



PRESTON HARRIERS



# THE HARRIER

Winter  
2018

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# clubmark

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

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

## PRESTON HARRIERS welcome the following New Members

DECLAN ABBOTT	ZAC GREEN
LAUREN AIREY	SEBASTIAN HELM
ROBYN ANDERSON	LIBBY HUXLEY
HARRY APPLETON	CHARLOTTE JEFFREY
HOLLY ARMER	HOLLY JOHNSON
ZAKYEYA ATCHA	ALEXANDER JONES
OLIVER BAMFORD	EVIE KETT
AMELIA BEAMAN	DONALIA MBEWE
HARVEY BRIGGS	RUBY MILLER
LUCA BURNS	KIUNDAE O'BRIEN
WILLIAM CARTER	MARTIN O'GRADY
JOHN CHADWICK	REBECCA PROCTER
JAYDEN CHAPMAN	CONNOR RIGBY
JOSHUA COLLIE	MADDIE ROACH
LUCAS COOKE	WILLIAM ROACH
ISABELLE CUNNINGHAM	POPPY SALISBURY
MAX CUNNINGHAM	HARRY SUMNER
ELEANOR DAVIS	WILLIAM THOMPSON
BEN DILWORTH	NAVAH TODHUNTER
AMELIA DIXON	POPPI WATSON
TAYLA FINLEY	RHIANNA WHITESIDE
EMILY GALLAGHER	WESLEY WILKINSON
DARCIE GREEN	BECKY YARDLEY



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Which will reply with  
**YOUR HARRIERS DISCOUNT CODE**

Ideas, articles, pics or race reports for  
THE HARRIER e-mail to:  
theharriermagazine@gmail.com  
Next Copy deadline: 11th February 2019



## Harriers' Xmas Handicap

Sunday 16th December 2018  
Avenham Park Cafe  
Registration 10.30 am

Everyone Welcome  
Under 11 approx 1300m.  
11-14 approx 3.3k.  
Seniors approx 5.3k.

Bring a Wrapped Present on the Day  
(Value up to £5.00)

Closing date Friday 14th December.

Info: Bob Welfare  
01772 653926

athleticcoach@bwelfare.plus.com

## CLUB VESTS

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

## Cover:

David Parkington ran the first leg in the  
Fell Relays at Grasmere

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# CHAIRMAN'S REMARKS

When autumn comes, the track & field fraternity go into planning mode, cross country start to put their plans into action and the Preston 10 team wind up for another major event.

Meanwhile some athletes continue with their old training schedule while others try something new. Then along comes Christmas – and it may have been a long time ago but I can still remember when it used to ruin my athletic plans. After working through December's League and Club events a rest seemed justifiable, but deep mud for the County CC Championships the first week in January was just too much after all that eating, drinking and frivolity!

I am sure today's generation of athletes can exercise better self control.

Congratulations are due to our senior mens team for victory in the Northern Cross Country Relay Championships, including the two fastest individual laps of the day. This is an excellent start to the winter season and serves as encouragement for all of us.

I hope to see many of you at the Presentation Night and taking part in the Christmas Handicap, after which I trust you will all have a happy and enjoyable festive season and work on your plans for a successful New Year.

*Roy Swinbank*

## DIANE LEATHER

Diane Leather, who died at age 85 on the 5th September 2018 was the first woman to run under a five-minute mile. This was achieved, just 23 days after Roger Bannister's sub four-minute mile but she didn't get the plaudits she deserved until later life.

She had come to very close to breaking the barrier on several occasions, notably just three days before she did it on the 29th May 1954 at the Alexander Sports Ground and the time of 4:59.6 was run in the mile race. Earlier in the afternoon, she had competed in an 800m.

After her achievement, it took another 13 years before the IAAF recognised world records for the mile and women were freely able to compete at the distance in international events.

Her natural talent for running came after she was inspired to join Birchfield Harriers after watching the 1952 Olympic Games in Helsinki. She was part of a team that then set a world record for the 3 x 880 yard relay. Diane reduced the mile time to 4:50.8, then to 4:45 in 1955 and in total, she held on to what was known as a "women's best", for eight years.

She competed at the 1954 European Championships in Berne, over 800m, winning a silver medal in 2:09.8 behind Russia's Nina Otkalenko who set a championship record of 2:08.8. In 1958, at the European Championships, another silver was obtained in the 800m at Stockholm's Olympic Stadium. She was behind another Russian athlete, this time it was Yelizaveta Yermolayeva and another Championship record with 2:06.3. Diane was so close, with 2:06.6.

She competed in the 1960 Rome Olympic Games, running in a preliminary heat of the 800m and not reaching the final. Team member Joy Jordan did appear in the final, finishing 6th.

Retirement from competitive running came later in 1960, and in later years she moved into social work. In 2008, in an Athletics Weekly listing, she was ranked 2nd in a list of all time great 1500m runners, behind Kelly Holmes.



# BLAST FROM THE PAST



This picture appeared in a two page Lancashire Evening Post Retro article on the 26th Sept, and the paper through Johnson Press, have kindly allowed us to use it. The article contained a potted history of some of the local races, and the fun or charity runs as they were called in the 1980s; maybe times haven't changed that much though!

A number of those races featured however, aren't on the calendar anymore and mainly because of organisation difficulties, more traffic and enhanced permissions being required.

The article was brought to life with some pictures; - a race in Grimsargh in 1984, - the 1997 Great North West Half Marathon which took runners out to Grimsargh and Haighton before returning to a Moor Park finish and in the picture were two Harriers, with Mark Crook leading Ian Atkinson; - our 10 mile road race in 1994.

Also there was the above picture of a group of Harriers in 1987, although we don't know where it was taken. Somebody might!

Joe Howard and Steve Taylor have managed to name most of the smiling runners and they are from left to right – Ernie Topping (the U11 badges

are named after him and awarded each year at Presentation Night), Simon Harris (1985 Club Road Running Champion), Dave Nicholson (ex Treasurer), Philippa Walsh (then probably Philippa Gough), John Casey, Terry Gale (who donated the Vernon Vets Trophy, again awarded annually), Geoff Orritt, (Club Road Champ 1987, 1989, 1990, 1991 & 1992) George Andrews, Brian Bolton, Vince Rutland (ex-Harrier Editor), Rick Curwen (ex-club record marathon holder), Not known, and Al Jones, an American teacher on exchange for 2 years, who later named his son Preston.

Can anyone name the unknown next to the end on the right?

*Steve J*

# THE RETURN TO THE SKYRUN

## Dolomites Skyrun 2018

After saying "Never again" I signed up along with Roger and Robyn to do this epic trial once more, the reason being Mick and Steve Bamber wanted to run it and Gordon was eager to try the Vertical Kilometer it being much shorter, ha! I also couldn't remember much about the race from after the top of the Forcella Pordoi, the steep rocky zig-zag bit.

Five of us set off for Canazei very early on Thursday 19th July and the journey this time was uneventful. After picking a car up at Innsbruck we went to the bus station to collect Robyn who had come by bus from Munich, from there it was a few hours drive over the Brenner Pass to Canazei.

Another nice apartment about 15 minutes walk away from the Piazza Marconi where we collected our race numbers at the Town Hall, Gordon's race was on Friday starting at 9am.

When Gordon had completed his pre-race nourishments at a local restaurant we retired for an early night, however nerves must have crept in as more topping up was deemed necessary once

back in the apartment.

Steve, Mick and Roger went out for an early morning run to check out the start of the Vertical Kilometer, Gordon prepared, Robyn assisted and Alan had a lie in, it was a tiring journey!

The start was quite near and the sound of the helicopter ferrying baggage and equipment up the mountain soon roused Alan and they all made their way to the start area. The start was in waves of 20 athletes starting in 4 minute intervals with 16-18 year olds going first then slower/older ones following then at 10.30 the top athletes with IAAF rankings start.

We left Gordon in the start pen and made our way up the course, I thought it went up around the mountainside last year and that there was a flatish run across fields to begin with. I should have known better, the name gives it away. From the start after about 20 metres it went up into trees and up and up. Mick and I were up in the trees watching, Roger, Steve and Robyn had gone higher. Soon the first runners came past, lots



of puffing as they got into their rhythm, almost all using poles.

Gordon was in about the third batch to come up and was following a South African lady and at that stage looking purposeful.



We stayed to watch the top athletes come up, they were moving quickly but not running! The ladies first then the men. The top men take about 32-33 minutes, the ladies 37-38, Gordon was just over the hour and 188 people had taken part.

Later on we went to meet him as he returned, competitors came back via a cablecar after a trek from the finish area and it was another trek out of town to the cable car station. He was quite perky after his exploits and keen to get some more liquid refreshment when we got back, he'd already managed a drink while waiting for the cablecar.

Our Skyrace was on the Sunday so we just chilled till then. There were two cut-off times, at the finish in 4 hours 30 minutes and 2 hours at the Forcella Pordoi (2829m). This caused quite a bit of consternation and Robyn checked her splits from last year and it was going to be close. The route had changed from last year though, it was now 10k up 12k down, the section through the trees where there were major holdups in last years race were omitted this time.

I got to the Pass Pordoi not knowing where the other Harrier runners were, who was in front or behind. I got a drink of water and some cake at the checkpoint, I was also carrying two 500ml soft flasks of hydration fluid in the vest we got in our goody bags at registration.. This would hopefully help stave off the cramping which was the main thing I remembered from last years descent.

We were now at 2239m at the top of the Pass, the next section I find is tough and takes you to the bottom of the zig-zag path up the scree to

the Forcella Pordoi and the cut-off point at 2829m. I got to the top with about 5 mins to spare, Mick 4 mins and Robyn 2mins, 65 people were timed out. I wasn't aware of how close it was as I had my heartrate monitor on and for the whole fifty odd minutes it took, it registered 162 constantly with it's red light flashing!

It was slightly easier across the rocky path to the top of Piz Boe at 3152m. I was with an Italian lady and certainly more aware than last year, I'd been steadily drinking from one flask and at the summit I had some flat coke and cake and while there Mick and then Robyn came up as I was about to leave.



Robyn was away leaving me and Mick, I couldn't stay with either of them. I soon realised why I couldn't remember coming down last year. It was to blot out the steep tortuous descent over the rock strewn mountainside. I slowly picked my way down, dozens of runners were passing me but I had self preservation at the forefront of my mind. Coming round a large boulder I saw blood on the rocks, as I got round the far side there was a marshall with a chap who had badly hurt his knee. He was laid on the floor and a bloody bandage was over his knee. Even more reason to take it easy! My first cramp came on after this and as it subsided a helicopter came up to airlift the injured runner off the mountain. I hope he had good insurance!

As I got further down the runners had thinned out and I was on my own. At Val Lasties checkpoint there was water and cake and I had just left there and was crossing a stream when cramp in my other leg kicked in with a vengeance, it stopped me in my tracks. Further on I decided to stop and empty stones out of my shoes which had been annoying me but I had to do it carefully as I started cramping again. I couldn't see anyone in front or behind me on the paths. >>>

I eventually entered the tree line and came across a lady limping, I asked if she was ok, she waved me on. A little further on the path opened out into a car park by the side of the road, I went on down the road looking for where to go back into the trees and soon realised I'd missed the path. As I went back a little group of four people, including the lady I'd gone up Piz Boe with were disappearing on the correct route. I followed them down to the finish, I think I was the last to make the cut-off of 4.30 as I clocked 4.29.38, only just! Robyn flew down the descent, Steve got home first of the Harriers then Roger with Robyn on his heels then Mick and lastly me and I'm not doing it again!!



Before we came home we went up Gordon's descent. The cablecar took us to high mountain meadows, ideal for skiing in winter walking in summer. We set off up the hillside amongst numerous alpine plants, the varieties were amazing, a grouping of some harebells had a cloud of tiny blue butterflies flying around them. When we got to where the finish was I was feeling decidedly uneasy with the height and steepness of the slope. There was a huge cross at the top and I wouldn't go to it. Roger was telling Robyn not to go too near the edge as the town seemed directly below, some pictures were taken and we made our way down, although it was grass it was hellish steep and just a very narrow trod. I was glad to get down.



Just to compound my nervousness, when we were coming down on the cablecar it stopped shortly after we had left the station leaving us stuck in a little pod high in the air and swinging about. Talk about having kittens, it turned out the cars had been stopped to let a wheelchair get in a pod!

**Results :-**

	Finish	Forcella	Piz Boe
Steve Bamber	3.16.07 288th	1.32.29	1.59.58
Roger Taylor	4.01.47 580th	1.46.17	2.21.37
Robyn Anderson	4.03.34 586th	1.57.30	2.34.44
Mick McLoughlin	4.17.13 659th	1.55.33	2.34.50
Alan Appleby	4.29.20 702nd	1.52.52	2.34.15



# CHIPPING SHOW FELL RACE

**Sat 25 August 2018**

Race records were smashed at Chipping Show Fell Race, organised by Preston Harriers in conjunction with Chipping Agricultural Show. Chris Holdsworth of Ribble Valley Harriers won the race breaking the previous course record by over 3 minutes, finishing in 58:07. First lady was Nichola Jackson, also from Ribble Valley, who took almost 4 minutes off her own ladies' record finishing in 8th place overall in 1:09:35.

After a hot summer the firm conditions underfoot suited the runners in the 7½ mile race from the Showground over the fields

on to Parlick and Fairsnape Fell, returning the same way. Preston Harriers runners were Joseph Sharples (1:20:20); Eleanor Parker (1:29:34); Mick McLoughlin (Vet65) 1:31:11; Peter Carter (Vet50) 1:31:29; Jim Doherty (Vet50) 2:23:31.

The race organiser, Joe Howard, presented Chris and Nichola with the men's and ladies' trophies, which were made by Maurice Dean, sadly recently deceased, who was one of the oldest members of Preston Harriers. Joe Howard thanked the Chipping Show Committee, the local land owners and members of Preston Harriers and friends who helped with the running of the event.



There was also a Race for Sheep!

# GARSTANG HALF MARATHON

**Sunday 2 September 2018**

Fourteen Harriers turned out for the final half marathon of the club's road championships series, the well organised and challenging Garstang half. Andy Whaley was first in, coming 5th in the race overall in a time of 1:27:01. This was the first time Andy has finished first Harrier, a result which sees him move up to second in the male open category and clinch the vet-40 title. Next in were Peter Cowling (1:38:10) and Kenneth Beazley (1:38:39) finishing within twenty seconds of each other and both within the top 20 of race with Ken finishing first male vet-60. Peter moves up to second in our vet-50 champs.

Jade Bebbington (1:58:54) was first female Harrier home, putting herself in an excellent position in the women's open category and if she runs the Kirkby Milers Safari 10 miler she could be in with a chance of the women's title. Vicki Sherrington

(2:07:08) and Julie Tyrer (2:10:48) were next in and the two ladies are now tied at top of the vet-40 category on 360 points each.

Other Harriers who ran were Alan Appleby (1:45:13), Darren Kinder (1:48:04), Ian Palfrey (1:50:01), Stephen Mort (1:50:29) who now sits second in the male vet-40 table two points ahead of Kenneth Gawne (snr), Phil Davies (1:53:11), Ian Bebbington (1:59:13), Olga Wiggins (2:13:10) and finally Sue Wickham (2:49:49) who is currently top of the female vet-50 category table, four points ahead of Angela Tranter.

Going into the final three races Karl Hodgson can no longer be caught at the top of men's open category and becomes the fifth different winner in as many years. In the women's open category, just two points now separate Vicki Sherrington, Dorothy Parkes and Julie Tyrer at the top of the table.



# CAERNARFON 10KM

**Sunday 2 September 2018**

In a bid to impress the selectors of the Welsh team for the Masters international cross-country race in November, Kevin Hesketh travelled to the North Wales coast to run the Caernarfon 10k, which was a nominated selection race.

The scenic rural route was run in a clockwise direction to allow the runners to benefit from a tailwind during the closing miles, although this did mean that the hills came at the start of the race. Kevin finished 18th overall out of 143 finishers and was 1st MV60 in a time of 41 minutes 20 seconds and was also first MV60 in the North Wales championships.



# WITHINS SKYLINE FELL RACE

**Sunday 7th October 2018**

The conditions for the 27th running of the Withins Skyline fell race last Sunday were very good. There was a fresh westerly wind and as a result, many runners added an extra layer, but there was plenty of sunshine and excellent visibility.

The race, from Penistone Country Park above Haworth, is over 6.2 miles with 820 feet of climbing, and is now organised by Wharfedale Harriers. They took over the series of races from the park, including this one, this year from the long serving Dave & Eileen Woodhead. Numbers were down but also Sunday saw the very popular Hodgson Brothers relay take place in the Lake District, centred on Glenridding.

Colin Shuttleworth was 1st vet 60 (55th overall) in 51.39, and Alan Morton was 99th in 56.42, with 248 finishers. Race winner was Callum Davidson of Ribble Valley Harriers in 41.51, and the ladies' course record fell by over a minute to 45.44 to Nichola Jackson, also Ribble Valley.



Colin Shuttleworth



Alan Martin

# BRITISH ATHLETICS

Preston Harriers' young relay teams demonstrated their class at the British Athletics Club:Connect meeting at the Birmingham Alexander Stadium on Saturday 18th August. The event saw the best 4x100m relays teams from across the Midlands and the North of England compete in front of a lively stadium crowd and served as an entrée to the main course, the Müller Grand Prix meeting which featured some of the world's best track and field stars, including Great Britain's Dina Asher-Smith and Zhanel Hughes as well as Prestons' own Jamaine Coleman.

The under 13 4x100m for girls was the first track event of the day and the team did not disappoint, winning in a time of 51.60 seconds, a new club record and the fastest time in the country this year. Elle Sumner ran the lead leg, handing over to Cerys Allen. By 250 metres, Preston Harriers had opened up an unassailable lead. A safe final handover from Evie Noblett to Emily Rankin was cheered on by the Alexander Stadium crowd. The team crossed the line with a huge gap over Reading Athletic Club and Birchfield Harriers who finished 2nd and 3rd respectively. Their delight was further heightened when the four girls were presented with a winner's cheque of £250 from British Athletics.

The next event on the track was the under 13 boys' 4x100m. The nerves were visible as the boys waited for the starter's commands. Alert to the bang, Cory Middleton was quick out of the blocks and ran a perfect bend which culminated in a slick handover to James Ince. A blistering back straight by James kept the team in contention. Sebastian Chiarella ran a superb third leg to hand the baton over to James Clark and with only the home straight remaining, the battle was on. The boys finished third behind Coventry Godiva Harriers and Marshall Milton Keynes but ahead of a strong chasing pack in a time of 53.30 seconds; a season's best and a great effort.

It was now the turn of the bigger girls and boys. The next event was the girls under 15 4x100m. The audience was treated to a masterclass of explosive speed, powerful bend running and efficient baton exchanges to finish in a time of 50.54 seconds. The girls' team of Isabella Caven, Kianna Procter, Lois Carroll and Alesha Azonubi were outstanding. With each leg, the opponents on

Preston Harriers' outside were run down; those on the inside were left in their wake and with 100m to go, Alesha completed the masterclass with a "catch me if you can" challenge. Amber Valley & Erewash, Marshall Milton Keynes and the rest of the field tried but to no avail. As with the under 13 girls, the under 15 girls also received a cheque for £250 from British Athletics. Given their finishing time, that's £4.95 per second. A nice little earner!

Next event on the track was the boys under 15 relay. Harriers' lead leg was by Taylor Jacob and an assured start and a swift exchange with Harry Burrow kept the team in the hunt. With elegant strides at pace down the back straight, Harry Burrows handed the baton over to Harry Booth. The best team in the race was Coventry Godiva but Preston challenged strongly during the third leg. Another safe exchange saw the baton passed to Will Walmsley. A great anchor leg by Will but Coventry Godiva proved too good. The race for second was tight. As the athletes dipped for the line, delight and sharp intakes of breath gripped the Preston supporters; some thought second place, others thought third. When the electronic scoreboard displayed the final results, the boys had finished third; a fantastic effort and a great result.

The girls and boys under 17 relays took place with no Preston interest and so did the 4x100m women. The last Club:Connect relay event was the under 20 men's race with Preston Harriers drawn in lane 6. Alex Marsden, George Reed, Edward Coles and Declan Taylor were the Harriers team. If the Preston Harriers girls under 15 relay team had served up a masterclass 30 minutes earlier, these young men demonstrated the art and science of sprint relay racing.

As the baton passed from Marsden to Reed, and from Reed to Coles, its speed almost never wavered. On the final bend as the team approach the straight, Harriers had left the rest of the field seriously flailing; if only this was the 3x100m men's relay as over the three-quarter lap, these young men were in the zone. However, sport can be cruel and after some 30 seconds of pure relay perfection, disaster struck; from the jaws of victory, the team was dealt a bitter blow. At the final exchange, Declan Taylor set off too soon and at those speeds, 0.01 seconds too soon can be catastrophic and indeed it was.



# GRAND PRIX MEETING





"No 1 in the country ain't bad!"

Under 13 girls 4x100m Evie Noblett, Emily Rankin, Cerys Allen, Elle Sumner

In a last-ditch attempt to complete the exchange, Edward stretched but it was not to be. He went tumbling across the Alexander Stadium track and judging by the redness of his arm, the track had left its mark. Thankfully, there were no broken bones. If only the trance and perfection of the first 30 seconds had not been broken, an outstanding club performance would have been near-sublime.

In a fitting tribute to all the clubs and athletes who took part in the Club: Connect relay races, the recently crowned European champions and gold medalists, which included Dina Asher-Smith and Zhanel Hughes, took the athletes on a lap of honour around the track. The entrée proved very tasty.

The main course followed and the young Harriers got to see the world's best track and field stars in action. CJ Ujah (GB), Zhanel Hughes (GB) and Christian Coleman (USA) delighted in the men's 100m. Dina Asher-Smith (GB) and Dafne Schippers (Netherlands) and Marie-Josée Ta Lou (Ivory Coast) entertained in the women's 200m. Other notable names included Laura Muir (GB) in the 1,500m, Katarina Johnson-Thompson (GB) in the long jump, and Matthew Hudson-Smith (GB) in the 400m. It was also a farewell tribute for Greg Rutherford in his final long jump competition.

It was a day, a fantastic day,,of athletics and all the more special for the outstanding performances of our young Harriers.

Tunde Buraimo

# THE THREE SHIRES FELL RACE

Saturday 15th September 2018

The final Harriers Fell Running Championship race of 2018 was the Three Shires, an arduous, rocky, twelve and a half miles challenge over Wetherlam, Swirl How, Pike o'Blisco and Lingmoor summits with 4000ft of ascent, starting and finishing at the Three Shires Inn in Little Langdale.

Going up the motorway the weather looked promising for the nine Harriers taking part: John Griffiths, John Rainford, Jim Doherty, Colin Shuttleworth, Roger Taylor, Robyn Anderson, Eleanor Parker, Vicki Sherrington and Alan Appleby.

Arriving at Hodge Close Quarry the views across the hills looked superb, all the tops could be seen and it felt a nice fresh day. After the twenty-five-minute walk to the Inn the runners went to the registration tent where lots of greeting and chatting was going on while queueing for the kit check which was quite rigorous, ensuring all compulsory gear was being carried by every competitor. This caused a delay to the 11am start by 15 minutes but in the pleasant atmosphere and surroundings no one seemed to be bothered.

The countdown completed, 262 runners headed off towards the first climb, Wetherlam. It is a good 'warm up' run down lanes and tracks before reaching the hill proper where the steady climb goes through bracken initially then becomes more rocky and steep after passing old mine workings.

The field of runners was very spread out and as the people towards the rear looked up they could see their fellow runners disappearing into the clag which had come down and enveloped a lot of the upper hill. Visibility was down to about 30m on the top.

The next section over to Swirl How was shrouded in cloud. There were a few walkers on this section looking on in amused amazement at runners in shorts and vests while they were suited up in full waterproofs and hats. The long rocky climb to the top was completed and next came the descent to the Three Shires Stone on Wrynose Pass.

There was a cut-off time of 2 hours at this point and everyone had been told at the start that this would be rigorously enforced. The last two through just made it with 2 minutes to spare! Was it relief at making the cut-off or dejection at having

the rest of this tough race to run?

The path leading up to Pike o'Blisco could be clearly seen but once again the runners were soon enveloped in cloud as they made their way to the rocky summit. Initially the way down was the same as going up and then an indistinct trod was followed gradually descending towards Blea Tarn.

Geese could be heard somewhere in the clouds and as the clag lifted a large skein was seen heading towards the tarn, they'd found their way too! It was obligatory to cross the bridge at the south end of the tarn and from there on up Lingmoor Fell the day was clear again and the clouds had melted away. At the last checkpoint the marshals said there were still two people out on the route. It turned out quite a few runners had gone astray at various points but all were thankfully back at the end of a tough, testing day.



First runner back was Jack Wood of Ilkley in 1.54.30 and the first lady was Natalie Beadle of Oxford University. First Harrier was John Griffiths, very closely followed by Colin Shuttleworth in times of about 3.03-3.04; they were 125th and 127th. In 185th place was Roger Taylor and right behind was John Rainford in 186th with times of 3.26.25 and 3.26.26, they would have been much quicker if it hadn't been misty. Jim Doherty was next in 194th and 3.35.34 then Robyn Anderson, 217th in 3.57.06 and finally Vicki Sherrington and Alan Appleby 231st and 232nd, both in 4.15.13. There were 233 finishers and a few who didn't, one of whom was Eleanor Parker, she was unlucky as it was only her second fell race, a very tough one for a novice without the cloud.

# WHAT A SEASON

In September 2017 I decided I wanted to go the World Masters Athletics Championships in Malaga in 2018. Masters athletics is completely self-funding, so I set about raising money to fund my dream of putting on my Great Britain kit. Thanks to the kind donations from friends, relatives, colleagues and club members I finally reached my £1000 target.

Setting myself that target I duly sat down with husband and coach Peter to formulate a training plan. In October 2017 winter training got under way and the first few months went really well, then injury struck. I woke up one morning unable to walk properly. Not being aware of injuring my foot I did the sensible thing and used the tried and tested R.I.C.E. but as the weeks went on there was some improvement but not a full recovery, so I decided – enough was enough and returned to training in March – that was the winter gone!

The season started fairly well with a bronze medal at the Lancashire County Championships, a number of Senior leagues and Mid Lincs followed in the season along with the first British Masters Grand Prix in Sheffield, where I was happy to finish 2nd overall but 1st in my age group (W45), all was working well towards Malaga in September, until once again injury struck, this time a bad landing at the Senior league in York in July which triggered sciatica and 3 weeks off training, not what I needed 6 weeks before the World Masters. Thanks to the amazing work from Charlotte Harrison -<https://www.facebook.com/MSTMleylandchorley/> (Sports Therapist) I was able to compete at the British Masters in Birmingham in August.

What a good decision that was, not only did I complete without any further injury, I was also crowned W45 British Long Jump Champion, with a new Masters pb! This gave me a tremendous boost for the World's two weeks later.

On the 7th September I went to work at St Pius X Prep School, where I work as the School Secretary, for the first day of term – a day that can be busy and fraught as pupils return after their 8 week holiday – to see the first few busy hours through, it was then a mad dash home to collect my cases and head off to the airport.

Arriving in Malaga later that day to 33deg heat was a nice welcome. As is good practice at a major championship, we spent our first full day doing a recc of the whole area – finding the stadium, sorting out transport to and from the stadium, registering and collecting numbers, checking where the call room, along with what time I needed to be where and when on completion day and finally finding the toilets. Once all this had been completed it was time to watch the athletics. Having fellow training partner Averil McClelland competing meant there was a friendly face in Spain.

Saturday 8th September 'the rain in Spain' fell in Malaga forcing me to spend the day indoors and resting my legs for competition day on Sunday. Sunday 9th arrived and I have never been so nervous for a competition in my life. I woke early and to avoid any stress we decided to take a taxi to the stadium as registration was at 8.30am! The first fellow competitor I met was a lovely lady from Italy who stood at least 3 inches taller than me, a pattern that followed with all fellow competitors.

Warm up complete we entered the call room, where we sat around for about 25 minutes before being walked out onto the runway to start our warm ups. There were 22 competitors in my competition and on paper I was ranked 9th, but being aware we weren't jumping on paper I was determined to make the cut – Top 8. After the first three rounds, they called the final eight in reverse order, unsure if I had made the 'cut' I listened closely as they called 8th, 7th, 6th, 5th, by which time I didn't think I had made it, when in current

4th they called my name. Astonished to have made the 'cut' in 4th I set about refocusing for the final three jumps.

The competition finished with only 5cm separating 6th, 5th and 4th, I was delighted to have finished 5th in the World.

I proved to myself that with hard work, dedication and support from family and friends anything is possible. I fulfilled a dream of representing Great Britain and having the photo taken every athlete dreams of – wearing my GB kit and holding my country's flag.

I finished my season as British Champion and 5th in the World, but also knowing that as a Masters athlete injury is never far away.

Never feel you are too old to take up athletics, two competitors really stood out in Malaga – a



male from Italy who won the M100 Long Jump at the age of 102 and a female 200m runner who won the W100 at the age of 101 – there's hope for us all yet!

*Caroline Warden*

## ABBEY DASH

The 33rd Leeds Abbey Dash 10K was run on Sunday November 4th. The race annually boasts a notoriously strong field at the front end of the men's and women's races as well as being a popular choice for club and fun runners with over 10,000 entrants. The course is a quick one; mostly out and back with a few climbs including a little sting in the tail on the slip road approaching the finish line. It was a cool, dry day with a sneaky little breeze which provided some resistance pretty much from half way right to the finish.

Preston Harriers proudly had a strong representation including Lancashire cross country champion Dan Bebbington making his road race debut and recent signing Joe Monk among a group of some of the fastest Harriers present. Paddy Dever was having another impressive run, staying around the top 15 runners after the half way point before injury cruelly ended his race. Bebbington made a hugely impressive debut, finishing in 30:53. Chris Durney and Joe Monk recorded personal bests of 31:29 and 31:38 respectively. Richard Smith was the next Harrier to finish in 34:40 and was followed by Niall Malone (36:14) and Alex Venables (36:32) finishing in quick succession, Andy Whaley (38:01), Chris Wales (38:43) with Dougie Potter (41:10) edging out Alan Metcalf (41:20). There were 8166 finishers with the men's race won by Adam Craig in 29:08 and Fionnuala Ross taking the women's title in 33:30.



# NORTHERN LEAGUE PLAYOFF

Saturday 18 August 2018

Last weekend saw Preston Harriers senior Track Land field team compete in the Northern Premier league division one playoff match at Doncaster. The day started very early with a bus from UCLAN arena at 7.30am. Due to the time of year and other commitments of athletes, team managers David Rigby and Caroline Warden worked hard to put out an almost full although weakened team to challenge rivals Blackburn Harriers, Gateshead Harriers, Derby AC, and a combined Isle of Man team. The teams that finished first and second would take the precious spots in the top division, a place Preston has held for over 10 years.

Preparation for the match was not looking good when the day before athlete Lela Bendris had to pull out with sickness and then veteran team member Sy Woan called to say 'Don't worry coach, but I've dislocated three fingers whilst on Ninja Warrior UK!' This didn't bode well for the match.

Actually, the day started OK with our long jumpers and hammer throwers performing well. Amy Lupton jumped a season's best of 5.26m as well as placing second in the B race of the 400m hurdles, jumping a season's best in the triple jump of 11m 20 and placing well in the women's javelin. Sophie Warden opened the track events with an amazing 400m hurdles win, knocking over 3 seconds off her personal best time, but as the track events continued with the 100m, disaster struck when athletes Josh Ingham and Sophie Warden collided at speed whilst warming up, sending starting blocks and both athletes flying.

On closer inspection of both athletes, it was obvious all was not well. Josh had sustained a severe gash to his hand which meant his day of competition was over before it even got started, as he was taken to hospital for further treatment. Sophie appeared fine but shaken and subsequently competed in the 100m, 100m hurdles and the high jump, until the shock and adrenaline wore off and it then became apparent she was bruised and swollen in many areas and had sprained her shoulder.

Chris Brown stepped up, as he has done all season, and not only competed in his usual event of the javelin but also standing in for Josh in the 100m alongside the long jump and triple jump.

Tom Booth also competed in Josh's absence in the 400m as well as his usual pole vault. Ben Read ran Josh's leg of the 4x400m, even after he'd run the 3000m steeplechase and 400m hurdles.

Emma Fulton held her own in a high standard 800m race and ran a 400m, despite having to leave early due to family commitments. Eleanor Ward was an incredible asset to the team running both the 800m and 1500m. Annie Duffy also produced a competent run in the 1500m, with Darcey Lonsdale also completing an impressive 400m run. All of these girls deserve extra respect as they were not only competing in a very high-quality field but also against girls upwards of 4 years older and more experienced than themselves. But they were not intimidated and really showed themselves to be class athletes amongst some impressive competitors.

Lee Foley and Simon Robinson earned their post-race beers with a tough 5000m race against rather formidable Isle of Man and Blackburn teams. Our throwers turned up and did themselves proud with Tom Crowe and Tom O'Brien covering the shot, discus and hammer scoring valuable points in all. Byron Sowerby placed 2nd in a very competitive 3000m steeplechase, an excellent performance after volunteering for a 400m hurdles race at the start of the day to ensure we didn't lose points by not fielding an athlete. Caitlin Preddy and Emily Worthington also stepped up for the team with Caitlin running the 3000m and Emily throwing impressively in the shot, discus and javelin.

However, further injury didn't avoid the team and the already injured Sy Woan sustained an injury on the changeover of the 4x400m relay when team mate Ben Read stood on his foot and tore his spike. Not to miss out on the injury saga Leon Stubbs took a tumble and sustained a nasty track burn to the leg, having already given his sweat to the team in the 100m, 200m, 4x100m and finally the 4x400m. Due to injuries both the girls relay teams had to be pulled and by that stage in the competition the points deficit was too great to salvage.

All of the athletes who competed at the match gave their all, especially Sharon Wilkinson who competed in the 100m, 3000m, 200m and discus, missing the funeral of a friend to support the club as we simply had no other athletes who could



make themselves available – total dedication.

Unfortunately on this occasion the task was too big, finishing 4th and we, with a heavy heart, had to accept relegation to division two. We may be done this year but we'll be back fighting harder than ever next season.

Thank you to all the athletes who have made themselves available to compete for the club and have made more sacrifices than should be expected of them. We as team managers are so grateful for all you have done.

## PARKRUN FUNDRAISER

After taking part in the Lytham Hall park run on Saturday 29 September, several members of Preston Harriers attended a fundraising coffee morning at the home of Harriers Dale Wallis and Heidi Kirkby, raising £100 for the MacMillan cancer charity



# THE BEN NEVIS RACE

....and our part in it. Compiled by Roy Swinbank

Among the papers left by Maurice Dean was a booklet about the early years of this race, which prompted me to look through 67 years of results to trace our Club's involvement. I have located 20 members with 43 finishes, but if I have missed any please correct me and accept my apologies!

Solo efforts from Fort William to the top of Ben Nevis and back gave way to organised races at some time in the past, and these continued for the benefit of local athletes until 1944. The race was resumed in 1951 and has been run with increasing numbers ever since, with the exception of the 1980 cancellation.

The 1951 race was won by Brian Kearney of Fort William in a record 1.51.18, for which he received a gold medal and a prize valued £10. There were 21 starters, from no further afield than Glasgow, and 18 finished. Eddie Campbell was 2nd and won the next two races before Kearney beat him again in 1954. The 27 starters in 1955 included 3 from South of the Border (Joe Hand and Ray Shaw from Carlisle, also famed for Lake District events, plus a chap from Cambridge, and for purposes of the team race they were called "England"). Joe Hand finished 2nd to Campbell, and the England team was 2nd to Glasgow & District.

The 1956 race saw double the number of starters, now including a full team of 3 from Border Harriers and two teams from Clayton le Moors H, for whom Stan Bradshaw won the veterans prize in 19th place. He repeated that success the next year, 35th of the 76 starters, now including teams from Leeds, Rotherham and Barrow. 1958 saw the first English winner in David Spencer of Barrow AC, whose time of 1.46.08 was just 13 seconds outside the record. He was a little slower winning again in 1959, by which time English teams dominated the team race and the top ten included international stars Mike Turner and Ron Hill.

The 1960 race saw the start list reach 100, a Spencer hat trick of victories and the first Preston Harriers entrant – George Barrow, 14th in 2.00.44. Eddie Campbell completed all of the first ten races in under two hours, and Fort William teams, usually under the title Lochaber Sports, won

the team race nine times. As transport became more available and Fell runners more enthusiastic, the numbers began to grow, to the point where we now have an entry limit of 600 and usually in the region of 500 finishers.

George competed in the following four years (and also in later years for Todmorden H). He was twice under two hours and had a best of 1.55.11 taking 6th place in 1961. He was accompanied in 1962 and 63 by clubmate Malcolm Hind (best 2.01.21) and in 1964 by John Bell (2.18.17). The next Preston Harriers to take part were Rick Curwen (2.14.26) and Don Rutherford in 1976, in which year the number finishing passed 200 and the record fell to below 1.30. Rick recalls that in the evening they were saddened to find that the bar was closing to non-residents, so Don used his best German at reception in an unsuccessful attempt to take advantage of a special offer of accommodation for foreign visitors. They took away some cans instead! Don also completed the four races from 1979-83 with a best of 2.11.59, twice accompanied by M G Tribley (best 2.46.15). Meanwhile the number of finishers rose to almost 500 and in 1984 the great Kenny Stuart set the current record of 1.25.24.

The next burst of Harriers' participation was started by Steven Bamber in 1989. He was there again in 1990 and in 1991 was accompanied by Gordon Thompson (2.04.50) and a final fling by Don Rutherford. There is then a gap before Steven reappears on the result sheets, broken by the appearance of the late Barrie Mapp in 1995 (2.21.22). Steven Bamber has eight finishes recorded and was three times under two hours, his best of 1.55.27 in 2003 being marginally short of the Club record. That year we also had Ashley Nixon (2.02.11) and David Nicholson among the finishers. David returned in 2004 (2.23.54) along with Stephen Forster (2.24.53) and Michael McLoughlin, and Ashley in 2005 along with John Griffiths (2.13.52).

Our final flurry came in 2008-9 when Steve had the company of Robyn Anderson (best 2.27.00), and Roger Taylor (2.02.04) on both occasions, with William Garner (2.05.14), Michael McLoughlin (2.13.33) and Mark Birbeck (2.51.44) in 2008 then John Rainford (2.05.30) and Emma Gregory (2.36.48) in 2009 Who will be our next to



race to the top of Britain's highest?

For more detailed statistics write to :  
roygreenhill@hotmail.co.uk

	Ashley Nixon	133	2.11.35
	John Griffiths	145	2.13.52
2008	Steven Bamber	79	1.57.17
	William Garner	122	2.05.14
	Michael McLoughlin	186	2.13.33
	Roger Taylor	206	2.16.28
	Robyn Anderson	347	2.41.14
	Mark Birbeck	389	2.51.44
2009	Roger Taylor	91	2.02.04
	Steven Bamber	110	2.05.00
	John Rainford	117	2.05.30
	Robyn Anderson	252	2.27.00
	Emma Gregory	314	2.36.48

## BEN NEVIS RACE – PRESTON HARRIERS' FINISHERS

1960	George Barrow	14	2.00.44
1961	George Barrow	6	1.55.11
1962	George Barrow	32	2.01.21
	Malcolm Hind	140	2.59.54
1963	George Barrow	124	2.29.23
	Malcolm Hind	165	2.51.56
1964	George Barrow	18	1.57.47
	John Bell	74	2.18.17
1976	Rick Curwen	124	2.14.26
	Don Rutherford	158	2.25.05
1979	Don Rutherford	264	2.27.28
1981	Don Rutherford	254	2.17.29
	M G Tribley	323	2.55.15
1982	Don Rutherford	218	2.22.02
	M G Tribley	265	2.46.15
1983	Don Rutherford	232	2.11.59
1989	Steven Bamber	217	2.12.22
1990	Steven Bamber	198	2.04.50
1991	Gordon Thompson	91	2.02.30
	Steven Bamber	137	2.09.32
	Don Rutherford	352	2.59.53
1995	Barrie Mapp	266	2.21.22
2003	Steven Bamber	61	1.55.27
	Ashley Nixon	101	2.02.11
	David Nicholson	254	2.29.21
2004	Steven Bamber	65	1.57.21
	David Nicholson	216	2.23.54
	Stephen Forster	221	2.24.53
	Michael McLoughlin	272	2.32.38
2005	Steven Bamber	104	2.06.18

## BEN NEVIS RACE - PRESTON HARRIERS' PBs

George Barrow	1.55.11	1961 (5 : 1960-64)
Steven Bamber	1.55.27	2003 (8 : 1989/09)
Roger Taylor	2.02.04	2009 (2 : 2008-09)
Ashley Nixon	2.02.11	2003 (2 : 2003/05)
Gordon Thompson	2.02.30	1991 (1 : 1991)
William Garner	2.05.15	2008 (1 : 2008)
John Rainford	2.05.30	2009 (1 : 2009)
Don Rutherford	2.11.59	1983 (6 : 1976/91)
Michael McLoughlin	2.13.33	2008 (2 : 2004/2008)
John Griffiths	2.13.32	2005 (1 : 2005)
Rick Curwen	2.14.26	1976 (1 : 1976)
John Bell	2.18.17	1964 (1 : 1964)
Barrie Mapp	2.21.22	1995 (1 : 1995)
David Nicholson	2.23.54	2004 (2 : 2003-04)
Stephen Forster	2.24.53	2004 (1 : 2004)
Robyn Anderson	2.27.00	2009 (2 : 2008-09)
Emma Gregory	2.36.48	2009 (1 : 2009)
M G Tribley	2.46.15	1982 (2 : 1982-83)
Mark Birbeck	2.51.44	2008 (1 : 2008)
Malcolm Hind	2.51.56	1963 (2 : 1962-63)

# MID LANCS MEDAL MEETING

**Blackpool 25th August 2018.**

The final fixture of the Mid Lancs Track and Field season, which is always a medal meeting, ended with Harriers winning 65 medals of which 31 were gold, 14 silver and 20 bronze. Harriers athletes set 37 new lifetime bests to cap the winning of the league.

There was a clean sweep of the medals in both the senior men's 100m and 200m with Josh Leatherd, Declan Taylor, and Tunde Buraimo finishing first, second and third respectively, and veteran coach Tunde posting personal bests of 12.2s (100m) and 24.5s (200m). Senior distance runner Ben Read was a triple gold medal winner, setting a personal best in the 800m and then following it with wins in the 1500m and the 3000m.

Chris Brown won the senior men's javelin with a throw of 49.05m and then won a bronze with a lifetime best of 10.36m in the triple jump. Sixteen-year-old Harvey Noble set three personal bests in the 100m, shot and discus with 11.7s, 10.60m and 30.92m. Ethan Tibbs won 2 golds in the under 17 long jump and triple jump with 6.07m and 11.55m respectively. A throw of 56.11m secured Alex Bernstein the under 17 men's hammer gold.

There were three lifetime bests by Isaac Delaney in the under 15 boys 100m, shot (11.33m for gold) and discus (30.40m for silver). Harry Booth won 2 silvers and a gold, in the 100m (12.0s PB)



Ben Read

200m and 400m respectively in the under 15 boys age group. Also in the under 15 boys, Taylor Jacob won 2 golds setting 2 personal bests in the 80m hurdles (11.5s) and long jump (5.82m). Rugby player Theo Bishop threw a lifetime best of 13.82m to win the shot.



Declan Taylor, Tunde Buraimo and Joshua Leatherd



Alissa Darbyshire

In the under 13 boys age group James Ince won 2 golds and a bronze in the 75m hurdles (12.8s), long jump (5.07m) and 100m (13.1s) respectively. Alissa Darbyshire took gold in the under 17 girls 100m (12.9s) and the 200m (27.1s). Also in the same age group Hollie Suffolk took gold in the 300m (46.7s) and silver in the 100m (13.4s). There was also gold for both Megan Mahoney in 3000m (13.22.3) and Emma Vickers in the hammer (41.87m).

The gold medal winners in the under 15 girls age group were Kianna Proctor (200m 26.6s), Lois Carroll (75m hurdles 12.1s) and Macy Noblett (shot 9.89m). Silvers were won by Lois Carroll (long jump, 4.75m PB) and Emma Harrison (hammer, 32.18m PB). Bronze winners were Macy Noblett (300m, 45.5s) and Isabel Caven (75m hurdles, 13.0s). In the

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under 13 girls Evie Noblett won 3 medals, a gold in the 100m (13.3s), and silver in both the 200m (27.6s PB) and shot (9.43m). Emily Rankin won gold (70m hurdles, 11.6s), bronze in both 100m (13.4s) and high jump (1.35m PB). Cerys Allen won gold in the long jump with 4.30m. Isabella Buraimo won silver in the javelin with 23.14m and bronze in the shot with 7.72m. Emma Tunstall won a bronze with a throw of 21.73m in the javelin.

Harriers won 4 golds in the 4 x 100m relay; they were under 13 girls (53.8s), under 15 girls (52.0s), under 15 boys (49.2s) and senior men (45.9s).



Megan Reynolds



The Club collected trophies for finishing as Division 1 Champions for both Men and Ladies.

# YDL BEST EVER TEAM PERFORMANCE & RESULT



For report see next Page >>>

# YDL FINAL (CONTD)

Bedford

Saturday 8th September 2018

Northern Champions, Preston Harriers joined 6 other clubs that qualified through their Regional Areas for the season climax, the National Final in Bedford. This is the eighth time that Harriers has reached this stage, with the previous best performance being placed fifth last year.

This season the team was the strongest it has ever been, and set off for Bedford with aspirations of winning the National Title for the first time in the clubs history (although among coaches and Team Managers no-one dared voice that hope).

Harriers made a promising start in the under 15 Boys' Hammer, with James Lupton coming second (Silver 32.61m) in the 'A' and Theo Bishop winning (Gold. 31.56m) in the 'B', closely followed with wins in both 'A' & 'B' under 15 boys Hurdles by Taylor Jacob (Gold 11.57s) and Harry Burrow (Gold 11.83s). After 7 events Harriers were leading by 7 points from Edinburgh. The early lead changed hands many times between Edinburgh, Blackheath & Bromley, Sale and Preston, with Harriers always in the top 3.

From the 50 events, Harriers athletes collected 42 individual medals plus 3 relay medals for a total haul of 45. (15 Gold 9 Silver and 21 Bronze). Each event had an 'A' and a 'B' competition except for the 6 relays. Medals were given to the first three athletes in each competition.

Other Gold medal winners were under 15 boys Will Walmsley ('B' Long Jump 5.42m), Isaac Delaney ('B' Shot 11.76m) and Harry Burrow ('B' Javelin 35.95m). Macy Noblett struck gold in the Under 15 Girls Shot 'A' (10.61m). Emily Rankin was the only gold medallist in the under 13 girls winning the 'B' Long Jump(4.41m). There were 5 gold medallist in the under 13 boys. They were double gold medallist James Ince in the 'A' 75m Hurdles (12.00s) and the 'A' Long Jump (4.84m), James Clark in the 'A' 100m (12.88s), Jay Whiteside in 'A' High Jump (1.49m) and Harrison Kiley in 'A' Shot (9.62m). The Final 2 gold medals were won by the Under 13 Girls and Under 13 Boys 4 x 100 relay teams.

With the match closely contested throughout the day, the climax came with the relays as

the final six events of the day.

Each of the four age groups ran a 4 x 100, and the under 15 girls and boys each also ran a 4 x 300m. There were a maximum of 42 points up for grabs.

The match position before the relays were:-

1	Reading	487pts
2	Blackheath & Bromley	483.5pts
3	Preston Harriers	480.5pts

**Just 6.5 points separating the top 3 clubs!**

First, the four 4 x 100m were run with Harriers winning both the under 13 boys and girls races and being placed 3rd in the under 15 girls and 5th in under 15 boys to score the team 22 points while Reading scored 20 points and Blackheath 13 pts

The Match position after the 4 x 100 but before the two 4 by 300m were:

1	Reading	507pts
2	Preston Harriers	502.5pts
3	Blackheath & Bromley	496.5pts

Blackheath scored 13 points in the 4 x 300m while Harriers scored 7 points and Reading 10points. This meant that Harriers finished equal second place with Blackheath just 7.5ponits behind winners Reading.

This was by some distance the best performance ever by a Harriers' team, and finishing 2nd in a National final for a club our size was an extraordinary achievement. Congratulations to all the athletes who contributed throughout the season, and to the four Team Managers. You did our club proud.

## MATCH RESULT

1	Reading	517pts
=2	<b>PRESTON HARRIERS</b>	<b>509.5pts</b>
=2	Blackheath & Bromley	509.5pts
4	Sale	497.5pts
5	Edinburgh	483pts
6	Cardiff	454pts
7	Milton Keynes	412.5pts



# THANKING YOU THANKING ME

On Friday 12th October 2018 the Social Committee organised a well deserved 'thank you' evening for the officials, coaches, assistant coaches and volunteers at the club.

Despite it being a miserable night weather wise, the evening was well attended and the feedback has been very positive. It was great for people to get together, have a drink, enjoy some

food and have a chat.

A big thank you to Aiden for organising the background music with the 'run, jump and throw' theme throughout. Hopefully we'll be able to put something on again next year for your all.

The leftover food from the buffet was taken to the Fox Street homeless centre where it was gratefully received

*Thanks, Karen*



## A THANK YOU FOR A THANK YOU

My name is Akin Adewale. I've been a coaching assistant at the club for about 2 years working with younger children; Years 3 to 6. I was pleased to receive an e-mail from the Preston Harriers Social Committee: An invitation to a Thank You Evening for all coaches, assistant coaches, volunteers, officials and committee members within the club.

The event was held at Fulwood and Broughton Cricket Club on Friday, 12th October. It's at times like these when it becomes clear just how many people it takes to volunteer their time to enable the club to run. I think it was a wonderful idea to organise the event! An event like this hasn't been held before and so it must have been a brave decision for our social committee (Karen, Wendy and Barbara) to host the first (of hopefully many!) of these events! Where do you start with the first one? How would it work out? Would people come? Would they enjoy the event?

In hindsight, there was clearly nothing to worry about. Lots of people came along and enjoyed themselves. I went and I thought it was brilliant!

It was a great chance to talk to people who I only ever see at the other end of the track. My wife and I had a child free night out and got to talk to other coaches and generally relax, chat and enjoy the fruits of the wonderful organising; from the venue through to the athletics themed music playlist!!

And then there was the food. There was something for everyone- it was a great spread prepared kindly by Karen and Wendy. It seemed a shame to dig in and spoil the arrangement! I have to say that I wasn't first but someone was and I wasn't far behind!

As I've already said, the event was well attended but we are a big club and inevitably some people were not able to make it on that day. Is that a good reason to do it again before too long?

Whilst I was leaving, I inadvertently mentioned to Barbara how much I had enjoyed the evening. She suggested that I write a piece for the Harrier. I can't think of anything else to say other than "Thank you!!".

*Akin*

# ENGLISH SCHOOLS

## COMBINED EVENTS Bedford 15/16 September

Preston Harriers had four representatives in the Combined Events national finals, two Inter boys Harvey Noble and Ethan Tibbs, and two Junior Boys, Harry Burrow and Taylor Jacob.

Whilst Preston was cold and rainy, Bedford produced decent warm sunny conditions for the lads to perform in in this, the culmination of their season.

The under 17 (Inter boys) Octathlon began with the Long Jump, and the two Preston athletes had hugely contrasting performances that dictated the whole of their competitions.

Harvey jumped a legal personal best with his first jump, and Ethan went even further, but had just nudged the plasticine – a no jump to start with. Harvey did not improve, and Ethan was under extreme pressure after a second foul. His third jump registered a legal distance, but his worst of the season and from so far behind the board that his competition was effectively over before it had begun.

Harvey continued to lie fifth overnight, and finished with over 4500 points – a 200 point pb - in tenth place overall, whilst Ethan slowly progressed through the field from 40th after the first event to finish in 28th place.



Harry Burrow

In the Junior Boys both boys had a cracking start in the Hurdles, with Harry 7th and Taylor 4th. The two boys are close in performance across their five events, but with very different strengths. They finished with Taylor in 20th just 20 points ahead of Harry, who pb'd in 21st place.



Taylor Jacob

Congratulations to all four for the way they represented their County, Region and Club. Throughout the weekend they were a credit to those associated with them.

*Pete H*



Harvey and Ethan



Harvey had a pb in High Jump

# NORTHERN ROAD RELAYS

**Sunday 23rd September 2018**

Over 1,900 runners took part in the Northern Road Relays at SportCity, Manchester. This was the final event to be organised by Northern Athletics before the implementation of their affiliation fees for each athlete. In future, because of their need to bring in an income to fully fund their activities, at all their championships including the 2019 Northern Cross Country Championships, every runner will have to have had their club pay that individual affiliation fee in a block cost. 164 clubs, including Preston Harriers, have formally committed to this.

The day was sunny, but with a strong wind that was felt right out on the course, especially for the loops beyond the car parks and it did slow the runners down. The wind did blow over some of the barriers on occasions too. There was also a very late in the day, hail storm although an earlier forecast had been for rain.

The first races of the day started at 11.30 am and the first races of the day were the U13 boys, with 3 x 3.4k legs for each team. The U13 boys had a very good opening leg by George Denye who was 2nd in 12.20, and with subsequent runs by Jenson Warren (13.30) and William Moorhouse (13.09) they finished 9th. City of Sheffield were the U13 boys winners, just ahead of Salford Harriers and Sale were 3rd. Sale had three full teams running.

The U13 girls were 18th with runners being Hannah Thompson, Charlotte Mahoney & Megan Reynolds and all ran a leg of 3.4k. Liverpool Harriers won the event, from Rotherham Harriers, who completed four full teams. Chorley were 3rd

The U15 boys were 9th, with three legs of 3.1k and the U15 girls were also 9th! The boys with Tom Durney, Thomas Barnes and Ethan Warren were always in the top ten and for the girls, Scarlet Sutton ran 5th fastest on the second leg. Imogen Blackwell ran leg 1 in 12.51 and Grace Brown ran 13.55 on the third leg.

Morpeth Harriers took the honours in the U15 boys event, by just seven seconds from Horwich RMI Harriers. The U15 girls winners were Vale Royal, by a minute from Longwood Harriers.

Harriers senior men had to run legs of 6.4k each and the A team finished 18th in a combined time of 2:09.50. Nathan Dunn had got the team off



Kian Davis

to an excellent start, finishing 5th on the first leg in 19.59. Rob Affleck ran the 2nd leg in 21.35, and Jack Deingham picked up the 3rd leg, and Harriers were 15th at this point. Byron Sowerby, Matias Grixti and Kian Davis ran the final legs. The B team of Niall Higham, Alex Venables, Lee Foley, David Watson, Simon Robinson and Andy Whalley were 66th and the C team were 115th.

Lincoln Wellington were the men's winners, with Leeds City 2nd and Liverpool Harriers 3rd. Lincoln Wellington also won the award for the highest B team placing, and won the u17 men's event too. The U17 men ran 3.7k, and Benjamin Preddy had the 4th fastest time of the day with 11.22. He was joined by Liam Blackwell (12.47) and Matthew Fazackerley (12.01) and the team finished 6th. There was also a B team, which was incomplete as it lacked one runner but Harry Everett ran 12.04 on leg 1 and Tom Dickinson 12.19 on leg 2.

In the U17 women's event, with three individual legs of 3.7k, Darcey Lonsdale recorded the 8th

equal overall fastest time in 13.39, with the team including Emma Fulton & Annabel Duffy finishing an agonising 4th, just out of the medals. They had an overall team time of 42.30, with Houghton Harriers in 3rd having 42.04. Vale Royal won this event too, and Salford Harriers were 2nd.

Harriers ladies A team were led out on leg 1 by Emma Essex Crosby, in 26.27 over 5.4k, and there were four legs for the ladies. They finished 62nd with legs also run by Vicki Sherrington, Jade Bebbington and Jenny Wren. The B team of Maureen Kirkby, Rebecca Yardley, Alex Proffitt



Emma Essex Crosby

and Julie Tyrer, were 94th. The winners were an exceptionally strong Leeds City, with several GB internationals across disciplines, including mountain running, in their squad. Leigh Harriers were 2nd and Rotherham 3rd. GB international, Jess Judd, running for her new club Blackburn Harriers was the fastest runner on the day with 19.52.

The courses are good, and obviously a lot of time had to go into their preparation and set up on the day before. There was, however, some careful explaining to be done by team captains and supporters in the stands on the senior races, as to where they were going to run and when to turn and for the ladies not to run the longer laps.

Lincoln Wellingtons ladies, who would have finished in the top six at least, judging by the times, were disqualified after the second leg runner cut a corner. Some of the ladies teams, by mistake, ran the larger long lap that was just intended for the men. It will have been somewhat confusing with so many runners, as the ladies race only started five minutes after the men had set off... and that is something that could be improved.

The venue is spacious with good access, available on-site car parking and spectator friendly. If time, and inclination allowed, there were the huge posters to admire, setting out the key achievements and milestones in Manchester City FC history on the side of the Etihad Stadium. Nothing much was recorded about relegation to Division 2 in 1998...

There is also, if you know where to look, the track and field achievements of the Commonwealth Games in 2002. Was it really as long ago as that? The Manchester City mega store was open throughout the day and many of the visitors were amazed at what was going on, with several foreign visitors taking selfies with runners in the background.

As the day wore on, and for the senior races especially, there was good support from the stands from those who already run, to those setting off and coming back in. Several clubs including Preston were making a lot of noise and it was good to see and hear. A grand day out largely, and huge thanks from all present to the team captains and the junior coaches for their organisation.

Steve Jackson

# ELF AND SAFETY

Once upon a time long, long, ago in the forest of bowland, lived a giant elf.

The elf was always wandering the fells, from valley streams to high peaks.

Rumour had it that he lived at Langden castle, but other folklore says he spent most of his time further north, criss crossing the hornby road track using the area near the ward stone for shelter.

He was seldom seen, but always appeared on the day of the winter solstice, where he donned his favourite elf garments and joined up with like minded folk to celebrate the shortest day and the coming of Christmas.

They would usually congregate at "paddys pole", and this year was special in that santa had come with lots of his little helpers, young elves of which had not been seen in these parts for many, many years.

Well, the giant elf was ecstatic. Before helping a santa sort out all the childrens presents, he could show all the young elves, who were really quite new to the fells, some basic navigation guidelines. "Always carry a map, compass and whistle" he would say. "Do not wander off on your own, stick with your leader". And in misty conditions always take a bearing.

So, leading all the party off from paddys pole, after a small christmas mulled wine and piece of stollen, the giant elf set off hastily towards the top of parlick before the final descent into the mist down to fell foot.

He ran on far ahead, deep into the mirky abyss, with no map compass or whistle.

After reaching the wall at the bottom of parlick, the terrain became unrecognizable to the giant elf. Unsure which way to turn now, he decided to run east along the wall.

It was at this point the giant elf became "the lost elf".

He wandered for what seemed hours, climbing over walls, stumbling in bogs, and tramping through dense heather and grass before finally glimpsing a faint light through the dense fog. It was like an oasis in the desert. An isolated farmhouse in the blackness of the night.

The lost elf knocked on the kitchen window, whereupon the farmers wife literally fell off her stool on seeing a fully dressed elf in such a remote place. "Could you point me in the direction of fell

foot?" asked the elf embarrassingly.

The farmers wife pointed to the west, and straight away the elf knew his mistake. He had run east upon reaching the wall, and not west.

The elf ran down the road towards fell foot, where he stumbled on the search party which had been sent out for him, glad to found, tired and thirsty.

So, the lesson given to all the young elves that night was to always carry your map compass and whistle, and always stay together.

If you go into the forest of bowland, you may catch a glimpse of the lost elf.

He still wanders around from fell to fell.

However, he is an elusive creature, and you must have a sharp eye and a keen ear to notice him.

Rumour has it he may make an appearance on the coming winter solstice, after which he will probably disappear again for another year into mirky wild wilderness of the bowland fells.

The End.

*Jim Doherty*



# KIRKBY MILERS' 10 MILE

## Road championship season finale

**Sunday 7 October 2018**

The Kirkby Milers' safari 10 miler was the setting for the final showdown of the road championship, with three of the four Harrier women in the running for the ladies open championship in attendance: Jade Bebbington, Dorothy Parkes and Julie Tyrer. However, it was Laura Conn, who has run well over the summer and will no doubt only get better, who was first lady home in a great time of 1hr15 to finishing 14th in the women's race on the day. Jade (1hr21) was next in, taking 50 championship points and sealing the open title. Well done Jade! She was followed in by Dorothy (1hr25) who takes second in the open champs, then came Felicity Cross (1hr29), who won the women's vet-60 category race day prize. Julie crossed the line in 1hr30 to take third place in the club's women's open champs and Sue Wickham, who won the club's vet-50 category, finished in 1hr36.

Six Harriers lined up in the men's race with Simon Collins (1hr01) and champion-elect Karl Hodgson (1hr03) the first two home, with Simon finishing 10th in the race and claiming the championship points he needed to take second in the men's open category. Andrew Acklam (1hr08) was next in, followed by Ian Bebbington (1hr21), Ian Patterson (1hr25) who takes third place in the

vet-40 champs and Stephen Parkes (1hr44).

This was only the second running of this event and it is proving itself to be a popular one, well organised, with good support, plenty of parking and onsite facilities for runners with an undulating course well suited for racing. Good one to consider for 2019!



Laura Conn

## LEIGHTON HALL 5 MILE

### TRAIL RUN.

**Sunday 30 September 2018**

Whilst web browsing one night I stumbled across a website 'topdogevents.co.uk'.

This is a new venture organising running and cycling events in the North West of England.

At the Leighton Hall event there was a choice of 2 trail runs - 5 Km with 484 feet of ascent or 5 Miles with 700 feet of ascent on scenic trails

around Leighton Moss and Yealand Conyers.

I opted for the latter and got round in 7th position from 15 runners in a time of 52.59. A further 6 people completed the 5Km event.

I was left wondering why so few people had entered and concluded lack of advertising was the problem. Talking to the organiser at the finish he explained this event was very much a trial event but that the intention was to organise a series of 6 trail races for next summer.

Keep your eyes open!!  
Phil Lakeland.

## STANDISH HALL TRAIL RACE

**Saturday 20 October 2018**

In remarkably dry conditions, three Preston Harriers completed the Standish Hall Trail Race10k. The intricate course involves two loops

of varied terrain including stone track, fields and woodland followed by a Wigan Pie. First in was Kate Lakeland in 51st position with 54.09 followed by Phil Lakeland 97th, 57.57. On his return to racing after several niggling injuries, Ben Higginson finished in 136th position in a time of 67.59.

# MID LANCS CROSS COUNTRY

Ulverston, Saturday 13th October 2018

The first cross country of the season was back at GSK in Ulverston and it was also the venue for the last event of the 2018/19 season, on a bitterly cold day in early March.

This year, it was totally different. Storm Callum intervened and instead of cold and clear conditions, we had to cope with rain all day. The tent position was chosen to be on higher ground nearer the race HQ and social club, and the lower lying ground, where we pitched last year and some again this year, was soon saturated.

There were a few spells of lighter rain, but by the time of the ladies' race, at 2pm, the rain was driving and pools of water on the course already rapidly expanded in width and depth. The mud became stickier and it was harder to maintain traction on some of the slopes.

Ulverston is a fine course, with a mixture of terrain and is undulating with a number of quick, sharp climbs; overall the turn-out wasn't good from Harriers and whether people were put off by the weather, the distance - it's easier to get to than Liverpool say and better roads to get there - or just couldn't be bothered is a hard one to answer. The event saw the league debut of Walney Wind Cheetahs, a club primarily from Walney Island at Barrow-in-Furness. With it being very local, they turned out.

The conditions failed to stop Jacqui Fairchild being at the front of the ladies race almost from the gun and having a fine encounter with Emily Japp of Blackpool as the two of them were close together through the first few laps. Jacqui pulled away on the last lap to record an excellent win in 24.55 for the 6.4k course. Emily finished in 25.13. The other team counters were Jenny Wren and Vicki Sherrington. Enthusiasts Olga Wiggins and Sue Wickham, thoroughly soaked too, by the end of it, once again, enjoyed it.

Conditions were similar for the last race as the senior men tackled 9.1k over deteriorating ground. Lee Foley had a very strong run for 24th, and Alex Venables was 51st. The other team counters were Andy Whaley, Simon Robinson, Neil McDonald and John Rainford.

Although the team finished 10th on the day, we were 6th out of the seven clubs in Division One at this fixture. We won the league last year and with the men having the highest league placed B team, in Division Two, we were unable to close-in a B team placing. Hopefully, this will improve and pre-entries for Liverpool are already high

Alan Appleby had finished 1st vet 70, well clear of his nearest rival, but running in the ladies race, where vet 70s are now sensibly allowed to compete. Alan finished second vet 70 last season in the final standings.

There were over 250 finishers in the senior mens race, and with increasingly dreadful weather for the finish funnel marshals and recorders to stand out in. As a result, the early results showed some missing runners and one is still not known in the final set.

It's always worth remembering that these events could not happen without volunteers and Ulverston was a difficult one for them as conditions deteriorated. Many of that team have been



Jacqui Fairchild

covering the league for years, and some who have retired over the last few seasons, have not being replaced on a consistent basis. Without volunteers, there is no event, no league and Mid Lancs is not alone in this.

The first races had been the Under 11s... we had no representation from any girls but a keen group of nine under 11 boys set forth with Ethan Chadwick (9th) and Hayden Ridgley (10th) leading the others across the line. Some were running for the very first time, and it doesn't always rain like it did. A huge well done to, Eddie Chandler, David Hall, Oliver Adewale, Russell Hall, Lucas Cooke, Samuel Adewale, and Josh Perry.

Anna Thompson was 10th in the under 13 girls race and Megan Reynolds was 21st & Abigail McKenna 25th. In the under 13 boys race, over 2.8k, George Denye finished in 10.23 in a superb 2nd place, and he looked strong throughout. The winner, in 10.09 was Isaac Butler of Blackburn Harriers. William Morehouse and Sam Smalley ran well too for a team placing of 3rd.

There was no team placing in the under 15 girls, and Faye Fishwick was 14th & Emily Knell 15th. The Under 15 boys ran 4.4k and Charlie Haigh was 18th in 17.23, Billy Reid 29th in 18.39 and Vladimir Wiggins 37th in 20.03

Steve Jackson



Jenny Wren

## JD GYMS CITY OF PRESTON 10K

Sunday 30 September 2018

Sunday 30th September saw the inaugural City of Preston 10K which has replaced the popular Run Preston 10K.

The 10K race started and finished in the Flag Market and with over 1400 runners and spectators it was a wonderful sight to see so many people enjoying sport in the city. There was also a 1.5K fun run later in the morning.

The race took part in perfect cool conditions with the route taking runners from the start along to Fishergate and then down to Avenham Park and along the river on both sides before returning to Miller and Avenham Parks with a tough last mile including steep climbs out of Avenham Park and back up into Fishergate via more hills and a sprint across Fishergate down to the finish line.

Over 20 members of Preston Harriers took part and the race was won by Chris Livesey of Salford Harriers in 33:38. Harriers' Rob Affleck was 2nd in 34:06, Steve Smith was 12th in 38:06 and also 1st MV55, Dougie Potter was 41st (40:29) and Ken Beazley was 61st and also 1st MV65 in 41:58.

Harriers' men also won the team prize and Harriers' ladies were 2nd with a team of Laura Conn, Jade Bebbington and Linda Roberts. Maureen Kirkby in a chip time of 59:42 was 1st FV65. The other Harriers runners were James Kay, Darren Kinder, Ashraf Kazee, Andrew Lea, Stephen Mort, Neil Walker, Ian Bebbington, Nick Eastham, Becky Yardley, Sue Wickham, Charlotte Daley, Sarah Clubb, Alex Proffitt (PB of chip time 1:07:04), Kari Edwards and Tracey Young.

# WHITE CLIFFS RAGNAR RELAY

I was introduced to this event by a London based friend, Robin, around November last year. 2017 was the inaugural running of what is currently the only Ragnar road relay in the UK. There are plenty in the US and a couple elsewhere in Europe but after it's debut it caught our attention and he enthusiastically started recruiting some of his running friends for the team. The UK version starts in Maidstone and runs out to the coast at Maidenhead and then follows the coastline as much as possible on cliff or road right through to Brighton. Similar concept to the Welsh Castles relay only Ragnar continues through the night and each of the 10 members of the team run three times.

We got our entry in early and each of us submitted our 10K PBs as requested. This is so that they can stagger the start and run the race as a handicap. We didn't realise at the time that our combined PBs put us in as the number 1 team. Bit of a shock but all the more so that we were given a start time 2 hours after the next best team. After some negotiation with the organisers we were allowed to join a group of team setting off before us so it wasn't entirely lonely. As well as 10 runners we had to sweet talk a couple of non-running friends to join us for a weekend of driving the two minibuses around 180 miles around the clock just for the fun of it. The rules of the game are 5 runners and a non-running driver in each minibus. Once each runner in bus 1 has done a leg, bus 1 and its runners take over for the next 5 legs before handing back to bus 1. And repeat. Robin persuaded an old friend and I put my brother in law, Dan, forward. He drives all over the country every week for work so what else would he want to do on his time off than drive all over the country for fun. Right??

After picking up the minibuses we all headed to the Maidstone on the Friday for the night before go time at 1:30pm on Saturday. When Dan and I went for dinner in the Premier Inn we bumped into another Ragnar team, named The NHS Madwives. Yep - Madwives. And they were mad. Already in all fluorescent orange from wig to tutu with accompanying face paint. All well and good. But they weren't starting until 7 am the following day. Were they not planning on sleeping?? The whiskeys lined up on the bar as Dan and I were leaving a couple of hours later

suggested that they really weren't. For what it's worth, our team was called White Cliff Jeans. It's a bit like the singer, Wyclef Jean. But it's clever because we were on the White Cliffs. Get it? Nevermind. One of the marshals literally applauded us for it at a handover because he enjoyed it so much. Other pub quiz-esque team names included Premature Acceleration and Coast Busters. But come on, White Cliff Jeans!! For some reason we also declared unholy war on all the crossfit teams. There were enough of them to have their own race category. No idea why we chose to despise them. It's nothing personal but everyone likes a cause to rally behind so they were our sworn enemies and we would beat them if nothing else.

The race is marked by cones and arrow markers (bearing mind nearly 200 miles to mark, that's no mean feat). Each had a flashing light on for the night legs. I was allocated legs 10, 20 and the Hollywood finale – leg 30. As one of our runners had to pull out beforehand due to a stress fracture, three of us picked up those runs as well. So I could add leg 16 to my list. Essentially four races at 5.5, 3, 6.5 & 8 miles respectively over the course of 24 hours. The baton is one of those snap-on wrist bands that were all the rage in the 90s. Were they all the rage? They were around in the 90s. the legs went by and the baton was passed successfully. I was getting very excited as the race had been going for 12 hours and we had been on the road for 6 by the time I could finally get going at around 7:30pm. Went off like a numpty, not considering that I had 3 more races to run over a few hours. Didn't get lost though and enjoyed the experience. Although running on an unlit trail in the dark through deep, unseen puddles kept things interesting. Successful handover and then back into the van for a quick change. If you remember PE changing rooms at school, that's what it was beginning to smell like as each sweaty runner and their accompanying sweaty garments piled in. The banter in there was good though and spirits were high throughout. Nothing like spending 24 hours in a van with each other to get to know people.

We were bopping along and passing crossfitters for fun. My next run was leg 16 and I took over at 11:15pm for basically a 5k burnout straight down the prom from Folkstone. They had a giant inflatable tunnel, strobe lights, dry ice and banging



music so any thoughts of energy dips were well taken care of. Planning food for the event was quite difficult as it was a lot of guessing as to when we would be running and at what point, if any, sleep would happen. I, for example, would need to be hyped up enough to race at 2am but not so much that I couldn't sleep thereafter. Basically, I lived on bagels, jam and peanut butter for the most part. Plus a pulled pork baguette at a catering van after my first handover.

By the time my third leg – leg 20 overall – came around at about 2:15am, my legs were starting to feel a little used. I was aware from the start that I would be pretty much covering the marathon distance in short bursts but instead of trying to pace myself I just threw myself into each one running at least at threshold effort if not race pace. Probably not the smartest though and in the late night/early morning/is it even a different day if you haven't slept yet, when we were tiring, motivation to keep running at the effort was a battle. But that's what we did. With our bus having completed our latest block of five legs, we went on to the next major handover at the start of leg 26 for a few hours of rest while bus 1 covered the next five legs. This handover was at a leisure centre which had been opened so people use the changing and shower facilities if they so desired. Several people though, had decided to sleep on the floor of the

leisure centre so they could stretch out. On arrival, the sight of about 30 bedraggled people laid out on the floor of a sports hall resembled the news footage you might see of people seeking refuge after a natural disaster. We didn't sleep much but it was great to stretch out and have some rest.

Our turn to take over for the final 5 legs came after the sun had risen. As our final block of legs progressed and we spoke to marshals at each handover, it became apparent that we were in the lead by some distance. Eat that, crossfit! So, thankfully, the final leg was a bit of a procession. Good job really as my legs were drained and cramping due to my poor pacing plan. It was an arduous run to the finish line in Brighton but on approach to the finish line, the rest of the team including the drivers joined me for the final 50 metres. A great way to finish. After collecting our medals and pizza it was off to the pub to celebrate. Briefly. As the fatigue finally took hold. We had taken the victory and been on the go for a total of about 21 and a half hours. It was quite an unusual experience and great fun. Probably my highlights were from the atmosphere on the bus and supporting the rest of the team on their runs. The right crowd can make this experience a hilarious and very rewarding one. One that certainly demanded a lot of sleep and rest afterwards.

*Richard Smith*

# RED ROSE XC LEAGUE

**Leverhulme Park, Bolton. 10th November**

A league not usually contested by Preston Harriers but a reasonable, across the age groups turnout saw some good results both individually and team wise.

The day was ideal for running and the condition of the courses was quite firm under foot. A lot of the course, certainly for the seniors, is on gravel paths and fell shoes as opposed to spikes were preferable.

In the U11 boys we had Ethan Chadwick running and he gave a good account of himself coming home in 9.01. There were no Preston U11 girls taking part today.

Our U13 boys were outstanding with young George Denye coming home in 1st place, just in front of second place by 2secs. Ben Dilworth came 5th holding off the Chorley challenge and Sam Smalley along with Leighton Hewitt were 27th and 28th respectively, working together holding the chasing Leigh lad at the finish. Completing the team was Jack Winstanley in 33rd having a good solid run. 55 boys were taking part. The team came second, narrowly pipped by Trawden who had 29 points to Preston's 32, Bury were third with 52 points.

The U13 girls managed to field a team and Anna Thompson led them home coming 16th with

a steady performance followed by Poppi Watson and Megan Reynolds 22nd and 23rd respectively heading the pack of seven girls all finishing within seven seconds of each other. The team came 7th with 61 points not far behind Chorley on 58 points.

Again our U15 boys fielded a team comprising Charlie Haigh 9th, Billy Reid 28th, William Kay 29th all working hard and coming 6th in preparation for the big Liverpool cross country.

A good bunch of U15 girls turned out and Jessica Watson put a great performance in for 2nd place soon followed by Libby Huxley in 7th with a Horwich girl right behind and an even closer contest with Scarlett Sutton showing great determination to pip the Leigh girl on the line for 9th. Emily Knell 20th, Emily Mayson 22nd and Jessica Lane 24th backed up the team with good solid teamwork and close packing. The Preston girls were 1st team, well clear of second, 18 points to 32.

In the senior mens race Simon Collins was 39th, Chris Wales 88th, Billy Johnstone 98th, Dave Watson 117th, Alan Appleby 156th and Stephen Taylor 199th. These chaps were 15th team in the open and 11th in the Vets team.

A good days 'training' in preparation for the big Liverpool X-C in two weeks time.



Under 13 Boys' Team

# RICHMOND CASTLE 10K

**Sunday 14-10-18**

I only set off late to go to my brothers in Northallerton as I'd done the Ulverston X-C earlier on Saturday afternoon and after my tea and a little recovery sleep (some done in Steve's car on way home) it ended up being 10.30pm when I arrived.

I woke up at 6am due to their dogs barking as they got ready to go for their morning walk so I turned over for another couple of hours, then it was up, breakfast, gear on and off to Richmond about 20-30 minutes drive away.

According to the weather forecast, in the West it was to clear and become dry, in the East it forecast blustery showers and for a change they got it correct! Soaked on Saturday and Sunday looked to be more of the same as we waited for the start on the Batts, a field below the castle and next to the river Swale.

The starter seemed to go on a bit with pre race announcements which could hardly be heard until someone sorted his microphone out, then he started again whilst the runners were getting soaked and cold.

When we'd been collecting our numbers in the Town Hall, Dave was talking to a chap who hadn't done the race before. "Yes, there are four big climbs in this race," he was saying, I could only remember three, not to worry I would soon find out where the fourth one was.

We were off, across the field before swinging 180 degrees and going by the river where the path narrowed to a few metres for a good distance before coming out onto the main road towards Catterick army camp. Up the first rise, Holly Hill, climbing quite steeply whilst swinging to the right, then a flat section coming to a gentle descent to Sandbeck, a sharp left and then the climb I hadn't remembered. More of a steady incline and once it levelled off there was a good flat section for over a mile to Bourlon Barracks. After a left turn we headed towards Gaza Barracks, again good running for another kilometre to a little out and back loop down Smutts Road by some playing fields. Next it was back onto the main Richmond Road for over a mile, again good running.

I was with two ladies here, sat in behind them, one had been with me for the last three miles, we had caught the other lady and passed two others



who were close behind us. As we peeled off the main road I knew there was a steep climb coming but first a gradual then steep descent. I said to the ladies to keep perpendicular to the hill and use fast feet as long as possible – 'free speed'. One came with me the other didn't. The lady who stayed with me pulled away up the hill gaining about 20m by the top. The other lady still didn't catch me. There was a gradual downhill for about half a mile back to the main Richmond Road and I used this to catch the lady in front of me, from here we stayed together for the last one and a half km back to the castle which included the final big climb. Going round the Castle walls we held off the other lady who had been closing the gap and one of the other ladies was on her tail. Two of the ladies had been hoping for a sub 48min and both were pleased at having done so. The one who was with me clocked 47.47, I was 87th and 47.49, next lady 47.51 and finally 47.53, a good race! Dave was 159th in 53.13. The winner was Alex Kiel of New Marske Harriers in 34.51, only 14 of the 377 runners got under 40minutes, it's a tough course. The first lady was Gail Colville of Barnsley AC, a F50 in 46.08, she came past me on the second climb and I was tempted to go with her but didn't as it was on a climb.

An ex Harrier, Vince Rutland, was holding the Annual Real Ale Festival in the town, it is always on the same day as the race and if you went with your race number you got a free drink.

The town and Castle are well worth a visit.

Alan A

# CLUB T&F CHAMPIONSHIPS



# LANCS SPORTSHALL MATCH 1

Preston Harriers Sportshall Team started the winter season with a resounding win in the first Lancashire County Sportshall League match, winning with a score of 654 points, almost 250 ahead of nearest rivals Chorley.

In the age groups Preston lead in the U11 boys and Girls categories, as well as the u13 Boys, and are currently in second place in the other three age groups.



# BRITISH FELL AND HILL RELAY

**Grasmere, Sat 20th October 2018**

Low cloud and fine rain greeted the Preston Harriers runners for the 2018 British Fell and Hill Relay Championship at Grasmere. Leg 3 pairings of Roger Taylor and Mick McLoughlin in the A team, and Pete Carter and Jim Doherty in the B team being the most apprehensive. Leg 3 is a navigation leg with the runners only being given the course map half a mile after the changeover. All of them knew that any major navigational error would result in many months of good-natured reminders and stick from the rest of the fell runners in the club.

Over 1400 runners representing 245 teams were on the start line, making this probably the largest relay race in the country. Leg 1 was to Grisedale Hause and Seat Sandal summit. First off for Preston was Dave Parkington (114th, 1:02:28) for the 8k / 730m climb first leg, with Ellie Parker (216th, 1:19:05) in the B team making her debut in a relay team.

The longer leg 2 run in pairs included Great Rigg, Fairfield, Deepdale Hause and Grisedale Hause, over 10.8k with 850m climb. Andy Harrison and John Rainford finished 112th in 1:24:56 with Roy Parkinson and Mike Burnham (199th, 1:41:37). Mike still had the legs to get round, just one week after completing the Lakes in a Day Ultra of 50 miles / 4000m climb in 16hrs 30 min.

There were no navigational mishaps on leg 3 as Roger and Mick (151st, 2:00:59), and Pete and Jim (179th, 2:07:21) negotiated the checkpoint in Greenhead Gill, over the flank of Heron Pike to visit two sheepfolds in the Rydal valley before a steep climb back up to the ridge, contour around Greenhead Gill and descent to Little Tongue Gill.

Not so fortunate were the Keswick AC pair, whose teammates all won the other three legs, only to find that the pair lost about 25 minutes in getting to the second control at the sheepfold and could only finish their leg in 71st place. That's fell running!



Team & Supporters



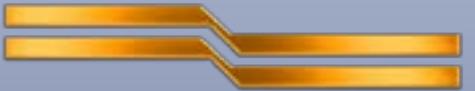
Ellie Parker

The final solo leg 4, 7k with 600m climb around Alcock Tarn, Heron Pike and Stone Arthur, saw John Griffiths finish his leg in 101st, 52:50 and the best individual position of the day. Gordon Thompson completed the B team in 219th, 1:11:38. Overall the Harriers A team finished 113th and the B team 209th.

Two ex-Harriers were gold medal winners. Cat Slater, now relocated in the Lake District, ran leg 4 for the winning Helm Hill ladies team. GB international fell runner Nichola Jackson also ran leg 4 for the successful Ribble Valley Harriers mixed team. Congratulations to Ambleside AC for organising the race, a massive undertaking and only one week after putting on the annual Langdale Horseshoe fell race.

All the runners commented on a great day out and with excellent courses on each leg. This doesn't happen without a team captain to put it all together. So, many thanks to Roger Taylor for organising the two Preston Harriers teams.

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# MAMORES VERTICAL KILOMETRE

September 13th

I like running up hill. It's mostly an unsophisticated combination of power, determination and, if the hill is long enough to require it, distraction. Running downhill is beyond me. The technique and courage (borderline stupidity) are seemingly not in my skillset. Put me on a muddy climb in a cross country or fell race and I'm as happy as Larry. So, imagine my joy at the discovery of uphill only racing. Specifically, the Vertical Kilometre series. There are a handful of certified races around Europe that make up the international series. There's only currently one in Britain that meets the criteria of gaining 1000 metres of climb in a maximum 5K run: Na Gruagaichean in the Mamores up near Kinlochleven in Scotland. It forms part of the Salomon Skyline Festival which includes the Ben Nevis Ultra, Ring of Steall Skyrace and the Glen Coe Skyline and made up part of the Skyrunning world championships. Because of this, some of the best trail runners anywhere converged in Scotland for one or more of the aforementioned races. Three runners even completed the full set. No mean feat at the best of times, never mind the fact that they fall on consecutive days!!

The VK kicked off the festival on the Thursday. A grey, wet & windy day – this is northern Scotland in September after all. The VK is not run as a traditional race but more in the fashion of a cycling time trial in that the runners are released individually at 30 second intervals. I've never had a more specific start time... 15:26:30. So off I went from the race start at the Ice Factor in the ski centre, out into a rolling trail which did climb but ominously spent a lot of time running down as well meaning that the total gain was going to have to be in an even shorter, steeper distance. Through the woods on to the open fell side. Never having run a race like this before I had no idea how to attack it or what would be a reasonable result, so I went in with the mission of passing more runners than passed me and then the time would sort itself out. The results from the previous year varying from the then course record of 42 minutes up to 2 and a half hours with the average time at around 1 hr 15 mins. Remember this is a 5k race with a world class entry list so those times put into perspective the severity of the challenge.

At 3k we had climbed only (only!?) 442 metres meaning we were to gain over 550 metres in



just 2 kilometres. And the wet and windy day down at the start was amplified on the mountainside. We were told afterwards that the windspeed reached around 50mph and it made the rain feel like hailstones. The temperature at the top was just a couple of degrees above freezing. With the climb getting so steep that three points of contact were required for most of the remainder, progression was as much about survival and staying warm than racing. But as a distraction I continued to chase those in front. As well as having to duck a couple of times as the continental Europeans, with their penchant for the walking poles were completely unaware of those of us behind, eye level with the sharp end of the stick. There were a few vests of club runners from UK fell running clubs such as Keswick AC and Helm Hill on the way up. I made sure to acknowledge them as I passed.

Eventually, after 55 minutes and 6 seconds, I had reached the top. Briefly I was in the top 10 on the leaderboard. Cue smug face. (I finished 82nd out of 343 finishers which, given my debut in a race of this calibre, and in comparison to the average time, I'm still rather chuffed about). At this point though, probably due to a combination of the exertion, weather and perhaps even such a quick gain in altitude, I was seeing stars, feeling rather dizzy and rather cold. My hands had turned to flippers and I lacked all dexterity, so I couldn't put on the additional layers we were required to carry. Fortunately a marshal, as I can't give enough

credit to the marshals and photographers stationed on the mountain all day in those conditions, came to my aid and we had a battle with my base layer. Beggars can't be choosers, so I won't say anything about it being inside out and back to front. I can't even say I was grateful. I was just full of dread because, feeling as I was, I also knew that the only way down was the way we came. Steep descent in a shivering body relying on battered quads. Post-race, this was very satisfying but at the time not so much. There was a lot of camaraderie among all the runners and cheering everyone on the climb, just as I was cheered by those before me, was part of the great atmosphere.

And so, having survived, I had a couple more days to enjoy the festivities, the highlight of which came the following night. I was fortunate enough to have got a ticket to a talk with some of the premium athletes on show including the runners who, in spite of the conditions, smashed the male and female course records – Remi Bonnet of Switzerland running 39:23 and Laura Orgue of Spain finishing 51:35. As well as them and some of the stars of the Skyrunning series this year so far, was Killian Jornet who afterwards gave a 20 minute talk on his recent destruction of all fell running logic by knocking over an hour off the Bob Graham Round record. Once again, I was seeing stars. It was a brilliant and truly awesome way to round off an event that I shall gladly return to.



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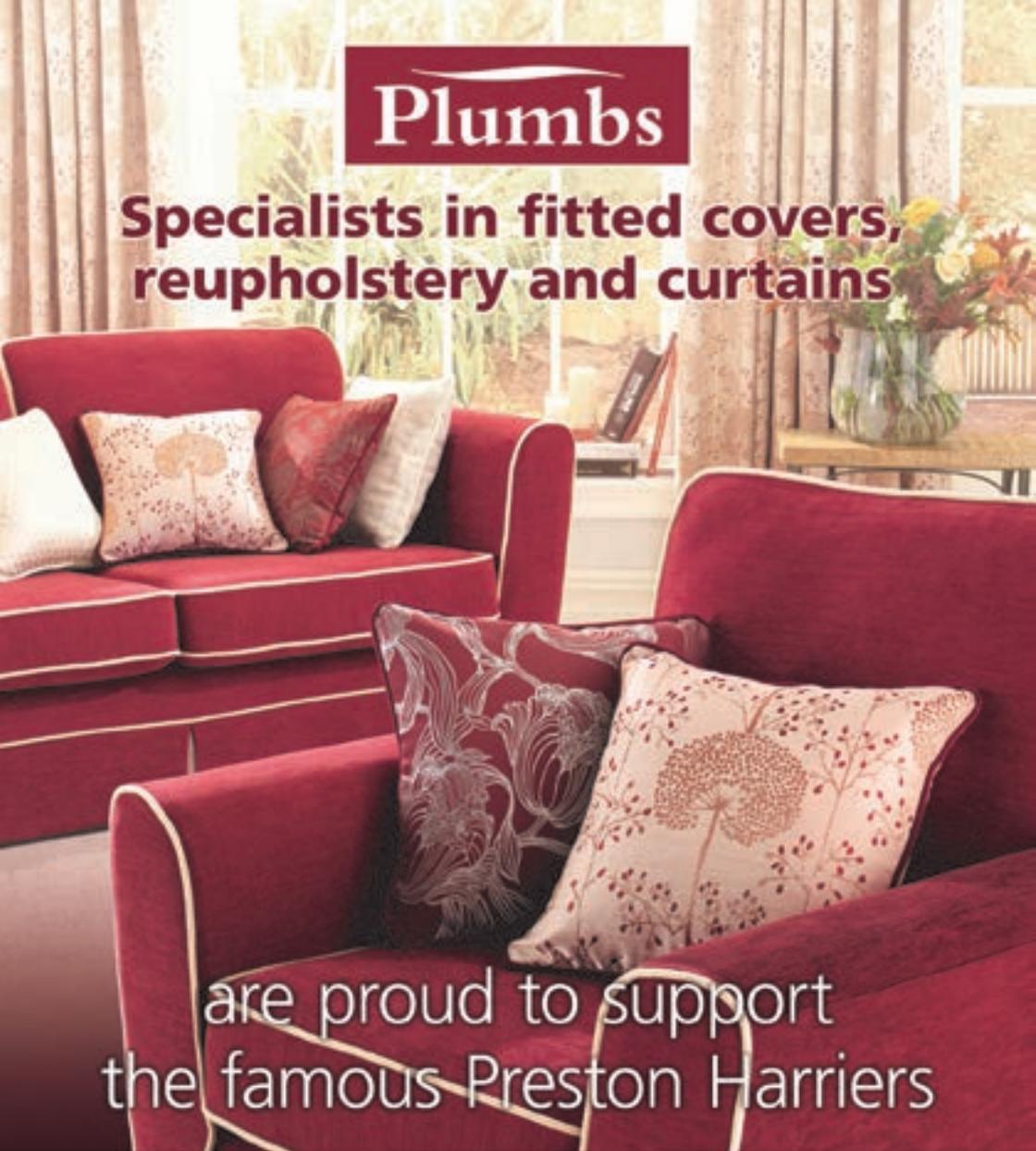
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# EVENTS DIARY 2018-2019

	Date	Event
Sat	01-December	Red Rose XC - Centre Vale Park, Todmorden
Sat	01-December	Northern Athletics Indoor Open Meeting EIS, Sheffield
Sun	02-December	Sale Harriers Indoor T&F Meeting SportCity Manchester
Sun	02-December	Lancashire County Sportshall League, Stanley Park Leisure Centre, Blackpool
Sun	16-December	Sale Harriers Indoor T&F Meeting (2 of 6)
	<b>2019</b>	
Sat-Sun	05 & 06 January	EA Indoor U20/ Senior Combined Events Champs EIS Sheffield
Sat	05-January	Lancashire XC Championships - Witton Park, Blackburn (tbc)
Sun	06-January	Sale Harriers Indoor T&F Meeting SportCity Manchester
Sat/Sun	12th/13th January	Northern Sen, U20, U17 championships, EIS Sheffield
Sat	12-January	Mid Lancs XC - Towneley Park, Burnley
Sun	13-January	Lancashire County Sportshall League, Stanley Park Leisure Centre, Blackpool
Sat	19-January	British Athletics Cross Challenge - Dundonald, Belfast
Sat-Sun	26 & 27 January	BA Combined Events International (tbc)
Sat	26-January	Northern XC Championships - Pontefract Park, Pontefract
Sun	3rd February	Northern U15/U13 Indoor Championships, EIS Sheffield
Sat-Sun	09 & 10 Feb	Spar BA Indoor Championships NIA Birmingham
Sat	09-February	Mid Lancs XC - Leigh Sports Village
Sun	10-February	Sale Harriers Indoor T&F Meeting SportCity Manchester
Fr-St-Sn	15,16&17 February	BUCS Indoor Championships EIS Sheffield
Sat	16-February	Muller Indoor Grand Prix NIA Birmingham
Sun	17-February	Sale Harriers Indoor T&F Meeting SportCity Manchester
Sat-Sun	23 & 24 Feb	EA U20/ U17/ U15 Championships EIS Sheffield
Sat	23-February	National XC Championships - Harewood House, Leeds
Fr-St-Sn	01,02&03 March	European Athletics Indoor Championships Emirates Stadium, Glasgow
Sat	02-March	Mid Lancs XC - Cuerden Valley Park
Sat-Sun	09 & 10 March	EA U20/ U17/ U15 Combined Events Championships EIS Sheffield
Sat	09-March	Inter Counties XC Championships - Prestwold Hall, Loughborough
Sat	09-March	British Athletics Cross Challenge - Prestwold Hall, Loughborough
Sun	10-March	Sale Harriers Indoor T&F Meeting SportCity M/c

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



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