



THE HARRIER

Summer
2018



clubmark

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

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

PRESTON HARRIERS welcome the following New Members

TEMIDAGO ADEDEWE	NATASHA HOUGHTON
SAMUEL ADEWALE	HARRY HUTCHINSON
SUE ATHERTON	FELIX JACOB
ISLA BAMBER	EUAN JOYCE
CHARLIE BAXENDALE	SAM JUDGE
KENNETH BEAZLEY	EVIE KITCHEN
CHARLIE BERRY	JOHN LANGHAN
CHRISTINA BOLGER	NIALL MALONE
DANIEL BROGDEN	SAD+ MAY-GARBER
MATTHEW BUTTERY	DAVID MERCER
LOTTE CARBY-DAVIES	WILLIAM MOORHOUSE
SURI CARBY-DAVIES	THOMAS O'BRIEN
ALEXANDER CARSON	ANTONIA PRICE
KATRINA DALE	ALEX PROFFITT
EMIL DAWKINS	ARIEL RICHARDS
KEVIN DOYLE	MAYA RIDLEY
PAUL DUNDERDALE	SOPHIE RILEY
ISSIE ENTWISTLE	SIMON ROBINSON
HARRY EVERETT	CLED SMITH-GRAHAM
CHARLIE FARMER	KEINO SMITH-GRAHAM
CAITLIN GILL	OLIVIA SUTTON
DAVID HALL	HENRY THOMPSON
RUSSELL HALL	BEN VESCOVI
HELEN HAWTIN	IAN WHITESIDE
REBECCA HAWTIN	GENEVIEVE WHITMAN
SIMON HAWTIN	TAICHAH WILKINSON
ELLA HEWITT	JACK WINSTANLEY
NATHAN HILDITCH	SARAH WINSTANLEY

Cover: James Ince had an extraordinary weekend at County Championships, including 5 Gold medals and 3 Championship bests.

Ideas, articles, pics or race reports for
The HARRIER EMAIL TO :
theharriermagazine@gmail.com
Next Copy deadline: 13th August 2018

With the proper motivation, that is, a good reason for wanting to do it, your mind can overcome any sort of adversity.

Franz Stampfl.

CLUB VESTS

These are no longer dealt with by Barbara. If you want a vest contact Ann at the track Monday night 6-8 or Wednesday 6-8.30. or e-mail phclubkit@gmail.com



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CHAIRMAN'S REMARKS

It was something of a shock to be invited to take on the role of Chairman of your Executive Committee. I am aware of the tremendous amount of work that Steve Jackson did for and on behalf of the Club, and I cannot even attempt to match him, but I will do all in my power to support the Committee in their work. Some members will have seen me at the Presentation night, and I hope to meet many more of you before the year is over.

Before the invitation arrived, I was quietly getting on with sorting archive material about the Club and starting to write about its history. My friend Maurice Dean set about this task when he retired from work, and in ten years traced a vast amount of material, including the discovery that the Club was formed in 1881, not 1905 as had long been believed. Illness has slowed Maurice down in

recent years and I hope I can do justice to his work by properly recording the history of the Club and the people who have made it great. I shall write more about this in future editions.

Meanwhile the Track & Field season has started with a bang and some excellent team performances have shown what the Club is capable of. For the Endurance squads the season never really ends, and I know you will be reading about some fine exploits in all disciplines from athletes young and old. So to all athletes, parents, coaches and officials, I extend my best wishes for your endeavours in the months ahead. You are all a credit to your Club and your Club is a credit to the City of Preston.

Roy Swinbank

LONDON MISSILE CRISIS

Percy Porter was one of the best UK throwers in the 1950's. PB of 52.32 metres. In 1955 he was summoned to the South West London Magistrates Court for: 'wantonly throwing a missile, to wit a metal ball attached to a wire' at Battersea Park.

This is his story.

This is the tale of Percy Porter,
Who threw his hammer where he didn't oughter.
The L.C.C. showing no mercy,
Sends a summons to poor old Percy.
Determined they were to stamp out this lark
Of hurling metal in Battersea Park.
'Wanton' they say it was.
'Nonsense', said the beak, 'cos
Mr Porter is a hammer technician
What needed no leave or permission,
And this was no way to put on a ban'.
So while Percy merrily on his heel pivots
And let's fly his hammer as far as he can,
The L.C.C. must like it, lump it, and replace his divots!



OH MY GOODNESS!

The mini 'Beast from the East' hit Blackpool on Saturday 17 March, coinciding with the ironically named 'Winter Warm-Up' meeting. I have never been to a Track & Field meeting where I have been so cold.

The weather looked so innocent, with the sun shining in a blue sky for most of the time, but with a temperature just 2° above freezing and a wind chill from the 27mph ENE wind meaning a 'feels like' temperature of minus 5°. I spent most of my time standing in the sun behind the stand, sheltering from the wind.

There was a surprisingly good turnout of crazy athletes who thought it was a good idea to compete in these conditions. I am not quite sure whether to admire their resilience and commitment or fear for their sanity.

Whichever is the case, their hardiness is rewarded in some measure by the selection of photos taken by the equally hardy Mick Mitchell. (although Mick was admittedly wearing rather more than tights and a crop top!!)

I will now try to erase that image from my mind.

Pete H



Lois Carroll



Cerys Allen



Ellis Bamber

WREXHAM BAKERY HALF

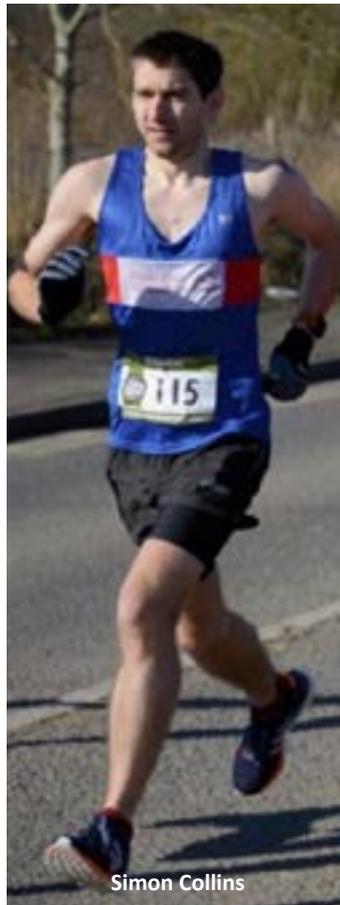
Sunday 25 February 2018

Simon Collins and Karl Hodgson joined almost 2,000 runners in lining up for the increasingly popular Wrexham Village Bakery half marathon on Sunday, in what was near perfect racing conditions barring some windy sections early on. Collins, stepping away from marathon training, ran a hard race to just dip under 80 minutes coming home in 1:19:58, good enough for 65th in this highly competitive fixture.

Karl, who becomes the first Harrier to complete one race in each of the categories for the club's road running championship, and running the day after finishing first at Cuerden Valley Parkrun, ran equally well to finish in 1:23:08. Karl remains top of the men's championship and now just needs to run three interclub races to secure a league position.



Karl Hodgson



Simon Collins

RHYL 10-MILE ROAD RACE

Saturday 24 February 2018

The British Masters 10-mile championships was incorporated into the Rhyl 10 this year and attracted masters runners from all over the country to the Welsh seaside resort to test themselves against their age group peers.

It was a brilliantly sunny day but bitterly cold, with a chilly breeze blowing against the runners as they made their way along the coastal path between

Rhyl and Prestatyn. Two members of Preston Harriers made the journey to Wales for the race. Nursing a slight niggle in his Achilles tendon, Kevin Hesketh ran a cautious race to place 4th MV60 in a chip time of 68.06, only 11 seconds behind the bronze medallist.

Marian Hesketh had an easier task in the FV60 category, which she won in 73.49, eight minutes ahead of the second placed runner.

tackled a two lap 10k course which had thankfully dried out considerably.

Phil Lakeland completed in a time of 59.24, 153rd followed by Felicity Cross in 69.37, 206th

STANDISH HALL TRAIL RACE

Saturday 24 February 2018

Sunny conditions with a cold easterly wind faced the competitors in the Standish Hall Trail Race at Shevington near Wigan. Two Preston Harriers

NATIONAL XC CHAMPIONSHIPS

Parliament Hill, 24/02/2018

For 2018 the National Cross Country Championship race returned to the south, with London's Parliament Hill on Hampstead Heath once again providing the venue on a cold, breezy but sunny day. The iconic course overlooks the capital and the cityscape was spectacular on such a clear day.

The course starts with the notorious uphill charge and then follows a winding route through woodland trails and open fields with plenty of undulations. The surface varied from compacted ground on which some speed could be built up, and shin deep mud which was hungry for any loose shoes. The finish takes in a long, runnable, straight descent before a hard left leaving a couple of hundred metres to hang on until the finish. There was a record total entry of 9,569 with event record entries in several age categories.

Preston Harriers had a small band of runners at the event. Hannah Thompson represented the club in the 3 kilometres under 13 girls race, finishing 255th out of the 467 finishers. Next up was Benjamin Preddy for the under 17 men

finishing in 126th out of 356 in their 6k race. Caitlyn Preddy then took to the course representing the under 15 girls and taking 315th position out of 464 over the 4k course.

Emma Essex-Crosby was the sole representative for the senior women, taking 479th out of the 1113 finishers on the 8k course. The Harriers had three runners in the senior men's race. Richard Smith, returning from a recent ankle injury, finished the 12k course in 605th position, just about holding off the spirited challenge from Ben Read who finished 54 seconds later in 699th. Chris Wales, also returning to fitness, completed the course in 1163rd. Several former Harriers, including Nichola Jackson, Chris Livesey, Dave Rigby and Alex Waddelove were also in attendance with their new clubs, taking up the opportunity to run in this prestigious race.

Next year the event returns to the north with Harewood House in Leeds, the venue for this year's Northern Championship, hosting the national event, hopefully enabling more Harriers to run.



Chris Wales, Richard Smith, Ben Read and Alex Waddelove

MID LANCS XC ULVERSTON

Saturday 3rd March 2018

The final Mid Lancs league cross country event of the season took place at the new venue of the large sports complex at Glaxo in Ulverston. Perhaps the recent bad weather and the location had put people off, as the competing numbers were down in each race but the roads were clear, and there was no lying snow to be seen.

The journey to Ulverston is relatively easy, as it is all motorway and good 'A' roads. Extensive car parking was next to the venue and Hoad Hill Harriers, as host club, had selected a good and varied set of courses with something for everybody. Competitors and officials had to contend with a biting cold and very fresh easterly wind in exposed places, and it cannot have been easy for the timekeepers and finish funnel recorders who were out all day, although the club tent area was an oasis of relative calm.

Ben Read finished a good season with 30th place in the men's race over 9.4k. Andy Whaley in his first race of the season was 42nd. Stalwarts Chris Wales, Kevin Hesketh, Roy Parkinson and Michael Brown completed the team effort.

The ladies ran a longer distance than normal, at 6.9k. Marian Hesketh was third vet 55 and 29th overall, and she finished 2nd vet 55 in the individual table for the season. Olga Wiggins and Emily Wiggins ran too. Alan Appleby valiantly chased Ken Taylor of Rossendale in the vet 70



George Denye



Michael Brown

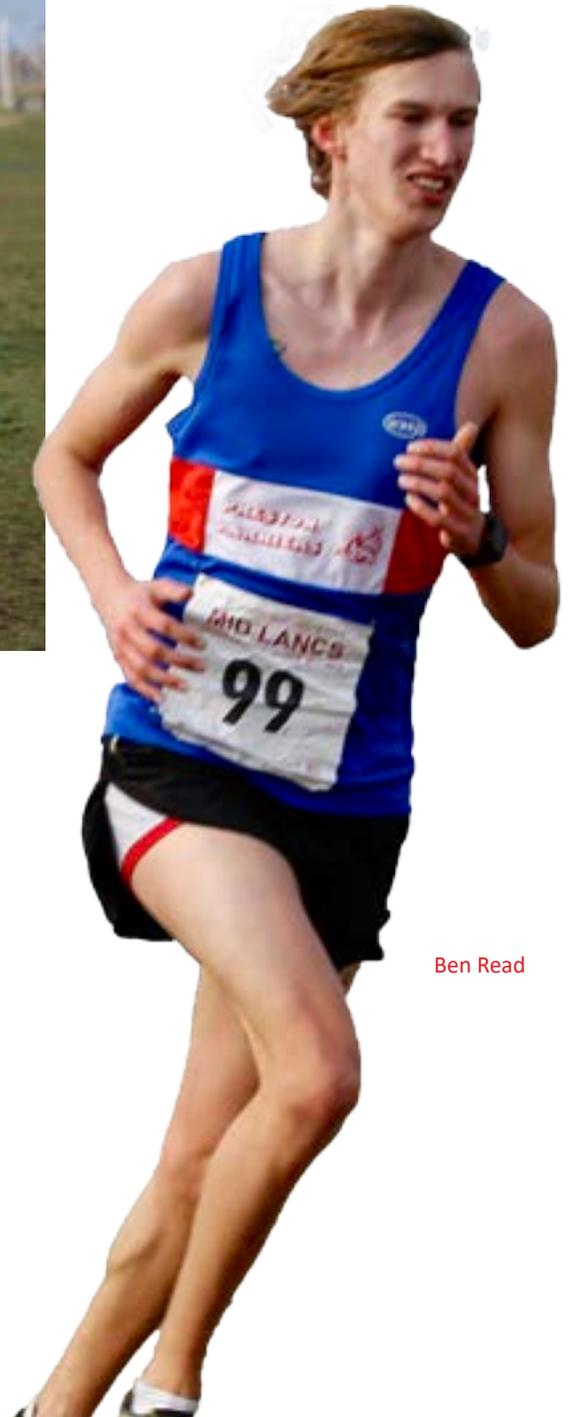
men's race, also run alongside the senior ladies' race, but he finished 2nd and was 2nd vet 70 for the season too.

Olga Wiggins had brought enough supplies and warm clothing for what appeared to be a camping trip, but some of the food was well received by several of the senior men, not least Ben Read who demolished four sausage rolls post run. Alan told of angling trips of years ago, when casting in the nearby waters saw smelly chemical discharges being poured in from the factory...

The first races of the day were the under 11s. Grace Wareing-Yeulett was 21st and Ela Sturzaker 47th in the girls' race and there were runs from Joseph Thompson, and Marty Vickers in the boys' race.

George Denye had an excellent time in the under 13 boys' race, finishing 2nd to Isaac Butler of Blackburn. Vladimir Wiggins in 19th and James Hawtin (24th) were the other team counters.

Eva Sturzaker was the only competitor for Harriers in the under 15 girls' race as was Arran Baldwin the u15 boys' race.



Ben Read



FRANZ STAMPFL MBE

Franz Stampfl MBE 1913 – 1995

Sir Roger Bannister, who died on 3 March 2018, was the first sub-four-minute miler, achieving this feat on 6 May 1954 with a time of 3 minutes 59.4 seconds. Understandably the media has been full of stories and articles concerning his full and distinguished life and, within this coverage, reference has been made to his coach, Franz Stampfl. Although I was only just approaching my tenth birthday at the time, Franz Stampfl was going to have a huge influence on me throughout my life.

I attended the John Fisher School in Purley, Surrey, and Stampfl was already an influential member of the school's sports department. Father McLean was the deputy head and his abiding passions (despite his clerical duties) were golf, hammer-throwing and making the school the best at sport in the country. The appointment of Franz Stampfl was his master stroke.

But first a little background to this amazing man, Franz Stampfl. Born to a Russian princess in Vienna in 1913, he was one of seven children. He became an accomplished skier and javelin thrower. In 1937, uneasy about the rise of Adolf Hitler, he left Austria for England. But in 1940 he was interned as an enemy alien and subsequently transported to Canada. While on his way, on board 'SS Arandora Star', a German U-boat torpedoed the vessel. More than 860 crew and passengers lost their lives, but Stampfl survived in the water for more than eight hours before being rescued.

Now moving on to the 1950s; Stampfl had managed to establish himself as an influential athletics coach, working with many great athletes of that period. In 1952 John Fisher School entered the Public Schools Challenge Cup for athletics, held at the White City Stadium London. Although much smaller than most of the 203 schools participating, the school won the cup. Thanks to the confidence of Fr McLean and Stampfl's coaching, the school entered a full squad for every event. Amazingly, they won them all. For the following two years they repeated this success. But it caused uproar; the authorities were unhappy about the ethics of one school sweeping the board year after year, and decided to withdraw the Challenge Cup completely!!

I was just embarking on my love of athletics - throwing in particular - but I was a very slow



Brasher, Bannister, Stampfl & Chataway

starter. I have to admit that Mr Stampfl was not always very impressed with the novices he inherited in my year, and I was no exception. But he was nevertheless inspirational.

Stampfl was a dynamic force in global athletics. Space limits the amount it is possible to write about this extraordinary man. But in conclusion I would like to quote Roger Bannister himself when an unnamed coach suggested a series of changes in training schedules:

✓ But Franz is not like this. He has no wish to turn the athlete into a machine working at his dictation. We share a common view of athletics as a means of 'recreation' of each individual, as a result of the liberation and expression of the latent power within him. Franz is an artist who can see beauty in human struggle and achievement.'

This quotation and the photograph (Stampfl is second from right, between Roger Bannister and Chris Chataway) are from 'First Four Minutes' by Roger Bannister, published by Putnam, London in 1955.

Mike McKenna

You Must Be Joking!

I remember the moment quite vividly and the panic that encroached on my body!

No, no. Absolutely not! Was my impulsive response.

The management committee were looking to get more people involved in volunteering and supporting the club. One of the ways to do this was by asking parents to get involved in the management of the YDL teams.

I'm not sure how I turned my initial response around to a 'yes' but apparently I did! As did the rest of my fellow team managers.

As there were now 4 team managers, for the Lower YDL team, we were able to split the teams down into U13boys, u13girls, u15boys and u15girls. It also meant that we could cover for each other if necessary.

This new role sent me on a roller coaster of a journey. From the YDL implementing new processes and systems, new portals and websites for managers to access and submit their teams to understanding the rules and point structure for each event.

From getting to know athletes and parents to getting to know the coaches.

From the nervousness that builds when awaiting the final scores of an event to the exhilaration of finding out that Preston Harriers made the final.

I've learnt so much during the 2017 year and hopefully I will be better prepared for this year.

What rings out time and time again though is not only how fabulous and dedicated the athletes are but also how much we rely on the volunteers within this club.

From the coaches, the management committee, the officials and the parents there is a significant amount of time and effort that goes into making the events run smoothly and the athletes reach their full potential. Thank you to everyone involved.

Looking back over this experience I know there are areas which I will look to improve; more contact with all coaches is one of them. This means that I won't miss out on newer members of the club. Being more visible around the track, by wearing the YDL hood, is another.

Congratulations to the Lower YDL athletes coming 6th overall in the final. A fabulous result!! Fingers crossed for the 2018 YDL events

Liz Carroll



Congratulations to our Olympians Peter Warden, Helen Clitheroe and John Nuttall who have recently been recognised by the World Olympic Association This is an exclusive benefit for Olympians only. Just like a PhD or other post-nominal designations, as an Olympian they can now use the letters OLY after their name to recognise their years of hard work, dedication, and perseverance it took to become an Olympian. OLY is an ongoing and very public reminder of their achievements and of their responsibility to embody the values of Olympism in everyday life.

Peter was a 400mh hurdler at the 1964 Tokyo Olympics, where he made the semi-finals. Peter followed up his Olympic success with 2 bronze

medals at the 1966 Commonwealth Games, before going on to become a National Athletics Coach for British Athletics for over 20 year before his retirement. Peter continues to this day to coach for Preston Harries with a successful squad of sprinters and jumpers.

Helen (née Pattinson) is a middle and long-distance runner, she competed in the 1500m at the 2000 Olympics in Sydney and in the 3000m steeplechase at the 2008 Olympics in Beijing. She was also a bronze medallist at the 2002 Commonwealth Games. Helen continues to run for the club and coach middle distance athletes.

John Nuttall was a long-distance runner, he competed at the 1996 Summer Olympics in Atlanta. He also represented his country twice at the World Championships in Athletics (1993, 1995) and five times at the IAAF World Cross Country Championships. He was a silver medallist at the 1994 IAAF World Cup and a bronze medallist at the 1994 Commonwealth Games.

MID LANCS CROSS COUNTRY

Lancaster 17 February

Numbers always tend to drop for the final two fixtures of the season. It is usually a combination of injury, other training, churning out miles for those doing yet another spring marathon, along with upcoming competitive opportunities indoors and, the final representative cross-country fixtures for the national, inter-counties and schools championships.

In mid-February, we returned to Ryelands Park in Lancaster after a gap of three years. Unlike last time, where it was a very windy day, we had plenty of bright sunshine, yet the course was quite muddy in places.

The senior men ran 9.6k which was four long laps and, Nathan Dunn finished 2nd in 32.03. Dan Bebbington was feeling the effects of a recent virus and still finished 4th. A strong run from Lee Foley, who has really enjoyed his first season on the country, saw him home in 29th spot and the remaining team counters were David Watson, Chris Wales and Kevin Hesketh.

The women didn't have the same numbers running as in other fixtures too, but were led home by Nichola Jackson in 5th, then Emma Essex-Crosby was 23rd and Marian Hesketh 38th over 6k. Interestingly, there were four GB athletes from various athletic disciplines in the first five places in this race.



Judith Deakin



Rhiannon Magee



Emily Knell

The under 15 girls had a clear team win over 4k, with counters Grace Brown who was 5th, Jessica Watson 10th & Emily Mayson 11th. They were well backed up and supported by Annie Duffy, Caitlyn Preddy, Emily Reynolds, Faye Fishwick, Eva Sturzaker and Cailin Magee.

This result meant that they had secured the Under 15 girls championship, with one fixture remaining..

Steve Jackson



Joseph Thompson

CHESTER 10K ROAD RACE

Sunday 4th March 2018

On a weekend when many races were cancelled due to bad weather, the Chester 10k went ahead and saw good performances from two members of Preston Harriers. Andy Benson was 2nd overall in 31.44 and Matthew Wigelsworth was 4th in 32.11.

DENTDALE RUN

Saturday 10 March 2018

The annual Dentdale Run took place with competitors having a choice of 14.3 or 7.9-mile races over the undulating roads of this picturesque valley. Dad and daughter team, Phil and Kate Lakeland, opted for the shorter distance and Kate led the way finishing in 26th position and a time of 62.40 with Phil completing in 73.04 for 69th. The race avoided the heavy rain which fell in the area both earlier and later in the day, although some competitors complained that the temperature was about 10 degrees warmer than what they had become used

BRITISH MASTERS XC CHAMPIONSHIPS

Saturday 17 March 2018

This year's British Masters cross-country championships took place in their most northerly ever location, the picturesque market town of Forres, near Inverness. Whilst more southerly parts were suffering from the "mini beast from the East", the far north of Scotland enjoyed bright sunshine and only an occasional snowflake. Masters runners from all over the country were given a warm Highland welcome, with a pipe band on the start line, a pack of shortbread for all competitors and hot pies for everyone afterwards. (The local bakery must have been on overtime to produce them all.) Age category winners were presented with a special edition single malt whisky from the local distillery and medallists also received a commemorative neck warmer.

The course was partly on undulating grassland in the town's scenic Grant Park and partly on idyllic woodland trails which wove back and forth on the hill above the park. In the women's race over 6 km, Marian Hesketh dug deep at the finish to win a close tussle for 1st WV60 and Kevin Hesketh finished 8th MV60 in the main race over 8 km.

SWEATSHOP 10 MILE ROAD RACE

St Annes, Sunday 18 March 2018

Last weekend saw the final Sweatshop 10 Miler which was attended by 6 Preston Harriers who battled against coastal winds and Arctic temperatures. Rob Affleck put his high mileage marathon training to good use with a metronomic pace throughout the race and a final blast in the closing stages to leave his rivals behind in a time of 56.21 for outright victory. As a fireman Chris Wales had a double stake in the race, taking victory within the Fire Service ranks with 63.23, 10th overall and 2nd MV45. Neil Mc Donald was the next proud harrier to storm the line and was rewarded with 1st MV50 in 66.16 with Dougie Potter pushing him all the way for 4th harrier team member in 69.12, to seal the team prize. Claiming victory over the adverse conditions were Andy Lee in 79.21 and Daniel Higgins (84.11).



PARBOLD HILL RACE

Saturday 17 February 2018

A trio of Preston Harriers headed south for the 48th running of the Parbold Hill Race. The course is run over the fields and tracks of both Parbold and Harrock Hills and is 6.75 miles long with 900 feet of climb. On what was a sunny, mild late winter day the conditions were extremely muddy for the usual large field of 442 competitors. First Harrier to cross the line was Andy Grimshaw in 83rd position with a time of 55.45. He was followed in by Phil Lakeland (87.07) in 377th, and the evergreen George Arnold (101.04), 425th and 1st M80.

INTER COUNTIES X.C.

Loughborough, Saturday 10th March 2018

The inter counties cross country championship is a prestigious event, bringing together county teams from all over the UK. Teams are selected mostly through the various individual county championships held in January and races are held from the under 13s upwards.

The venue was Prestwold Hall in Loughborough, and with recent poor weather and thawed snow, the courses were soft with a wide cover of slippery mud. There were barely any dry lines for runners to take as the day progressed. The county tent and presentation area resembled a sea of mud with so many people being in the immediate area.

The first race of the day was the U20 men's race, with Nathan Dunn producing an outstanding performance to claim 2nd place. Having been with the leading group from the early stages, he steadily moved through the field as the race progressed. Although he was unable to catch the race winner, Tom Mortimer, there was a sizeable gap to those

behind. Also putting in a strong performance, and continuing a good cross-country season, was Byrom Sowerby finishing in 84th.

Lythe Fourie was 76th in the women's Under 20 race. In the Under 17 men's race, over 6k, Matthew Fazakerley was 30th & Ben Preddy finished 74th, whilst Jack Campy was 241st.

The Under 15 girls competed over 4k, and Darcey Lonsdale was 117th and Scarlett Sutton 164th and there were 304 finishers.

The Lancashire women's and men's teams both recorded very good results and picked up silver medals with six to count for each team. The Lancashire men were only 4 points away from champions Middlesex. Lancashire were the first team home with all of the nine runners allowed in the team. The men's individual winner was Mahamed Mahamed of Hampshire who finished in 42.23 for the 12k distance and the women's winner was Phoebe Law of Surrey in 32.51 for the 8k distance. Surrey also won the women's team championship.



Nathan Dunn

MASTERS X.C.

IT WAS WORTH IT

Maths was never my best subject, but you don't need to be a genius to work out that in terms of hours spent on the train and money spent on a hotel, travelling to the far north of Scotland just to run a short race doesn't offer much of a cost/benefit analysis. When the venue for the British Masters cross-country championships was revealed as Forres, near Inverness, I didn't expect to be going, but I was persuaded that it might be a fun weekend which offered benefits of a different kind. I entered the race, booked a hotel and looked up the train times, but I still felt a bit sceptical, especially in the light of the menagerie of weather assaults which were battering the country. We would be lucky to make it to Forres, never mind run the race.

Despite the "mini beast from the East", trains were still running and the journey up the east coast revealed the first good thing about the weekend. We saw a lot of spectacular Scottish scenery, from snowy peaks to rugged coastline with massive waves breaking over the cliffs. Changing trains at Inverurie, where cold rain fell and there was no waiting room, was made into a pleasant experience by the discovery of a lovely old-fashioned tea room, and Forres itself turned out to be a delightful little town, clean and tidy, with a traditional high street, a river flowing through the middle and some very attractive looking parks. I'd booked a hotel near the race venue and this also turned out to be just right. It was once a private house and was small, quiet, friendly and served good food. We couldn't ask for more and went to bed feeling that things had worked out well so far.

There were more good vibes the next morning when we saw the weather. Despite the dire predictions of the forecasters and the snow-fuelled chaos in much of the country, we had sunshine with just an occasional lonely snowflake floating down. It was a bit chilly, but nothing like as cold and windy as we expected. When we walked over to Grant Park to look at the course, this was another gem. It was one of the best cross-country courses I've ever seen. Part of it was on gently undulating grass and part on leafy paths which wound up and down through the woods above the park. Best of all, there was NO MUD. This was

looking really good.

One reason for doing Masters races in far-flung places is to earn Brownie points for supporting Masters athletics. Another is simply to get out of the comfort zone of doing the same races against the same opponents week after week and challenge ourselves by doing something different.



Marian Hesketh

Runners had travelled to Forres from all over the UK, but the majority of the entrants were Scottish, and I had no idea who anyone was.

There was no-one to gauge myself against. I thought I had a reasonable chance of an age-group medal, but all I could do was run hard and hope for the best. A pipe band played and we all ran away from them as hard as we could. As the race settled down, I thought I was the leading W60 but I knew that there were rivals not far behind. I couldn't afford to be complacent and kept pushing on. We wove our way round the park, then up into the woods, gradually gaining height, then losing it again as we came back down towards the park.

As we burst out of the trees and bounded down onto the grass, I could hear Kevin shouting, "Push Hard! Push Harder! Harder!", which must mean that there was someone breathing down my neck. Just at this moment, I realised that although the finish was quite close in distance, we had to run a long way around the park to get there. I almost faltered but remembered my favourite mantra, "Just get on with it and don't be so feeble!" I couldn't come home to Preston without fighting hard for the gold medal, so I dug in and just held her off. The medal was mine, and now I could relax and enjoy watching the men's race.

Another good thing about these events is the chance to meet our peers and exchange experiences with runners from other parts of the country. With only about 200 competitors over 2 races, the British Masters is a friendly, intimate event with a great atmosphere and I enjoyed jogging round and chatting with people whilst cheering on the men. Not all of the other competitors were strangers and Kevin had a race-long battle with Wesham's Alex Rowe before Alex just pipped him at the finish.



Kevin Hesketh

Forres Harriers had pulled out all the stops to encourage people to make the effort and travel to their race. Almost all of their 140 members seemed to be involved in the event, whether they were running, marshalling or helping at the race HQ. Every competitor was given a special pack of shortbread from the local bakery and there were free refreshments for us all afterwards.

The bakery must have been working overtime to produce the tempting array of hot pies, not just meat pies but lasagne pies and macaroni cheese pies. New ideas for cooking as well! The prizewinner was quick and slick and all medallists received a commemorative neck warmer. The gold medallists were also presented with a special bottle of whisky from the local distillery, so I would be well supplied in the event of being stuck in a snow drift on the way home.

We walked back to the hotel feeling very pleased with our trip, and it still wasn't over. Old friends of ours who live in Aberdeen joined us for a meal that evening, which rounded off the weekend perfectly. It had definitely been worth it. Next year's event is in Northern Ireland, but that's a different calculation altogether.

Marian Hesketh

BLACKPOOL INTER CLUB

Wed 4th April 2018

The first road interclub of the season is always eagerly anticipated, and the car park before the race at Blackpool Cricket Club was a hive of activity as runners sought out their club mates / team managers who had numbers to give out from the backs of cars or in the shelters within the park. Most people did remember to bring safety pins too. It was pretty wet both before and during the race, with driving rain from leaden overcast skies and a really cold feel to the evening. Blackpool has over recent years, thrown up some different weather conditions, from balmy still evenings, to strong winds, drizzle and this year's rain.

The four mile course loops in and out of Stanley Park and with the conditions this year as they were, there were not that many other park users about or dogs off leads either. With the amount of mud splashes on the back of vests and legs, most runners looked as if they'd just completed a cross country race!

Rob Danson of Wesham achieved another win at this event in 19.54, being clear of David Rigby who finished in 20.17. Chris Livesey was 3rd in 20.47 and Rob Affleck 4th in 20.58. Jon Green, enjoying a road race for the first time in a while having spent most time on the fells, was 17th in 23.02 whilst the ever-improving Lee Foley had a great run for 20th spot in 23.07. With Dave Watson (who was 2nd vet 50) in 26th, Karl Hodgson 29th, Simon Robinson 35th and Andy Whalley 37th, Preston recorded an open team win with Blackpool second.

Overall, we enjoyed a reasonably good turn-out. Kevin Hesketh finished 3rd vet 60 and Victoria Cowling was 11th lady in 27.37. The ladies team counters, with Victoria, were Marian Hesketh, Kelly Grainger, Vicki Sherrington and Dolly Parkes. With a lacking of our past strength in depth, the ladies finished 6 out of the 7 local competing teams.

It is interesting to note how the overall numbers have increased.



Chris Livesey

This year, 402 finished the Blackpool race. In 2017, it was 390 and in 2016, it was 311. 2015 was higher than 2016, with 350 crossing the line. Going back, in 2011 we had just 233 for the Blackpool race and numbers about 7/8 years ago were usually in the low to mid 200s.

Even further back, in 2007 Lytham was the first race and 202 finished. Blackpool's on the 13th June 2007 had 198 finishers.

We have seen in the last few years a real growth in running again and the numbers competing in the series have increased, just like parkrun has. However, some of the clubs are concerned about the numbers on tight courses and how packed the starts are in confined spaces along with how difficult it has become for the faster runners to overtake slower runners safely, and also having to take into account the general public out on each course if in a park or promenade area.

Two more clubs have asked to join the series, but their requests came in after the Inter Club AGM so the answer for 2018 has been no. There may be changes ahead...

Steve Jackson



Victoria Cowling

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Andy Acklam

BRIGHTON MARATHON

Sunday 15 April 2018

Last weekend saw Preston Harriers' Rob Affleck venture to the south coast to take on the best at this year's Brighton Marathon. Preparation for the race was improved with the continued support of Ceragem at Preston which put Affleck in a strong position right from the start of the race. Affleck went through the half marathon point in 73 mins in 11th position with marathon legend Adam Holland pushing him hard. Affleck was able to maintain his cadence to leave others in his wake and cross the line in a superb time of 2:29 and 7th overall.



Rob with Ceragem Manager

THREE BRIDGES 10K

Sunday 15 April 2018

Preston Harriers were well represented by 4 proud Harriers at this year's 3 Bridges 10K along the scenic banks of the Lune River.

Leading the Harrier charge was Lee Foley who was 9th overall in 37.40 with David Watson close behind in 38.09 as 1st MV50. Stephen Young made a strong return with 38.50 and Ken Gawne (senior)

CENTRAL LANCASHIRE 5KM

Sunday 18th February 2018

Nine harriers made the short trip down to Bolton for race five of the club road running championship, the challenging Central Lancashire 5k, with Karl Hodgson taking maximum points in the men's open category for the third race in a row. Karl finished 14th overall and came very close to recording a sub18 finish, crossing the line in 18:10 and moving into first place in the men's championships. Lee Foley was next in, running his second race of the weekend and finishing just 18

seconds behind Hodgson, while Darren Kinder was third male home narrowly missing out on a sub20 time, recording a time of 20:07.

Dorothy Parkes was our first female runner home, finishing in a time of 26:51 to move into first place in the women's open category. Julie Tyrer (Vet40) wasn't far behind taking second in the championship and finishing in 27:27, with Angela Tranter (vet 50) just a couple of minutes behind her, finishing in 30:27. Other competing Harriers were Steve Hallas (vet45,20:31), Andrew Tranter (vet 50, 21:58) and Stephen Parkes (28:17).

AoC CROSS COUNTRY

Wollaton Park, Nottingham – April 21st

Preston Harriers Nathan Dunn and Byron Sowerby were both selected to represent the North West Colleges in the AoC Cross Country Championships at Wollaton park in Nottingham. The event was quite late in the season for a cross country race and the conditions were the polar opposite to the races earlier in the year - blue skies and glorious sunshine. It's not very often that the spectators for a cross country are in t shirts and shorts. The boys' race consisted of three and a half laps of the park beside Wollaton Hall taking the

athletes up the infamous hill four times. The field quickly spread out as a result of the hills. Nathan Dunn, Zakariya Mahamed and Mark Bostock pulled clear on the second lap with Byron Sowerby positioned well in the chasing group. On lap 3 Dunn moved to the front and gradually pulled clear of both Mahamed and Bostock. The gap grew on the final lap with Dunn eventually finishing a minute ahead of second place. Sowerby had also put in a strong performance to claim 17th place overall. With all of the North West athletes placing high in the race Nathan and Byron also claimed team gold.

PENDLE FELL RACES

Saturday 7th April 2018

A cold, wet and at times, misty day greeted 9 hardy Preston Harriers in the Lancashire AA Junior Fell Championships at Barley, Pendle. This also kicked off the first of 5 races in the 2018 Preston Harriers Junior Fell Championship. New to the fell scene was Samuel Adewale who had a brilliant run in the boys under 9 category, finishing 3rd Lancashire runner in 3:39min and earning himself a bronze medal and 22 points towards the Harriers Fell Championship.

The under 11 boys race saw a great team performance from Oliver Adewale, Josh Perry and newcomer to the club Connor Rigby, who all had tremendous runs finishing 5:43min (11th), 6:43min (18th) and 6:54min (20th) respectively. Performance of the day went to Matthew Buttery who was running in his first fell race and was the only Harrier representative in the under 13 boys

race. He ran a stunning race to finish in 18:27min (14th), the youngest competitor in his age category. A keenly fought contest in the under 15 boys race between Vladimir Wiggins and James Hawtin saw the lads battle their way up to the turning point on Pendle. However, Vladimir ran a slightly quicker descent finishing in 24:48min (16th), with James not far behind in 27:27min(18th). Arran Baldwin, running his first season as an under 17, had a great run, finishing a hard race in 33:18min (11th) and thus completing the boys' participation in the Championship.

The tough senior race saw Emily Wiggins, in the Female under 19 category, go one better than last year and claim 3rd place and a bronze medal in the Lancashire AA Championships in a time of 59:17 min, knocking over 9 minutes off her PB and beating her mum Olga by 2 seconds!!!



Oliver Adewale

LANCASHIRE COMBINED EVENTS

Sat 14th and Sun 15th April 2018

This years Lancashire County Combined Events Champs was again run alongside the Lancashire Schools event over the weekend of Sat/Sun 14th/15th April at Hyndburn

Preston Harriers were well represented across the age groups despite the event taking place so early in the season.

In the u13girls pentathlon we had 4 Preston girls in the field of 10 competitors. The girls competed over the 5 events in one day - 70m hurdles, shot, high jump, long jump and finally 800m.

Evie Noblett finished first in the County competition (only beaten by one Open competitor - the promising Amber Hughes from Southport). Evies performances of 13.5sec, 8.46m, 1m26, 3m66 and 2:56.0 earned her 1872points and a gold county medal.



Macy Noblett

place Lancs schoolgirl. Her performances of 13.7sec (75mh), 9m57, 1m41, 3m79, and 2:54.2 earned her 2208points

Eleanor Noblet who was recovering from a knee injury managed to place 6th overall but was 3rd placed Lancs Schoolgirl. 13.4sec, 7m00, 1m20, 4m32 and 2:55.3 scoring 1971points.



Eleanor Noblet



Emily Rankin

Emily Rankin finished with a County bronze - 12.3sec, 5m55, 1m23, 3m83 and 3:03.9. 1721points

Emma Tunstall finished 7th with 1480points and Isabella Buraimo 9th with 1428points.

In the u15g / Junior girl pentathlon we had 2 competitors in the field of 13 athletes.

The event was paused briefly on the Sunday afternoon as a thunderstorm passed overhead - meaning the u13g/u15g high jump competition was a very wet affair, the officials having to rewrite the HJ card twice due the heavy rain.

Macy Noblett fought hard throughout the day to earn a bronze county medal and second

The u17g / Inter School girl competition was contested by 6 girls with Lauren Tunstall, the only Preston competitor, also struggling with injury. The Inter Girls contest the full 7 heptathlon events over 2 days of competition. Lauren started ok in the first event, running 13.6sec in her first ever 80mh race. she followed this with 1m44 HJ (PB) and 9m40 shot, ending Day 1 with 28.9sec 200m and an overall lead of around 100points.

Day 2 started well with 4.85m Long jump but she was only able to jump once with her thigh strain still causing problems. In the javelin she threw 31m05 and ran 2:59.2 in the 800m. Her overall score of 3586points placed 1st overall, Gold county and first Lancs Schoolgirl.

In the boys competitions we had similar success



James Ince

James Ince was our only competitor in the u13b pentathlon but he dominated the competition and showed some real potential from event one recording some excellent performances 13.4sec in the 75mh, 8m50 shot, 4m97 LJ, 1m50 HJ and 2:35.2 800m. His score, a brilliant 1955points earned him a Gold county medal.

The u15b / Junior schoolboy event was a great competition with 2 Preston Harriers competing in the field of 9 boys. Taylor Jacob led throughout the competition scoring PBs in 4 of the 5 events. 12.3sec 80mh, 8m73 shot, 5m41 LJ, 1m68 HJ and 2:22.3 800m - scoring 2470 points. This went some way to making up for last year when Taylor was injured in the hurdles and had to withdraw from the competition after event 1. This year he was 1st overall, Gold county and first Lancs Schoolboy.

Harry Burrow also scored a handful of PBs finishing 3rd overall, Silver county, 2nd



Taylor Jacob & Harry Burrow

LancsSchool boy. His performances were 12.4sec, 7m88, 5m13, 1m50, 2:35.9 - 2049points

It was good to watch both boys dominating the field throughout the day - well done lads.

Gary T

Inter Boys/Under 17 Men

Optimism was bright (as was the weather for a change) as the first event got under way. Ethan Tibbs and Harvey Noble got their collective long jumps in the bag with some great efforts, both over 6m in spite of first competition, first event nerves. 6.01m for Ethan took him close to his PB and spurred Harvey onto to a PB of 6.13m. Great start for both athletes.

The beauty of the multi-event format is that it really tests your mettle. Going from a confident start in long jump to both boys landing tentatively, but importantly, registered throws in discus, an event which neither are totally at home with. They both improved and it was steady as you go with more points on the board. 21.60m for Ethan and a PB of 28.00m dead for Harvey.

The East Lancashire sun was good omen and a sign of things to come as the javelin competition got into full swing, or rather, throw. In spite of not being Ethan's favourite event, he still achieved a great PB of 24.42m and after two throws of 41m+ and 42m+ from Harvey, Wigan's Ben Hughes planted what appeared to be a winning throw of 42.33m, that was until Harvey achieved his third PB in as many events with a final throw of 43.79m.

The points were beginning to stack up, as we drew to the close of the first day with the 400m, and what a showdown it was. Both Harriers were quick off the blocks and flying down the back straight before we knew it. As the final bend unfolded, it was neck and neck down the finishing straight Ethan with edging ahead in what seemed like an Olympic final. Both boys achieved great times, Ethan winning in a time of **CONT'D>>>**

COMBINED EVENTS (CONT'D)

53.2s and Harvey nailing his fourth PB of the day with 53.6s, only four tenths behind.

End of day one positions: 1st Harvey Noble, 2nd Ben Hughes and 3rd Ethan Tibbs. Exciting stuff.

After good food and a well-earned night's sleep, there was no rest for the wicked with the first event at 10.30am sharp Sunday morning.

Nerves once again playing their part as Harvey faced his nemesis event – the dreaded 100m hurdles. With only three hurdle events in the bag previously, competing alongside seasoned hurdlers Ethan and Ben was always going to be a challenge. A great start for everyone saw Ethan pull ahead of the two Harriers, but a smooth run kept Harvey on his tail, slowly gaining ground on the final meters followed by a dip for the line clocking identical times of 15.8s, resulting in PBs for both boys. Brilliant racing.

In spite of the gathering rain clouds overhead, the competition was hotting up as we headed into the High jump. After some initial 'unconventional' officiating, the competition started to take shape. 1.53m, 1.56m and 1.59m passed quickly, Harvey clearing the latter at the 3rd attempt (simply to make things more dramatic for the crowd, obviously). Then we were into PB equalling territory for him. Whilst Ethan cleared 1.62m with



Ethan Tibbs

ease, Harvey once again kept everyone on the edge of their seats, but eventually clearing 1.62m by some way. 1.65m came and went for Ethan who appeared to be in gazelle-like form. Shear grit and determination saw Harvey over 1.65m with a fist-pump bounce off the bed. PB number 6. Ethan, cleared 1.68m in style and although he came agonisingly close to a PB beating 1.71m, a very consistent 1.68m was on the score sheet.

The heavens opened just in time for event number 7, and as the 'stair rod' rain bounced off the shot putt circle, the boys valiantly soldiered on. Shot after shot disappeared into the sodden ground, recovered by a rain-soaked official with very large shovel. From under umbrella to the circle and back again, the boys threw their very best. Ethan with another close to PB performance of 8.58m and 7/7 for Harvey with another PB of 9.66m.

As the rain slowly passed and the final event rapidly approached, it was time to leave it all on the track in the 1,500m. Three and three quarter laps of pure hell lay between Harvey and a full house of PBs and Ethan being on course for an Octathlon PB points score. From the sound of the gun to crossing the line, the boys gave everything, Harvey leading from the outset but missing his 8th PB in as many events by two seconds in 4:58.3, followed by Ethan in 5:13.3.

As everyone eagerly anticipated the final results, it was clear the boys had given their all and done themselves, their coaches (thanks Pete H. and Bob W.) and the club, proud. So whatever the outcome, it was a good day.

A brilliant Silver for Ethan with 3,781pts, only a handful of points off his PB, and a PB-busting gold for Harvey with 4,311pts, smashing his target of 4,000pts and becoming Lancashire County Schools Combined Events Octathlon Champion 2018.

Both boys qualify for the regional finals in Stockport at the end of June. Well deserved, congratulations.

Keith Noble



Harvey Noble

EUROPEAN U20 10K ROAD RACE

Oderzo, Italy - May 1st

Preston Harriers' Nathan Dunn was selected as a member of the England team for the European U20 10K Road race held in the beautiful historic town of Oderzo in northern Italy.

The race took place in the late afternoon in pleasant, but warm conditions for distance running and consisted of nine laps of the town centre, where the atmosphere and the support from the crowds was superb. The event, which has been running for over 20 years, added the U20 international competition to the programme last year and there was a genuinely competitive international competition in the U20 races with teams from Sweden, Greece, Macedonia, France, Denmark, Slovenia, Moldova, Czech Republic, Slovakia and of course Italy, all taking part.

With only two previous 10k races under his belt the race format was one with which Dunn had had relatively little experience, and with the additional factors of the rising temperatures, multiple laps and water stations to contend with it was going to throw up some challenges. Nathan Dunn started with intent and positioned himself with the leading group.

The early couple of laps were run at a steady pace as the athletes eased themselves into the event while trying to assess the competition. The tempo then began to step up lap by lap as different athletes started to try to impose themselves on the race. The increase in pace meant that lead group was beginning to reduce in numbers; however, Dunn had paced it well and sat in just behind the leaders.

With three laps remaining Romanian athlete Adrian Garcea made his move, which proved to be decisive, and broke away from the front runners, quickly building up a commanding lead. Dunn was in the chasing pack of six, comprising a French runner, a Romanian and three Italian athletes, staying calm and moving himself to the front of the group. With 500m to go Dunn's pace proved too much for the remaining athletes and he pulled clear to claim the silver medal.

There was also the bonus of a further medal as England managed to claim bronze in the team standings.



Leeds, Saturday 17 March 2018

Preston Harriers junior contingent donned their county colours for the English Schools Cross Country Championships at Temple Newsam House, situated on the outskirts of Leeds. It was not a place for the faint hearted, as bitterly cold winds and snow showers ripped across the grounds, while underfoot conditions rapidly deteriorated as runners churned up the soft ground.

There were concerns that the event might be called off due to the bad weather, however the English Schools Athletics Association issued a defiant statement on the morning of the races: "This is normal cross-country weather in England and the championships will go ahead as planned. This is your chance to decry the increasing perception that kids nowadays are 'snowflakes'! Turn up. Run. Get cold. Get muddy. Enjoy getting warm again! This is proper cross-country weather."

In the Intermediate Boys there were great performances from both Ben Preddy and Matthew Fazackerley. They paced the race extremely well, gradually moving through the field (almost in tandem), as others faded, crossing the line in 22nd and 26th respectively. Lancashire's junior boys also picked up the bronze medal for the team award.

Nathan Dunn's good form continued in the senior boys' race. Nathan was at the front of



Scarlett Sutton

the race from the early stages, however a podium place slipped from his grasp in the final charge for the line, finishing in 4th place. Byron Sowerby followed him home in 186th position.

In the senior girls' race Eleanor Ward produced her strongest performance of the cross-country season to finish in 33rd place and Sophie Rotherham put a solid performance to come 159th. In the junior girls Scarlett Sutton had a very respectable run to finish in 140th as did Ethan Warren and Thomas Barnes in the junior boys' race, who were 156th and 191st and in the intermediate girls Darcy Lonsdale was 192nd.



Matthew Fazackerley & Ben Preddy

21st April Leeds

Preston Harriers under 15 and under 13 team sits top of the Premier League after a brilliant display to beat Sale and many other top clubs from the North. Harriers dominated the match from the start and finished 21 points ahead of Sale at the end. The field event athletes were outstanding, collecting 251 points to their nearest rivals Sale with 192.

Sale were also second best to Harriers in the relays with Harriers scoring 47 to Sale's 43 points. Harriers recorded 31 wins in a sun-baked Beckett Park at Carnegie Leeds University Athletics Track.



Evie Noblett



Taylor Jacob

Harry Burrow had a brilliant afternoon, winning 3 events in the under 15 boys' age group. They were pole vault, 80m hurdles and javelin and he set 3 new personal bests of 3.00m, 12.1s and 36.07 respectively. Under 13 boy James Ince, who is an outstanding athlete, also won 3 events. They were 200m, 75m hurdles and long jump recording 27.0s, 12.9s and 5.01m respectively.

Double wins were recorded by Will Whiteside in the under 15 boys, Harrison Kiley and Jay Whiteside in the under 13 boys and Evie Noblett and Emily Rankin in the under 13 girls. Relay wins were also achieved by the under 15 boys' 4 x100 team, under 13 girls and the under 13 boys.

Harriers have never won this league and they are looking forward to the next match in 3 weeks' time which is in Leeds again but at the John Charles Stadium.

SIAB/HOME COUNTRIES XC

**Wollaton Park, Nottingham,
Saturday 24 March 2018**

The SIAB/Home Countries International at Wollaton Park, Nottingham brought the domestic cross-country season to a close and in contrast to the sub-zero conditions of the previous week, the event took place in mild and dry weather. Preston Harriers Nathan Dunn was selected to run for the North of England in the Junior Men's race, competing against athletes representing the home countries (England, Scotland, Wales and Ireland) and also those from the Midland and Eastern regions. The organisers had created a challenging 4 lap course which took the field up and down the Wollaton Park hills 3 times on each circuit.

John Millar (England) took control of the race from the opening stages. Dunn positioned himself near the front of the large pursuing pack as they gave chase. Even in the early stages of the race the climbs led to the field becoming quite stretched, and as the race progressed the repeated ascents really began to take their toll. As Millar continued at the front the large chasing group began to split, and the numbers at the front of the bunch began to dwindle on each lap, finally coming down to six athletes in the fight for the final positions. Dunn was well positioned within this bunch.

The final stages of the last lap brought a series of attacks from within the front group, and the order swapped and changed at several points. Millar (England) crossed the line comfortably in 1st



Nathan Dunn

place, however behind him a fast downhill finish saw all the athletes sprinting for the line with Rees (Scotland) in 2nd and followed by Wellington (England) Schofield (England) and Dunn (North) claiming 5th place, ahead of McMillan (England) to complete a very strong cross-country season.

SOUTH YORKSHIRE INDOOR SERIES

Congratulations to Preston Harriers' James Ince, who won the South Yorkshire Indoor Series. The Grand Prix is held over 4 fixtures (Nov, Dec, Jan, Mar) at the England Institute of Sport in Sheffield.

Each time an athlete completes an event, that performance gains Grand Prix points which are based on the England School Athletics standards. The results system produces points for the best events in each of the 4 categories, Sprints (60m, 200m), Middle Distance (600m, 800m) Jumps (Long Jump, High Jump) and Throws (Shot Put).



Awards are made to the 3 athletes in each age category who score the most points over the fixtures. James scored a massive 266 points, with PBs in High Jump (1.50m), 200m (26.49 sec), 800m (2.23.86 min), Long Jump (4.80m), Shot Put (7.45m). 2nd Place was 51 points behind with a score of 215.

James was presented with a trophy at the last fixture on Sunday 25th March, beating 49 other competitors.

MID-CHESHIRE 5KM

Friday 27 April 2018

Eight members of Preston Harriers joined over 500 runners in descending on Kingsley in Cheshire for the Mid-Cheshire 5k which also doubled as the England Athletics national 5k championships. The organisers had promised a lightning fast course and with go time approaching, the conditions went from rainy to near perfect for racing. The result: countless PBs with the top 25 runners all recording sub 15-minute finish times. The stand out performances for Preston Harriers came from Lee Foley who was first Harrier home in 17:16, David Watson (17:40) who was 3rd in the male vet-50 category and Kevin Hesketh (20:02) who finished 2nd in the male vet-60 category. Other Harriers competing were Alex Venables (17:35), Simon Robinson (17:57), Steve Boardman (vet-40 20:43), Susan Ashcroft (vet-55 24:09) and Julie Tyrer (vet-40 25:01). This race was also a counter for the club's road championship with maximum points in the men's race going to Lee Foley, whilst Susan Ashcroft took maximum points in the women's race.

RIVINGTON PIKE FELL RACE

Saturday 31 March 2018

Four Harriers were amongst 354 finishers of the classic Rivington Pike Fell Race on Easter Saturday. Now in its 126th year, the first being held in 1893, this is something of a tradition for locals, attracting competition from all over the North of England. A straight run up and down the Pike with 3.2mi and 699ft of climbing, most of the run is actually on hard roads, trails and stones, being especially unforgiving on the steep descent! Joseph Sharples was home in 26:24 (132nd), with excellent performances by Phil Lakeland (35:18, 296th, 10th V60), David Roberts (37:29, 317th, 7th V70) and George Arnold (49:14, 351st, 1st V80). This gave Preston a ranking of 16th from 16 men's teams, and a men's vets position of 14th of 14. Well done to Nick Swinburn of Northumberland Fell Runners, winning in 17:43. For Harriers looking for scenic alternatives to roads, this and other short races are a great starting point.

Joseph Sharples

CALDER VALE 10 MILE

Friday 30 March 2018

Nineteen Harriers turned out on Good Friday for the challenging but popular Calder Vale 10 miler, which also offered Harriers their second chance to record a 10 mile counter for the road championship. Conditions were well suited for racing with Karl Hodgson (63:40) holding off a returning Andy Whaley (63:58), to finish first male Harrier for the fourth time this season, taking fifth place in the overall race. Neil McDonald (66:05) was third male Harrier home, taking the first male vet 50 prize on the day and helping the Harrier men to secure the male team prize.

Alison Rushton (77:30) was the first of the Harrier women to cross the finishing line, taking her second first place club championship finish of the season. She was closely followed by Emma Essex-Crosby (79:53). Vicki Sherrington (89:59) was our third female finisher and is now second in the women's open category and first in the women's vet 40 category.

The other Harriers who ran were Ben Read, Andrew Lea, Angela Tranter, Darren Kinder, Ian Patterson, Jack Keighley, Julie Tyrer, Katie Littlefair, Olga Wiggins, Stephen Mort, Stephen Taylor, Steve Townhill and Sue Wickham.

A short fun run was also held in Calder Vale with Harriers' Elizabeth Tranter finishing 18th out of 50 runners.

WRAY SCARECROW 10KM

Saturday 28 April 2018

The usual impressive scarecrow displays adorned the village of Wray near Lancaster and 198 competitors completed the 10k road race which traditionally kicks off the annual Scarecrow Festival. Phil Lakeland finished in 81st position with a time of 53.30.

CHESTER HALF MARATHON

Sunday April 29th 2018

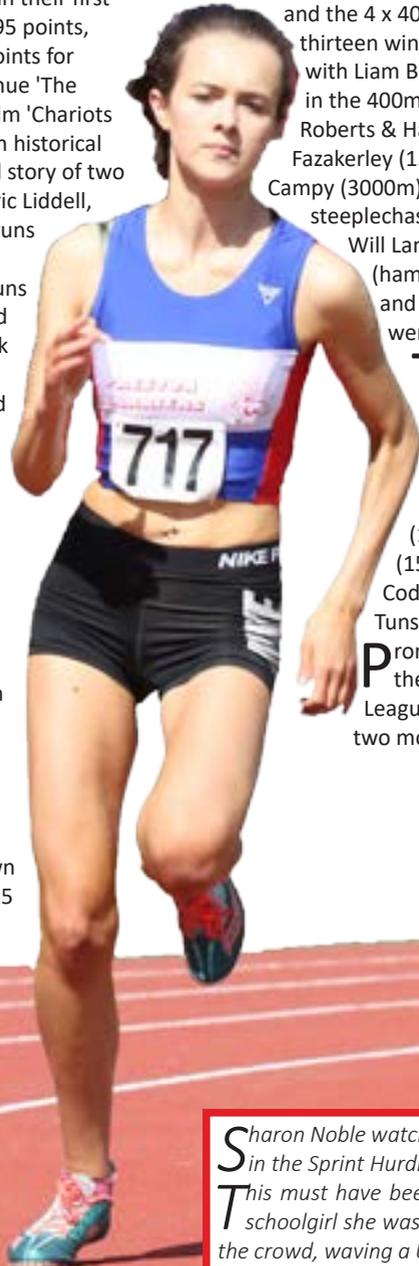
Two Preston Harriers ran the Chester Half Marathon on Sunday April 29th; Emma Essex - Crosby ran a steady pace and was delighted to complete the course in 1 hour 40 mins; 13th in her FV35 category and 75th female, 752nd in a field of 6036. Meanwhile, V60 Carl Wynne finished 58th in his category with a time of 2 hours 23mins.

YDL UPPER, MATCH 1

Bebington Sunday 29th April 2018

Preston Harriers under 20 & under 17 team outclassed their opponents by recording 41 event victories to convincingly win their first League match at Bebington by 195 points, scoring 795 points against 600 points for second placed Wirral AC. The venue 'The Oval' was the track used in the film 'Chariots of Fire' (1981) which was a British historical drama film. It tells the fact-based story of two athletes in the 1924 Olympics: Eric Liddell, a devout Scottish Christian who runs for the glory of God, and Harold Abrahams, an English Jew who runs to overcome prejudice. It was sad to see that the stands at the track are now closed and unsafe.

Harriers' track athletes showed their class with the under 20 men winning all but one of the ten races run over distances of 100m to 1500m. The victorious athletes were Alex Marsden & Declan Taylor (100m), Joshua Leatherd & George Reed (200m), Leon Stubbs & Harry Curwood (400m), Niall Higham (800m) with Kian Davis & Matias Grixti in the 1500m. They then won the 4 x 100 and the 4 x 400m relays. Further wins in the under 20 men's age group were recorded by Ed Coles in the 110m Hurdles and Lewis Ormerod & Chris Brown in the javelin bringing a total of 15 wins.



Hannah Mulholland

The under 20 women's age group saw wins for Annie Duffy and Hannah Mulholland in the 800m, Blythe Fourie in the 1500m steeplechase and the 4 x 400m relay team. There were thirteen wins in the under 17 men's team, with Liam Blackwell recording victories in the 400m & 1500m, while Tom Roberts & Harry Everett (800m), Matthew Fazakerley (1500m), Ben Preddy & Lack Campy (3000m), Euan Marsden (1500m steeplechase), Ethan Tibbs (triple jump), Will Lancaster (discus), Alex Berstein (hammer), Harvey Noble (javelin) and the 4 x 400m relay team were the other winners.

There were nine wins in the under 17 women's age group. They were Lela Bendris (300m), Emma Fulton & Kate Danby (800m), Darcy Lonsdale & Sophie Reid (1500m) Juliet Sherrington (1500m steeplechase), Abbey Codarin (Hammer), Lauren Tunstall & Anna Tankard (Javelin).

Promotion and the return of the team back to the Premier League is looking very likely with two more fixtures to go.

Sharon Noble watched her son, Harvey, compete in the Sprint Hurdles at Bebington.

This must have been a strange feeling, for as a schoolgirl she was in the stand as a member of the crowd, waving a Union Jack, during the filming of 'Chariots of Fire'

Ed

LYTHAM INTER CLUB

Thursday 3rd May 2018

The Lytham Interclub race on Thursday (May 3rd) presented Preston Harriers with their second opportunity of the season to go head to head with runners from the other big local clubs. In total, an impressive 51 Harriers turned out for this race and despite strong competition, Harriers' strength in depth proved decisive as they took first place in the open all-age team category for the second race in a row, a great start to their title defence, with

HARRIERS U12's MEETING

6th May 2018, UCLAN Sports Arena

The sun shone at the Preston Harriers Under 12's Medal Meeting. This annual event at UCLAN Sports Arena saw 64 young Harriers competing for 96 medals in the scorching heat. The bank holiday weekend saw a smaller number of athletes competing than in previous years.

Athletes could choose 3 events from the 4 offered. The following athletes won 2 Gold medals and a silver: Anna Vavso, Isla Bamber, (both school year 3), Olivia Rankin (school year 4), Tristen Sayers-Martin (school year 3) and Jay Whiteside in school year 6. The fastest boy over 80 metres was Thomas Kelsall from year 5 (11.7s), while Lacey Hobson, also in year 5, (12.2s) was the fastest girl. The longest long jump by a girl was 3.10 metres by Olivia Caven (year 5). 3.83 metres was the greatest long jump by a boy from Jay Whiteside (year 6). Isla Bamber (year 3) recorded the longest cricket ball throw by a girl on the day (14.21 metres). A distance of 30.12 metres by Willison Parnell (year 4) was the furthest by a boy. Grace Worthington (year 5) put the shot 5.00 metres, the furthest by a girl. A put of 5.20 metres by Sam Jackson (year 5) was the best shot on the day by a boy.

The last event of the day saw athletes compete over 600 metres which saw the race amalgamate 2 school years, 3 & 4 together and 5 & 6 together. A very close race developed between Anna Vavso (year 3) and Olivia Rankin (year 4) with Anna just winning in 2.18.8 with Olivia just 0.2 seconds behind. Annabel (year 5) stormed to victory in 2.12.7 in the girls' year 5 & 6 race. Eddie Chandler (year 4) won the 600m year 3 & 4 race in 2.05.9. The last race of the day, for school year 5

Harriers also winning the open vet team category.

Notable performances included David Rigby (25:17) and Rob Affleck (27:11) who completed a 1-2, to take first and second place on the day, junior male Nathan Hilditch (29:06) who finished 15th, Dave Watson (29:21) and Neil McDonald (30:25) who took first and second in the male vet 50 category, and Jenny Wren (34:56) who returned from a long-term injury to be first female Harrier across the line.



& 6 boys 600 metres saw a great battle between Hayden Ridgley (year 5) and Charlie Berry (year 6) with the lead changing hands on numerous occasion over the last 400 metres. Over the final 50 metres the sprint developed with both athletes giving everything and the pace increasing as they got closer the line with Charlie and Hayden both collapsing in a heap just past the finish line. Charlie just winning by 0.1 second in a time of 1.59.8. Both received gold as they were in different age groups.



Grace Worthington

Clough Head Fell Race

Sunday 6th May 2018

A glorious sunny day saw the Keswick AC organised English Championship Clough Head fell race from Threlkeld Cricket Club. The race was specially arranged as a "one-off" to be one of the two short races of the series and involved 1,800` of climbing over 4½ miles and from the start it was practically all uphill, with an exhilarating steep and fast descent. Three intrepid Harriers took part, all in the men`s race, which took place an hour or so after the ladies had run. It tends to be customary in the short championship races for the ladies to go first to reduce overcrowding and pinch points at gates.

John Rainford finished in 49.43 and was 141st overall. Roger Taylor was home in 57.34 and Michael McLoughlin in 70.12. However, both Taylor and McLoughlin had run the tough Coniston race the day before over some 8 ¾ miles and almost 3,500 feet of climbing...they had been joined there by Jon Green who was 45th in 1:35.44 and Andrew Harrison 1:38.26. With such fine weather, the prize giving took place on the cricket out field as runners refuelled with lots of home-made cakes and drinks from the bar



John Rainford



Roger Taylor

Trafford AC Open Meeting

Monday 7th May

On the hottest day of the year so far, several Preston Harriers braved the heat to perform at the Trafford AC Open Medal Meeting, Stretford Park, on Bank Holiday Monday 7th May. U13 boy James Ince had a record breaking day, with gold in the 75m Hurdles in a new Preston Harriers record time of 12.53s, gold in the 100m with a PB of 13.38s and gold in the long jump with 5.01m. Under 15 boy Isaac Mabya smashed his personal bests both in the 100m (11.98s) with a bronze



Emily Rankin, Isaac Mabya and James Ince

medal and a silver in the 200m (24.51).

Emily Rankin recorded double wins in the u13 girls 150m with a PB of 21.04s and 70m hurdles (12.22 s). Other notable results were U15 girl Eleanor Noblet who ran the 75m hurdles in a 12.92 PB and won bronze in the 100m in 13.26; Kianna Proctor won a silver medal in the 300m in 43.20; U15 boy Luco Barrow gained a PB in the 800m with 2.37.71, Charles Hodgson won silver in the high jump with a leap of 1.40.

Logan Campbell won a gold medal in the u11 long jump with 3.85m which was a PB, and he also ran a PB in the 75m. U11 girl Sophia Ince also achieved a PB in the long jump with 2.97m

Avenham Park 5km Road Race

Monday 7 May 2018

Next up was the Bank Holiday Monday Avenham Park 5k and anyone who also ran the London marathon would have been forgiven for thinking they had done something to offend the sun god as temperatures soared. In another great showing, 30 Harriers ran in this popular local race, which this year was raising money for the Rock FM Cash for Kids initiative. Simon Collins (18:11) was the first Harrier to make it back out of the sun closely followed by Karl Hodgson (18:15), and Andy Whaley (18:32) who was also second male vet-40 overall. Combined these three took the male team prize on the day beating Red Rose by around

two minutes. Jade Bebbington (24:32) was first Harrier female to cross the line, followed by Vicki Sherrington (24:50) who was also second in the female vet-45 category and Susan Ashcroft (25:23) who was first female vet-55. Combined these three came second in the women`s team competition. Other notable runs included Lily Hunt who was 3rd female in the U15 category, Olga Wiggins 4th female vet-35 category, Sue Wickham 2nd female vet-55, Billy Reid 2nd male U15, Chris Wales 2nd male vet-45, Dave Watson 1st male vet-50, Kenneth Beazley 1st male vet-60, and finally Billy Johnson who won the pre-race fun run, holding off a strong challenge from Blackpool junior Gracie Scott for the win.

SENIOR LEAGUE MATCH - WIGAN

And so it began...after months of hard work during the winter training phase, Preston Harriers kicked off their 2018 outdoor Senior League campaign. We've always struggled to field a strong team in the first match due to injuries, clash of events or just not having the luck on the day. Not this time though, as turning up to Wigan's Robin Park track, Preston were able to bring a strong squad on what was turning out to be an amazingly sunny hot day.

For myself, when I would have to run all the sprint events on the day, (which was a killer on the body), we had the luxury of being able to run fresh faces in different events. Alex Marsden and Josh Leatherd took on the 100m with 3rd and 1st spots in the A and B line ups, whilst Katie Littlefair and Louisa Cole brought in the points for the girls respectively.

In the 200m sprints, I managed to take 2nd place against a strong Sheffield opposition, but Alex Marsden really came of age and experience to run a superb 200m, finding another gear and pulling away from the competition on the home stretch, hello 1st place finish. Rachel Lever and Louisa stepped up to the 200m against some strong female sprinters, to once again rack up much needed points.

The women's 400m contest really was a blend of new blood and experience, with the talented Jasmine Jolly taking 1st and the reliable legs of Sharon Wilkinson bringing home 2nd place. Signing from Burnley AC, Leon Stubbs made his Senior League debut with an impressive 49.1s PB and still only managed 2nd place, but sadly finished the day with minor injury niggle.



Jasmine Jolly



Alex Marsden

As the quote goes "I have come here to chew bubblegum and kick ass... and I'm all out of bubblegum" ...

The middle distance crew turned up and took names, with Captain Preston aka David Rigby, and his disciples Dan Bebbington, Matt Lloyd, Steve Hallas, Eleanor Ward, Emma Hargreaves, Blythe Fourie and Annie Duffy bringing in a majority of 1st and 2nd places to give the club valuable points with great performances from all.



Amy Lupton

An area where the club often lack on gaining ground against other clubs, was the field/jump events. But thanks to Amy Lupton, Miri Luft, Sophie Warden, Hollie Suffolk, Sophie Riley, Tom Crowe, Pete Durham, Ethan Tibbs and Ethan Hallas... we made sure Preston Harriers remained competitive and stayed in the top half of the leaderboard. Special mentions have to go towards the Preston coaches and team managers. It's not easy to assemble a team for the day, but they did, and made sure they supported their team mates/athletes when possible during their events.

Now... the main reason why I personally wanted to write this report... the sprint relays! It's all about the teams gearing up to see who walks away with the bragging rights as the top relay team in 2018, while at the same time entertaining crowds with exciting and exhilarating baton exchanges and battles amongst sprinters. You daymm right it's exciting! In the chaos of the relays, even the best can be beaten by the baton. Where Sheffield on paper had the fastest athletes, all that goes out the window with the baton. Preston have always been competitive and consistent during the relays, and I know too well, that other clubs are aware of the reputation we bring.

Stepping up into the oval office for the men's 4x100m: George Reed, Sy Woan, Josh Leatherd and Alex Marsden. For the girls: Louisa Cole, Hollie Suffolk, Sophie Riley and Sophie Warden. For the girls, it was a first time assembly with one practice session under their belts. They were up against it for sure but that being said, they held off some speedy girls to take 2nd place, and I say just so close to the win, with Sophie Warden on the anchor leg beaten by 00.4 of a second. Breaking the team down to understand this achievement, Louisa made her 4x100 relay debut, Hollie who just recovered from injury stepped up, pocket rocket Sophie Riley who ran a superb 3rd leg made her long awaited return to the track, and Sophie Warden used all her experience and strength to really show why she is a valuable member to the Preston team.

For the boys, who were missing the talented Curtis Mitchell for the BUCS and experienced Tom Batty on injury, opted for the in-form George Reed to kick start the relay, with yours truly Sy Woan, switching from the anchor leg, taking on the long leg of 2nd post to sprint like my life depended on it. The new blood and youth of Josh leatherd (who stepped in last min to.. **Cont'd>>>**

SENIOR LEAGUE - CONT'D



Josh Leatherd

fill a 400m B spot due to Josh Ingham injury) took off like a bullet, even after an 'iffy' baton exchange from 2nd to 3rd, kept his composure and set Alex off to bring home that much needed win. After 14/15 years in this game, the feeling never gets old of seeing you get that 1st place as a team unit, knowing you beat good athletes and you are relay MVP's for that match.

Now that being said, the real game comes down to the days last event... the 4x400m aka the lactic killer. Stepping up to the challenge for the girls were Sophie W, Sharon, Rachel and Katie - who held out for a well fought 3rd place finish. Wakefield and Wigan are notorious for the 400 events being their strength, so for the Preston girls it was always going to be an uphill battle. But you couldn't have known from the way each ran their 400 leg, putting their bodies on the line in crazy sun heat. This grit, motivation and never quit attitude really fired up the boys, who were missing the unstoppable tank that is Josh Ingham and the sub 50sec speedster Leon Stubbs to injury. Taking the call in the gladiators area were Matt Lloyd, Pete Durham, Dan Bebbington and Sy Woan, who as a group, wanted to seek nothing but max points and step up like the girls did for the club.

First off was 1500m athlete Matt, who got the party started on the 1st leg holding it in 3rd position to pass the baton to Peter Durham. Now Pete has only just come back from a foot injury, but you wouldn't have known... In fact this guy just tore up the rule book of playing it safe, and went full 'Super Saiyan' (if you follow Dragonball Z - youtube it!) in his first 120m going from 3rd/4th to 1st with a 20m lead. My own nerves of wanting to do well just got boosted from an epic individual

performance, who passed to Dan who maintained a strong consistent leg to give anchor runner Sy Woan a 10m/15m lead.

There is nothing like pressure of holding up all that hard work your team mates have done to get you in this position, the Preston crowd screaming at you to motivate you, your legs filling with lactic, just believing all that hard work, grind and pain suffered in winter will pay off. Two things got me through my run: experience and absolute stubborn fight. Have you ever heard the fight-or-flight response (also called the acute stress response) is a physiological reaction that occurs in response to a perceived harmful event, attack, or threat to survival. These teams came to take points, not on my watch, but I live for these moments and I know it's nothing but a win and couldn't let anybody down, make every stride count. I always think to the time when Tom Batty says to me in training, that quote from the film '300' - "This is where we fight, give them nothing, take from them EVERYTHING." To wrap it up, the boys held on to that lead for a glorious win and threw more needed points on that leaderboard.

Summary:

Preston Harriers finished in a strong 2nd position behind home advantaged Wigan, beating clubs like Wakefield and Sheffield who came for blood, but were sent home tails between their legs. With more talented athletes to come back for the 2nd match, Preston have a strong case for a title push this season, where experience, youth and new potential athletes have blended well, to remind all clubs that we are - the famous Preston Harriers.

Sy Woan



Emily Wiggins

GREAT HAMELDON HILL

6 may

The hottest day of the year greeted 8 Preston Harrier Juniors for the 2nd race in the Junior Fell Championship at the Great Hameldon Hill Race in sunny Accrington.

First away was probably the youngest competitor in the club and new to the fell scene, Olivia Wood in the under 9 category. She had a storming run and finished 8th in her age group in a time of 4:26min.

Next up was Connor Rigby, running in his second fell race of the season and in a very competitive field. He paced the run brilliantly and finished an excellent 9th out of 31 in 13:01min in the under 11 boys category. Grace Horne followed soon after in 13: 53min and 6th place in the under 13 girls, this was a great run considering she had to stop for a while, to tie her shoelace!!! The ever improving Josh Perry completed his under 11 run in 16:12min and 28th overall and even had enough in the tank for a sprint finish!!!

The under 15 boys saw in-form runner, Vladimir Wiggins being pushed all the way to the line by fellow club mate, Jamie Hawtin to finish 3rd in 15:35min and collect a bronze medal and Jamie finishing only 1:58min behind, in an excellent 6th place.

Mr. Consistent, Arran Baldwin, had a fine run in the under 17 boys race, finishing 6th in 18:23min and last but not least, Emily Wiggins came 2nd in the under 21 age category, running in a time of 1:14:43 in the tough senior race, to complete the Junior Section days participation.

A great day was had by all, with various picnics in abundance. Well done to all who participated and supported the athletes and made the day memorable. The next race in the Preston Harriers Junior Fell Championship, is the Austwick Amble on the 28th May.

Roy Parkinson.



THE LONDON MARATHON

It's safe to say that my London Marathon 2018 experience was not entirely a good one.

At home on my wall, I have what many competitive runners have – a PB board. A place where I proudly display my 5k, 10k, 10 mile times etc. One day a friend casually commented on my marathon time from 16 years ago and wondered why it didn't correspond with other recent times (as I had done over four hours previously in the 2002 London Marathon). This got me thinking and planted a seed in my mind. When I last ran the London Marathon, I wasn't a club runner, surely I could do better! I was going to go for a good for age time, and smash my previous personal best. That was the plan anyway! I even looked into going for a Guinness World Record at one point! Always the optimist!

I trained hard for the marathon. I went out for 15-23 mile runs in the wind, hail and snow! I entered four half marathons as training races. First up it was the Inskip Half in the sleet, snow and ice!

I nearly caught hypothermia in my club vest and shorts! Disappointingly, I was full of a cold for the second race in Blackpool and had to pull out at the last minute. Then the Wigan Half Marathon was cancelled due to snow and ice on the course (so I did the 5k instead which wasn't cancelled), Finally, the Valiant Half Marathon was cancelled due to a lack of numbers! However, not one to be deterred, I carried on plodding around the Guild Wheel every week.

A lot of my training runs were done with Laura Conn, a fellow Preston Harrier, as she was running the Manchester Marathon in April (She smashed her race!). The first time I attempted the Guild Wheel with her, I had to stop for a coffee at my brother in laws house after 15 miles, then I managed another four miles before phoning for a lift home. It became clear fast that I wasn't going to be able to wing this marathon business, so I got serious.



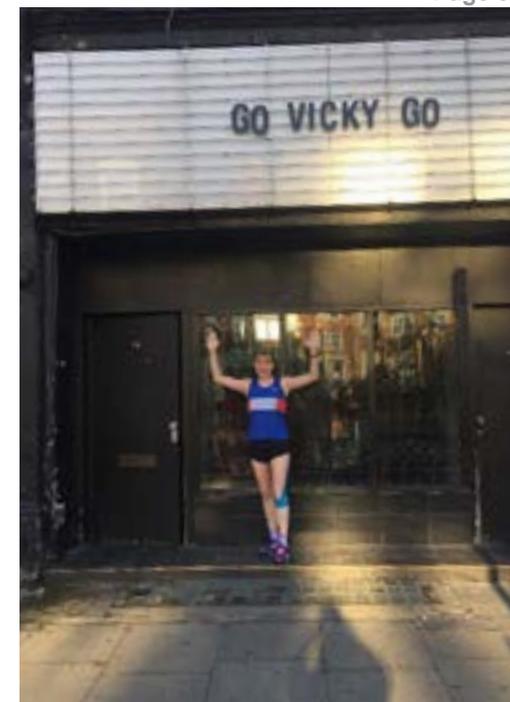
Training got easier, and I got stronger. The following week I was able to complete all of the Guild Wheel, which was followed promptly by me accidentally falling asleep in the bath and devouring a whole Easter egg!

Everything was going strangely well until my final taper run when my knee suddenly started hurting seven miles into a ten mile run, and I had to walk and jog the last section. I was determined to not to pull out of the marathon, as I just couldn't do that to the eight year old local disabled boy (Rory Curzon Smith) that I was raising money for. Sometimes in life not everything is black and white and I just couldn't let everybody down. I spoke to a physio and she suggested that I rest it completely until the marathon, so I iced it, taped it up and took ibuprofen. I did everything that she suggested and prayed that it would hold out.

Marathon day came and I was ready (well not quite due to recent events, but I was determined!). It was an extremely hot day. In fact it was the hottest London Marathon on record. People asked me if I was worried about the weather, but to be honest I was only concerned about my knee.

My marathon experience was going well until I reached around mile 8, when my knee went. My daughter's and the rest of my family were supporting me at mile nine so I didn't allow myself to walk until mile 10, and from then on it was just a case of running, walking and hobbling for the next 16 miles to the finish line as my knee was in complete agony. I was absolutely determined to finish, and as a result I raised over £1400 for Rory and his family. There was no way I was going to give up.

I was about an hour and a half over my predicted time. I was going for 3.35 hours (I literally spent half of the previous night lying awake working out what time was probable!), and I was just over 5 hours in the end. I knew that people were tracking me, and the worst thing was that I was worried about people worrying about me. I couldn't get a signal on my phone to tell people what had happened. I wanted them to know that I was struggling but that I was ok, and I was going to finish. The crowds in London were phenomenal and I can't fault their enthusiasm. On a different day I would have loved the crowds and the attention, but you can't tell over a million spectators that you are injured and not just walking because 'it's hard and hot!'



Although I am not proud of my time, I am extremely proud of myself for finishing, and Rory's mum was over the moon with my effort. Luckily, my knee is recovering slowly, and whereas I feared the worst about suspected ligament damage, my painful knee was basically caused by my IT band grating against bone. The timing was incredibly unfortunate. At the time of writing, I am back running slowly again and am looking forward to entering some shorter races over the summer.

My marathon journey was an interesting one and I really loved it. The training was incredibly hard and you can never underestimate how much hard work is involved in training for a marathon. I discovered parts of the local countryside that I didn't even know existed. I met new friends whilst out training, and I found that my body was more than capable of running a marathon. Unfortunately, the Marathon that I ran that day wasn't the race that I trained for, but there is always another race or dare I say it, there is always next year!

LANCASHIRE T&F CHAMPS

12th & 13th May 2018

It was a record breaking weekend for Preston Harriers athletes at the Lancashire Track & Field Championships, that took place over the weekend of the 12th & 13th May, at Witton Park, Blackburn.

Over the course of the weekend Preston Harriers scooped a record breaking 109 Medals, of which 52 were Gold, 32 Silver and 25 Bronze.

Emily Rankin, Evie Noblett and Ellie Sumner



U13 Girl Evie Noblett, won 3 Golds and a Silver in the 100m, 200m, shot putt and LJ respectively, and a new Preston Harriers record for the 100m. Emily Rankin had a fantastic day with a Gold (70mH) and 2 Silvers (100m & 200m)

U15 Girls Scarlett Sutton won the 3000m Gold in a record breaking time of 10:30.5, beating the Harriers record that had stood for 18 years. Eleanor Noblett won Gold & Silver with PBs in the LJ & 100m. Kianna Proctor won a Gold and a Bronze in the 300m & 200m.

In the U17s women's Jasmine Jolly stood out from the crowd with 2 new Championship records & Harriers records in the 80mH and the 300mH, breaking her own records. Lauren Tunstall had a busy weekend winning 6 medals (2 silver & 4

Bronze) in the Shot Putt, LJ, Discus, Javelin, TJ and 80mH. Evie Parkinson won Gold in the TJ with a PB of 10.37m and Bronze in the HJ & LJ. Alissa Darbyshire won 2 Golds with PBs in the 200m & 300m.

In the U20s Women Eleanor Ward won 2 medals, Gold in the 3000m and Silver in the 1500m. Charlotte Crook won Gold in the 800m, Blythe Fourie won Gold in the 1500m with a PB of 4:47.6 and Emily Wiggins won Gold in the 100mH with a PB of 19.2s

Senior Woman Sophie Warden had a triple win with 3 Golds in the 200m, 400m & 400mH, Miriam Luft won Gold in the HJ and Rachel Leve won 2 Silvers in the 200m & 400m

U13s James Ince had a record breaking weekend with 5 Golds, 3 Lancashire records and 3 Harriers records. He smashed Sam Millers 75m Hurdles Lancashire & Preston Harriers records that have both stood for 12 years, with a time of 11.8s. Gold in the 100m; Gold in the 200m with a new Championship record of 26.5s; Gold in the HJ with a new Preston Harriers record of 1.51m and Gold in the Long Jump with a massive 5.14m beating Sam Millers Lancashire Champs record of 12 years and the Preston Harriers record that had stood for 26 years!

U13s Boy Harry Kiley did the triple with 3 Golds in the Javelin, Shot Putt & Discus. Clearly a great thrower! George Denye smashed both PBs and winning Gold in the 800m & 1500m. Jay Whiteside won Silver in the HJ with an impressive 1.45m and Seb Chiarella won Bronze in the 75mH



Archie Dowds



Blythe Fourie, followed by Eleanor Ward

U15 Boys Taylor Jacob was so thrilled with his Gold winning Long Jump just 6cm short of the championship record he celebrated with a somersault and backflip. He also won Gold in the 80mH with a new Championship Record and beat a 14 year old Preston Harriers record by 4/10ths of a second - recording 11.5s. Having run his hurdles race he then ran over to the High jump competition and jumped 1.65m for a Bronze medal.

Isaac Delaney won Gold, Silver Bronze in the Shot Putt, Hammer and Discus respectively. Harry Burrow had a great weekend. His 11.6s in the 80m hurdles would have equalled the championship best and been a new Preston Harriers record had Taylor Jacob not beaten him by 1/10th of a second in a dip finish. Harry also Pole Vaulted his way to Gold with a PB of 3.05m.

After winning Bronze in the 100m on Day 1, Archie Dowds was wondering whether to come on Day 2, I'm sure he's glad he did as he won Gold in the 200m with a PB of 24.7s. Alex Kerfoot won Gold in the 300m and Silver in the 800m and Ethan Warren won Silver & Bronze in the 300m & 800m.

U17s Men Ethan Tibbs won 4 medals, Gold, 2 Silver and Bronze in the 200m, 400m, LJ and

HJ respectively. Harvey Noble won Gold in the LJ with a huge PB of 6.28m and Silver in the Javelin with another PB 47.73m; Liam Blackwell won Gold in the 800m, whilst Euan Marsden won Gold in the 1500m Steeplechase.

In the U20s men the Preston athletes fought it out for medals. Joshua Leatherd won Gold in the 200m with a PB of 22.0s and Silver in the 100m with a PB of 10.9s. Alexander Marsden equalled the Lancashire and 14 year old Harriers record in the 100m with a Gold 10.8s and won Silver in the 200m. Leon Stubbs won Gold in the 400m with a PB and New Championship record of 49.0s; Edward Coles won Gold in the 110mHs with a new Championship record of 15.5s.

Senior men, Joshua Ingham won Gold & Silver in the 400m & 200m, Symon Woan won Gold in the 200m and Peter Durham won Gold in the 400mH

The weather was kind and the sun stayed out all weekend. Tents were pitched and families and friends were a great support to all the athletes.

Big thanks to all the officials and volunteers, which without these events wouldn't take place. Huge well done to all the athletes that took part.

There are too many PBs that but to

many PBs and medals were won to mention them all, please see a summary below. Here's next year, let's see if we can beat 109 Medals



Alissa Darbyshire

CONT'D>>>

LANCS T&F MEDALLISTS

U13 Boys

James Ince Gold 75m Hurdles 11.8s
New Championship record and Preston Harriers record
 James Ince Gold LJ 5.14m
New Championship record and Preston Harriers record
 James Ince Gold 200m 26.5
New Championship record
 James Ince Gold HJ 1.51m
New Preston Harriers record
 James Ince Gold 100m 13.0
 Harry Kiley Gold Javelin 30.91m PB
 Harry Kiley Gold Shot Putt 8.92m PB
 Harry Kiley Gold Discus 22.90m PB
 George Denye Gold 800m 2:24.0s
 George Denye Gold 1500m 4:49.8s PB
 Jay Whiteside Silver HJ 1.45m PB
 Seb Chiarella Bronze 75m Hurdles 14.8s PB

U15 Boys

Taylor Jacob Gold 80m Hurdles 11.5s
New Championship record
 Taylor Jacob Gold LJ 5.75m PB
 Taylor Jacob Bronze HJ 1.65m
 Isaac Delaney Gold Shot Putt 10.34m PB
 Isaac Delaney Silver Hammer 25.77m
 Isaac Delaney Bronze Discus 29.0m PB
 Harry Burrow Gold Pole Vault 3.05m PB
 Harry Burrow Silver 80m Hurdles 11.6s PB
 Archie Dowds Gold 200m 24.7s PB
 Archie Dowds Bronze 100m 12.0s PB
 James Lupton Gold Discus 33.82m PB
 Harry Booth Bronze 200m 25.4s PB
 Alex Kerfoot Gold 300m 39.3s PB
 Alex Kerfoot Silver 800m 2:07.4s PB
 Ethan Warren Silver 3000m 10:08.7 PB
 Ethan Warren Bronze 1500m 4:30.8s PB
 Thomas Barnes Silver 1500m 4:30.3 PB

U17 Men

Ethan Tibbs Gold 200m 23.3s PB
 Ethan Tibbs Silver LJ 6.07m PB
 Ethan Tibbs Silver 400m 52.6
 Ethan Tibbs Bronze HJ 1.65m
 Harvey Noble Gold LJ 6.28m PB
 Harvey Noble Silver Javelin 47.73m PB
 Liam Blackwell Gold 800m 2:02.9
 Euan Marsden Gold 1500m Steeplechase 5:11.0 PB
 Alex Bernstein Silver Hammer 55.83m PB
 Matthew Fazakerley Bronze 3000m 9:22.1s PB
 Matthew Fazakerley Bronze 1500m 4:15.0 PB

U20 Men

Joshua Leatherd Gold 200m 22.0s PB
 Joshua Leatherd Silver 100m 10.9s PB
 Alexander Marsden Gold 100m 10.8s

Equalled CR & PH record

Alexander Marsden Silver 200m 22.1s PB
 Leon Stubbs Gold 400m 49.0s PB
New Championship record
 Edward Coles Gold 110m Hurdles 15.5
New Championship record
 Lewis Ormerod Gold Javelin 44.20
 Kian Davis Gold 1500m 4:06.7s
 Niall Higham Silver 1500m 4:09.4s PB
 Chris Brown Silver Javelin 42.14
 Harry Curwood Bronze 800m 2:02.4

Senior Men

Joshua Ingham Gold 400m 51.8s
 Joshua Ingham Silver 200m 23.3s
 Symon Woan Gold 200m 22.5s
 Peter Durham Gold 400m Hurdles 66.0s
 Ben Read Bronze 1500m 4:53.7s PB

U13 Girls

Evie Noblett Gold 100m 13.1s
New Preston Harriers record
 Evie Noblett Gold 200m 28.1s
 Evie Noblett Gold shot putt 9.33m PB
 Evie Noblett Silver LJ 4.35m PB
 Emily Rankin Gold 70m Hurdles 12.1s
 Emily Rankin Silver 100m 13.4s
 Emily Rankin Silver 200m 28.5s PB
 Emma Tunstall Silver Javelin 20.40m
 Ellie Sumner Bronze 100m 13.7s PB
 Isabella Buraimo Bronze Shot Putt 7.41m PB

U15 Girls

Scarlett Sutton Gold 3000m 10:30.5
New Preston Harriers record
 Eleanor Noblet Gold LJ 5.01m PB
 Eleanor Noblet Silver 100m 12.8s PB
 Kianna Proctor Gold 300m 42.6s
 Kianna Proctor Bronze 200m 26.8s PB
 Abigail Earnshaw Silver 800m 2:20.0 PB
 Macy Noblett Silver Shot Putt 10.65m PB
 Lois Carroll Silver 75m Hurdles 11.8s
 Amani Valli-Carter Bronze 300m 43.7s
 Grace Aliso Brown Bronze 800m 2:23.1

U17 Women

Jasmine Jolly Gold 300m Hurdles 42.0
New Championship record and Preston Harrier Record
 Jasmine Jolly Gold 80m Hurdles 11.1
New Championship record and Preston Harrier Record
 Lauren Tunstall Silver Shot Putt 8.95m
 Lauren Tunstall Silver LJ 4.98m
 Lauren Tunstall Bronze Discus 21.27m PB
 Lauren Tunstall Bronze Triple Jump 10.14m PB
 Lauren Tunstall Bronze 80m Hurdles 13.3s PB

Lauren Tunstall Bronze Javelin 32.45m
 Evie Parkinson Gold Triple Jump 10.37m PB
 Evie Parkinson Bronze HJ 1.45m
 Evie Parkinson Bronze LJ 4.61m
 Alissa Darbyshire Gold 200m 26.3s PB
 Alissa Darbyshire Gold 300m 41.8s PB
 Emma Louise Vickers Gold hammer 44.44m
 Darcey Lonsdale Gold 800m 2:15.1
 Annie Duffy Silver 800m 2:17.1 PB
 Caitlyn Preddy Silver 3000m 11:45.8 PB
 Megan Jackson Silver 80m Hurdles 12.8s PB
 Megan Jackson Bronze 300m Hurdles 49.7 PB
 Abbey Codarin Bronze hammer 26.27m

U20 Women

Eleanor Ward Gold 3000m 10:31.0 PB
 Eleanor Ward Silver 1500m 4:49.0 PB
 Charlotte Crook Gold 800m 2:19.3
 Blythe Fourie Gold 1500m 4:47.6 PB
 Emily Wiggins Gold 100m Hurdles 19.2s PB
 Ava Louise Mcguckian Silver 100m 13.0s

Senior Women

Sophie Warden Gold 200m 26.4s
 Sophie Warden Gold 400m 61.3s PB
 Sophie Warden Gold 400m Hurdles 69.7s
 Miriam Luft Gold HJ 1.55m
 Rachel Lever Silver 200m 27.5s PB
 Rachel Lever Silver 400m 65.4s
 Caroline Warden Bronze LJ 4.46m



Ethan Tibbs

YORKSHIRE T&F CHAMPIONSHIPS

Curtis Mitchell (currently at Sheffield University) won the 110m Hurdles in a time of 14.94, a new p.b.



HIGHLAND FLING ULTRA

April 28th

Run when you can. Walk when you have to. Crawl if you must. Just never give up” – Dean Karnazes. One of many ‘inspirational’ quotes related to ultra-marathoning. It’s idealistic and, to some, maybe even inspirational but having completed my first ultra-marathon I can say with some assurance that the reality is very very grim. I’ve thought about some of these slogans since I finished and will give you the real story.

First though, a little bit about the Highland Fling. It’s a 53 mile race taking in the southern half (ish) of the West Highland Way. Starting in Milngavie (obviously pronounced ‘Mul-guy’) and heading north as far as Tyndrum via Drymen, Conic Hill (pretty much where I ruined my race), along the interminable east bank of Loch Lomond (where hope comes to die), Inversnaid, the ‘roller coaster’ up to Crianlarich and ending at Tyndrum. 4400m of ascent and descent.

Easily influenced as I am, I allowed myself to be persuaded to enter the race by a friend who ran the race last year and was completely enthused by the experience. You get to eat pizza on the way, she said. You’ll love it, she said. It’s so beautiful, she said. Everyone is so friendly, she said. You had me at pizza, I said. And so I entered the ballot and got a place, not really considering the physical outlay ahead and partly with my head in a quixotic cloud of slogans. You don’t train up to distance for a long event like this. What’s more important is time on feet i.e. going out slowly for 4 & 5 hours at a time and practising a fuelling schedule. However, my training plans were scuppered by tendinitis which came on in January and very much limited my training capacity. I could still go for hikes as training and had the go ahead from the physio as I would be moving slowly and there would be walk breaks along the way.

Fast forward to race day and, deliberately ignoring the fact that I had only run 56 miles in the four weeks prior to a 53 mile race, I decided was as ready as anyone. “Only those who will risk going too far can possibly find out how far one can go” – TS Eliot. Well, Mr Eliot, that is quite true. Given that my previous longest run was at the 7.5 mile National XC race back in February I was certainly running a risk. I had no idea how far I



could literally go, never having run a step further than a marathon before, which I had last ran way back in October. It didn’t occur to me that doubling the distance on a fraction of the training and an injury would be an issue. Why should it be?

One of the beginner friendly (if that term can be used on a 53 mile race with hours of technical ground to cover) aspects of the race is that at four of the checkpoints you can have drop bags filled with your own choice of food, drink, gels etc. Prizes are even given out to the best decorated ones at the first drop bag check point. As alluded to before, mine included pizza along with rice pudding pots, gels and malt loaf with peanut butter (it’s a new favourite delicacy). Among the 1000 entrants and approximately 800 starters, the race is packed with ‘fun runners’ (the term has taken on new meaning). It’s also a high calibre event and for those in the know, attracts a quality ultra-trails field at the sharp end including Team GB ultra-runners.

At 6am we were away. Steady as she goes. With hindsight I can give a crucial bit of advice to any potential first timers out there – if you think you are going you’re going slow enough, you’re probably still going too fast. I found that out to my cost. I was bopping along quite nicely and reaching the 8 mile mark I’d run further than I had at any point in the previous three months. Around 16 miles is Conic Hill. Oh Conic Hill. About a 180m climb followed by a 320m descent all in about 2.5

miles. I walked up it, as is good form although still probably working too hard and then completely forgot what I was doing I went barrelling down the other side treating it like a short fell race. Big error. The 30 or so people that I passed on the descent must have been able to spot the newbie. My quads never recovered from that. And we were only (!) 3hours in.

Find the level of intolerance you can tolerate and stay there.” I guess all endurance running requires an element of that sentiment more or less but I could have done with an explanation as to what to do if the intolerance is intolerable and self-inflicted. Finding that level was very easy. Staying there was the battle. That’s another lesson learnt. Fatigue becomes aching becomes pain but then it stops getting worse. It just remains. From then on, it’s a mental battle.

Your body will argue that there is no justifiable reason to continue. Your only recourse is to call on your spirit, which fortunately functions independently of logic” – Tim Noakes. Drop bag stations 1 & 2 came and went around miles 20 and 27. After the second one I was breaking new ground. That was exciting. Every metre was a metre further than ever before and there is something deeply satisfying knowing that every step, however quick or slow, is setting a new best. It’s a completely different emphasis from just flogging yourself trying to hit faster times over the same distance. Going far is a very different, and arguably less elitist, test of your minerals.

Some people can run fast. So what? How FAR can you run? There’s a different crowd stepping up to answer that question and their demographic and athletic prowess is not always what you would expect. The way they go about it and what they want from it is different and much more varied to the goals and experiences of those on the start line of a standard 10k, for example. All of that got drowned out by the realisation that I had to run the same distance again, only this time I was starting out painfully fatigued. Not only was there a few miles to go...there was a few HOURS to go! Those thoughts need to be blocked out. Bizarrely, at this point people were still saying good morning. This was very confusing. We had been on the go for 5 hours and it was still morning. It’s rather disorienting.

Just put one foot in front of the other” – Austin Peck. What else is there to do? Keep moving forwards. Easily said but has Austin Peck tried

tackling the never-ending, rocky, rooty, slippery, scramble along the length of Loch Lomond?? Already 35 miles in. Already burning with tiredness. Already questioning where this spirit that Tim Noakes was banging on about is. The ground would be mostly un-runnable at the best of times with rocks over 1 metre high directly in the path spilling you on to knotted tree roots which seem to want you to fail with the additional treat of hidden, slippery moss. Moving as fast as I could, I completed 3 miles in an hour. Blimey that was a struggle to keep going. To do that I had to comfort myself with hating most things and most people. It was a dark period, I won’t lie. Pizza was a nice treat though. That’s all my life boiled down to in those moments. Suffering, hatred and pizza. When that was over I had a caffeine gel, gave my self a shake and staggered into the last check point. Still a half marathon to go.

Somewhere along the line we seem to have confused comfort with happiness” – Dean Karnazes again (also the guy who said “there is magic in misery”). I don’t know what’s wrong with Dean but I think he’s broken. Based on these latest comments I felt about as magical as Gandalf riding a unicorn to a magic carpet trade fayre in Hogwarts. As for confusing comfort with happiness, I’ll tell you what happiness is; smashing rice pudding with strawberry jam into your face. What a treat. The little things mean a lot when you’re desperate. It’s also knowing how well looked after you are in the race.



Arriving in each checkpoint was like being a Formula 1 car arriving in a pit stop. Marshalls rush out to you and are immediately taking your water bottles off you to top them up, bringing your drop bag to you to save time and loading the rest into your pack, asking if you need any first aid etc. Jokes aside, there isn’t anything more you could ask for from these volunteers, almost all of >>>

whom have run the race at least once and feel so passionately about it that they want to contribute which speaks volumes for the event.

Aside note about the check points and drop bags -anything in their drop bags that runners decide the don't want or can't stomach gets left behind for runners following afterwards. All manner of Clif bars, chocolate, fruit gels, sandwiches etc. get left and added to the pile for people to help themselves to. At the last checkpoint someone had changed their mind about the condom they had in their drop bag. So many unanswered questions about that!!

I don't stop when I'm tired. I stop when I'm done" – David Goggins. Or when I get to the finish line. Whichever comes first. With considerable pride I can say that the finish line came first. Not before the double whammy of 'Cow Poo Alley' and the 'roller coaster'. The Alley is an appropriately named underpass, maybe 20 metres long, through which a farmer drives his cows every day and wow, do they like to leave their mark. More than ankle deep in it. By that stage I didn't care and this is a legendary section of the route so it felt kind of like a brown baptism. The roller coaster is in the forest near Crianlarich. The most beautiful section of the whole route but the clue to this problem is in the name. For several miles there is no more flat. Just up & down. Just fighting up hill and crying downhill. This final half marathon length run from Beinglas checkpoint to the finish would be tortuous

experienced fell runner. We ran it in together after meeting at the checkpoint and the company made a world of difference.

This was no time for inspirational quotes. They were no more use to me. Camaraderie is what I needed and was there throughout but never more appreciated than on that final section. We made our new friendship official by following each other on Strava. Running friends! As for stopping, that happened 11 hours and 30 minutes after I started. All that time on the move. Running, walking & scrambling. Smiling, wincing & hating. Eventually coming back round to really enjoying the run. That was probably due to the stunning forest and the mercifully flat finish. After all of that, I have learned plenty of lessons about fuelling, pacing, and strategy. Also about myself can be endured.

In spite of about 7 hours of hell in amongst all of that, I would do it all again. Without a second thought. There was no instant elation for me at the finish. Just taking care of the usual post-race admin. Rather, there was a slow burning pride. There was never a thought of giving up. There was, and remains, the desire to find out how far I can go. There is dark humour in going on regardless that there appears to be no justifiable reason. Just putting one foot in front of the other. That's all that matters. Magic. Maybe there is something in those slogans after all.

Richard Smith



NEW SOCIAL COMMITTEE

As we all know Preston Harriers runs on volunteers, and there are quite a few. About three months ago a few parents and grandparents were approached to form a Social Committee to help organise the Club Presentation Evening and build on the social side of the club.

Pete Hancock and Barbara Gillies provided the committee with 'jobs to do lists' for both the Club Champs weekend and the Club Presentation Evening. Wow, what long lists they were! Whilst Pete and Barbara are both still going to be involved, they understandably need some help. To be honest I don't think any of us realised just how much time and effort goes into organising these events and this is hopefully where the social committee and willing volunteers can assist.

Our chair is Jenny Sumner, so if you're able to help out and get involved then we'd really like to hear from you. Please email Jenny at jennifer.sumner16@gmail.com.

DATES FOR YOUR DIARIES

Our Club Championships is on the weekend of the 14/15th September 2018 at UCLan.

LANCASHIRE AA JUNIOR FELL

A cold, wet and at times, misty day greeted 9 hardy Preston Harriers in the Lancashire AA Junior Fell Championships at Barley, Pendle. This also kicked off the first of 5 races in the 2018 Preston Harriers Junior Fell Championship.

New to the fell scene was Samuel Adewale who had a brilliant run in the boys under 9 category, finishing 3rd Lancashire runner in 3:39min and earning himself a bronze medal and 22 points towards the Harriers Fell Championship.

The under 11 boys race saw a great team performance from Oliver Adewale, Josh Perry and newcomer to the club Connor Rigby, who all had tremendous runs finishing 5:43min (11th), 6:43min (18th) and 6:54min (20th) respectively.

Performance of the day went to Matthew Buttery who was running in his first fell race and was the only Harrier representative in the under 13 boys race. He ran a stunning race to finish in 18:27min (14th), the youngest competitor in his age category.

For those athletes and families who are new to the club or haven't been before, it's a great opportunity to 'have a go' at a variety of track and field events. It's open to all club members, young and old alike. This year we're organising a family BBQ and games evening on the Saturday night, so why not stay after you've competed and join in. We'll supply the BBQ and all you need to do is bring your own food to cook on it. Hopefully it'll be dry and we can enjoy some games on the middle field until around 7pm.

We're also organising a well deserved 'thank you' evening on Friday 12th October 2018 at Fulwood and Broughton Cricket Club for all officials, coaches, assistant coaches and volunteers at the club. Further details will be emailed nearer the time.

Another date for your diary is the Club Presentation Evening on Friday 7th December 2018. This evening is always a sell out so make sure you secure your ticket(s) nearer the time from your coaches.

A keenly fought contest in the under 15 boys race between Vladimir Wiggins and James Hawtin, saw the lads battle their way up to the turning point on Pendle. However, Vladimir ran a slightly quicker decent finishing in 24:48min (16th), with James not far behind in 27:27min(18th).

Arran Baldwin, running his first season as an under 17, had a great run, finishing a hard race in 33:18min (11th) and thus completing the boys participation in the Championship.

The tough senior race saw Emily Wiggins in the Female under 19 category, go one better than last year and claim 3rd place and a bronze medal in the Lancashire AA Championships in a time of 59:17 min, knocking over 9 minutes off her PB and beating her mum Olga by 2 seconds!!!

Well done to all the athletes that participated and a reminder that the next Preston Harriers Junior Fell Championship race is Great Hameldon on Sunday 6th May.

Roy Parkinson

YDL UPPER MATCH 2

CALDERDALE WAY RELAY

ELLESMERE PORT SUNDAY 27th MAY 2018

Preston Harriers under 20 and under 17 team continued where they left off from there last fixture by crushing their opposition to record a second league win, from 2 fixtures, by a 72 points margin over second placed Wirral AC. 754 points to 682. Promotion back to the Premier now looks certain.

Despite a cloudburst, Harrier athletes recorded 30 lifetime best performance. Star of the meeting was Sixteen year old Jasmine Jolly who is ranked number 1 under 17 in Britain for the 400 metre hurdles stepped up and ran the under 20's race recording a qualifying time to represent GB in the under 18 European Athletics Youth Championships in Hungary in July with a lifetime best of 60.1 seconds, an improvement of 0.7 seconds in winning the race. Selection will be made on 25th June.

Sixteen year old Jo Hargreaves moved up to under 20 and knocked 0.6 sec off her previous best time to win her 100m race in 13.2. Other lifetime best in the under 20 age group were Hannah Mulholland (200m and 400m), Emily Wiggins (100m hurdles & Triple Jump). Hollie Suffolk (200m), Sophie Rotherham (800m). Declan Taylor (under 20) ran 54.1s in his first competitive 400m.

Will Lancaster (under 17) returning after a year away from athletics recorded 3 lifetime

best in the Shot, Discus and Hammer with 11.50m, 36.26m and 23.26m respectively. Wayne Freeder (under 17) improved his personal best by 1.13m in the Shot and equalled his 100m pb. 15 year old Arran Baldwin made a winning debut in the 1500m Steeplechase. Further personal best (Under 17) were registered for Ethan Hallas (100m), Ben Preddy (400m), Matthew Fazakerley (800m & 1500m) Harry Everett (1500m) and Jack Campy (3000m).

In the under 17 Women's age group, Lifetime best performance for Megan Jackson (100m & 80m Hurdles), Lela Bendris (300m Hurdles), Rhiannon Lowe (Shot) and Abbey Codarin (Hammer).

This season Harriers have recorded an amazing 9 victories and 2 second places in their 11 matches across all age groups. 'The Famous Preston Harriers', title was the way Brendan Foster (BBC commentator) use to refer to athletes from the club in his commentary.

Match Result

PRESTON HARRIERS	754 pts
Wirral A C	682 pts
Stockport Harriers	620 pts
West Cheshire	588 pts
Lancaster & Morecambe	460 pts
Leigh Harriers	457 pts
Crewe & Nantwich A C	366 pts
Bolton	307 pts



Maisie Saul

Sunday 20th May 2018

The 2018 edition of this long running fell and trail event had 80 teams competing. Numbers had dropped from 2017 when there were 96 teams and there were 102 teams in 2016. We had two teams out, and huge thanks as ever go to those who ran, and to those who answered fairly late call ups.

A big thank you goes to those who organised the teams, put the entries in and hoped their phones didn't buzz with a late withdrawal by text on Friday or Saturday night. Yes, we've had that before... and some other team captains were frantically trying to find replacements as late as Saturday.

This year, the weather was very warm and sunny, and kit checks maybe should have also included carrying sun cream and water. The checks though did stipulate that the carrying of all normal kit such as waterproofs, hat and gloves was mandatory. Perhaps a bit unnecessary but there is a safety element to all such events, although interestingly at the inter counties fell running championships the previous day, at Crowden in the Peak District, also a very warm day, and an England selection race, competitors didn't have any requirement to carry kit.



Jim Doherty and Pete Carter

Preston Harriers A team finished a very good 12th (the same as in 2017) and the B team were 56th. The route covers approx. 50 miles and 11,500 feet of climbing but is run in pairs over six legs starting from West Vale in Halifax. The runners have to stay together and

navigational knowledge and skills are accepted as a given. Usually, pairs unsure of their leg will carry out a 'recce' and we had new runners doing exactly that this year. We have some stalwarts who barely miss the event, if at all, and know the routes exceptionally well, whichever leg they get placed on.

The event was run in December until 2009 and those early leg runners were setting off from Preston in the pitch dark, and it was usually very cold too. The 2010 event was cancelled because of adverse weather conditions and it moved to May in 2011.

The winners this year were Calder Valley Fell Runners, who won in 2017 and were 3rd in 2016. Wharfedale Harriers were 2nd and Barlick Fell Runners finished 3rd. Ribbles Valley Harriers Mixed, in 11th overall, were the first mixed team home and Todmorden Harriers Ladies in 39th overall, were the first full ladies team to finish.

Maybe with it being a Spring event and there being other competitions, some of the strong teams in the past such as Bingley Harriers, Pudsey & Bramley, Dark Peak Fell Runners and Horwich Harriers don't usually run it now.

Our teams and runners were, as in the tables below. The first bracket after the time refers to the leg fastest position and the second bracket refers to the actual team position after the completion of the leg.

Whilst the event is being run, and with cut off times imposed and for mass starts, it's harder for teams out of the top positions to have a real awareness into where they actually are in the placings.

The whole event is incredibly well organised by Halifax Harriers and is a tremendous day out for the clubs who compete. Every team members receives a slate coaster as a memento. Several Harriers have quite a collection of them now!

Steve Jackson

LEG	CLUB	TEAM POSITION	FASTEST LEG POSITION	ACTUAL TEAM POSITION	CLUB	CLUB POSITION	FASTEST LEG POSITION	ACTUAL TEAM POSITION	CLUB	CLUB POSITION	FASTEST LEG POSITION	ACTUAL TEAM POSITION
12	56	Preston Harriers A	David Radley	Jonathan Green	Neil McDonald	Andrew Harrison	Mark Teaney					
			Andy Waley	David Parkinson	Clara Walkes	Tony Donnelly	John Rankford					
			1:25:12 (18)	1:05:45 (6)	0:44:43 (17)	1:22:03 (17)	1:01:49 (9)					

CLUB	CLUB POSITION	FASTEST LEG POSITION	ACTUAL TEAM POSITION	CLUB	CLUB POSITION	FASTEST LEG POSITION	ACTUAL TEAM POSITION
Alan Martin		Peter Currie		Vicky Sheppard		John Curfitts	
1:43:37 (60)		1:28:13 (65)		1:05:41 (81)		1:38:28 (53)	
1:43:37 (60)		3:11:50 (58)		4:17:31 (68)		5:35:59 (58)	



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TRACK & FIELD EVENTS 2018

Day	Date	Venue	Event
June			
Sun.	03	Thornes Park Stadium, Wakefield	North of England League Division 1
Sat.	09	Stanley Park Stadium, Blackpool	Lancashire Schools T&F Championships
Sat-Sun	09-10	SportCity Stadium, Manchester	NA Senior/ U20 Championships
Sat-Sun	16-17	Bedford International Stadium	EA U23/ U20 Championships
Sun.	17	Stanney Oaks LC, Ellesmere Port	YDL Lower - North Premier 1 (3 of 4)
Sat-Sun	23-24	Woodbank Park, Stockport	ESAA N W Schools Combined Events
Sat.	30	Litherland Sports Park, Liverpool	Mid Lancs T&F League Meeting
Sat-Sun	30 – 01 Jul	Alexander Stadium, Birmingham	British Athletics Championships
July			
Sun.	01	Leigh Sports Village, Leigh	YDL Upper - North West 1 (3 of 3)
Sat.	07	Leigh Sports Village, Leigh	NA Inter Counties Championships
Sun.	08	University of York Sport Centre	North of England League (3 of 4)
Fri-Sat	13-14	Alexander Stadium, Birmingham	ESAA English Schools T&F Champs
Sat.	14	London Stadium	The Meet
Sat.	21	Grangemouth Stadium, Scotland	SIAB International T&F Championships
Sun.	21	Bebington Oval, Wirral	YDL Lower - North Premier 1 (4 of 4)
Sat-Sun	21-22	London Stadium	Muller Anniversary Games
Sat.	28	Barrow (to be confirmed)	Mid Lancs T&F League (5 of 5)
Sat-Sun	28-29	SportCity Stadium, Manchester	CAU/ EA Senior Championships
August 2018			
Sat.	04	UCLan Sports Arena, Preston	North of England League (4 of 4)
Sat-Sun	04-05	SportCity Stadium, Manchester	EA U17/ U15 Combined Events
Sat-Sun	11-12	Wavertree Stadium, Liverpool	NA U13/ U15/ U17 Championships
Wed.	15	SportCity Stadium, Manchester	Manchester International
Sat.	18	Alexander Stadium, Birmingham	Muller Grand Prix, Birmingham
Sat.	25	Stanley Park Stadium, Blackpool	Mid Lancs T&F League (Medal Meeting)
Sat-Sun	25-26	Bedford International Stadium	EA U17/ U15 Championships
Fri-Sat	31-01 Sep	Loughborough University Stadium	UK School Games
September 2018			
Sat-Sun	08-09	Bedford International Stadium	UK YDL Lower & Upper National Finals
Sun.	09	Stanley Park Stadium, Blackpool	Blackpool Wyre & Fylde AC Open
Sat-Sun	15-16	UCLan Sports Arena, Preston	Preston Harriers T&F Champs
Sat-Sun	15-16	Bedford International Stadium	ESAA English Schools Combined Events

EDITOR'S WHINGE

OK you got me. No whinge this time - in fact thanks to all the contributors for what feels like a complete and varied Magazine. (Missing only Road and Fell Dates?)

Just what was needed to stop me getting bored whilst assembling the Mag.

The only problem was that I was too busy reading

and not busy enough assembling.
My apologies for the lateness of this edition.

THE CLUB BELIEVES THAT USING YOUR DATA TO SEND OUT THIS MAGAZINE IS WHAT YOU WOULD WANT. PLEASE ENSURE THAT YOU HAVE RETURNED YOUR RENEWAL FORM CONFIRMING THAT THIS IS THE CASE.

Pete H

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