ND SIMON COLLINS
	3RD ANDY WHALEY
FEMALE OVERALL CHAMPION	1ST JADE BEBBINGTON
	2ND DOLLY PARKES
	3RD JULIE TYRER



FELL

JUNIOR AWARDS

Under 11 Boys	1ST JOSH PERRY
	2ND CONNOR RIGBY
Under 15 Boys	1ST VLADIMIR WIGGINS
	2ND JAMIE HAWTIN
Under 17 Men	1ST AARAN BALDWIN
Under 20 Women	1ST EMILY WIGGINS
Boys Champion	VLADIMIR WIGGINS
Girls Champion	EMILY WIGGINS



SENIOR AWARDS

Badger Run Winner	JAMIE HAWTIN
White Coppice Time Trial Winner	CONNOR RIGBY
Mount Trophy V40 Fell Champion	JON GREEN
Annie McKay Shield V50 Fell Champion	JOHN RAINFORD
V60 Fell Champion	MICK MCLOUGHLIN
2 X 2 Best performance in a pairs event	JIM DOHERTY & ROY PARKINSON
Ladies trophy Ladies Fell champion	ROBYN ANDERSON
Slate Slab Mens Fell Champion	JON GREEN
Bob Alexander Wayfarer Poor Navigation	ROGER TAYLOR

VETERANS AWARDS

Vernon Vets Trophy Men	ANDY WHALEY
Vernon Vets Trophy Women	VICKI SHERRINGTON



LIVERPOOL AND MID-LANCS XC

Saturday 24th November 2018

The Liverpool Cross Challenge is, rightly, something that is always looked forward to by all. It doesn't matter how fast, or slower you are, the races have something for everyone and the Liverpool and District and Mid Lancs Leagues who form an integral part of the fields have become a vital contributor to the event. This year was the 18th consecutive year that Mid Lancs have been included and it all started with a request to fill out the junior fields.

For this year, 37 clubs entered a total of 1,265 runners in advance. It's a different entry procedure from the early days, with a unique number and chip timing, which the clubs have to pay for, although it is subsidised. With pre-entry, all of the competitors can be listed along with the Challenge runners in the event programme. Mid Lancs league HQ was set up in the main marquee and after getting there early, with Steve Taylor and getting the tent up, in what is more or less the same place each year for ease, the two crates of numbers were collected and sorted.



Ben Preddy

The continued appeal of the event is that it does draw competitors from all over the UK and not just for the senior races too. All the age group races had people who'd travelled and many had stayed over the previous night, putting money into the local economy and something that Liverpool City Council inherently recognises with it's much needed support of the event. Even the under 11 races for eg, had competitors Western AC (from the Isle of Man), Woodford Green with Essex Ladies and City of Stoke to name only three clubs.

Next to us was a small group from Poole Runners and nearby also were a large team from Giffnock North AC, with a marquee and Garscube Harriers – both from Scotland. The under 11 races also included district primary schools races with Wirral, Liverpool, Southport Sefton, and St Helens represented and there was an excited group of them waiting to run outside the number collection area as teachers and parents sorted them out.

This was the third event in the British Athletics cross country challenge series, after Cardiff and Milton Keynes and a number of our juniors had enjoyed a train trip to compete at Milton Keynes too. The cross challenge is now able to produce a full set of named results, because of the pre-entry system, but then each will produce a set of results just for their own leagues. The first set of provisional results for Mid-Lancs were posted up on Sunday evening, which when considering the amount of work involved, is quite impressive.

The Mid Lancs League event was therefore just the second set of races this season, after the opener at Ulverston on 13th October. The event at Hyndburn, scheduled for 10th November had to be re-arranged to 8th December because of some required permissions that were delayed.

The Liverpool races again, were also the trial races for the senior and under 23 Great Britain teams for the European Cross Country Championships in Tilburg, in the Netherlands, scheduled for 9th December.

This year, the running conditions were a complete shock really. In most years, runners will finish absolutely splattered in mud, but not this time. Liverpool is usually a muddy course, with some areas best described as testing. There was not even a slightly sticky surface which meant that the races overall were largely faster paced as the



Jackie Fairchild

going was so good. The weather was kind, a bit overcast but not too cold – ideal conditions, but not so, if you prefer some mud.

The first races of the day were the under 11 boys and what follows is mostly a reference to the Mid-Lancs positions. We had a good total of ten boys running, many visiting Liverpool for the first time and they ran 2k. Ethan Chadwick finished 13th, and Connor Rigby was 17th with Hayden Ridgley 28th. 91 finished and we saw runs too from Eddie Chandler, Russell Hall, Adam Link, David Hall, Matthew Link, Joshua Collie, and Josh Perry.

Normally, we'd see the under 11s as the first event, but they went second and we had only two runners! Rachel Thompson and Sarah Winstanley ran, enjoyed it too and, I'm sure they would like some more support...

Anna Thompson, led the team in, over 3k, for the under 13 girls race (19th) and team placings also went to Megan Reynolds and Poppi Watson. There was good support from Grace

Wareing-Yeulett, and Ella Sturzaker.

The Under 13 boys, also competing over 3k, saw Jenson Warren finish in 11.19 for a super 4th place, whilst Ben Dilworth was 6th & Sam Smalley 29th. The Under 15 girls race, continuing the theme of running 3k, saw a good turnout with Grace Brown 7th, Jessica Watson 10th and Olivia Miller 11th. That was sufficient for a team place of 2nd, behind Chorley, but the girls turned out well, with Libby Huxley, Faye Houghton, Emily Reynolds, Jessica Lane, Emily Knell and Eva Sturzaker all contributing to the effort.

The top team performance of the day in the Mid Lancs, resulted in Harriers' under 15 boys being first team, with Thomas Durney, Alex Kerfoot and Thom Barnes counting. Matthew Fazakerley finished 5th in the under 17 men's race and he was joined by Harry Everett, and Arran Baldwin

In the under 20 race covering 6.7k, and which was a separate non Mid Lancs race, but for Challenge entrants only, Nathan Dunn had a fine race to finish 11th, and Kian Davis 32nd. Jack Dee-Ingham, Byron Sowerby and Niall Higham all featured.

In the women's race, Eleanor Davis ran a strong and well-paced effort in another quality field to finish 27th overall, in 27.45 over 8.1k. Jackie Fairchild was only just behind too, finishing 35th in 28.03. The winner was Charlotte Arter of Cardiff AC and a group of five had entered the last lap, all in contention.

Harriers third team counter was Jenny Wren and it meant that Harriers Mid Lancs ladies team finished 2nd to a strong Blackburn Harriers. The Mid Lancs league results then saw Eleanor be placed 2nd and Jackie 3rd, behind now, Blackburn's Jessica Judd who has competed for GB. The women's race overall had 311 finishers of whom 164 were Mid Lancs runners; some had entered the challenge, but those numbers alone show how the fields are enhanced and supported by the leagues taking part.

The Harriers ladies team could certainly do with some more support. Katey Foster was unfortunately suffering from a nasty chest infection. We have regular contributions from Emma Essex-Crosby, Vicky Sherrington, Olga Wiggins, Emily Wiggins, and Angela Tranter, Sue Wickham and Kari Edwards – all appreciate what cross country can offer. For all those road runners out there, it can help you and gets you onto a far softer surface, without the same repetitive movement of road running.

LIVERPOOL MID-LANCS (CONTD.)

The senior men were the last race of the day at 2.05pm and there was a field of over 600 runners for the 9.8k distance. The pace at the front was almost breath-taking, as some strong runners fought to keep pace and the race broke in a number of chasing groups. Patrick Dever finished an excellent 12th, fourth under 23, in 28.44 whilst Ross Millington of Stockport who won in 28.00 only triumphed by 4 seconds. Patrick, being an under 23, should have had his age category bib pinned to the back of his vest, but the organisers didn't have enough, which really should not happen.

Daniel Bebbington was 45th in 29.48 and third counter was Chris Durney in 31.41. The other team counters for Mid Lancs were Richard Smith, Wesley Wilkinson and Andy Whalley. The overall turn out for the men was very good and we featured a total of 20 runners and only a couple of "no-shows." Wesley was running his first cross country and only making his second appearance in a Preston vest. The first was the Preston 10, where he was first Harrier to finish.

Talk at the tent afterwards was how fast the start had been, and how easy it was for all to get carried away because of how fast the surface felt. Some had looked at watches after the first mile and realised they could be in trouble later, if they didn't slow it down. But in reality, the only danger to runners was probably the number of leaves the spikes collected!

The whole event was well organised. Liverpool Council workers kept emptying the bins to keep it all tidy and were on hand throughout the day. The food vans and the Start Fitness store did a roaring trade. The only thing left behind was a set of fell / trail running shoes, but they were swiftly reunited with Alan Appleby after the event, although he hadn't really noticed they were missing...

Thank you to everyone who ran, for bringing safety pins and generally keeping "our area" tidy.

Steve Jackson



EUROPEAN CROSS

Patrick does Preston Proud

Preston Harriers' Patrick Dever (22) competed for Great Britain at the European Cross Country Championship men's under 23 race in Tilburg in the Netherlands on Sunday 9th December 2018, over what was a challenging course featuring soft terrain, twists, turns, ups, downs, log jumps and woodland. The race started in typical frantic cross

country fashion and Patrick was clocked as being 34th position after the first 1,000 meters. However, he quickly and skilfully worked his way up the field, soon finding himself in the top 10, before going on to finish strongly taking 5th place overall and first British athlete home in a time of 24:05, helping the team take silver medal.

Simon Collins



LONGRIDGE 7 XMAS PUDDING ROAD RACE

9th December 2018

A sunny morning welcomed the runners for the Long-established Longridge 7 Xmas Pudding Race. Running since the early 1980's this race still attracts large fields. Rob Grantham (Pensby Runners) won in 41:10. Standards have dropped since the early years, with the 1986 race being won, on an unchanged course, 4 minutes faster and the first 17 runners finishing inside this time. It was a nice change after the heavy downpours at the Mid Lancs Cross Country League race the day before.

Most Preston Harriers preferred the Saturday mud to the hills up Longridge Fell. Of the few Preston Harriers turning out first home was Dougie Potter (29th, 48:13) followed by Andy Acklam

(54th, 51:40), Craig McDougall (65th, 53:01), Andy Lea (91st, 56:00) and Laura Conn (110th, 57:16). Doing both races was Olga Wiggins (216th, 1:05:21) with Dean Kirby (226th, 1:05:47) not far behind. Ian Patterson (249th, 1:08:11) finished next with Julie Tyrer (289th, 1:10:41) the final Harrier home in a field of 411 runners.

Steve Taylor



RIBBLE VALLEY 10K



Sunday 30 December 2018

Paddy sets new Harriers record

Thirty harriers lined up at the big Ribble Valley 10k on Sunday December 30th, a race that not only the first race in the club road championship, but it also doubles as the North of England championship race and is also known for attracting a stellar line up. This year was no different with international and Olympic athletics in attendance. Preston were lead home by Patrick Dever who followed up his fantastic performance at European Cross Country Champs to not only third in the race, but also set a new Preston Harriers road 10k record by finishing in a time of 29:24. Patrick will once again compete for team GB at Stirling XCountry on January 12th, an event which will be shown live on the BBC.

Preston next five runners all ran superbly to finish in under 35 minutes, with Nathan Dunn breaking the 30 minute barrier to finish in 29:50 and take eight place in the race. U17 runner Ben Preddy was next in, in a time of 31:44 which moved him to top the UK rankings for his age category. Then came junior athletes Jack Dee-Ingham (32:54), and Byron Sowerby (33:15) followed in by fell runner Oliver Heaton in 34:13.

Not to be out done by the clubs talented youngsters, Colin Shuttleworth won the men's

vet category in a time of 39:55 and Alan Appleby won the vet 70 category in a time of 45:21.

As far the club road championsip is concerned, the big points in the mens open category go to Patrick, Nathan and Ben. Whilst in the women's category last years defending champion Jade Bebbington (51:02) finished behind Vicki Sherrington (50:02) who also takes maximum points the vet-40 category, a great start to her season. Julie Tyrer (54:15) was the third Preston lady to finish the race. Elsewhere Andy Whaley (36:34), who recorded a huge PB, was our first male vet-40 to finish race to get his age category title defence off to a flying start. Dave Watson (38:32) and Sue Wickham (58:37) lead the way in the vet-50 categories and Colin Shuttleworth (39:55) takes an early lead in the vet-60 category.

Other Harriers that competed where as follows; Simon Collins (36:28), Alex Venables (36:53), Stephen Young (37:55), Chris Wales (38:04), Marc Teasey (38:47), Steve Hallas (39:06), Dougie Potter (39:13), Alan Metcalf (40:27), Kevin Hesketh (41:20), Richard Smith (41:07), Steve Townhill (42:06), Ashraf Kazee (43:26), Kenneth Gawne (50:55), Niall Malone (55:17), Alex Proffitt (01:06:31) and Helen Boyer (01:07:02).

Simon Collins

MID LANCS XC HYNDBURN

Saturday 8th December 2018

Conditions were very testing at the last Mid Lancs cross country event at the Wilson Playing Fields in Hyndburn. It is a venue that has been used by the Mid Lancs League for over 20 years. It rained for most of the day, with some spells of prolonged and heavy rain. The courses soon churned up, with many runners taking a tumble in the wooded areas because of the slippery surface. Runners finished mud splattered, which was in sharp contrast to the last event at Liverpool, where it was exceptionally dry. It was obviously very soggy and saturated, as the Accrington v Sunderland football match, just up the road, was abandoned in the second half. Some of the races went astray because of some marshals not being in key locations, although the courses, as they always have been, are full of twists and turns.

In the last race of the day, the senior men's, which started in heavy and driving rain right into the faces of the runners, Daniel Bebbington and Nathan Dunn were soon in the mix at the front of the race. Although billed as 10k, it wasn't as far as that, yet it was still a good race in deteriorating conditions. Bebbington eventually wore down James Douglas, of Border Harriers, to win in 33.29, by 15 seconds. Dunn was 3rd in 34.01. There was strong team competition on the day from Blackburn and Lancaster, but the Harriers men packed in well across the field. Byron Sowerby, completely mud covered after a fall, was 24th, and Simon Collins skipped his way round to finish 33rd. Wesley Wilkinson and Lee Foley were 43rd and 44th respectively and those two made up the final counters of the six needed in the A team. Alex Venables was 52nd and Andy Whaley 56th and Colin Shuttleworth, after a tremendous run was first vet 60 and 66th overall. Simon Robinson, Joe Sharples and John Rainford were then the final three counters for the B team placing. 242 finished, some in the gloom as the rain continued to fall and the light failed rapidly.

The senior women's race leaders, with the U17 men running in the same race, did go astray on the first loop. Jackie Fairchild battled back strongly, after losing a lot of places because of the confusion, to finish 3rd. With Jenny Wren 22nd and Emma Essex-Crosby 26th, the ladies recorded another Division One win, and sit well clear at the top, by six points. They were well supported too by

all those who ran.

In the under 15 girls' race, Libby Huxley was a very good 5th, Emily Knell 20th with Jessica Lane and Grace Kelly 23rd & 24th. Tom Durney led the Harriers boys in the u15 boys' race, finishing a strong 6th, which should have been over 4k, but wasn't. Billy Reid was 27th, Vladimir Wiggins 33rd and William Kay 34th.

The first races of the event were the under 11s and there were no mishaps in the girls and boys race over one small loop of what was recorded as 2k. Anna Vavoso, Rachel Thompson, and Sarah Winstanley all splashed their way round for the girls. Ethan Chadwick was 11th, Eddie Chadwick 13th and Hayden Ridgley was 18th in the under 11 boys. Oliver Adewale, Declan Abbot, Russell Hall, David Hall and Lucas Cooke ran too, and all were rather muddy at the end!

Steve J



Andy Whaley

AULD LANG SYNE FELL RACE

Monday 31 December 2018

One of final events of the fell running year was the Auld Lang Syne race from a windy Penistone Park above Haworth.

The race has a reputation for being fast, as long as there's no ice or snow. For the unwary, there are some tough short but steep climbs. Fancy dress is traditionally worn by a number of the runners and some of the highlights this year were a Mad Hatter, a group of Teletubbies, and a road construction worker in full reflective gear with a large stop/go sign; not an easy thing to carry on a 6.7 mile run with 1000 ft of climbing.

David Parkington was the first Harrier to finish, in 54.54 and 81st place. Steven Bamber finished in 56.14 and not far behind was Roger Taylor in 57.18. Robyn Anderson crossed the line at the cricket club in 68.14, with Michael McLoughlin completing the club turnout by finishing in 69.30. There were 327 finishers and the men's and ladies' winners were both from Ribble Valley Harriers. Chris Holdsworth was first in 41.06, and Nichola Jackson was 18th overall in 47.28.



Robyn Anderson

THE STOOP FELL RACE

Sunday 16th December 2018

The sight of over 200 runners with Santa hats bobbing as they head across Haworth Moor is quite a sight and it's repeated annually at the Stoop fell race from Penistone country park. The Stoop is a short and fast fell race, with early positions key as the runners cross the thin path over the open moor. It's then an ascent of Harbour Hill and then the Oxenhope Stoop Hill itself, where conditions were wet and muddy.

Over the 4.9mile route, with just 700 feet of ascent, Colin Shuttleworth finished a very good 49th, and first vet 60 in a time of 39.44. Steven Bamber was 72nd in 42.30 and Alan Martin not far behind, 88th in 44.21. Jack Wood of Ilkley Harriers sprinted round with Sam Tosh of Rossendale, with Wood winning in 30.27. Nichola Jackson, now of Ribble Valley, won the ladies race for the fourth successive year in 36.03.



Colin Shuttleworth

MYERSCOUGH 10 MILE

A good turnout of Preston Harriers took on Garstang Running Club's Myerscough 10mi race on 2nd December, based around the college campus. A Sandham's Lancashire Creamy cheese was the reward for finishers and a reasonable entry fee of £12 ensures this race is always popular (formerly as Guys 10), with 271 runners this year. Eight Harriers had made the trip and the race started with a mile loop around the College grounds before heading out around the flat or gently undulating country lanes and as it was a cool damp December day with no wind it was good racing conditions.

Despite the odd heavier downpour to cool the runners

down the feared grim weather mostly stayed away and the carpark was possibly the muddiest part of the course.

The race winner was Will Simmons of Ilkley Harriers in 55:19 and the 1st lady was Felicity Pauling of Penny Lane Striders in 1:06:23.

Joseph Sharples led the Harriers contingent home in a time of 1:03:25 (17th) and was closely followed by Chris Wales in 1:04:21 (23rd), Stephen Young 1:05:36 (29th) and Dougie Potter in 1:08:50 (44th). The ladies were led in by Felicity Cross in 1:38:55 (222nd), Sue Wickham 1:43:42 (241st), Kari Edwards 1:56:05 (266th) and Tracy Young 2:02:34 (268th). A good day out was had by all and the cheese was worth the run!

Kari and Joseph



DAVIS STAFF FELL RACE

Darwen Dashers hosted the fast and furious "David Staff Memorial Race" on 25th November. With 1001ft of climb in only 3.7mi (AS), this is a sharp test of strength up to the tower, and descending skills on slick moorland and rocky tracks back down.

George Arnold (winner of M80, 59:38) and Joseph Sharples (22nd, 34:24) were the Preston representatives, with Jack Smith of Wharfedale leading 129 competitors home in 26:25.

Joseph Sharples

KENDAL WINTER LEAGUE

Sunday 6th January 2019

On Sunday the first event in the Kendal Winter League took place over Scout Scar, just outside Kendal. It was won by Jack Wright of Ambleside in 27:39. Seven members of Preston Harriers went up there for the race, some of whom had taken part in the Lancashire XC Championship

race the day before at Witton Park. One of these was Vladimir Wiggins, who completed the U15 boys' race in 10:03. In the seniors' race, Oliver Heaton, in seventh place, was first Preston Harrier in 28:12 and he was followed by Eleanor Parker (40:44); Michael McLoughlin MV60 (43:18); Olga Wiggins (48:02); Ben Higginson MV60 (52:28) and Joe Howard MV70 (1:05:23). The next race is at Giggleswick School XC course.

LANCASHIRE CROSS COUNTRY

Witton Park, Blackburn
Saturday 5th January 2019

The Lancashire Cross Country Championships once again took place at Witton Park. It's hardly used now for Mid Lancs meetings, but it used to be used as a league fixture nearly each season and is still quite a popular venue for cross country devotees, apart from when the area around the cow gate is knee deep in mud...

Witton Park has of course been used not that long ago, in 2016 for the Northern Cross Country Championships and the English Schools Cross Country Championships in 2015.

The park allows the courses to be stretched out almost over the whole venue, and it has a good mix of terrain. There is flat park grass, but it also has the famous saucer climb and the rough descent off it, to the cow gate.

Conditions this year, were mostly dry underfoot. Despite recent wet weather, it was probably amongst the driest it had been in years. Even the cow gate area wasn't as bad as it can be, but it wouldn't be Witton, unless there was some mud there... and there was.



Elena Macdonald

As to the races, a frustrating and quite needless error occurred for our senior men at the presentation. The first set of team results, with six athletes to count had the winners as Ribble Valley, 2nd as Salford Harriers and 3rd as Blackburn Harriers. But those present at the conclusion had an overwhelming feeling that it didn't look quite right. We had four runners in the first two dozen places or so and a championship win for Dan Bebbington who was just ahead of Nathan Dunn.

The initial results published later had then shown Harriers closing in, two different teams rather than just the one. Each of the two teams then had three runners with high placings, added to others further down. The net effect was that we had two teams showing in the results at 6th & 7th. When it was finally realised, that something had gone very wrong, it was far too late for the team to take to the podium as the presentations had taken place. Harriers had 111 points for the six counters, pushing Ribble Valleys' total of 116 into what should have been 2nd place.

At the time of writing, the Lancashire AAA have issued a comprehensive apology and were looking to ensure that the men got the correct medals. It means everyone above Harriers was demoted one place, with Blackburn Harriers falling out of the team medals. It's a shame, as almost everyone is a volunteer in this sport and the Lancs AAA had put on a good event. With computerised results however, and someone paid to do them, it really shouldn't have gone as wrong as it did.

The men raced over four large laps and a total distance of 9.8k, so on easy maths, that was four ascents of the saucer. It was a highly contested race at the front end, until Dan Bebbington and Nathan Dunn pulled away. Dan retained his title and is the first man to win successive titles, since Simon Deakin (Leeds AC - and a former young Harrier) in 2011 and 2012. Simon won it for the fourth time in 2016, with his first win arriving in 2004.

Nathan was just three seconds behind Dan and so he was first under 20 man, by well over a minute. He also retained his title from 2018 and is the first under 20 man to do so. The senior men team counters also included Chris Durney (14th), Jack-Dee Ingham (21st), Byron Sowerby (33rd) and Matias Grixti (40th.) There was a good turn out of



Jack Dee-Ingham

seniors, with Wesley Wilkinson, the best of the rest in 61st. Alan Appleby picked up the second vet 70 award. Within the senior mens results, there were also a high number of initial errors, with some runners from Wesham being recorded as Preston.

The under 15 boys also won their event. Over 3.8k, Thomas Durney ran strongly for 3rd place in 12.28 and Thomas Barnes was 4th in 12.36. Charlie Haigh in 14th and Thomas Chadwick in 23rd helped secure the win over Blackburn Harriers.

The u17 women over 5.5k, had the two long climbs up the saucer, also won their team event. There was a close contest right at the front with Darcey Lonsdale, Finty Royle (Chorley) and Phoebe Hayashi (Lancaster.) On the final lap, Finty Royle pulled away to win, with Darcey Lonsdale finishing 2nd in 21.33. Joining her on the podium for the team prize were Emma Fulton and Megan Mahoney.

The under 15 girls race, saw the Harriers girls finish 2nd, with Grace Brown (4th), Jenn Watson (6th), Libby Huxley (10th) and Scarlett Sutton (11th) – it was a very good performance overall, only just behind Chorley but with excellent backing from a good turn-out with Olivia Miller, Emily Reynolds, Emily Knell, Grace Kelly, and Emily Mayson all assisting.

Ben Preddy had a very strong run for 2nd in the under 17 mens race over 5.5k. He finished in 17.00 behind Matthew Mackay's (of Rossendale) 16.53. Matthew Fazackerley was 4th, in 17.17 and

in a show of good team packing in, Jack Campy was 12th, Harry Everett 13th, Tom Dickinson 14th. Arran Baldwin also ran, and the u17s finished 2nd team behind a very dominant Rossendale who were 1st, 5th & 6th.

George Denye was another junior who also had a very good run, finishing 3rd in the under 13 boys race. This had been the first race on the day, to use the larger lap. Ben Dilworth was 8th, Jenson Warren 10th, William Moorhouse 24th, and Jack Winstanley 30th.

In the under 13 girls, Grace Rayner was 3rd, in 12.29 over 3.2k and Poppi Watson was 24th. Charlotte Mahoney was 26th and Martha Rayner 27th. Anna Thompson finished 39th & Megan Reynolds 41st.

Sophie Rotherham led the senior ladies contingent home over their 6.7k, and finished 18th in a very strong field, made very competitive too by a team from Manx Harriers on the Isle of Man. They won the team event. Emma-Essex Crosby was 33rd, Katey Foster now easing back into her running, was 40th and Vicky Duckett 50th. Our usual mud lovers were all out, although Olga Wiggins didn't so much as charge through the cow gate mud, but instead took a winding line and tiptoed through. Judith Deakin was back out competing after a short break and Elena Macdonald ran her second cross country race, shortly after her first at Hyndburn.

In the first races of the day, at u11, Hayden Ridgely and Ethan Chadwick finished 10th & 11th respectively in the boys race, with Eddie Chandler 37th. We needed four for a team however and a good number ran from Blackburn, Trawden and Chorley. Lucy Fulton and Autumn Warren contested the girls race, and again Trawden and Blackburn turned out the youngsters in some force.

From each race, apart from the under 11s, based on the highest positions and some at the team managers discretion, a full team is selected for Lancashire vest and to compete for the county at the Inter-Counties Cross Country Championships at Prestwold Hall, Loughborough on the 9th March.

Over the years, the club has enjoyed a lot of success at the Lancashire County Championships. Many are still running, but some aren't. From the records, going back to the longest junior winner who is still running, still enjoying all things cross country too, is Emma Essex-Crosby (then Emma Deakin) who won the Junior Womens Championship in 1999.

Steve Jackson

MID LANCS, BURNLEY

Saturday 12th January 2019

The venue of Towneley Park for cross country is an accessible one, with easy to understand and follow courses and which have changed little over recent years. In the past, runners used to head for distant hills, but it's all much more compact now and easier to manage and marshal.

It was quite a windy day, with persistent rain later for the last race, the senior men's event. Perhaps surprisingly, the ground was dry with little in the way of mud. We've had plenty of rain, but the venues have remained much dryer than in past seasons.

The first races, as usual, were the u11s, and large numbers ran in both the girls and boys races. 96 competed in the u11 girls race and then 113 runners finished in the u13 boys race; both events over a 2k course. For the boys, Ethan Chadwick finished 12th in 7.04, Hayden Ridgley in 7.24 and Eddie Chandler in 7.30. There were twelve Harriers boys in total who ran in the boys race, but only Sarah Winstanley in the girls race. Surely, there are more u11 girls to run cross country races...



Niall Malone

With such high numbers in the first two races, and over a short distance, the finish funnel set up broke down! There was probably insufficient depth to the funnel, but so many finished together, that the recording marshals were simply overwhelmed.

Grace Rayner had a good run for 7th in the u13 girls race and she was backed up by Poppi Watson (25th), Martha Rayner (28th), Megan Reynolds (30th) & Abigail McKenna (49th.) A strong Chorley team saw them place three runners in the first ten as they were first in the team placings by a distance.

The u13 boys and u15 girls all compete in the same race and over 3.2k, Libby Huxley ran 11.04 for a good 6th in U15 girls race. The team had a placing of 3rd on the day, with contributions from Abigail Earnshaw and Emily Knell, but Grace Kelly, Faye Fishwick, and Jessica Lane also ran. Chorley took top spot again in the team placings.

In the u13 boys race, George Denye was 6th, Jenson Warren 7th & Ben Dilworth 8th. Sam Smalley was 21st, Isaac Earnshaw 22nd, William Moorhouse 27th & Jack Winstanley 44th. The team placed 2nd, only just behind Blackburn Harriers.



Hayden Ridgley

The senior ladies race had a field of almost 200, and Jessica Judd, now of Blackburn Harriers and a GB international, ran to an easy victory in 18.14 over 5.8k. For Harriers, it was all about finishing as high as the team's runners could on the day, with the ladies going into this fixture with a six-point lead from the first three fixtures over Blackpool at the top of Division 1.

Jenny Wren was first counter, for a very good 16th in 22.17. With Katey Foster 31st and Emma Essex-Crosby 34th, a good pacing was recorded; ahead of Blackpool but behind Clayton-le-Moors who were 3rd in the table.

It all meant, that when the tables were published, with two races to go, the scores worked out on the best 4 from 6 races, Harriers were top with 25 pts, Clayton-le-Moors & Southport Waterloo equal 2nd on 20 pts, and Blackpool 4th on 18 pts. It could get very close, Southport could achieve 26pts, Clayton 27pts, and Blackpool 25 pts.

For the ladies to increase their points total, and ensure the championship, they need a second place or a team win at either or both the remaining fixtures at Leigh and Cuerden. Or, more simply, to finish above Clayton, or Southport and if one of those clubs doesn't win both fixtures. At the end of the day, too, as the ladies all have agreed, it's about winning. Taking part is great, and cross country is fun, but it's about the team too.

For the final race, the senior men, conditions changed markedly as rain swept across the fields, and it went much gloomier too. Over the race distance of 9.8k James Douglas of Border

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Harriers won in 30.08, with a group of three having pulled clear of the field, on the second lap.

Much of the race was played out to the sounds of the crowd at nearby Turf Moor, as Burnley were at home to Fulham in the Premier League.

Wesley Wilkinson and Richard Smith were together for almost the whole of the race, with Wesley just having a sprint finish for 34.22 and 34th place, and Richard finishing 36th in 34.31. Next home for us and also making his cross country debut was Niall Malone in 46th. Simon Collins finished in 35.40 and Andy Whalley recorded 36.05. Simon Robinson was just behind in 36.12. There was good support from the rest of the runners and there was a good turn out. Counters for the vets team were Andy Whalley, Chris Wales, Colin Shuttleworth, and William Johnstone.

Steve Jackson



Grace Rayner

NORTHERN XC CHAMPS

Saturday 26th January 2019

The Championships had returned to Pontefract for the first time since 2015, when we endured a very grey miserable day and far too much mud.

The venue of Pontefract Park, or Racecourse as some of the event material referred to it as too, is very close to the M62 and the venue is easily visible from the motorway. Some later arrivals experienced queues coming off the slip road at junction 32, mainly because Xscape (snow zone, shops and other attractions) and a large shopping centre is nearby.

Car parking on site was limited to officials and tent pass holders. Space had to be restricted as the parking areas were used too, by the local public to visit the park. A handful were quite aggrieved that their Saturday quiet walk with their dogs was disturbed, but most took it in good heart and were amazed by the sheer spectacle.

Northern Athletics were only able to get the marquees, the course tape and markers out on the morning of the event, as there was too much of a risk of "it going missing" if they had done it the day before. To achieve all that, and well before the first race at 11am was quite special.

Most people had to park off site, and near to Xscape. Buses were laid on to bring people to the venue, but many instead chose to walk on the footpath under the M62 to emerge at the furthest reaches of the course and make their way over to the club tents.



Simon Robinson



Eleanor Davis

The courses this year had been slightly enlarged to make as much use as possible of the available space. They ran alongside much of the horse racing enclosures and they were a good mixture of rough grassland and short turf on some of the undulating course, with the going quite firm really. Despite all the recent rain, there were only a few patches of mud and soft ground and it made for some fast races, and a trap for the unwary if they ran the first few kilometres at too fast a pace. Some did...

The finish was a 400m or so, always going uphill, when is it going to end section...

Spectating was easy, with the ability to move to crossing points in good time. From some of the higher ground, almost all of the routes for each race could be seen. The club tent area had been placed on a higher ridge this time, nearer the main grandstand, to attempt to minimise the mud-bath and deep gunge in this area in 2015.

Earlier in the week, the forecast had been for a heavy band of rain to move in after noon. Fortunately, that changed as race day drew nearer, although rain was forecast later on in the day. With the last race at 3.05pm (the senior men), the sky had noticeably gone darker and clouds had been brewing in the west for a while. Thankfully, everyone had finished before the first spots of drizzle started and we managed to get the tent down quickly, so as not to have another cluttering & long drying session in my garage.

For the post-race refuelling, Jenny Wren had brought along a tub of delicious vegan fruity



Daniel Bebbington

bars to share out, but although they were good, there was a strong request for cake at the next race.... usually, somebody brings something to share for the last races, and it's really appreciated. We do miss Adela's Spanish omelette and all hope she returns to cross country and full fitness.

Conditions on the drive home for us all, were dreadful, especially on the M62, with heavy rain, lots of slow-moving traffic and full-on concentration an absolute must.

The races? Well, the standout performances were, Nathan Dunn winning a superb bronze medal in the u20 junior men's race over 8k. The team enjoying an overall victory with the three other counters being Kian Davis, Jack Dee-Ingham and Matias Grixti.

In the senior women's race over 8k, Eleanor Davis, finished an excellent 7th



Darcey Lonsdale finished 21st in the u17 womens race, Matthew Fazackerley finished in a great 6th place in the u17 mens race and Tom Durney was 18th in the u15 boys race.

Daniel Bebbington was a magnificent 7th in the senior mens race over 12.1k



Under 15 Girls Team

The other team positions for Harriers were:-

U13 boys 7th

U13 girls 15th

U15 boys 9th

U15 girls 7th

U17 men 5th

U17 women – no team

U20 women – no competitors

Senior women 18th (45 teams closed in)

Senior men 14th (53 teams closed in)

Steve Jackson

NORTHERN U15 INDOOR

3 February 2019

A select band of Harriers travelled over to Sheffield's Institute of Sport for the u13/u15 Northern Indoor Championships.

The day started at 10.30 with the Girls' Long Jump, with 24 competitors taking part and three Preston athletes. Cerys Allen made the cut for the last eight to earn three extra jumps and finished with a leap of 4.51m in the Silver medal position. Evie Kett, in her first competition, inevitably collected new p.b.'s throughout the day, but here she missed out on extra jumps by a small margin, finishing 11th overall with a jump of 3.98m. Sophia Ince finished 21st but with a 14cm p.b. of 3.22m.

Meanwhile, the 200m heats were taking place, and all three Preston u15 Girls qualified for the second round. Eleanor Noblet ran 27.61, Emily Rankin a 27.74 pb and Ellie Sumner 29.29.

The under 13 girls High Jump saw Evie Kett collect her second pb of the day, clearing 1.25m. The next event saw George Lowe and James Ince in the u15 Boys High Jump. George achieved a 1.55 pb to finish in 5th place with James one height and one place behind in 6th. Still in the field the u15 girls Long Jump was in progress, and Eleanor Noblet Jumped 4.76 for 6th and Heather Taylor-Harling 4.40 for 14th.

Next up on the Track was the second round of the u15 Girls 200m, where both Eleanor Noblet and Emily Rankin both qualified for the Final. Next were the heats of the 60m,, the most popular event of the day, and first up in heat 1 was u13 Evie Kett who managed to qualify for the next round despite taking a standing start, followed in heat 5 by Cerys Allen, who won her heat to also progress. In the u13 boys heats Logan Campbell was our only competitor, and he ran a creditable 9.02 but failed to make the final. In the u15 Girls Heather Taylor-Harling finished 6th in her heat, Ellie Sumner 5th in hers, and Eleanor Noblet and Emily Rankin 2nd and 4th in theirs. Both Eleanor and Emily progressed to the Semi-Final round. In the Boys event, were Daniel Shuttleworth, James Ince and James Clark. Daniel Shuttleworth was the only one who managed to qualify for the Final, and he was back on track 15 minutes later in the first round of the 60m. Hurdles, where he did not have the best of runs but still managed to qualify comfortably.

The Girls hurdles heats were run between Daniels' two races, and Emily Rankin had a good run finishing second in her heat with a time of 9.93, and a pb to qualify for the semi-final in her second ever run over this spacing and height.

Whilst the 60m heats and hurdles were taking place on the track, hidden away in the corner of the arena the u 15 boys' Shot Putt was taking place, and Preston had three representatives involved. The three boys finished with Isaac Delaney 2nd, George Lowe 3rd and Harrison Kiley 6th. For the first time in the day Preston had two athletes on the podium.

The 200m semi-final round was now under way, and first came the under 13 girls. Cerys Allen ran beautifully to win her heat and qualify for the final with the fastest time of the round, 28.07.

In the u15 girls' event were Eleanor Noblet and Emily Rankin, who finished 4th and 5th in their heats, but with only 5 places available in this event neither managed to make the final. Similarly James Clark in the boys semi who was unable to repeat his pb in the first round but had acquitted himself well in this his first ever indoor meet, and his first championship.

But the track events were now coming thick and fast – and in the Boys hurdles Daniel Shuttleworth found he had an unscheduled final to run straight after the girls. This was a late addition to the schedule, a late announcement and Daniel didn't even have time for his usual brief warm up, let alone some hurdle practice. But it was the same for all, and happily Daniel managed a much-improved gold medal run 0.25 better than his time in the heat to win the race with an astonishing sprint and dip off the last hurdle.



Daniel Shuttleworth



Isaac Delaney & George Lowe

Next on the track were the u15 girl's hurdles semi-finals, and this was a huge disappointment for Emily Rankin. Having run her 200m semi-final only 30 minutes earlier she failed to get off the first hurdle quickly enough to make it to the second one and failed to finish the race. A sad end to an otherwise very good day for an athlete in the bottom of her age group.

The 60m semi finals were now upon us, and the under 13 girls were first up. Evie Kett started well and improved significantly on her time from the first round, finishing in 3rd place. Cerys Allen finished second in her Semi, and both girls would be in the Final. In the u 15 girls Eleanor Noblet and Emily Rankin were drawn in the same semi, and neither girl made it to the final.

The boys long jump competitions were now coming to an end. Logan Campbell in the u13 event finished in 6th place with 4.10m, and James Ince jumped 5.09 in the u 15 boys event to finish in 4th place.

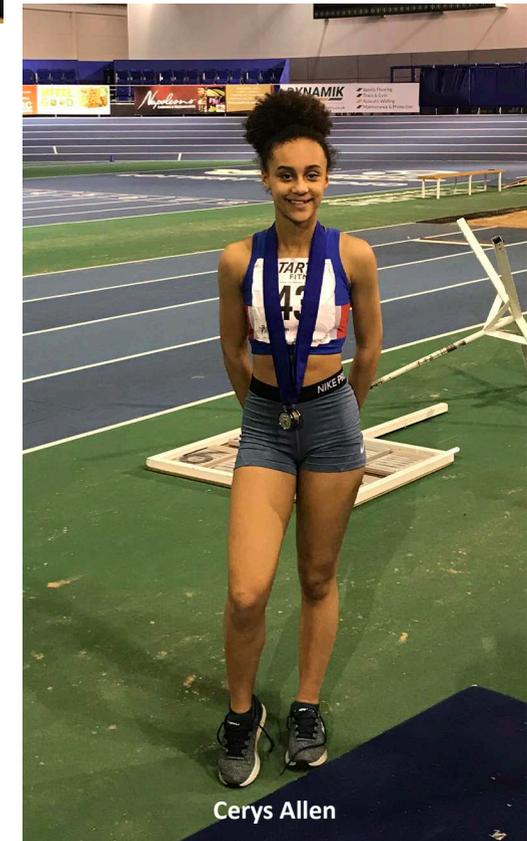
On the Track we were now into a schedule of nine finals in 36 minutes. The final of the u 15 boys 60m was first, and Daniel Shuttleworth had a good run, having had the luxury of an hour since his previous final. He finished in 4th place with a pb of 7.92.

Next was Cerys Allen in the 200m, where she won silver in a time of 28.37, not her best time of the day, but her fifth race since the Long Jump! Soon (24 minutes to be precise) she was back on the start line again for her sixth race of the day, the 60m. final. She was joined there by first time competitor Evie Kett. Cerys was still running well enough to pick up her third medal of the day, this time a bronze but in 8.63, her fastest time of the day. Evie finished in an extremely creditable 7th place in this race.

Harriers' athletes finished the day taking one Gold, three Silver and two Bronze medals, with Long Jump, Hurdles, Shot Putt and Sprints all contributing.

But it was not just those performances that were of note: there were several performances from newcomers and from those just moving up into higher age groups that also showed great promise for the future, and the coming season in particular.

Pete H



Cerys Allen

BLACKBURN WINTER WARMER

Sunday 3rd Feb 2019

A brisk Sunday morning saw 710 runners at Witton Country Park for the 10th running of the Winter Warmer 10k and there was also a 2k Fun Run for 5 to 13 year olds organised by Blackburn Harriers.

The previous, even colder, morning had seen a band of Blackburn Harriers clearing snow and ice off the running track so the races could go ahead as they use the track for an initial lap and a lap to finish. A local company had also gritted the paths alongside the river and out of the park to Buncer Lane. At the event centre there was race registration, pre and post race massage, a huge selection of confectionery, baggage storage and a running commentary was taking place. Marshals and pacers were being readied and a bustling throng of runners and spectators was milling about the track and indoor centre in eager anticipation.

Although the race was a club championship event, occurring as close to home as you could get and good value for money, only ten seniors took part and two juniors. In the 2k fun run George Denye came home first in a time of 7.05 having a spirited run and finishing ahead of two other lads quite comfortably in the run for the line, this after finishing in 7th in the Junior Boys at Lancashire Schools Cross Country the day before. Another young Harrier, Charlie Higgins, came 24th overall; he was in the 8-10 years old age group, putting in a strong fast finish to come 10th in his category.

Leading our seniors was Dave Watson; he was first Harrier to exit the track and begin the climb out of the park onto Buncer Lane where an even more severe climb awaits. Perhaps it is this aspect that puts some people off, it certainly isn't a pb course. After the hill a fairly steady descent past the Clog

and Billycock pub towards Pleasington allows a good pace to be maintained until a steep descent then a climb up to a church. A path towards Pleasington Old Hall is followed then onto Tower Lane; as this crosses the River Darwen the runners follow the paths alongside the river all the way back to the event centre.

Dave came 46th overall in a chip time of 41.03, he had a better run than he expected. Andy Acklam, on his debut for this course, was 43.01 and Andrew Tranter in his first run for a fortnight posted a time of 47.18. Next came Daniel Higgins maintaining his lead over Alan Appleby, they posted 47.46 and 48.05 respectively. Our first lady was next, Julie Tyrer recording 54.49 for her run, she was followed by Dolly Parkes having a strong finish completing in 56.38 with husband Stephen chasing her all the way to finish in 1.01.42. Angela Tranter followed in 1.05.46, a good run following her foot injury and finally a great performance by Judith Deakin finishing in 1.08.15. She and Alan were first in the seventy year age categories.

All runners received a bottle of water and a banana as they finished followed by a goody bag containing a microwave pan, snood, drink bottle, medal and energy gel. As well as the usual prizes there were spot prizes and for the first three teams comprising 10 and 20 runners from one club. A really extensive prize list. Donations were also made to several local charities as well.

The race was won by Stephen Corbishley of Tipton Harriers in 34.08 and in 44th place overall was the first lady Victoria Mousley of Blackburn Harriers in 40.58.

Will you try next year to 'Beat Buncer'?

WINDY HILL FELL RACE

9 February 2019

Windy Hill Fell Race was held on 9th February with 238 finishing the 9mi route. The packed starting venue of Littleborough Rugby Club was well staffed, with praise due to Cannonball Events for handling compulsory full-kit checks, number and map distribution, and chip-timing, which updated as runners crossed the line.

The route followed the Pendle Bridleway to the top of Blackstone Edge on the Lancashire-Yorkshire border, which apparently once held a Chartist protest of 30,000 in the 1800s! No-one was hanging about on race-day though, with brutal side-winds making it quite uninviting. Credit goes to the marshals for being enthusiastic even here. Runners wound around, down, and then back up to the mast on Windy Hill itself before a welcome descent back to the Rugby Club.

Although this all added up to 1280ft of ascent, none of the climbs or descents were particularly severe and the route was also well-marked, making for fast times.

Chris Holdsworth of Ribble Valley Harriers won in 57:14; the first woman home was Lindsey Brindle of Horwich RMI Harriers (1:08:21, 17th); Preston Harriers had Joseph Sharples in 79th (1:22:55) who was pleased with his longest fell race to date.

Some events to note for April are Pendle (6th April) and Rivington Pike (20th April). Both are short and steep, with friendly atmospheres, so don't be afraid to come and test yourself! Further ahead, Cannonball Events also organise Pendle 3 Peaks Race (17th August), over 9.4mi and a hefty 2838ft (AM-rated), which could be a useful local qualifier if you are looking at 3 Peaks Yorkshire 2020.

Joe Sharples

SOCIAL

As we move into 2019 the Social Committee would like to say a big thank you to everyone who has helped over the past year. Our small team organised a very successful 'thank you' night in October for all the club volunteers, a BBQ at the Club Champs, and then the Club Presentation Night in December which was filled to capacity at St. Theresa's in Penwortham.

We're planning on utilising the display board next to the equipment store at the track so please check this for information.

DATES FOR YOUR DIARY

Club Champs weekend - 14th & 15th September
Thank you evening for volunteers - 11th October
2019 Broughton Cricket club

As many of you know, these events cannot be organised without the help of volunteers. If you're interested in getting involved with social events and helping out in whatever way you can, please contact our chair Jenny Summer on jennifer.sumner16@gmail.com

Please feel free to email Jenny with any suggestions or ideas.

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LANCASHIRE SCHOOLS XC

Saturday 2nd February 2019

On a bracing morning hundreds of young athletes from all over Lancashire assembled at Witton Park in Blackburn to contest the schools cross country championships. Achieve a good position in the race and they could be selected to represent Lancashire in the English Schools Cross Country Championships.

Conditions were good, the ground firm and frosted, little wind, no rain or mud just a little nip in the air. Seven races took place starting at 10.30am with a combined race of Senior Boys and Girls.

In the Boys race a cluster of lads were at the fore looking a bit like a Tuesday night run at the track. Pete Crook, Steve Macuras and Andy Bibby all had athletes involved in the race and were busy crossing the field back and forth encouraging the Harrier athletes taking part. The Boys ran 4 laps covering 7.9k and put in some good strong running creating an absorbing race. Kian Davis representing South Ribble won closely followed by Matt Fazakerley also South Ribble, Ben Preddy led the Preston charge with Matias Grixti, Tom Dickinson and Jack Campy.



Sophie Rotherham

In the Senior Girls, who ran 3.9k, Sophie Rotherham had a fine run coming 3rd with team and running buddy Emma Fulton giving good support in 5th and Emma Craven putting in a determined effort for 11th place. These girls ran for Preston, all Harriers, but unfortunately one short to get a team result.

The Year 7 Girls were next and 59 of them ran 2k but only five were young Harriers. Poppy Watson was first in her team with Megan Reynolds and Abigail McKenna representing South Ribble and Grace Wareing-Yeulett and Gabriella Rix ran for the Preston Team.



William Moorhouse and Isaac Earnshaw

Year 7 Boys ran another small lap of 2k and an impressive field of 69 youngsters took part with almost all the Lancashire Districts represented. Once again only five Harrier athletes competed, Sam Smalley and William Moorhouse ran for South Ribble; Isaac Earnshaw for Hyndburn, Matthew Buttery for Lancaster and Leighton Hewitt for Preston. Ten full teams completed with Hyndburn coming first team.

At 11.35 the Junior Girls began the 3.2k run doing two small circuits of the course. Another good field of 63 runners took part creating a great atmosphere among spectators dashing from side to side of the field by the start/finish area. Harrier athletes made up the complete South Ribble team comprising Katie Matheson, Emily Knell, Olivia Miller, Anna Gaughan and Jessica Lane. We had three girls in the Preston team, Grace Raynor, Anna Thompson and Martha Raynor; two in Rossendale's team led by Isabelle Cunningham and Charlotte Mahoney, one of several youngsters whose breathing was affected by the cold dry air and Imogen Blackwell put in a great effort coming second in the winning Chorley team.

At noon 54 Inter Boys commenced running three large laps, 5.5k, again Harrier's lads made up most of the South Ribble team – Harry Evert, Thomas Barnes and Ethan Warren. Leading for Preston was Tom Durney supported by Josef Wilson; Max Cunningham leading Rossendale's team and similarly Liam Blackwell leading Chorley's team home.



Grace Brown & Darcey Lonsdale

The Inter Girls followed and there was plenty of interest in this race as Harriers made up almost a fifth of the field. The girls did two large laps and a great race unfolded with a pack of girls leading the field and as the final lap came round a group of three girls headed to the bottom of the course, as they approached the turn to the finish Darcy Lonsdale had put in a decisive injection of pace to win for Fylde, Grace Brown gave her a good chase coming 2nd for South Ribble backed up by Scarlett Sutton, Jess Watson, Alissa Derbyshire, Emily Reynolds and Faye Fishwick completing the team win for South Ribble. Libby Huxley represented Hyndburn along with Grace Kelly, Caity Preddy



Charlie Haigh & George Denye

backed Darcy for Fylde and Evie Parkinson ran for Preston. 52 girls took part.

Last race of the day was the Junior Boys. Another two large laps, as the Inter girls, for 3.9k and what a race; two lads locked together the whole distance in friendly rivalry at the front and not far behind were the Preston pair of Charlie Haigh and George Denye, backing them was Tom Chadwick and Vladimir Wiggins and for South Ribble Jenson Warren led the team home with Billy Reid and Ben Dilworth. 59 took part.

A great days racing and nice to watch all that training being tested. All the youngsters taking part put in great efforts and those chosen to represent the County will surely do so with the same enthusiasm.

This years English Schools X-C Championships are to be held, as last year, at Temple Newsam Park in Leeds on the 16th March and 46 Counties will be sending eight athletes each with the first six finishers to count towards the team. Good luck to all.

If parents want to look at some great photos of each race go to Dave Wood facebook page, there are blocks of photos for each race.

Alan Appleby

CLUB ROAD CHAMPS 2019

THE RACES



At the time of writing the first three races of the 2018/19 club road championship have been held and the next race, the Central Lancashire 5k is just on the horizon. Harriers have taken on the 10k, the 10 mile and the half marathon. The opening race of the championship saw the harriers compete against some of countries best runners when they ran the Northern's 10k championship race, the Ribble Valley 10k. A race that was well attended by the club's male runners and saw Patrick Dever, who is in scintillating form, break the clubs 10k road record to finish in 29:24 and 3rd place in the race. Nathan Dunn (29:50) and Ben Preddy (31:44) were next home. In the women's open category Vicki Sherrington (50:56), Jade Bebbington (51:36) and Julie Tyrer (55:15) were the first three home for the club.

The Inskip half marathon was the setting for the second race in the championship. known for having a fast course this race offers those training for a spring marathon an early opportunity to test out their fitness. Rob Affleck was first home in 74:32, closely followed by Gethin Butler in 74:33. Andy Whaley was third home in 81:04 setting a new PB on his way to the Boston (USA) Marathon. For the ladies, Laura Conn ran 1:45:59 to finish first female Harrier home, followed by Julie Tyrer who

broke the two-hour mark for the first time to finish in 1:58:39. Sue Wickham was next in 2:06:07.

The third race in the series was the St Anne's 10 miler and strong winds greeted runners and spectators alike making for challenging walking never mind running conditions. This was reflected in the finishing times with only one runner breaking the hour mark. Simon Collins was first home for the Harriers finishing fourth on the day in 62:58, followed by Stephen Young (67:05), Ashraf Kazeem (79:34) and Daniel Higgins (87:44).

The final race of this opening period was the Blackburn Winter Warmer, which unlike a lot of races managed to beat the ice and go ahead, a testament to the hard work of Blackburn Road Runners. Ten Harriers made the trip over to East Lancashire for the race and Dave Watson was first male Harrier home in 41:03, followed in by Andy Acklam (43:01) and Andrew Tranter (47:18). For the ladies, Julie Tyrer (54:49) and Dorothy Parkes (56:38) both broke the hour mark to take the big championship points on the day with Angela Tranter (65:46) third female Harrier to cross the line.

The remaining fixtures in the championship are as shown in the facing table:

Distance	Race	Description	Notes	Date
5k	Mid-Cheshire 5k	Competitive, chip timed	A lightning quick evening 5k set in the heart of the Cheshire countryside. This race hosted the English 5k road champs in 2017 & 2018	April 26th
	Avenham Park 5k	Local, chip timed	A bank holiday, locally organised race event which also incorporates a fun run	May 6th
	Sale Sizzler	Fast, competitive, chip timed	Part of a series of very fast and competitive races that attract a large field.	August 8 th
Interclub	Blackpool	Race 1	4 miles	April 3 rd
	Lytham	Race 2	5 miles	May 2 nd
	Thornton	Race 3	5 miles	June 25 th
	Wesham	Race 4	4.5 miles	July 22 nd
	Chorley	Race 5	4.8 miles	August 14th
	Red Rose	Race 6	4.2 miles	Sept. 4th
10k	Penny Lane Striders 10k	Flat, Chip timed	Part of the Merseyside Grand Prix, this race offers runners the chance to run a competitive and PB/beginner friendly 10k.	June 23 rd
	City of Preston 10K	Competitive, chip timed	Back with a bang, Preston's premier 10k race has a new route and new organisers. As local as they get, with this race running through the heart of our city.	Sept 29 th
10 mile	HW Moon Toyota Wigan 10 Miler	Flat	A new race which forms part of the RunWigan festival of running. The course is advertised as flat and it has an entry limit of 450.	March 17 th
	Calder vale 10 mile	Hilly	A challenging 10 miler that is a regular feature in the Harriers calendar.	July 28th
	Kirkby Milers Safari 10 mile	Local	Extremely popular 10 mile based at Knowsley Safari park, which also features a children's fun run. It is run over an undulating course with wide paths allowing for plenty of room to race.	Sept 29th
HM	Darwen Heritage Half Marathon	Hilly	A very popular race described run over what is described as a tough, but beautiful route. Entry limited to 500.	April 7th
	Southport HM	Flat, chip timed	The Southport HM takes runners through the heart of this famous town on a traffic free route, suitable for first timers and those seeking a PB. The event also features a 10k and a family fun 1 mile race.	June 30th
	Garstang HM	Hilly	It wouldn't be a Harriers champs without a trip to Garstang to take on their challenging yet enjoyable HM. Entries limited to 350.	Sept 1st

MID LANCS XC, LEIGH

Saturday 9th February 2019

The fifth fixture of the season, and with the best 4 results from 6 to count, for team and individual awards and everyone knowing whom they have to beat and which teams too. Well, we certainly knew and there was an atmosphere of anticipation at the club tent. It was a dry day, and again the ground was fairly soft, without mud.

The senior women were 5 pts clear at the top of Division 1 going into this fixture, and one club, Wigan had only three scores on the door. With cries, of "Go" from the men, the team toed the line, noticing who was there and what they needed to do, which was get a team closed-in of three runners in first or second place in the Division, but ahead of Clayton-le-Moors, Blackpool, Southport and, Wigan.

Leigh is a strange course, with much of it on grass, harder trail and some well packed trail that then leaves runners in a quandary, on what type of footwear to use. There was much debate in the tent; and if wearing xc spikes, the length of the spikes. But, it didn't bother anyone, although the skitter of spikes was very audible as the ladies made their way past the edge of the track, over the first lap, then onto the grass to finish.

Everyone was going well, with plenty of shouts of encouragement and huge support.

First place was secured in the Division 1 teams, with Jenny Wren 10th, Katey Foster 23rd and Emma Essex-Crosby 26th. Wigan were just behind, so they picked up 6pts, to Prestons' 7pts. That win increased the overall team total to 27pts, and 28 pts is the maximum anyone can get. But no-one can overtake the Preston women with one fixture left. It's a deserved team championship for the effort over the season, with team wins at Liverpool, Hyndburn and now Leigh. Everybody helps, and Vicki Sherrington, Olga Wiggins, Sue Wickham and Judith Deakin all played their part here, as have everyone who has run and got the earlier season wins too.



Wesley Wilkinson



Jenny Wren, Katey Foster, Emma Essex-Crosby

It's been an equally strong season for the men. An excellent 4th place from Andy Benson as first counter, and with Dan Bebbington running for the North, at Rotselar, in Belgium in the Belgium Cross Cup, the rest of the Harriers men really stepped up, again. The counters were Wesley Wilkinson (26th), Nathan Hilditch (33rd), Simon Collins (34th), Lee Foley (45th) and Andy Whalley (61st)

Once again, there was a good turn-out, with plenty of backing – and that's what gets team results. Going into the final fixture, Preston have 25 pts, as do Lancaster University, at the top of Division 1. Both teams can improve to 27pts, it's all to be decided at the last fixture at Cuerden Valley and the team are seeking to retain the title from 2018.

There was flapjack and biscuits at the tent post-race and some questions as to how the teams had fared, but it doesn't all get into some sort of focus until the results are published.

Finally, everyone knows that Alan Appleby can, I shall we say, not always be on time. He turned up over an hour before his race, with Daniel, Jenny and Sue, so that was sorted. Except....



Alan Appleby



Lee Foley

...with five mins to go before his race, he's charging back to the tent....

"Where's Jenny?" - She'll be at the start line, Alan, you're all off shortly. The whistle has just gone...

"But I couldn't find her, after going to the toilet" – Well, Alan, you need your shoes on and be at the start line, like now...

"I'll make it..." – Alan, they've called them to step forward from the second line to the start line... err, Alan the starter has called set... the gun fires. Alan is still in the tent, trying to get his shoes on and leggings off...

The race loops round the football field, towards the tents, Alan emerges, and joins the race with welcoming smiles towards the rear. He's already won the vet 70 individual award and he finished four minutes clear of 2nd placed vet 70 at the race anyway, and only missed a relatively short distance. Dave Waywell of Wesham, did collar him after, and with a huge grin, said, we know you're good Alan, but could you start with us all next time....

STIRLING CROSS COUNTRY

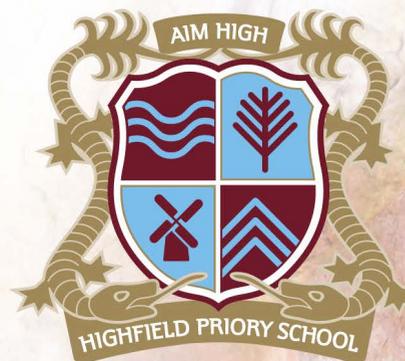
Sat 12th Jan 2019

In the international Stirling cross country, Patrick Dever was the best of the British finishers in 9th, and a time of 24.05 over 8k. He was right up in the leading group midway through the race, and only fell back slightly on the last lap. Dever commented afterwards that he felt that the race has given him a really good base to build on.



Leon Stubbs at Northern Indoor Champs

*Aim High is not just a school motto,
it's a way of life!*



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EVENTS

March			
Fr-St-Sn	01,02&03 Mar	European Athletics Indoor Championships, Glasgow	T&F
Sat-Sun	09 & 10 Mar	EA U20/ U17/ U15 Combined Events Championships, Sheffield	T&F
Sun.	10-Mar	Sale Harriers Indoor T&F Meeting (6 of 6), Manchester	T&F
Sun.	17-Mar	Wigan 10 Mile	Road
Sat.	23-Mar	Blackpool Wyre & Fylde Winter Warm Up Meeting, Blackpool	T&F
April			
Wed	03-Apr	Blackpool Inter Club	Road
Sat	06-Apr	Pendle, Barley	Fell
Sat-Sun	06 & 07 Apr	County Combined Events (tbc) Hyndburn	T&F
Sun.	07-Apr	Darwen Heritage Half Marathon	Road
Sat.	13-Apr	Mid Lancs T&F League (1 of 5), Blackburn	T&F
Sat	20-Apr	Rivington Pike, Horwich	Fell
Fri	26-Apr	Mid Cheshire 5K	Road
Sat.	27-Apr	Lower YDL - North West Premier (1 of 3), Manchester	T&F
May			
Thu	02-May	Lytham Inter Club	Road
Sat.	04-May	Mid Lancs T&F League (2 of 5), Hyndburn	T&F
Sat	04-May	Coniston Fell Race	Fell
Sun.	05-May	Upper YDL - North West 1 (1 of 3), Preston	T&F
Sun.	05-May	Great Hameldon, Accrington	Fell
Sat-Mon	04,05&06 May	BUCS Outdoor Championships, Bedford	T&F
Mon	06-May	Avenham Park 5K	Road
Sat & Sun	11 & 12 May	Lancashire AA T&F Championships, Blackpool	T&F
Sat.	18-May	Lower YDL - North West Premier (2 of 3), Liverpool	T&F
Sun.	19-May	North of England League, Division 2 West (1 of 4), Preston	T&F
Sun.	19-May	Loughborough International, Loughborough	T&F
Sat	25-May	Hutton Roof Crags, Carnforth	Fell
Sat & Sun	25 & 26 May	EA Senior & U20 Combined Events Championships, Bedford	T&F
Sun.	26-May	Upper YDL - North West 1 (2 of 3), Manchester	T&F
June			
Sat.	01-Jun	Mid Lancs T&F League (3 of 5), Preston	T&F
Sat & Sun	01 & 02 Jun	NA Senior & U20 Championships, Manchester	T&F
Thu	06-Jun	Hendersons End, Rivington	Fell
Sat	08-Jun	County Schools Championships, Blackpool	T&F
Sat & Sun	15 & 16 Jun	EA U20, U17 & U15 (Age Group) Championships, Wrexham	T&F
Sun.	16-Jun	North of England League, Division 2 West (2 of 4), Liverpool	T&F
Tues	18-Jun	Paddy's Pole, Fell Foot, Chipping	Fell
Sat.	22-Jun	Lower YDL - North West Premier (3 of 3), Stockport	T&F
Sat	22-Jun	Clougha Pike, Lancaster	Fell
Sat & Sun	22 & 23 Jun	NW Regional Schools Combined Events	T&F
Sat & Sun	22 & 23 Jun	EA U23 & U20 Championships, Bedford	T&F
Sun.	23-Jun	Penny Lane Striders 10k	Road
Tue.	25-Jun	Thornton Cleveleys Inter-club	Road
Sun.	30-Jun	Upper YDL - North West 1 (3 of 3), Wigan	T&F
Sun.	30-Jun	Southport Half Marathon.	Road

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

DIARY 2019

July			
Sat.	06-Jul	Mid Lancs T&F League (4 of 5), Lancaster	T&F
Sun.	07-Jul	NA U15 & U17 Inter-County Championships, Middlesbrough	T&F
Fri & Sat	12 & 13-Jul	ESAA English Schools Championships, Birmingham	T&F
Sat & Sun	13 & 14-Jul	EA Senior Championships, Cardiff	T&F
Sun.	14-Jul	North of England League, Division 2 West (3 of 4), Leigh	T&F
Sat.	20-Jul	Lower YDL - North Premier Final, Preston	T&F
Sat & Sun	20 & 21-Jul	Muller Anniversary Games, London	T&F
Sun.	21-Jul	Holme Moss, Holmfirth	Fell
Mon	22-Jul	Wesham Inter-club	Road
Sat & Sun	27 & 28-Jul	CAU/ Senior Championships, Manchester	T&F
Sun.	28-Jul	Calder Vale 10 Mile	Road
Wed	31-Jul	Lee Mill, Rossendale	Fell
August			
Sat.	03-Aug	Mid Lancs T&F League (5 of 5), Litherland	T&F
Sat	03-Aug	Hellfield Gala, Hellfield	Fell
Sat & Sun	03 & 04-Aug	EA U17 & U15 Combined Events Championships, Manchester	T&F
Tue.	06-Aug	LEAP, Loughborough	T&F
Thu	08-Aug	Sale Sizzler	Road
Sat	10-Aug	North of England League, Division 2 West (4 of 4), Blackpool	T&F
Wed	14-Aug	Chorley Inter-club	Road
Sat & Sun.	17 & 18-Aug	NA U17/ U15/ U13 Championships, Wavertree	T&F
Sun.	18-Aug	Muller Grand Prix Birmingham, Birmingham	T&F
Sat	24-Aug	Mid Lancs T&F League (Medal Meeting), Blackpool	T&F
Sat & Sun	24 & 25-Aug	BA Outdoor Championships, Birmingham	T&F
(tbc)	24 or 25-Aug	North of England League Division 1 Qualifier, Doncaster	T&F
Sat & Sun	31/08 & 01-Sep	EA U17 & U15 Championships, Bedford	T&F
September			
	01-Sep	Garstang Half Marathon	Road
	04-Sep	Red Rose Inter Club	Road
Sat & Sun	07 & 08-Sep	Lower YDL Final & Upper YDL Finals, Manchester	T&F
Sat & Sun	14 & 15-Sep	Preston Harriers T&F Championships, Preston	T&F
	21-Sep	Three Shires, Langdale	Fell
	21 & 22-Sep	English Schools Combined Events, Exeter	T&F
	29-Sep	UK Fast City of Preston 10K	Road
October			
	6/10/19 TBC	Kirkby Milers Safari 10M	Road
	27-Oct	Grin and Bear It, Stocksbridge	Fell

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

APOLOGY

There was a really nice article in the last edition, about the young relay teams and their experience and performance at the Muller Games in Birmingham. The idiot responsible for editing this magazine somehow managed to attribute the article wrongly. My most sincere apologies, and thanks for his understanding, go to Tunde Buraimo, the real writer of the piece.

Pete Hancock



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