



THE HARRIER

Summer
2019



clubmark

PRESTON HARRIERS welcome the following New (and returning) Members

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RAMELL LAURENT	CHARLES WILTSHIRE
LIZ MOUNSEY	

Cover:

Robyn Anderson at High Cup Nick Fell Race

Ideas, articles , pics or race reports for
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theharriermagazine@gmail.com
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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

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



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Management Committee

Chairman	Roy Swinbank	roygreenhill@hotmail.co.uk
Vice Chairman	Dale Wallis	dwallis310@gmail.com
Secretary	Bob Welfare	athleticcoach1@gmail.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	athleticcoach1@gmail.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	Karen Tunstall	garytunstall@btinternet.com
Member	Gary Tunstall	garytunstall@btinternet.com
Member	Roy Parkinson	rwpark57@hotmail.co.uk
Member	Maureen Kirkby	maura.1951@sky.com

CHAIRMAN'S COMMENTS

Every magazine has a long list of new members, and we aim to ensure that they develop their talents and get the most from their period of membership. For some it may be a short period before moving to another activity, for others we hope that their membership will prove long lasting and in addition to competing will include time on the sidelines as an official, a coach or helping the organisation of the Club in other ways.

Looking back to those who joined some time ago, it is inevitable that each edition could also include a list of those who have passed away – except that in the vast majority of cases we have lost contact with them. Sadly I must report the death of two members with whom we did not lose contact.

Paul Swindlehurst (brother of Secretary/Coach/Thrower Neil) was a keen member of our endurance squad in the late 60s/early 70s before moving to live at Warrington, after which he worked his way up to Track Referee and was to be seen at National and International meetings as well as continuing to support this Club and others in the area. When in 1970 we organised a 24 hour relay from London Road track to raise funds, he volunteered for a 4am stint, and as the track was becoming waterlogged we switched to the road.

His encounter with a shocked milkman somewhere around Higher Walton has left an indelible memory. He will be sorely missed.

Malcolm Withnell joined the Club in 1947 following success at Preston Grammar School, and as Club Captain led the Club to significant progress in that early post war period. He held the Club Mile record, won many local events and was instrumental in initiating the Three Peaks Race, along with clubmate Fred Bagley, who won the first race in 1954. Fred is recorded as saying that he believes Malcolm would have beaten him to that honour had he not been injured at just the wrong time. Malcolm wrote reports for the local press and in 1955 was proud to start a career in journalism with the Chorley Guardian. His career took him to Cyprus, Uganda, Saudi Arabia and Dubai, followed by retirement to Northamptonshire, where he recently died aged 87. Also in 1955, he wrote a potted history of the Club as part of the celebrations for what was then assumed to be our Golden Jubilee Year. His efforts, and the interest they aroused, has provided a basis for the early history of the Club, and has proved invaluable to those of us currently working on it. I joined just too late to meet Malcolm, but have great respect for what he did as competitor, official and writer.

Roy Swinbank



STAN BRADSHAW PENDLE ROUND

Four Preston Harriers were in Barley on Saturday 2nd March for the classic Stan Bradshaw Pendle Round. The about-9.3mi route (not quite the official 10.4mi) is named after a fell running and Clayton-le-Moors legend, being one of his favoured training runs.

With almost 2000ft of climbing around six checkpoints, this is a serious test. Heading away from the old waterworks, and above the Lower Ogden Reservoir, is a solid climb to the Pendle Trig: about 1000ft of climbing is done in these first two miles. Runners then wind around the Scout Cairn and down to Churn Clough Reservoir, finishing back at Barley with a pleasing downhill, grassy finish.

Somehow, the weather was almost perfect, being cool without any low cloud to hinder visibility. The winner was Rob Hope of Pudsey and Bramley

AC in a course record of 1:05:03, with first lady Lindsey Brindle continuing her good form with a record of 1:15:22 for Horwich RMI Harriers.

Leading Preston Harrier back was Jon Green (1:17:38) in a strong 41st of 250 finishers, then John Griffiths (1:26:28, 82nd), Joseph Sharples (1:32:46, 119th) and Eleanor Parker (1:39:52, 170th and 20th lady).

At only £6 pre-entry, this well-organised and excellently marshalled run is a great way to get the fell season going. Only the (successful!) Cuerden XC on the same day will have prevented more Preston Harriers from joining in. Also, Moorhouses Brewery are sponsoring Clayton fell races this year so every finisher was rewarded with a bottle of strong or blonde ale for refreshment. Hopefully other clubs will pick up on this!

Joseph Sharples

BLEASDALE CIRCLE FELL RACE

Sat 16th February 2019

Longridge lad Oliver Heaton of Preston Harriers used his local knowledge to good effect to win the Bleasdale Circle Fell Race by over a minute. Oli took command early in the race, confident that his excellent descending skills would keep him to the front coming off Parlick and across the final fields to finish in 37:39. After a few well placed finishes recently this was a well deserved first victory for him.

Colin Shuttleworth (28th, 44:14) was first in the Men's Vet 60 category ahead of multiple race category winner Graham Schofield (Horwich). Other Preston Harriers to finish were Jon Green (17th, 42:14), John Griffiths (42nd, 46:17), Alan Martin (68th, 50:30), Katey Foster (72nd, 51:15), Jim Doherty (92nd, 54:43) and Olga Wiggins (121st, 1:03:54).



TRIMPELL 20 ROAD RACE

At this time of year, with a number of runners very close to their April marathon, 20 miles races offer an opportunity for a long-paced run, or a race at target marathon pace. TrimPELL 20 has always been a popular local race in Lancaster.

This year, Chris Wales finished in an impressive 26th in 2:14.30. Craig McDougall crossed the line in 2:45.11 with Sue Wickham completing in 3:36.23, and Helen Boyer 4:00.06

STRETTON HILLS

Sunday 16th March 2019

A heady mixture of weather conditions set the scene for the first of the seasons' English championship fell races at Church Stretton on Saturday. Before the race started, there were spells of heavy rain, then sleet and snow.

Once the race was underway, it was the strength of the bitterly cold wind that runners had to contend with and several spells of driving, stinging hail, before the sun came out again.

The hills above Church Stretton, often referred to as the Long Mynd for the whole range, may not be very high in terms of contrast with the Lakes

or North Wales, but they have some brutally steep climbs and then fast, flowing descents. The race distance was 9.2k and had 635 metres of ascent.

Harriers were represented by John Rainford, 207th in 62.53, Colin Shuttleworth as a vet 60 who finished 210th in 63.09 and Michael McLoughlin (1:19.46)

The front of the race saw some very good runners close together as battled it out and the race was won by Carl Bell of Keswick in 45.04, whilst Nichola Jackson of Ribble Valley took the ladies win in 51.01 with there being 339 finishers.



John Rainford

HIGH CUP NICK FELL RACE

Sat 23 Feb 2019

The pretty village of Dufton in the North Pennines was the setting for the second race in the Preston Harriers club fell championship. There were 9 Harriers in the large field of nearly 500 for the 9 miles, 1880ft climb, BM category fell race, featuring a run up the valley of High Cup Gill, a scramble up the crags to High Cup Nick and a return along the top of the crags.

First Harrier home was Jon Green (MV40) 51st, 1:15:51, followed by John Rainford (MV50) 98th, 1:22:04, who just stayed ahead of Steve Bamber (MV50) 101st, 1:22:15. Another close finish saw Roger Taylor (MV50) 117th, 1:24:12 and John Griffiths (MV50) 123rd, 1:24:25, both passing Dave Parkington (MV50) 132nd, 1:25:23 on the descent from High Cup Nick.

The only Harrier lady running was Robyn Anderson (FV40) 278th, 1:39:49 followed by Mick McLoughlin (MV65), 313th, 1:43:52 and finally Jim Doherty (MV50) 319th, 1:45:19, who lost a lot of time on the descent and did well to finish following a nasty fall. He landed on his arm and banged the side of his head, finishing quite dazed, but thankfully recovering quickly.



John Griffiths



Jim Doherty

NATIONAL CROSS COUNTRY

Harewood House, Leeds
Saturday 23rd February 2019

Well, what an absolutely glorious sunny day for this event, with well above the norm temperatures and some places in the UK, recording their highest ever February temperatures. Should all be worried about global warming with increasing variances of weather, and more temperate and wet winters? In previous more recent years, we've had snow and bitter cold at Herrington Park, Sunderland. A course at Alton Towers full of deep mud, after persistent rain for almost a week and then decent weather last year at Parliament Hill, London.

Nobody was complaining though at Leeds. But that's not strictly true, as runners always complain at races and cross country is no different; no mud, too much mud, no hills, too many hills, too much hard trail, too windy. But too warm, in February? No, not heard that one before. It was very warm, although the last race the senior men at 3pm saw it cloud over and go a little chillier later as the sun dropped away but it wasn't like being cut in two by an icy east wind or, having to cope with almost horizontal driving rain... although of course, it's not always like that.

Harewood House with the advantage of extensive undulating parkland hosted it's first ever National championships after the success and the trial run, in 2018 for the Northern championships.

The grasslands used were designed by the landscape architect Capability Brown. The land that Harewood House was built on was bought by Henry Lascelles in 1738, using money from the West Indian sugar trade. The money came from owning plantations, slaves, ships and warehouses.

For those who looked skyward too, there was the wonderful sight early in the day of a pair of red kites circling the field where the club tents were pitched. As the day wore on, more kites appeared, perhaps intrigued by the invasion of their normal quiet spaces to hunt on. At the close of the day, as cake and biscuits were consumed not only by senior Harriers present but also near other club tents, we counted twelve red kites soaring above us.



Eleanor Davis

The area for competition was so vast, it allowed races to be run over longer laps, with runners disappearing beyond rises and then into the distance. The senior men ran two long laps over 12k and with 2,006 finishers, that helped eliminate the problem of lapping. Spectators had to choose vantage points carefully, as being out in the far-flung corners would mean seeing runners only once, or, at best twice.

With the ground being quite hard, and not like the soft surface for last year's Northern, a number of runners were seen wearing road shoes as opposed to cross country spikes. The conditions perhaps encouraged a number to run too hard early on in all the races and then pay for it in the heat and, on the longer courses seen at a major championship.

Unlike at the Northern, where all the tents were concentrated down the slope, towards the finish, we were all permitted this time to spread out over a larger area which wonderfully remained dry. The organisation, including the pre-event details, access to the car parking locations, the layout and toilet facilities were excellent.



Simon Collins

The race highlights for Harriers including seeing Nathan Dunn right at the front of the u20 men's race finish and was 2nd in what was an exciting event over what was advertised as 10k. As at the Northern championships in January, Rory Leonard of Morpeth took the win in 28.27, with Nathan recording 28.38. The U20 mens team, which also included Kian Davis (22nd), Jack Dee-Ingham (72nd) and Byron Sowerby (87th) were the 6th placed team.

Eleanor Davis in the senior women's of 8k, had a super run, finishing 9th in 29.30 and out of 1,034 actual finishers. This was another quick race, which was won by Emily Hosker-Thornhill of Aldershot in 28.17.

Ben Freddy had an excellent outing too, over 6k in the u17 mens race by finishing 24th in 19.46. Not far behind was Matthew Fazackerley in 33rd and Jack Campy was 78th.

Dan Bebbington in the senior men crossed the line in 36th in 38.38. The start was a sight to behold as runners surged away trying to avoid initial bottlenecks and then a long snake of runners spread out over the course. There was a sprint finish, with Mahamed Mahamed of Southampton, edging out Emile Caires of Leeds AC, by one second. Emile had beaten Patrick Dever by just one tenth of a second at the BUCS xc Championships at Bicton College, Exeter at the start of February. It took a photo finish to sort that one out, as the time chips at BUCS were worn on the runner's number on the chest, as opposed to the nationals where the chip is worn on the ankle.

With Richard Smith in 392nd, Wes Wilkinson 497th, Simon Collins, 597th, Andy Whalley

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685th, Lee Foley 744th, Chris Wales 994th, Simon Robinson 1,129th, Kevin Hesketh 1,270th and Neil McDonald 1,324th, the men's team had finished nine counters for the first time in a good while at the Nationals and were placed 31st.

Overall, whilst actual competitors would never exceed the numbers who run at the National when it's held at Parliament Hill (viewed as the spiritual home of the National xc) with a total 6,344 finishing runners, it was the second best ever since the 10 race format was introduced in 2003. The new format from 2003, was at Parliament Hill and Mo Farah won the junior men's race.

The general feeling from commentators was that it was one of the greatest ever National venues, so it's likely to return and maybe in 2022 as part of the North – Midlands – South cycle.

Next years' National is at Wollaton Park, Nottingham on the 22nd February 2020. They were last held there in 2017, on a very muddy and testing set of courses with one large area especially, having to be negotiated that was just very full of deep gunge. It just goes to show how Winters and the conditions can be so different.

Steve Jackson

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Whilst from mid-October to early March is only just short of five months, the cross country season seems to have taken longer. Perhaps it was thinking back to the heavy rain, desperate conditions and the expanding pools of water on the courses at Ulverston for the first race, the torrential downpours at Hyndburn in December and the tracks and hard surfaces at Leigh in February. No, Leigh is not cross country as devotees know and understand it, but in the absence of other venues, we should be grateful.

This will be being read, probably in mid-Summer, and this is just summary report of the Mid Lancs League and the last fixture, but the success of the cross country season will have lingered for those who enjoy taking part - especially the senior club runners who have engendered a collective team ethic and one which has grown over the last few seasons and, which completely represents the true spirit of the club for the seniors.

The last event at Cuerden Park on the 2nd March was very well organised by Red Rose Runners and they did a terrific job. Cuerden, is a true cross-country course, with rolling hills, a spitefully steep uphill finish and water crossings, it's everything Leigh isn't. But all are part of the make up of a season. You compete on the flat, the undulations, the mud (in relatively short supply apart from Hyndburn) and deal with everything the weather has to throw at you.

Harriers women had already won the Division 1 title, at the previous fixture at Leigh and the last event was all about enjoying the moment. They did, however, record another Division 1 win to finish with 4 overall wins and the maximum of 28 pts. It's the best 4 scores from 6 races to count. They finished 6 pts clear of second placed Clayton-le-Moors. That's impressive.

The men were seeking to retain their Division 1 title, and the objective was simple; finish the first six counters ahead of Lancaster University. There's no doubt that everyone knew on the day what they had to do and there was no doubt also, that all the other clubs were very much aware of what Preston were wanting to achieve.

All six of Harriers first team counters were in before the 2nd team counter of Lancaster Uni and the title was secured. The turn out was good, with depth and plenty of encouragement from the side-lines. The men had three "completely new to Harriers xc races" running too; Oliver Heaton who's first choice is fell running, Luke Greenfield and Tim Porter. Oliver was first counter in 4th too. In the end, Harriers finished on 27 pts to Lancaster Unis' 25.

We also won the B team men's division, and it is the first time since 2003/04 that this has been achieved. Some of those seniors, both men and women from that time who ran then, are still running cross country now.



Throughout the season, the success has been achieved by the runners throughout the senior ranks, and not just the top end runner. It's a team event, and everybody helps.

The A team counters in the six races have been:-

Women

Jenny Wren 6
Emma-Essex Crosby 4
Katey Foster 3
Jacqueline Fairchild 3
Eleonor Davis 1
Vick Sherrington 1

Men

Wesley Wilkinson 5
Andy Whalley 4
Lee Foley 4
Simon Collins 4
Richard Smith 3
Dan Bebbington 2
Simon Robinson 2
Nathan Hilditch 2
Nathan Dunn 1
Chris Durney 1
Byron Sowerby 1
Niall Malone 1
Patrick Dever 1
Andy Benson 1
Neil McDonald 1
John Rainford 1
Alex Venables 1
Oliver Heaton 1

With two successive Division 1 men's wins, the last time three on the trot were achieved was the period 2003/04 to 2005/06. The last time the women won the league was 2001/02 and that was the start of a three-year winning streak...

Next season, in the men's league, both Kendal AC & Blackburn Harriers will be in Division 1. Blackburn won Division 2, as did the Blackburn women. Blackburn will be expected to be very strong, and they are also very competitive across all the age groups and always turn out.

Throughout the season there has been a great team spirit. Great support during the races and plenty of cakes, biscuits, flapjacks and, Adela's Spanish omelette made a very welcome return at the last fixture. Now a firm favourite after races, the post-race food is taking on almost banquet like status and has become a competition of its own. A table for it all has been suggested for next season. 2018/19 has been a great cross country season, across all of the league and championship races too.

Thanks to all the runners for turning out, the chefs for the culinary delights, the thanks given to us both for tent duty and all the admin. Now we have the champions banner, let's do it again next season.

Steve Jackson/Steve Taylor

N.W. REGIONAL SPORTSHALL

Sports City Manchester 24th March 2019

Having only been to one Sportshall Event at Blackpool in January I wasn't sure what to expect from this day out to Manchester. We left early as I've never been to Sports City before, and it did take longer than expected even on a Sunday due to road works and lane closures on the inner ring road. The venue is fantastic, a huge Sports Hall right next to the Etihad Stadium, which I imagine was built for the gymnastics when the stadium hosted the Commonwealth Games. It's a very noisy event, right from the start with music and a very loud DJ/commentator keeping everybody involved.

Sportshall Athletics involves most of the usual track and field events, adapted to the indoor environment e.g. the long jump is standing and the running events are backwards and forwards rather than laps of a circular track. There are some unusual events like the 8 lap Paarlauf and the Over/under relay.

There were four large teams present from Lancashire, Cheshire, Merseyside and Manchester, comprising U11, U13 and U15 boys and girls and it's the age group you competed in the previous season. Congratulations to the 25 Harriers Athletes who had been selected to represent Lancashire, it was great to see some familiar faces from Harriers in the Lancashire area of the stand.

First task was to report to the Lancashire Team Manager Caerwen Butler for a red Lancashire T shirt, thankfully there were a range of sizes. We were also provided with a list of all events, with the events Will had been selected for helpfully highlighted. Athletes don't know in advance what they will be doing, so they need to be flexible.

The venue was rapidly filling up with athletes and supporters, the music was getting louder and the atmosphere was building to a crescendo. Athletes were trying to warm up on the track and parents were getting told off for getting in the way, organised chaos ensued! Will was busy socialising with a group of U15 pals from Harriers.

Having warmed up all the supporters, at 12.30 Mr Motivator the DJ/commentator announced we were off! Sportshall is fast and furious, events are announced every minute, and only last minutes so you have to concentrate or you'll miss it, 80

events in 3 hours! There are awards for the best whole team performance, the best team within a team e.g. U13 girls, and individual awards for U15s who have their scores for three events combined. The latter two can qualify for the National Sportshall Final which is at the same venue in mid April.

I tried to watch as many events as possible with a group of other parents. We shouted and screamed and jumped up and down. There is even a video of Louise Shuttleworth shouting at Will. However, as time went on we had to agree we had no idea which team was doing the best? It is difficult to know who has won field events as distances etc are not displayed. On the track it was easy to see who had won, but it seemed to be a different team every time so we really had no idea who was in the lead.

Will had completed his shot, long jump and 4x2 lap relay. He had also been asked to do an 8 lap Paarlauf with an athlete from another club. The 8 laps can be run in any way, I had thought they would do 4 laps each but actually it makes more sense to keep swapping the baton every 2 laps in order to give each athlete a rest. They borrowed my folded umbrella to practice their baton change and ran a perfect race – more points for Lancashire.

Another unusual event is the Over/Under Relay with under 11s running a 4x1 relay in a 20m circle while jumping small hurdles and throwing themselves (often in groups) under low tunnels, it's incredible to watch!

The finals of the relays brought the afternoon to a close and all the athletes sat in their respective teams in front of the stands. All of the officials (some of whom had volunteered on the day, well done Chris Ince) were thanked as were all the team managers, the Sports City staff and the parents.

They started with the U15 individual awards and then went through all the team awards. All the teams and supporters were ridiculously excited. Lancashire had an U15 individual winner Will Walmsley, and the winning U13 girls team with Cerys Allen, Emily Rankin and Romilly Taylor from Harriers, plus the winning U11 boys team with Isaac Allen and Hayden Ridgely from Harriers. Finally it was announced that the Lancashire team had come second, they were given a special



mention because the team was only formed two years ago and were not expected to do so well.

U11s Isaac Allen 1st Balance Test, Hayden Ridgeley 1st Target Throw and 4th Vertical Jump, Sophia Ince 5th Javelin and 5th Standing Triple Jump, Poppy Salesbury 6th Chest Push.

U13s James Ince 1st Standing Long Jump and 6 Lap relay, Emily Rankin =1st Speed Bounce and 2nd 6 Lap relay, Cerys Allen 2nd 2 Lap Relay and Standing Long Jump, and Romilly Taylor 3rd 4 Lap Relay and 5th Standing Triple Jump.

U15s Will Walmsley 1st 4 Lap Relay, 2nd Shot, 3rd Standing Long Jump (1st Individual),

Eleanor Noblett 2nd Shot, 3rd Standing Long Jump, 4th = 4 Lap Relay (3rd Individual), Lois Carroll 2nd = Vertical Jump

Most importantly everybody had a fantastic day with many memorable moments and exciting performances. Finally, I would like to thank all the Harriers Coaches for the winter training which has obviously paid off, and Bob for persuading me to take Will to the Sportshall qualifier at Blackpool. If ever Bob suggests anything is a good idea – just do it!

Julie Glaister

POWER OF 5KM

A team of 7 harriers, made the short trip to Lancaster for the March edition of the "power of 5km" race.

A popular race which is building momentum, containing a sub 20 A-race and an open B-race very similar to the podium races..

Up first was the A-race with Wesley Wilkinson running a brilliant pb in 16.31 for 5th place, next in was a resurgent Simon Robinson in 17.08, great to see the return of his form after a few weeks out.

Lee Foley was next in 17.19, closely followed by Alex Venables who posted a great run in 17.35,

even more impressive considering he's deep into marathon training.

Next through was Dougie Potter who shattered his pb, running 18.36, another pb was broken, by young Luke Suffolk who broke sub 20 running 19.53.

Now to the B-race only two harriers in this one, with Scarlett Allison running strong in posting 23.49 not far behind ran Matthew Suffolk completing the finishing harriers.

Greatly organised race for anyone wanting a pb, I'm sure, it will only grow in time to come.

Lee Foley

INTER COUNTIES XC

Saturday 9th March 2019

The domestic cross-country season drew to a close with the inter-counties cross championships at Prestwold Hall, Loughborough. All of the English counties take part, including teams from the larger regional districts of Scotland, Wales and Northern Ireland. The standard for the event is usually quite high and the race was also the last in the series of the British Athletics cross challenge

The senior races were selection races too, for the GB team for the World Cross Country Championships in Aarhus at the end of March.

There were full age group races, starting from the under 13s to the senior men and women, with Harrier's athletes represented in the majority of the various categories. Team selections are based primarily on the finishing positions in the Lancashire county championships in January at Blackburn. Athletes can also put in a letter if injured at the time of the county event and the team manager then makes a final selection, with reserves too.



Kian Davis

It was the third successive year that the championships had been held at Prestwold Hall with its extensive grounds and rolling hills on the outskirts of Loughborough. Unlike last year, when there was hardly any grass to be seen and the county tents area turned into a quagmire, green grass was everywhere! The access to the venue is good with plenty of nearby car parking on an old airfield

The winds were very strong and the finish straight crowd barriers were blown down before the races commenced and the organisers decided to leave them there, rather than have them fall later on the runners. The crowds respectfully didn't cross them.

The winds also snapped most of the tape markings on the higher areas of the course and it was easier for the course marshals to roll it in and tie to the posts rather than repair it to break again, and flap around the runners.

The senior mens race, over 10k saw a strong Lancashire team take part, which included three runners from Preston Harriers; Dan Bebbington, Patrick Dever and Nathan Dunn.



Emma Fulton

From the start, Patrick was in the leading group that eventually forged a small gap ahead of the field. Unfortunately, despite a very good run from him, he missed out on an individual medal, and finished 4th in 32.55, only two seconds behind 3rd place. However, a team silver medal was earned as Lancashire finished 2nd in the six man team race, with Dan a superb 34th in 34.51 and Nathan just behind in 39th. The 2nd place team finish was a repeat of 2018. Middlesex were the winners. Lancashire also retained the trophy for being the first county to finish their nine runners in the men's race.

Ben Preddy, in the u17 men's race covering 6k finished an excellent 10th in 19.18 and Matthew Fazakerley finished 32nd in 19.51. The team finished a fine 3rd, with Keft winning and Yorkshire 2nd.

In the u20 mens race, with several Harriers competing, Kian Davis was a very good 17th in a time of 30.46 over 8k. Jack Dee-Ingham was 44th, Byron Sowerby 92nd, whilst Matias Grixti was 132nd. Another highlight, was Darcey Lonsdale being 48th in the u17 women's race over 5k, and finishing in a time of 21.28

Steve Jackson



Patrick Dever



Sophie Rotherham

WIGAN 10 MILE

Sun 17 March 2019

Thirteen Harriers turned out for the inaugural Wigan 10m, held as part of the Run Wigan Festival and despite the early headwinds and undulating nature of the course, which got more challenging as the race went on, still saw a number of runners record PBs. The front end of the field quickly became strung out leaving runners with a choice between working harder than they wanted too over to keep pace with others or to run by themselves. Simon Collins, who in a repeat of the St Anne's 10 miler was first Harrier home, opted for the latter strategy and was able to pick up the pace over the final few miles of the race to finish in just over an hour (60:06) taking 4th of the day. Andy Whaley was next in, recording yet another PB on his way to the Boston Marathon, finishing 6th on the day in a time of 62:19. He was followed in by Dave Watson (69:22) and Ashraf Kazee (1:16:54) who won the men's vet 55 category.

Laura Conn was the first of the female Harriers to finish and was slightly disappointed to record a time of 01:22:14. This is a good few minutes off her

best and comes on the back of a stop start winters training cycle. However, it was still a good enough time to finish 12th in the women's race and no doubt she will soon be back to her best. Julie Tyrer was next of the Harrier women to finish, coming home in a time of 1:27 a PB of over three minutes, followed by Dorothy Parkes in 1:30:02.

Other Harriers who ran were Kenneth Gawne (1:26:44), Ian Patterson (1:27:05), Darren Kinder (1:29:57), Shelley Audis-Riddell (1:34:31), Stephen Parkes (1:34:43) and finally Alex Proffitt who recorded a huge PB of almost ten minutes to finish in 01:46:52. Whatever training Alex is doing, she needs to stick with it as its clearly working for her.

Overall the Wigan 10 mile and wider Run Wigan Festival was well organised, well supported and is a good example of what can happen when local authorities come together with local running groups and charities to put on a great event attracting thousands of people into the town centre on a Sunday morning.



PRESTON PRIMARY SCHOOLS CROSS-COUNTRY 2019

On the afternoon of the 26th of March, twenty five Preston Primary Schools sent teams to contest this annual event held after school had finished at Archbishop Temple Secondary School.

The usual Harriers and friends team were on hand to set up the course and finish funnel and marshal it during the races and do the time keeping and recording finishing positions. Joe Howard, Dave Roberts, Carl Hoggarth, Alan Appleby, Anne Sweeney, Mick, Dave Simpson the main organiser and Dean Brandwood doing schools liaison and presenting the awards. The slick team soon had the course, finish funnel and start set out ready for the schools to arrive.

There were plenty of parents and boys and girls watching the races supporting their team mates and as the leaders came round the turn at the tennis courts and into sight the noise level erupted as the supporters urged their teams to the finish.

First off were the girls. They were all putting in great efforts as they came back up the hill at the rear of the school and all completed the tough

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course despite a few suffering stitch. Kiyah Morlese of Sherwood was first home followed by Kaitlin Bolton of Alston Lane and in third was Annabel Cutting of Broughton. The first school team was Broughton; second St Andrews; third Our Lady and St Edwards.

In the boys race two lads were together all around the far course until the tennis court corner where Ethan Chadwick of Broughton pulled away for a decisive win. Declan Abbott of Our Lady and St Edwards put up a gallant fight for second and Toby Coar of Goosnargh Oliversons third. Once again the pupils put in great efforts making it a very competitive event at the conclusion of which Our Lady and St Edwards came out first; Broughton second very closely followed by St Andrews. There were lots of very excited youngsters from the successful schools after the girls and boys results were announced and the pupils went up to collect their medals and trophies.

Last year Dave Simpson had given a trophy for the overall winning points total of both teams which was initially won by Our Lady and St Edwards, this year, in a very close contest (2 points), they retained the trophy from Broughton.

WORLD CROSS COUNTRY CHAMPIONSHIPS

Aarhus, Denmark, Saturday 30th March 2019

Preston Harriers rising star, Patrick Dever, was only 4th in the selection race and his name was not top of the list when pre-race predictions were being made, but he peaked when it mattered to lead home the British men with a brilliant 37th place against the best runners in the world.

The course at Aarhus was described as "brutal" and contained steep climbs and descents, thick mud, sand and a flooded section. Dever pitched his race perfectly and commented afterwards: "I'm really chuffed with that. My aim at the start was to really conserve my energy on the first lap. That course was so unforgiving. Pretty much everyone I went past, I stayed past. I think I judged that pretty much as well as I could have done."

HOWGILLS FELL RACE Saturday 6th April 2019

The Howgills Fell Race from Sedbergh is an extremely tough long fell race of 14.3 miles and a colossal 6,791 feet of ascent. In low cloud or mist, it can be a navigational nightmare, as there are few clear tracks. This season's race was held though under clear skies, but it was very warm and that took its toll on the runners on the often long and steep climbs.

Over 300 took to the start line as the race was included in the English Fell Championship series for 2019. Colin Shuttleworth finished in 3 hrs 54.25 as 9th vet 60 and John Rainford completed the race in 4:09.47 for 247th. Carl Bell of Keswick AC won in an amazing 2:28.05. Host club were

Helm Hill and they had the 2nd placed runner in Rob Jebb. Despite the warmth, the first nine ladies finished inside the old record of 3:10.26. Vic Wilkinson of Bingley won and Nichola Jackson of Ribbles Valley was 2nd.



NORTHERN ROAD RELAYS

Sunday 24th March 2019

The Northern Road Relays and under 15 and under 17 5k road championships were held at Birkenhead Park on the Wirral on a sunny but very blustery day. The races involved long loops of the park, with one public road intersecting the park being closed to traffic. The advertised race distances also appeared somewhat shorter.

The races for the younger age groups were started with short intervals between them, and the U15 boys went first, all running together. Harriers' team placed 5th, with Tom Durney the highest placed finisher in 7th. The U15 girls won the team event ahead of Wirral AC and the Harriers B team were 3rd! Grace Brown led the A team home in 5th, Imogen Blackwell was 7th and Scarlett Sutton 11th. For the B team, Jess Watson was 12th, Olivia Miller 20th & Emily Reynolds 23rd. The U17 men also won the team event, with Ben Preddy finishing an excellent 2nd. Matthew Fazkerely was 4th and Liam Blackwell 9th. Tom Dickinson and Harry Everrett also ran, recording places of 12th & 15th respectively.

The U17 women were led home by Darcey Lonsdale in 3rd spot and with Annabel Duffy in 13th & Caitlyn Preddy in 19th; they won silver team medals.

The men's relays were 12 stages, and Harriers fielded two teams. The stage lengths were approx. 4k and 8k. With so many runners and teams taking part, it could be quite difficult to follow where individual teams were.

Andy Benson took the first long stage for the A team and Lee Foley for the B team. With Benson finishing 9th, a good platform was set up and the team jumped to 6th after Kian Davis ran stage 2. Nathan Dunn ran the 4th fastest stage 3, so the team were now 5th. Daniel Neal on stage 4 was followed by Chris Durney on stage 5 and the team had improved to 4th. Tiarnan Crocken kept the team in 5th and Jack Dee-Ingham then ran stage 7. Ian Aguilar picked up stage 8, and Harriers had dropped a little to 8th. Wesley Wilkinson, a late replacement, ran next and kept the team in contention.

With the race now getting towards the conclusion, for the leading teams and supporters excitement was building. Byron Sowerby ran stage 10 and Matias Grixti stage 11; he recorded the 9th fastest stage 11 time.

Dan Bebbington now ran the final stage and in a great effort, he posted the fastest time for the stage, and also on the day, it was the 3rd fastest stage time overall. Harriers A team finished a superb 7th overall in 3 hrs 16.59. Leeds City, dominant in such team events won, with City of Sheffield 2nd and Salford Harriers 3rd. The men's B team finished 56th in 4:01.10.

The women's teams had to deal with very late withdrawals which meant wholesale changes and credit goes to those who actually ran in the six stage relay. However, there was a brilliant performance from Kirsty Fraser who ran the 3rd fastest short leg of the event in 13.02. The team finished in a creditable 27th place.

Steve Jackson



Kirsty Fraser



Under 15 Boys

BLACKPOOL INTER CLUB

Wed 3 April 2019, Stanley Park, Blackpool

A record inter club race field of 455 runners were on the start line for the first race in the 2019 series, including 59 from Preston Harriers. A chilly evening with a rain shower in the first mile welcomed the runners to the 4 mile race of two laps around Stanley Park.

The men's team, led home by David Rigby (2nd) Wes Wilkinson (6th), Nathan Hilditch (9th) and Niall Malone (11th), finished second behind

Wesham. Completing the team were William Metcalf (23rd), Simon Robinson (25th), Lee Foley (27th), Andy Whaley (29th), Steve Hallas (41st) and Marius Kovacs (43rd). Preston Harriers won the Vet 50 category, the team members being Mark Lee (52nd), Billy Johnstone (54th), Dave Watson (55th) and Neil MacDonald (69th). First lady home was Jenny Wren (140th) with Kate Lakeland (179th), Vicki Sherrington (236th), Libby Bryan (238th) and Jade Bebbington (244th) making up the team.



"RACE TO REMEMBER"

Sunday 12 May 2019.

The annual 'race to remember' in aid of dementia was held at Wyresdale Hall in Scorton. Sunny warm conditions prevailed as the 106

entrants made their way through fields, lanes and trails around Nicky Nook.

Phil Lakeland was the lone Preston Harrier completing the tough course in 63.17 for 75th position and 3rd MV60.

LONG MARTON 10KM

Sunday 12th May 2019

Kevin Hesketh showed that age is no barrier when he placed 3rd overall in a field of 90 finishers, despite now being in the V65 age category.

The Long Marton 10km race takes place in the scenic but hilly lanes near Appleby in Cumbria

and contains a 2km section of rough trail through Dufton Ghyll.

Runners this year had to contend with warm, sunny conditions and the times reflected this. Kevin completed the course in 43.01 and the race was won by James Grinsbergs of Eden Runners in 42.26.

HEPTONSTALL FELL RACE

Heptonstall, near Hebden Bridge, was the venue for a classic West Yorkshire fell race on Sunday 24th March. True to form in these parts, the £9 entry fee brought good value with 15.4mi and 3169ft of climbing, a free energy gel and a vicar's send-off from the packed, cobbled, start line.

The initial climb past Colden Water was a single-file trail over stiles and gates; these bottle-necks were slightly tiresome for anyone not at the front but gave some opportunity to take in the surroundings.

The advertised "navigation" section across moorland to Standing Stone Hill was made easier by the large numbers pounding a trail through the grass tufts. This was very much a case of following whoever was in front, but made for spectacular views, with perfect visibility.

More climbs brought the field to Walshaw Dean Reservoirs; a windy crossing over these water led to Wadsworth Moor, over well marked trails, followed by a loop section around Walshaw Farm. Around about here, 10miles in, was a pleasingly well-filled van, with water, pork pies and Tunnock's selections, provided by two much-appreciated ladies from Valley Striders.

The last section had a real sting in the tail, with a huge set of rough steps back up to Heptonstall, where more well-deserved refreshments awaited.

Congratulations to winners Phil Marsden of Horwich RMI Harriers (1:50:22) and Annie Roberts of Todmorden Harriers (2:09:18). Preston had Oliver Heaton home in a brilliant 5th place



Joseph Sharples was happy to finish in a more sedate 2:53:17.

Not many races offer such a long race that is as accessible, with a well-flagged and marshaled course. Highly recommended!



PRESTON SPORTS AWARDS 2019

The 14th annual GLL awards evening in March was a glittering affair at the Guild Hall.

The evening was opened by a spectacular display from the winners of Preston's Primary Schools' Dance festival, Sherwood Primary School.

The event hosted by Granada Reports' Paul Crone, and Derek Langley – the former recruitment manager for Manchester United – gave an insight into his 50-plus years' involvement in football and how he had been involved in nurturing players who have become household names. Each year the judges face a challenging task of for the event which showcases the amazing achievements of Preston's Clubs, volunteers and athletes over the past year.

Preston Harriers were very well represented at the awards, with Barbra Gilles nominated for Volunteer of the Year (21yrs +) winning a Highly Commended Award, Ethan Tibbs Young Volunteer (Under 21) winning a Highly Commended Award and The Senior Men's Cross Country Team for Team Performance of the Year Senior winning a Highly Commended Award.

The Under 13's Girls 4 x 100m Sprint relay team were nominated for Team Performance of the Year Junior and Peter Warden for Lifetime Achievement Award. Both were successful in winning the awards for each category. Both will go forward to the Lancashire finals later in the year.

[Here is Peters story >>>](#)



Cerys Allen, Ellie Sumner, Emily Rankin & Evie Noblett

Peter started athletics at the age of 7, following many years as an athlete, he won countless County Championships, Northern titles and National medals, he represented Great Britain at the 1964 Olympics and won 2 bronze medals at the 1966 Commonwealth Games. During this time, he trained as a PE teacher at Loughborough where he developed his love of coaching. Peter started coaching in about 1968 and over the years he has coached over 20 international athletes across various events – 400mhurdles, 400m, 200m, 100m, 100mhurdles, long jump and triple jump.

Peter was British Athletics National Coach for 15 years and was instrumental in training thousands of coaches in the North West, his impact on coaches and athletes is far reaching.

Peter has coached athletes from all around the country all of his coaching career and specifically from Preston Harriers for over 30 years. Peter's contribution to the sprinters and jumpers at Preston Harriers has been immense.

In 2018 Peter continued to coach his wife, who he has coached for over 30 years, as a long jumper and fellow masters' athlete Averil McClelland, as a sprinter, as they prepared for the World Masters Athletics Championships in Malaga. Wife, Caroline, finished an amazing 5th in the World Long Jump and Averil, despite serious injury 8 weeks prior to the championships, won a gold medal in the 4x100m relay in a British Record time. He also coached Caroline to take the title of W45 British Masters Long Jump Championship title.

Peter was vice-president of an action group in Preston called 'Track Attack'. This group was set up by 2 families to fight for the track Preston Harriers use to this day.

In 2012 Peter was honoured to be selected to carry the Olympic Torch before attending his 5th Olympic games, this time as a spectator.

Peter is a UKA qualified coach level 4 at all athletic events and he is one of a small number of coaches to hold the prestigious 'Master Coach' Award.

At the age of 77yrs he is still 'working' in Athletics and coaching athletes at Preston Harriers. In 2018 he had one athlete who attended the Commonwealth Games, one who was selected for the Ron Pickering Trust and 2 British Master Medallist, World Masters Medallist, along with the 18 medals the training group collected at the County Championships and 5 Northern Championship Medals.



Athletics has and always will be Peter's life. He often says that to be able to give back to a sport that gave so generously to him makes him happy and proud.

Peter's dedication to coaching is clear for all to see. At the age of 77 he coaches 3 nights a week on the track at least once a week in the gym and usually at least one day in the weekend is dedicated to the track.

Peter's love and knowledge of the sport has spanned a variety of athletes over the years and the respect and love the athletes have for him is obvious in the YouTube link <https://youtu.be/myX4TZu3TSY> and more recently in December 2018 when he had his second knee replacement, 20 of his current squad of athletes from Preston Harriers descended on the hospital ward to wish him well and a Happy Christmas, they were adamant he wasn't going to miss out on the annual squad Christmas photo.

To nominate Peter for a Lifetime Achievement Award seemed appropriate following his 60 years of dedication to athletics, of which over 30 years has been dedicated to Preston athletes.

Caroline Warden

PENDLE FELL RACES

Saturday 6th April 2019

Saturday 6th April heralded the start of the Preston Harriers Junior Fell Championship 2019 on Pendle Hill. This race also incorporated the Lancashire A.A. Junior and Senior Fell Championship and attracted many runners, young and old, from around the county. The weather conditions were perfect and the views that greeted athletes and spectators alike, were spectacular.

The first Harrier away in the under 11 competition was debutant Lucas Cooke, who ran a very creditable race in 6 minutes flat, to earn himself maximum points in his age category. Next up was the highly contested under 13 race, which saw 3 more Harrier newcomers to the fell scene: Hayden Ridgley, who ran a tremendous race, finishing in 18th position in a time of 15:59min, closely followed by Adam Link, another great effort in 16:17min and 23rd overall. However, the main battle of the day was between Adam's twin brother Matthew and Oliver Adewale, who competed in last years under 11 race. Matthew took the honours at the line, finishing in 18:24min (38th) and Oliver 18:25min (39th). In the under 15 race mister consistent, Vladimir Wiggins, finished 15th overall in a very impressive time of 21:51min and laid down an early marker to any challengers in the Harriers Championship. The girls' category saw Emily Knell compete in her first fell race for Preston, running in a great time of 27:49min (18th), closely followed by an excellent run by Grace Horne 34 seconds later in 28:23min (19th). A solid run by Arran Baldwin in a very tough under 17 category saw him come over the line in 38:47min and 13th overall and Emily Wiggins, home from university for Easter, finished 5th in 1:07:11 in the under 23 age category of the gruelling senior race. A great series of performances from all the athletes involved has

kicked-off the Preston Harriers Fell Championship in fine style with the next instalment being Rivington Pike on 20th April.

Once the junior races had been successfully completed, it was the turn of the seniors and Preston had a strong contingent of runners competing for the club, in a classic race that saw them climb up to virtually the top of Pendle, before being sent back down to the foot of the fell and ascend up its steep side to the trig point. First home for Preston was the ever impressive Oliver Heaton, who continues his fine run of form finishing 6th in 34:11min and just missing out on a medal position in his age category. A close battle between Andrew Harrison and John Griffiths saw Andrew edge the finish by 6 seconds, to come home 51st in 40:28min and John 52nd in 40:34min, the first Harrier Vet 50 over the line. Impressive runs by Joseph Sharples 41:38min (66th), Tony Livesey 41:50min (70th) and Roger Taylor 43:10min (83rd) were followed by fell stalwarts Roy Parkinson 47:58min (132nd) and Jim Doherty 50:31min (159th).

Next up were the women, with excellent runs from Robyn Anderson, who was first lady Harrier home in 51:03min (162nd), Vicki Sherrington 55:22min (187nd) and Olga Wiggins 57:30min (198th). Ben Higginson was the first Harrier Vet 60 to complete the course in a solid 1:00:29, closely followed by Jenny McDonald in a respectable 1:00:51. However, the performance of the day went to Pete McDermott who ran home in 1:04:35 to finish in 2nd place in the Vet 70 category and earn himself a Lancashire A.A Silver medal. Well done to all who ran and made the event so special. The next Preston Harriers Championship race is Coniston on the 4th May.

Roy Parkinson



DARWEN HALF MARATHON

Sunday 7 April 2019

Rarely has a group of people travelled over to Darwen and had a good time. But this is exactly what happened with the five Harriers who braved 1,350ft of elevation over 13.1 miles at the Darwen Heritage Half Marathon on Sunday (April 7th). It was the second of the half marathon counters in the club's road championship.

Cool but not cold temperatures made for good running conditions on the day as the five set off to tackle the kind of course profile you usually see on the fells, with long drawn out and occasionally steep climbs and descents the order of the day. As popular as this race is, being held in a week which saw runners from across Lancashire running in the mid-Lancashire interclub, county and national fell championships and the 12 and 6 stage national road relays probably reduced the strength of the field somewhat. As such Preston's Simon Collins found himself contesting a podium finish from the off and as the field became stretched, he made good use of the hills to build up a healthy gap between himself and the fourth place runner before going on to finish strongly to secure 3rd place in a time of 81:22. The next Harrier home was Stephen Young, running his first half marathon in over three years, who took 12th place in a time of 87:41. He was followed in by Andy Whaley, who despite running the race as his final long training run ahead of the Boston marathon went on to win the Vet-40 category in a time of 95:30 and combined these three took home the men's team



Ashraf Kazee, Simon Collins, Andy Whaley & Alex Proffitt

be outdone Ashraf Kazee (1:47:02) and Alex Proffitt (2:32:40) both proved that hills are no barrier to running a good time as they both took several minutes off their half marathon PBs, ensuring that all five Harriers left Darwen feeling very pleased with themselves.

Simon Collins

WARDLE SKYLINE FELL RACE

Saturday 13th April

The race led 149 runners over a scenic route in the South Pennines, with good underfoot conditions and plenty of well-laid trails giving quick times.

The 7mile and 1250ft of ascent take in a loop from Wardle, visiting Brown Wardle Hill, Middle Hill, Rough Hill, Crook Hill and Clay Pots Hill. A sting-in-the-tail climb after Higher Shore Farm brought runners back to the small but picturesque village.

Thanks to Rochdale Harriers and A.C for excellent organisation, and congratulations to both

overall winner Rob James of Royton Road Runners (44:24) and first lady Fiona Hughes of Cambridge and Coleridge (51:03).

Preston Harriers had Andrew Harrison 29th (55:40) and Joseph Sharples 48th (59:47). For those wanting to explore or plan for next year, Wardle is only a few miles walk from Smithy Bridge Train Station, itself about a 15 minute journey from Manchester Victoria.

Joseph Sharples

MID-LANCS BLACKBURN

Saturday 13 April

Over 60 Harriers attended the Mid Lancs League fixture at Blackburn, which saw some outstanding performances.

Arguably the outstanding performance of the day came from 14-year-old Isaac Delaney, who hurled the discus a lifetime best of 35.28m, nearly 5 metres further than his previous best, to move to 3rd on the national rankings in the under 15 age group. The throw was an English Schools' entry standard. He also put the shot 11.09 metres to win that event and also ran 13.1 sec. for the 100m.

Eleanor Noblet continued to show her talent with wins in both the 100m in 13.1 secs. and long jump with 4.99m in the under 15 age group.

A time of 28.1 saw Evie Noblett win the 200m and Tamalyn Dickinson threw 28.75m to win the Hammer in the same age group.



Isaac Delaney

MID-CHESHIRE 5K

Eleven harriers made the trip down to Kingsley to complete in the high-class Mid-Cheshire 5k. A race which featured several international level athletes and has a reputation for fast times.

A break in the rain and cooler temperature presented the runners with good racing conditions which saw a runner PBs recorded on the day. Young Joe Monk was the first of the Preston men to cross the line, coming home in a fantastic PB time of 15:12 to take 24th on the day. The equally young Wes Wilkinson was next in a PB of 16:30, followed by the not so young Simon Collins who recorded a PB of 17:19.



Joe Monk

Under 15 junior Scarlett Allison was the first of the harrier women to cross the finish line, in a PB time of 23:26 finishing 12th in the women's under 21 category. Next woman home was Julie Tyrer who recorded a big PB to finish in a time of 24:26, followed by Alex Proffitt who also ran a PB time to cross the line in 29:33.

Other harriers that ran included; Steve Hallas (Vet45 – 17:54), David Watson (Vet-50 18:07 4th in his category), Luke Suffolk (Under 15 20:13) and Ian Patterson (Vet-40 23:56).

Reigning English 5k champion Richard Allen of Aldershot Farnham District AC (14:15) and Ciara Mageean of City of Lisburn AC (16:08) were overall male and female race winners.



Scarlett Allison

LANCASHIRE COMBINED EVENTS



PIKE FELL RACE

A glorious hot, sunny afternoon at Rivington, greeted 9 Preston Harriers on Saturday for the classic Pike Fell Race. This is the second race in the Preston Harriers Junior Fell Championship. The races started at 12:30 and first off was ever improving Lucas Cooke in the under 11 category. He smashed the course in a brilliant 7:16min, finishing 5th overall and only 11 seconds behind 3rd place.

The under 13s were up next with Matthew Buttery in his first race of the season, finishing a brilliant 7th in 11:02min and Hayden Ridgley with a stunning run in 10:38min, taking 3RD place, only 6 seconds separating him from 1st and 2nd positions.

The girls were represented by Emily Knell and Grace Horne in the under 13 category. Both harriers had fine runs, which saw them climb to the top of the Pike in very warm conditions. Emily finished in the top 10 in 9th place in 18:09min, closely followed by Grace in 13th in 20:41min, which keeps pressure on Emily in a closely contested battle for the Harriers Championship.

Finally, in the Junior section was Vladimir Wiggins in the under 15 boys race. He had another tremendous run finishing 6th overall in 15:56min, extending his points tally in the Fell Championship. Well Done to all the juniors who competed, the next Preston Harriers Junior Fell Championship Race is at Great Hameldon, Accrington on 5th May.

The Senior race saw 3 harriers take part in the iconic Category B race, which is run from the Crown Hotel on Lever Park Avenue in Horwich. 1st Harrier home was Olga Wiggins in 33:23min, a 2 minute improvement on her personal best time for this race. Hard on her heels, was Elena Macdonald with a great run in 34:44min, just over a minute behind Olga. Phil Lakeland completed Preston's participation in the race with a very impressive run in 36:42min, finishing 17 in the Vet 60 category. Again, well done to everyone who took part in the race and made it such a wonderful event.

Roy Parkinson.



Lucas Cooke, Grace Horne, Emily Knell, Hayden Ridgley, Matthew Buttery and Vladimir Wiggins

LYTHAM INTER CLUB

Thursday 2nd May 2019

The second race of the seven different venues race series was at Lytham. This is a venue where it can be, and is usually, windy – it was so again. It wasn't as bad as in some past editions, but it was enough to make things hard for runners pushing into a headwind on the way back, to the finish.

The traditional course had to be altered because of ongoing sea defence works and the course was shortened to around 4.6 miles and the organisation and marshalling by Lytham Road Runners was very good. The popularity of the races continues, with there being 411 finishers at this event.

The clear winner, having established a commanding lead, was Rob Danson of Wesham. He was over a minute clear of our own Andy Benson – Danson recording 23.03 and Benson 24.05.

Our open team counters, ten to count - who recorded a win after finishing second to Wesham at the first race in Blackpool were:- 2nd Andy Benson, 4th Rob Affleck, 6th Chris Tully, 7th Wes Wilkinson, 8th Nathan Hilditch, 14th Simon Collins, 15th Gethin Butler, 24th Andy Whaley, 26th Alex Venables, 27th William Metcalf.



Andy Benson

The ladies were 6th team, counters being Jenny Wren, Emma Essex-Crosby, Jade Bebbington, Vicky Sherrington & Liberty Bryan.

Rob Affleck was first vet in the team, and first vet overall (he did finish 4th of course!) and led the team to a vets win. The vet 50 counters for first team were Gethin, Mark Lee, David Watson and Billy Johnstone. Ken Beazley, Alan Appleby & Phil Lakeland were the vet 60 counters. Ladies vet 40 counters were Vicky, Julie Tyrer, Angela Tranter,

Maureen Kirkby and Sarah Clubb

The inter clubs are not all about finishing in the



Chris Tully leads Rob Affleck and Wes Wilkinson

teams, although it helps - it's an open competition where everybody makes a contribution and is welcomed. Minimum age to take part is 15, and all races are usually between 4 and 5 miles.



William Metcalf, Alex Venables and Andy Whaley

Next races are Preston 12th June (our hosting race at Avenham Park), Thornton Cleveleys at Anchorsholme (25th June), Wesham's at Salwick (22nd July), Chorley's at Astley Park (14th August) and Red Rose's at Worden Park (4th Sept) – all full venue details on the website and if you need a number, look out for Steve Taylor and Steve Jackson on the night.

Mark Lee was first vet 55 on the night, in an overall 34th, and a place behind Simon Robinson. Harriers achieved an open team win as did the vets. The vet 50s team also placed first, with the counters being Gethin Butler, Mark Lee, David Watson and William Johnstone. After the race, the team and individual prize giving took place for the 2018 series.

Steve Jackson

YDL LOWER MATCH 1

Match 1 27th April
SportsCity, Manchester

Last summers' Northern Champions of the Lower Youth Development Premier League, Preston Harriers had a tough start to the season travelling to Sale Harriers Manchester (who were Northern Champions for the previous five seasons) in their opening match of the season. Sale were keen for revenge last season's defeat, fielded a strong team. Harriers started well and established a lead of 12 points after a third of the events. Sale from then on slowly outscored Harriers to overcome their deficit and pulled away to win by 65.5 points. Scoring 656.5 to Harriers 591 points. Harriers finished second with Wirral AC 13 points behind in third.



Jay Whiteside

Jay Whiteside had a brilliant day setting a new club record with a lifetime best jump of 1.53 metres in the under 13 boys High Jump 4cm higher than his previous best. He also ran a personal best in the 200m 'B' Race of 29.8sec (0.9 secs faster). Harriers athletes set 31 new personal bests.

George Lowe improved his personal best by 7.32m in the under 15 Boys Hammer throwing 34.21m in the 'A' event while Isaac Delaney increased his lifetime best to 29.49m in the 'B' competition. Also in the Hammer both Emma Harrison & Tamalyn Dickinson set new personal best in Under 15 Girls recording 34.84m & 30.12m respectively.

In the under 15 Boys age groups personal bests were set by Archie Dowds 100m(11.8) & 200m (23.5), Daniel Valentine 300m (45.9), Hayden Middleton 300m (43.4), Thomas Chadwick 800m (2:16.2), Charlie Haigh 1500m (4:52.9) and Harrison Kiley Javelin (29.41).



Imogen Blackwell

Lifetime bests were set in the under 15 Girls by Imogen Blackwell, First, 800m (2:20.4), Ruby Allison Pole Vault (1.90) and Isabella Buraimo Javelin (21.44).

The Under 13 Boys had personal bests set by Jack Winstanley 800m (2:41.4), Sam Smalley 1500m (5:18.4), Connor Rigby High Jump (1.15m) and Harry Appleton Shot (6.69).

Cerys Allen (under 13 Girl) had a brilliant match winning both the 75m and 150m in 10.5 secs. (PB) and 20.1 secs. respectively to record a sprint double. In the same age group Evie Kett powered to win the 70m hurdles in a personal best time of 12.9 secs. and then set a new figure of 11.1 for the 75m. Annabel Cutting ran 2:49.7 (PB) in the under 13 girls 800m. Under 13 Girls 1200m saw both Megan Reynolds & Ava Jones set PB's of 4:35.3 & 4:45.3 respectively, then Sophia Ince Shot (5.86m), Evie Kitchen Shot (4.81m) and Eleanor Norris-Jones Javelin (14.36m) all set new lifetime bests.



Archie Dowds



Cerys Allen

The standard of competition in this league has significantly improved since last season and Harriers will need to put out their strongest team to catch Sale in the next match which is at Wavertree in two weeks time.

Match Result

1	Sale	656.5pts
2	PRESTON HARRIERS	591 pts
3	Wirral AC	578pts
4	West Cheshire	457.5pts
5	Liverpool Harriers	437pts
6	Blackburn Harriers	424.5pts
7	Stockport Harriers	402pts.

Bob Welfare



VIRGIN LONDON MARATHON

Sunday 28 April 2019

This year's London Marathon saw seven Preston Harriers make the journey to the capital to take part in the 39th London marathon. The weather was much cooler and kinder than last year's record breaking 23.2°C. The atmosphere and support from the crowds lining the streets of London lived up to its reputation.

HERE ARE TWO OF THE STORIES:

JULIE

They say 'a journey of a thousand miles begins with one step',..... in our case our journey to London Marathon began with five months of training, potential injury and weather conditions it was hard to complete the mileage to prepare ourselves for the big day but with London at the end of April we pushed through, running in rain, snow, hail and 25 degrees heat has not been easy. It did get us Marathon ready both physically and mentally. As we met in the Blue start, the sense of pride to be able to wear the Preston Harriers vest alongside the thousands of runners waiting to start was immense. The atmosphere and the people coming out to cheer us on really did live up to its reputation. The crowds were amazing, the support and their encouragement kept us going especially in the last couple of miles.

The marathon route navigates through London following the River Thames passing landmarks such as the Cutty Sark, Canary Wharf, Houses of Parliament. Running over Tower Bridge, often a runners favourite, at the halfway mark was breathtaking.

We were cheered on by our support team which included Kari's husband Dave our official photographer, fellow Preston Harrier Ian Patterson and friend Tel Martin who made a banner for us with the club logo, names and numbers.

Their support, encouragement and jelly beans helped us complete the gruelling 26.2 miles. As we ran past Buckingham Palace the roar from the crowd was overwhelming, it felt like everyone was willing us over the finish line, which lifted us for those last hundred metres. We thoroughly enjoyed running the London marathon, the support we received in the run up to the race, during and after



Julie Tyrer

following shortly after was Julie Tyrer recording a marathon personal best by over 36 minutes to finish in 4: 47: 52. Danny Higgins followed in a time of 4:55:14. Completing the line up for the Preston Harriers were Helen Boyer with a time of 5:27:46 and Kari Edwards recording a time of 5:53:09.

We thoroughly enjoyed running London marathon and we can now understand why London may be considered by some as 'the Greatest Marathon in the World'.

Julie Tyrer

DANNY

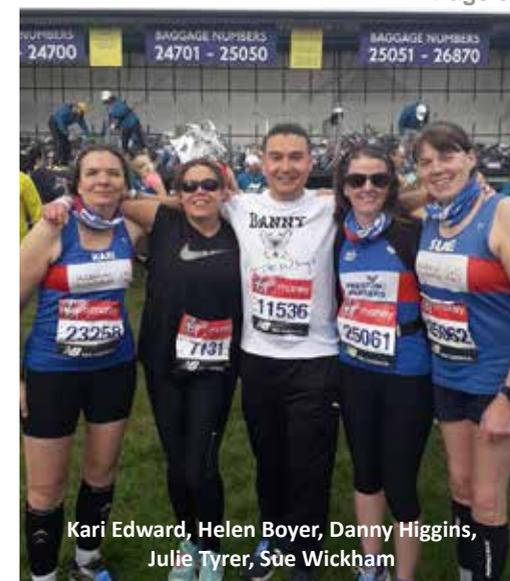
After the 2018 London marathon I entered the ballot once again like thousands of others, only this time I had my sister Jennie in mind. She had only been out of hospital for around 2 weeks after spending 3 weeks laid up in a bed, she had undergone emergency life saving surgery to remove her colon and had been diagnosed with ulcerative colitis a condition that affects the colon

through inflammation and ulcers this resulted in her having a stoma. Her medication was strong, and all the procedures had contributed to her losing her baby and slowly losing her hair however she fought back and did a sponsored head shave to raise money and awareness for IBD charities and I was keen to help her along as she continues to do this.

The charity Jennie had chosen was Purple Wings a small charity run by people who have experienced the same illnesses and difficulties and battle through everyday. Purple wings offer something called a time for me grant by surprising people who have been seriously ill with IBD who have lost self-esteem, motivation and confidence, it could be a spa day, match tickets or even a weekend away. It's a way of saying life has changed but you can still do normal things regardless of how your feeling or may come across to others.

Off to London then (well an Airbnb in Luton) and all the training had been done I was feeling great, I had used the back end of the cross-country season and some Harriers road race champs as prep as well as long runs and gym work and it was fair to say the high winds at the St. Anne's 10 miler in January was a wakeup call of how tough the winter months could actually be.

I was joined by my dad Frank, 2 sisters Jennie and Natalie, her partner Josh and my niece Mila. We headed down on Friday and any thoughts of going to the expo to collect my number on Friday night were dashed by variable 50mph speed limits for most of the journey. The London Marathon Expo had been open from Wednesday of race week and Saturday was the last chance to get your number, no number no race. Now I was happy to go early get there for 8am and get out as soon as I could but the cavalry wanted to come, and the last time I did the London Marathon Jennie joined me and enjoyed it. Going on your own is one thing but trying to keep a family together on the tube/DLR is a logistical nightmare and my dad gave me the nod of - (I see why you wanted to get this done early lad). However, it seemed to work out ok in the end and my family got an insight to how busy and hectic it was going to be during race day. Race day; Needless to say I was buzzing. Everything was in order, organised, sorted, even the first song on shuffle on the walk to the station, Sam Fender hypersonic missiles - class. I'm on the 7.09 from Luton which will get me to Blackheath around 8.35 bags of time - so I thought.



Kari Edward, Helen Boyer, Danny Higgins, Julie Tyrer, Sue Wickham

The 7.09 was non-existent even though it was counting down on my phone to arrive in 2 minutes. The platform assistant told me no trains to London until 8.04. As I headed over the bridge with a few bemused passengers I thought this will be easily £60 in a taxi to the nearest tube station when a fellow runner came dashing toward the ticket office, learning the same information as I did he walked away scratching his head.

I approached him asking if he wanted to share a cab, before he could answer we were interrupted by his friend calling across the bridge, he was also expecting trains to be plentiful on marathon day. This was Rob from Dunstable Road Runners, our saviour who took his mate Nick and myself a total stranger also his wife and daughter to the nearest tube station at Stanmore, he refused to take any money off me, and I will be forever thankful for his generosity. With Rob and I on the Blue start and Nick on the Red we spent most of the journey sharing running stories until we arrived at London Bridge and we parted company with Nick and headed up to our platform to be greeted by our first train to Blackheath.

This train was like a scene of carnage. Runners ramming themselves onto it, you couldn't see a seat on the train just body parts and faces very close to the windows. "There is another in 10 minutes" I said, "I think we should wait for that one". Thankfully that was empty and we were on our way.

CONTINUED >>>

LONDON MARATHON (CONTD.)

At the start it was fantastic to meet up with fellow Harriers Sue, Kari, Helen and Jules. A quick photo and a good chat followed before handing bags in to trucks and warming up. We had to wait a little while in the start zones, but it was brilliantly organised and we got off to a rolling start and straight away the atmosphere was electric, some amazing costumes were on display, Thunderbird 2 and some guy carrying an iron and ironing board, I didn't ask.

My race day plan was to finish in around 4-4.30 and enjoy the first half particularly Cutty Sark and Tower Bridge which is exactly what I did hi-fives plentiful and plenty of shouts being heard. On approach to Tower Bridge the noise level was rising so much so I couldn't hear my family and had to check back to see them. That gave me a huge boost to push on to halfway and at that point 2.07 holding back I felt good no problems and it stayed that way until around mile 19/20 when a little tightness in the lower quads of both legs started to be felt, reduced now to a frustratingly slow jog I struggled through Limehouse and Embankment before I could sense the finish was near not before paying a short visit to the sides to receive a pat from my family and like many others it felt like an emotional part of the race.

I was thrilled to finish a huge relief and a lovely medal too, a quick photo followed and a slow walk down the Mall to receive my bags followed, I finished in 4.55 - slower than I wanted but a PB but just over an hour. Other Harriers preceding me in another sub 3-hour finish was Chris Wales in a time of 2.54.40 followed by Craig McDougall in a solid 3.47.52 and a PB.

CHORLEY 10KM**Sunday 12th May 2019**

On what turned out to be a big weekend for racing, on Sunday the 12th May, six Preston Harriers braved the beautiful sunshine and attended the greatly supported and extremely well organised first ever Chorley 10K.

This was an exciting and deceptively hilly course, with a very fast downhill first mile. Stephen Clayton was the first Harrier back and MV60 winner with a time of 46.23, followed closely behind by Victoria Duckett, who was eighth lady overall at



Danny with his sister Jennie.

A brilliant run from Sue Wickham finishing in 4.42.40 was closely followed by Julie Tyrer in a time of 4.47.52 and a huge PB by 36 minutes, Helen Boyer then followed in a time of 5.27.36 and Kari Edwards who was battling injuries through her late preparation finished in a credible time of 5.53.09.

This was a truly amazing experience one I would recommend to anyone, it was an absolute pleasure to raise money and awareness for Purple Wings and of course to be a Preston Harrier if only we could have more Club places.

Daniel Higgins

48.01 and took the prize for WV40. Continuing his recent successful streak, Alan Littler crossed the line with a time of 49.22 minutes and for his efforts won the MV75 category.

The ever improving Ian Patterson was delighted with his first sub 50 time of 49.57. He was pushed all the way by Preston Harrier newcomer Liberty Bryan who crossed the line in 51.06 minutes. Julie Tyrer (53.16) was next over the line to complete the Preston Harrier line up.

GREAT HAMELDON HILL**Sunday 5th May 2019**

Race number 3 of the Preston Harriers Junior Fell Championship saw 5 athletes compete in the Great Hameldon Hill race on Sunday 5th May.

The weather conditions in Accrington were dry, overcast and cool, perfect for fell running.

Lucas Cooke in the under 11 race put in a great effort to finish 14th in the boys category in a time of 14:43min. The ever improving Hayden Ridgley ran another excellent race finishing 15th in 12:09min and extending his overall lead in the Harriers under 13 boys Championship category. Performance of the day went to Vladimir Wiggins, who ran a brilliant race in the under 15 category in a time of 14:23min, claiming 3rd place and a podium finish.

The under 15 girls section was concluded by Emily Knell, who ran a tremendous race to finish in 5th place, just outside medal contention by only 37 seconds in a time of 16:01min. This was closely followed by a fine, gutsy display by Grace Horne, finishing 11th in a time of 20:08min, despite sustaining an injury en route.



Vladimir Wiggins



Emily Knell & Grace Horne

Well done to all the junior Preston athletes on their performances on the day. The next race in the Championship series is Hutton Roof on Saturday 25th May.

The senior race saw Gethin Butler storm to a 6th place overall finish and win the male vet 50 category in an impressive time of 40:34min and Olga Wiggins, who continues to make giant strides in her fell performances, with an excellent run in a time of 1:05:22, knocking 5 minutes off her personal best time from last year.

Roy Parkinson

65TH THREE PEAKS RACE

The Three Peaks Race is a fell-running institution, first held in 1954, and won by Fred Bagley of Preston Harriers. Although no Prestonians have followed up with a win, many have pitted their strength against the mighty 23.3mi course, with 5279ft of ascent. Starting from the small village of Horton-In-Ribblesdale, competitors run anticlockwise over Pen-Y-Ghent, Whernside, and Ingleborough. Plenty of the route is on rocky track or paved slabs, which protect the landscape from the side-effects of the popular walking challenge. If you're moving faster, this can make for tricky underfoot conditions, especially when wet and muddy.

At 10:30am Saturday 27th April, 751 kitted-out runners set off for what Storm Hannah suggested would be a thrilling day out. As it turned out, the weather was perfect in parts, with beautiful views across the North Yorkshire Moors, and atrocious in others, particularly on the summits, with swirling winds and poor visibility. The marshals, safety teams, and organisers really earned all the accolades they received, being cheery and helpful throughout.

To keep everyone on track, there are seven checkpoints. Apart from the end, these were the mountain tops; two aid stations between

PYG and Whernside; and the notorious Hill-Inn after a tricky and slippery Whernside descent. These ground level checkpoints had enforced cut-off times. After two mountains and around 16mi, the Hill-Inn marshals had to stop everyone reaching there after 14:00, or 3h30. Sadly, this just caught out Preston's Vikki Sherrington. On a really tough day in challenging conditions this was a monumental effort! Well done on making it that far and hopefully you'll be back!

Past Hill-Inn was the grim Ingleborough which involved scrambling and powering into the fog on the summit. Reward for this was a rocky descent, although some people seemed to know much better lines here...! A rocky run in and then through some kind family's garden back to Horton-In-Ribblesdale finished things off.

Only 671 of those 751 starters made it; the overall winner was Brennan Townsend of Keswick AC (2:50:22); first lady was returning champion Victoria Wilkinson of Bingley Harriers & AC (3:20:01); Preston Harriers had debutant Joseph Sharples (4:59:52) who, after a few days rest, thinks he'll be back, having enjoyed the scenery and challenge.

Joe Sharples



LOWER YOUTH DEVELOPMENT LEAGUE MATCH 2

Saturday 18th May 2019

Liverpool's Wavertree Stadium was the venue for the second Lower Youth Development League. Preston Harriers Under 13 & Under 15 teams. Battled well to finish second, 69 points behind Sale with Wirral A C a further 33 points behind Preston. This keeps the team in second place in the league, and if maintained with one match to go, would qualify them for the Northern Area Final.

Archie Dowds continues his outstanding start to the season with a clocking of 23.36s. a lifetime best to win the under 15 boys 200m, as well as a n 11.5 run for 2nd place in the 100m.

Isaac Delaney (under 15) was a triple winner in the Shot, Discus & Hammer, recording 11.44m, 36.34m and 31.14m respectively. George Lowe was just 2 centimetres outside his personal best to win the boys under 15 Hammer, placed 2nd in the Javelin and finished 3rd in the High Jump with a huge 1.69pb. Harrison Kiley in the same age group threw 30.02m to win his Javelin competition.

The under 15 Girls age group saw Imogen Blackwell run a lifetime best of 2.16.9 in the 800m. Wins for Isabelle Cunningham (1500m

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4.50.78), Olivia Miller (1500m 4.55.78), Emily Rankin & Isabel Caven in 75m Hurdles (11.40 and 12.31s respectively) and Eleanor Noblet and Heather Taylor-Harling in the Long Jump (4.97m and 4.74m).

Corey Middleton and Jay Whiteside were the only under 13 boys winners Corey running 15.26s in the 75m Hurdles and Jay leaping 1.50m in the High Jump. Molly Caffrey continues her progress setting a personal best to win the under 13 girls 70m Hurdles.

Match Result

1	Sale	666pts
2	PRESTON HARRIERS	597pts
3	Wirral AC	564pts
4	West Cheshire AC	488.5pts
5	Liverpool Harriers	476pts
6	Blackburn Harriers	446.5pts
7	Stockport Harriers	431pts

Bob Welfare

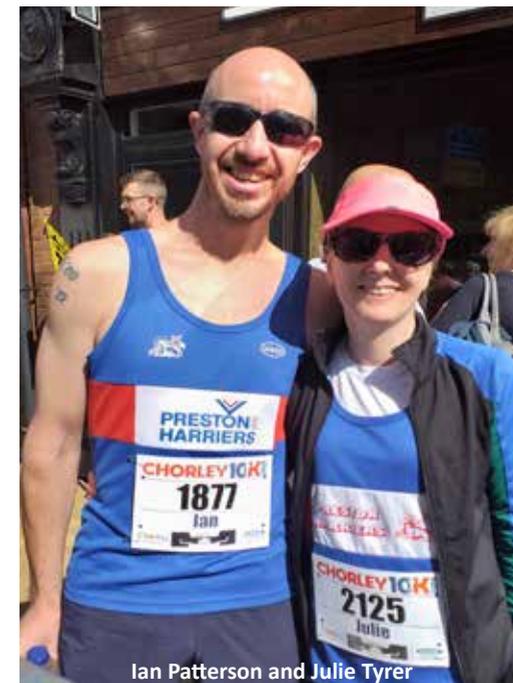
CHORLEY 10KM ROAD RACE

Sunday 12th May 2019

On what turned out to be a big weekend for racing, on Sunday the 12th May, six Preston Harriers braved the beautiful sunshine and attended the greatly supported and extremely well organised first ever Chorley 10K.

This was an exciting and deceptively hilly course, with a very fast downhill first mile. Stephen Clayton was the first Harrier back and MV60 winner with a time of 46.23, followed closely behind by Victoria Duckett, who was eighth lady overall at 48.01 and took the prize for WV40.

Continuing his recent successful streak, Alan Littler crossed the line with a time of 49.22 minutes and for his efforts won the MV75 category. The ever improving Ian Patterson was delighted with his first sub 50 time of 49.57. He was pushed all the way by Preston Harrier newcomer Liberty Bryan who crossed the line in 51.06 minutes. Julie Tyrer (53.16) was next over the line to complete the Preston Harrier line up.



Ian Patterson and Julie Tyrer

CONISTON FELL RACE

5th May 2019

The third instalment of the Harriers fell championship took place on Saturday 5th May in Coniston.

It is a very popular race and has been since its inception in 1982. At just short of 8 miles with approx. 3,300ft of climb, it is a tough AM category fell race.

The conditions were favourable this year, mainly dry and very clear- so navigation was not an issue; but with a cold and at times strong northerly breeze, organisers insisted on full kit.

Ten Harriers were among over 300 starters, including Harrier debutant Richard Warburton. Unfortunately, Richard had to pull out of the race early on with knee trouble.

The prolonged climb from the village up to Wetherlam soon had people warming up with several shedding layers, including fell running legend and race record holder Ian Holmes. He said he had arrived at the race on his motorbike and felt cold prior to starting. After the prolonged climb to Wetherlam, the race then traverses over to Swirl How, up and over Coniston Old Man and, after an initially tricky descent off the summit- its a fast, leg-pummelling return to the village far below.

John Rainford had the run of the day being 1st Harrier and 6th in his age group out of 33 in a quality field. His time was 1:33:15 a minute clear of Andy Harrison in 1:34:14 and 2nd Harrier.

Dave Parkington was next in with 1:37:08 closely followed by John Griffiths 6 secs later. 1:41:45 was Tony Livesey's time but strangely he was listed as a Coniston runner.....hands off I say. Colin Shuttleworth was next in 1:42:29 and 2nd in his category out of 20 !

Roger Taylor and Mick (Mac) Mcloughlin were next in with times of 1:46:07 and 2:10:25 respectively. Special mention is due to Vicky Sherrington, lone lady Harrier who, despite a few doubts prior to the start turned in a fine run and was in contact with Mick Mac until the final descent when Mick pulled away. She is getting stronger with each race and in a time of 2:14:23 was almost an hour ahead of the last of 312 finishers.

At the sharp end, the race was dominated by the Aoldies-multiple fell champions Rob Jebb V40 and Ian Holmes V50. Despite being well behind at the summit, ace descender Holmes pulled back time on Jebby but ultimately he fell short by 8 seconds. Rob Jebb his former Bingley clubmate held on to win in 1:13:11. His Partner Sharon Taylor was first lady home in 1:29:03. They both now run for Helm Hill.

Post race refreshments were sought in the Sun Inn by a jovial, if tired group of harriers and friends.

Some harriers made a weekend of it by staying in the lakes over the weekend.

John Griffiths



© slippymark

CLUB ROAD CHAMPS UPDATE

The road championship has reached the half point and so far 96 Harriers have competed in qualifying races. In men's open category Andy Whaley, Stephen Young and Simon Collins currently occupy the top three places, whilst in the women's open category its Julie Tyrer, Alex Proffitt and Dorothy Parkes. In veteran categories the early pace setters are as follows; Vet-40 Andy Whaley and Julie Tyrer; Vet-50 Ashraf Kazee and Angela Tranter and in the Vet-60 category its Alan Appleby and Judith Deakin.

However, it's still all to play for with enough races left to someone whose yet to yet race to go on and win prize. With runners only needing to run one race 5k, 10k, 10m and half marathon race along with three interclub races to win an open category prize.

THE REMAINING RACES ARE AS FOLLOWS;

Distance	Race	Description	Notes	Date
5k	Sale Sizzler	Fast, competitive, chip timed	Part of a series of very fast and competitive races.	August 8th 2019
Interclub	Thornton	Race 3	5 miles	June 25th
	Wesham	Race 4	4.5 miles	July 22nd
	Chorley	Race 5	4.8 miles	August 14th
	Red Rose	Race 6	4.2 miles	September 4th
10k	Penny Lane Striders 10k	Flat, Chip timed	Part of the Merseyside Grand Prix. PB and beginner friendly	June 23rd 2019
	City of Preston 10K	Competitive, chip timed	Preston's premier 10k race	September 29th 2019
10 mile	Calder vale 10 mile	Hilly	A challenging 10 miler	July 28th 2019
	Kirkby Milers Safari 10 mile	Local	Currently sold out, but there will drop outs.	September 29th 2019
HM	Southport HM	Flat, chip timed	Takes runners through the heart of Soutport on a traffic free route, suitable for first timers and those seeking a PB	June 30th 2019
	Garstang HM	Hilly	It wouldn't be a Harriers champs without a trip to Garstang. Tough but enjoyable	September 1st 2019

YDL UPPER MATCH 1, PRESTON

5th May

Preston Harriers celebrated last season's promotion back to the top of the North West League with a sensational win in their higher league. Harriers renewed their rivalry with local big city teams Sale Manchester and Liverpool Harriers and rose to the occasion by beating Sale into second place by 29½ points, 779½ points to Sale's 750 points, with Liverpool Harriers a further 200 points behind Sale in third.

Jack-Dee Ingham (Under 20 men) ran a storming race to win the 1500m and improved his previous time by 10 seconds to record 4:02.7. and also won the 'B' 400m in 53.7secs. Matthew Fazakerley knocked 15 seconds off his 3000m best to post 8:53.2 in winning the under 20 men's event. Other winners in the under 20 men were Leon Stubbs 400m (50.9). Niall Higham 800m (2:05.6), Kian Davis 1500m (4.02.2), Matias Grixti 3000m (8:54.9), Ed Coles 110m hurdles (15.2) and Harvey Noble 110m hurdles (17.2). Ethan Tibbs set a lifetime best in both the triple jump (13.31m) and high jump (1.80m).

A lifetime best of 63.25m, an improvement of more than 2 metres, took hammer thrower Alex Bernstein up to second in the national rankings in the under 17 men's age group. Fellow thrower James Lupton won the 'B' hammer with



Rhiannon Lowe



Eleanor Ward & Scarlett Sutton



Emily Worthington

39.01m and followed that with a 37.81m discus (1st) and threw 31.77m in the javelin. Wins were also recorded in the under 17 men's events by Harry Everett 800m (2:02.8), a personal best, Max Cunningham 1500m (4:14.4) also a personal best, Taylor Jacob in 100m hurdles (15.0), shot (9.75m) and long jump (5.88) all personal bests, Ethan Hallas in shot (7.37m) and discus (19.93), Will Walmsley triple jump (11.60m) and long jump (5.42m) and finally in this age group Will Whiteside high jump (1.50m) and triple jump (11.83m).

There was double success in the under 20 women's javelin when Emily Worthington threw a lifetime best of 30.27m to win the 'A' event with Anna Tankard winning the 'B' event with a throw of 22.90m. In the same age group there were wins for Rhiannon Lowe in the hammer with 36.66m, a lifetime best, Annabel Duffy in the 1500m (5.19.5), Emily Wiggins 100m hurdles in (20.3) and Emily Reynolds in the 800m (2.27.7).

The outstanding performance in the under 17 women's age group was Marcy Noblett with a shot put of 12.08m beating her previous best by nearly 2m and recording an English Schools entry standard. Further wins in the under 17 women's age group were Lois Carroll triple jump (9.62),



Evie Parkinson



James Lupton

Megan Jackson 300m hurdles (50.4), Alisa Darbyshire 200m (27.1), Darcy Lonsdale 800m (2:17.6), Abigail Earnshaw 800m (2.23.5), Grace Brown 1500m (5:05.4), Scarlett Sutton 3000m (10.47.6), Libby Huxley 3000m (11:09.4) and finally Lauren Tunstall long jump (5.09).

Match Result

1	PRESTON HARRIERS	779.5pts
2	Sale	750pts
3	Liverpool Harriers	551pts
4	North Wales	399.5pts
5	Wigan Harriers	344pts
6	Wirral A C	333pts



Ed Coles

COUNTY T&F CHAMPIONSHIPS

11th - 12th May

Preston Harriers won an unprecedented 48 gold medals (a club record) at the Lancashire County Track & Field Championships at Blackpool.

Harriers final tally of medals was 127, including 46 silver and 33 bronze. The brilliant weather was matched by a feast of outstanding performances.

Star of the day was 4 times gold medal winner 14-year-old George Lowe, who won the hammer (37.83m), high jump (1.60m), long jump (5.43m) and javelin (40.57m) to show his versatility and potential. Triple gold medallist Cerys Allen showed her talent in sprints and long jump by winning the 100m (13.4), 200m (27.5) and long jump (4.64).

Darcy Lonsdale had a brilliant run to set a qualifying standard for English Schools' Track & Field Champs by running 2.13.6 to win the under 17 women's 800m.

English Schools' standards were set by Macy Noblett (under 17 women) of 11.64m in winning the shot.

Further standards were set by Harvey Noble in the under 20 men's long jump with a winning leap of 6.79m and Alex Bernstein, who hurled the hammer 59.56m to win the under 17 age group. Ed Coles posted a winning time of 15.2s over the 10 hurdles in 110m hurdles under 20 men's race and then set the standard in the 100m of 11.0s, and finally Emma Harrison threw the standard in the hammer 36.18m in the under 15 event.

Harriers showed their dominance in the under 13 Girls 100m when Cerys Allen (13.4), Molly Caffrey (14.0) and Evie Kitchen (14.1) finished 1, 2, 3. There was also a clean sweep in the under 15 Girls 75m Hurdles with Emily Rankin (1st -11.4), Eleanor Noblet (2nd - 11.8) and Isabel Caven (3rd - 12.1). Harriers filled the first four places in the senior men's 5000m with Chris Durney, Chris Livsey (Veteran 35), Joe Monk and David Rigby recording 15.03.0, 15.08.7, 15.14.8 and 15.39.7 respectively.

Bob Welfare



Isabel Caven, Emily Rankin & Eleanor Noblet



George Lowe

NORTHERN LEAGUE

Sunday 19th May

The first match of the 2019 season was against Teams largely unknown to Harriers as we were in a lower division than previous years, but we didn't let this deter us from fielding a strong team. Team managers Sarah Suffolk and David Rigby worked hard leading up to match day to ensure the teams were as strong as possible. The ladies team was so full; the only event they didn't fill was one Pole Vault place. The men had a few more gaps – 110m hurdles, 400m hurdles and steeplechase. These gaps didn't stop every athlete giving their all. It was nice to see some new faces in the teams; Andy Grundy took advantage of some of our sprinters being away at University and stepped up to run the 100m, 200m and 4 x 100m relay, setting a personal best time in both individual sprints, along with Matthew Povey who joined Andy in the 100m & 4x100m relay. Scarlett Allison (U17) agreed to fill the second space for the women's 3000m and like Andy gained a personal best. Abigail Earnshaw another U17 athlete helped out in the 800m 'B' race which she duly won along with Libby Huxley who was second in her 1500m.



Scarlett Allison & Emma Hargreaves

Carol Holt took part in the 100m & 200m in her first season of athletics and was delighted with two personal bests. U17 Luke Suffolk stepped in to compete in the men's Pole Vault, 400m and the 4x400m relay.

European Heart Champion Gary Still had an outstanding day winning both the 'B' competition with Transplant Shot and Discus 9.81m and 31.26m respectively. Fellow thrower Tom Crowe won the 'A' Shot and Discus and then won the 'B' Hammer with 10.86m, 34.62m and 29.36m respectively.

Further wins in the mens field events were recorded by Ethan Tibbs 'A' Long Jump (6.11m), Will Whiteside 'B' High Jump (1.60m) and Ethan Hallas 'B' Triple Jump (11.31m). Daniel Neal was Harriers only male track winner recording 4.09.5 for the 'B' 1500 metres

Transplant Shot had an outstanding Shot and Discus 9.81m and 31.26m



Emma Vickers



Gary Still

Sharon Wilkinson was delighted to run her fastest time for the 400m since 2017, what a great start to the season. Caroline Warden not only competed in her favoured event of the Long Jump but after only two weeks training, she took part in the women's Pole Vault and gained maximum points as she took the win.

In all Eight wins were recorded by Harriers Ladies in the field events. Amy Lupton put the power from her Crossfit training to use and was more than pleased with the results as she recorded wins in the Javelin ('A' 40.78m) & Triple Jump ('A' 11.26m), Charlotte Daley won both the Long (5.03) & High Jump (1.55m) 'A' Competition, Rhiannan Lowe Hammer ('B' 33.78m), Emily Worthington Javelin ('B' 28.08m) and Lois Carroll Triple Jump ('B' 9.80m).

Sophie Warden and Hollie Suffolk were very happy to run seasons bests in the 400m and 200m respectfully. Amy Lupton. Both women's relay teams ran storming races, with Hollie, Sophie

and Katie running both relays, the 4x100m team winning and the 4x400m coming in a strong 2nd. With eight events to be added to the final scores we were 3 points ahead of Bolton. It was going to be a tight finish, but once all the results were inputted into the system it was a win for Preston Harriers, with a total of 416 points to Bolton in 2nd place on 394 point.

The table below shows an interesting breakdown of points from the day. Bolton took an almost 70-point advantage on us in the track events but we took an almost a 100-point advantage back in the field.

Looking ahead to the rest of the season it is very important to keep a strong team going forward and giving ourselves a fighting chance to return to the Premier Division. If you want to help us do this, please athletes and coaches plan the dates into your diaries and help support your club. To be eligible to compete in the promotion match at the end of August, you have to have competed in one of the previous matches in the season.

Caroline Warden / Bob Welfare



Ethan Tibbs



Tom Crowe

Bib	Team Name	Abbrev.	Officials	Track1	Relays	Field	Total
1	Blackpool Wyre & Fylde AC	BWF	25	116.0	22.0	149.0	312.0
2	Bolton United H & AC	Bolt	45	212.0	29.0	108.0	394.0
3	Leigh H & AC	Leigh	45	124.0	15.0	133.0	317.0
4	Preston Harriers	Prest	45	143.0	24.0	204.0	416.0
5	Seaton AC	Seaton	45	89.0	20.0	97.0	251.0
6	Southport Waterloo AC	S'port W	45	136.0	19.0	124.0	324.0

CALDERDALE WAY RELAY

Sun 19 May 2019

Preston Harriers had three teams competing at the Calderdale Way Relay, which is Britain's largest club organised off road event. Hosted annually by Halifax Harriers, it was formerly held in December, but moved to it's now May position in the calendar in 2011 after the 2010 cancellation because of poor weather.

Those who have run it in May only, have no idea of the previous joy of hanging around in the December cold at the higher leg change overs at Blackshaw Head and exposed Wainstalls, waiting for the runners to come in, as the clock ticked inexorably, but slowly, to the cut-off time...

The race is still comprised of six legs with a pair of runners from each team on the individual legs, following the route of the 50 mile Calderdale Way long distance footpath, up-hill and down, with changeover points at Cragg Vale, Todmorden, Blackshaw Head, Wainstalls, Shelf and finishing back in Halifax.

Some of the routes have changed slightly over the years to minimise the impact of a couple of hundred runners coming through each section, or a farm yard for eg. The main changes though, have been to the start and finish legs. This year, the finish moved to the Halifax Harriers club track on Huddersfield Road.

It is a Fell Runners Association (FRA) accredited race and full FRA race kit is expected to be carried, which includes taped seam waterproofs, map, compass and... a whistle. So, for the ones who forgot a whistle and had to have one provided from those who had brought spares, please bring one next year.



John Rainford & John Griffiths Leg 4

Head. For the mass start on leg 3, the runners were moved away from Todmorden leisure centre, where the handover is and walked en-masse, across the main road to start.

The run from Simon and Mark on the A team, pushed the team up to 16th, a gain of 7 places from the previous leg, from Jon Green and Tony Livesey. David Rigby and Wes Wilkinson had run leg 1 – the longest at just over 10½ miles. Richard Warburton and Lee Foley were on leg 4 and Lee



Alan Appleby & Jenny Wren Leg 6

had stepped in late, because of the unfortunate injury to Andrew Harrison whilst running on the fells.

Chris Wales and Andy Whalley, were well matched on leg 5 covering a shade over 7½ miles and were 21st overall on the run. The final pair were William Metcalf and Alex Venables, who were cheered in loudly by all of the Harriers runners and supporters who had gone to the finish.

The B team finished 44th overall. Again, the leg 3 pairing resulted in an excellent 21st place finish for Roger Taylor and Neil McDonald. Neil has run this leg a few times over the years! They handed over to John Griffiths and John Rainford, whose storming run over leg 4 put them ahead of the A team pairing on the day. Brian Dewhurst and Gary Wilson were the pairing on leg 5 and it was great to see both back with us in Harriers colours.

For the first time, we had a C team running the race, which was a mixed team of 8 ladies and 4 men, who finished 77th. Katey Foster and Emma Essex-Crosby finished 40th on the uphill leg 3; Emma too, having run this leg a number of times! It was, mostly, all smiles from Sue Wickham and Olga Wiggins on leg 5 and both had recced the leg so they knew very well, were all the turns were located. Some of the other teams made errors on this leg, so preparation shows it's worth.

CONTINUED >>>



Brian Dewhurst on Leg 5

There are also still cut off times for the legs after the start, to ensure that the whole event keeps moving and that was also done to keep the event safer in Winter, so teams finished in daylight – although some didn't...

The times for the whole team are added together so there is no penalty if a team misses the cut off leg time start from legs 2 to 6. For the first time, chip timing was introduced, and although there were a few problems, the race could be tracked in real-time, although some of the initial timings would have set fantastic new leg records!

Preston Harriers A team finished 16th overall with the standout performance, being 7th on the day from Simon Robinson and Marc Teasey on the 4½ mile leg 3 from Todmorden on the almost all uphill route to Blackshaw Head. The leg features very little flat ground at all, after the road start and the only level bit seems to be just before the finish as runners enter the small hamlet of Blackshaw



Maciej Jarno and Andy Acklam-Leg 6

CONTD> The final leg was with Alan Appleby and Jenny Wren. Alan had a tough race, and Jenny helped out by carrying his bum bag of kit. Many of the other club's participants had gone to the finish, and with plenty of food available to runners from the large club house and café, a beer hut and plenty of tea and coffee, there was a carnival atmosphere as teams were cheered in. It was good too, to see Ambi Swindells, once of Preston, now living in Todmorden. She ran leg 6 in one of three Todmorden Harriers teams taking part.

Ninety seven teams completed the event, the winners were a strong Wharfedale Harriers 'A' team in 6:00.23 and their B team were 4th. The winners are usually, Calder Valley or Wharfedale and they swapped positions from 2018 and Barlick Fell Runners were third again.

The ladies winners were Holmfirth Harriers, and the mixed winners were Ribble Valley – Oli Heaton ran leg 4 for them. Harriers times were A – 7:03.56, B – 8:02.14, C – 9:26.03. The last team, Crossley Heath School, finished in 11.33.12 and in daylight. Thank you to everyone who ran, who drove, team managed and those headed back to Preston to help at the senior track and field meeting (Steve Mort & Roy Parkinson) – another good team day out. *Steve Taylor/Steve Jackson*



Sue Wickham & Olga Wiggins Leg 5



Michael McLoughlin, Eleanor Parker, Emma Essex-Crosby & Katey Foster

WARNING CARDS - THE FACTS

There are five different cards available to the starter referee for a race and two to other referees at an event. Yellow and red cards are available to all referees and can be shown either for disciplinary reasons or for serious technical infringement.

YELLOW

Warnings can be given to athletes at any point during the competition from the warm-up area right up to and including the medal ceremony – not just on the field of play. Warnings are indicated to athletes by the showing of a yellow card. For example, it is not unusual for an athlete to be awarded a yellow card warning for attempting to smuggle a mobile telephone or other electronic device through the call room.

It is important to note that a yellow card warning remains with the athlete for the whole of the competition and not just for the event (or round of the event) in which he or she is competing. For example, at the Olympic games, an athlete could be awarded a yellow card for misconduct at the start of his or her 100m heat on the first day of competition. If he or she were to be shown a second yellow card prior to the final of the 4x100m on the last day of competition, then that athlete (and in this case the relay team) would be disqualified.

RED



A red card is shown to an athlete to demonstrate their exclusion from an event for a breach of

the rules other than a false start. Usually, when an athlete is excluded, a red card will be shown following a second warning (yellow card) being given to an athlete, in the same way as in football. However, a referee may, were the circumstances justify it, exclude an athlete without a warning having been given – for example, in a case of particularly bad unsporting or improper behaviour.

Three further cards are available to the start team at the start of track races.

YELLOW AND BLACK

This card only applies to track races in combined events (e.g. decathlon and heptathlon). In the case of a first false start, the athlete is shown a yellow and black (diagonally halved) card. At the same time, all the other athletes taking part in the race are also shown this card as a warning that any further false start will result in disqualification.



RED AND BLACK

At the start of a track race (other than for the first start in a combined events race), any athlete responsible for a false start is disqualified and shown a red and black (diagonally halved) card.

GREEN

A green card is shown to the whole field at the start of a race where the start is either aborted or recalled and no action is taken against an athlete.

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it's a way of life!*



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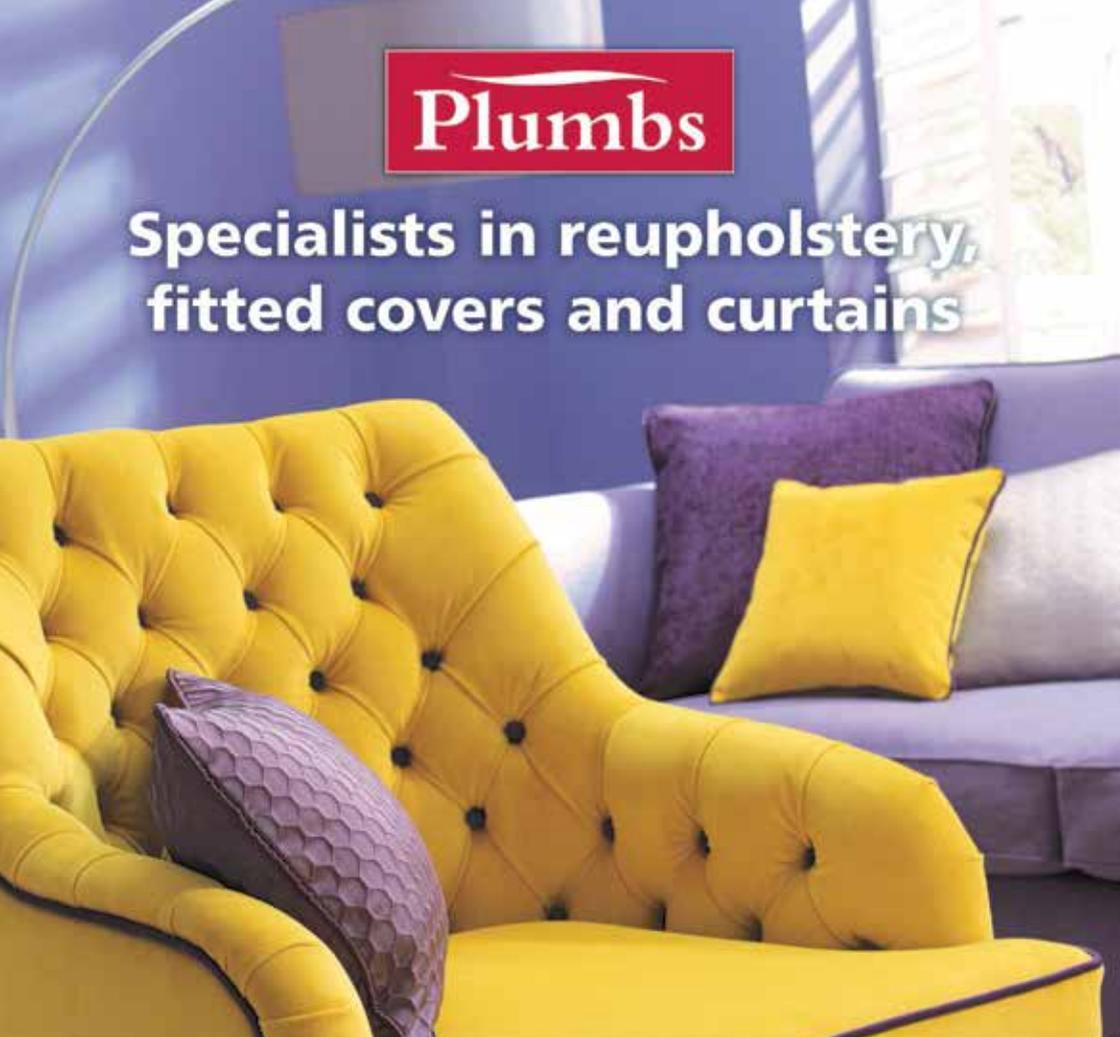


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EVENTS FOR YOUR DIARY

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	Lancashire 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), Litherland	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, Crewe	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
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	Hellifield Gala, Hellifield	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	7th Sept 2019	NW Counties Road Relays - venue tbc	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
	21st Sept	Area / Northern Road Relays - venue tbc	
	21-Sep	Three Shires, Langdale	Fell
Sat & Sun	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
	6th Oct 2019	ERRA Young Athletes and Senior Road Relays - venue tba	Road
	27-Oct	Grin and Bear It, Stocksbridge	Fell

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



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