



PRESTON HARRIERS



THE HARRIER

Spring
2018



clubmark

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

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

Ideas, articles, pics or race reports for The HARRIER EMAIL TO : theharriermagazine@gmail.com
Next Copy deadline: 21st May 2018

PRESTON HARRIERS welcome the following New Members

IAN AGUILAR
FREYA APPLETON
CHRIS ASTBURY
LUKE ATKINSON
ALEX BIRKETT
KIERAN CARPENTER
CHRISTINA CASTLE
ISABELLA CHIARELLA
CALLUM COLLINS
LAURA CONN
ANGELA DRAKEFORD
ISAAC EARNSHAW
EMMA HARRISON
LEIGHTON HEWITT
TIANA KASHIRI
ALFIE KIRBY
KIRAN LEE
SHAWN LIONH
MIRIAM LUFT
JESSICA MOORCROFT
GEORGIA MOUNSEY
IAN PATTERSON
DILAN RIDLEY
LEON STUBBS
MARC TEASEY
SUMMER WALPOLE-TAYLOR
NATHANIEL WILSON



THE FINAL EVER DRAW FOR THE HARRIERS' 200 CLUB WINNERS WERE:

1st Colin Harrison - £150
2nd Keith Rigby - £100
3rd Arnold Dawes - £75.

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	Vacant	

Cover Photo:

Daniel Bebbington on his way to becoming County Cross Country Champion

CHAIRMAN'S REMARKS

Spring 2018

Many people, having trained through recent dark, wet and cold nights, will now be relishing the onset of longer days as that target of a Spring marathon nears. The track and field outdoor season grows nearer too, as do those longer days on the fells. The road season now tends to go on all year, but the interclub series is surely a target for all endurance runners in the club. It's only cross country that devotees will cease competing in during the warmer months.

All of the track and field league fixtures should now be available and team managers for the selected leagues will be looking at performances and availability in the coming months. Please support them.

We have completed our renewed Clubmark application to England Athletics and been awarded our new accreditation. Bob Welfare has led the arduous and long task in ensuring that we met all the criteria and the application process has moved away from a paper based system to well, a rather more challenging on-line system for all evidence and submissions. At least there is no further waste of trees...

Clubmark is Sport England's cross sport accreditation scheme for community sports clubs, which aims to make sure that a club infrastructure is safe, strong and successful. It provides a framework upon which are built all club policies and procedures, that reflect higher standards of welfare, equality, coaching and management in clubs.

For Clubmark and that accreditation, there are a number of evidence parameters that have

to be met, and it's worth I think identifying what they are, to demonstrate what happens to ensure accreditation and ensure a strong, safe and stable club:-

- We are affiliated to England Athletics
- A strong commitment from the committee and volunteers to support the process
- A willingness to ensure that all our policies and procedures were up to the required standard
- A commitment to upskilling & developing our volunteers, supporting athletes of different ages/abilities and adopting coaching practices as outlined by England Athletics
- All run leaders, assistant coaches, coaches and welfare officers were prepared to attend the required child protection & safeguarding courses. Clubs can't pass Clubmark without doing this.

The end of the year or, in reality, the end of the club year as we approach Spring and the AGM is also a time for reflection, and for planning ahead too. At the AGM on 9th April, I shall be standing down as Chair. Increasing work commitments, with time away and traveling means I cannot devote any longer the right amount of time needed. However, like many, I will still be actively involved as a volunteer.

Everything the club is involved in demands the time of officials and volunteers, so please offer help when it is asked for, and even when it's not just ask what you can do... without volunteers, we simply don't exist.

Steve Jackson



VICE CHAIR'S REMARKS

As Vice Chair I have found Steve to be an effective Chairman, and his involvement in most parts of the club, together with the respect he engenders, have been significant factors in the development of the club over the past few years.

His loss as chair is potentially significant. Although there are a few individuals who have recently become involved in various aspects of the Club, there remain a variety of important jobs being covered by a very limited number of individuals, who would be happy to relinquish some of their duties if volunteers could be found prepared to commit their time to taking them on.

The job of looking after the club clothing - keeping it, ordering it and making it available to members, is a current vacancy, and the chair of Track and Field sub committee has been vacant for what seems like a few years.

The job of Chairman needs to be filled, and hopefully by someone who has the two attributes of being prepared to listen, and being prepared to encourage the making of decisions. I do not intend to remain as Vice Chair, as I would hope the new Chairman will have their own preference. I originally volunteered in order to persuade Steve to take the job, and to cover for him when his work commitments got in the way.

I will still sit on the Committee, if voted back on at the AGM, and will also continue to edit and publish the magazine for the time being, in addition to the coaching which is the one job I do want to keep doing.

Under Steve's stewardship, the Club has a healthy budget, and membership fees will remain frozen for the coming year, despite England Athletics affiliation charges having increased to £15 per athlete, and the prospect of additional affiliation fees of £2 per athlete if we want Northern Athletics to survive.

Senior members will now pay as much in affiliation fees to EA as they do to the club.

As the new season approaches our Upper YDL Team will be looking for promotion - after a bizarre restructuring process they were relegated during the close season as a result of a paper match promoting Wigan and Trafford - who we beat last season - above us.

Despite our objections to members of the YDL Committee the paper result stands over the

actual result, so we really have something to prove this year.

The Lower YDL Team will be aiming to make the finals again this year, despite the current proposal to hold them in Bedford, involving overnight stays for teams. I suspect redevelopment for the Birmingham Commonwealth Games in 2022 may be to blame!

Finally, with the Track & Field season soon to be upon us, a word of caution about the UKA Rules of Competition.

At recent Championships people have been warned for wearing clothing that does not comply with UKA Rules. Notably a certain manufacturer sometimes adorns shorts with a huge logo, or their name in very LARGE letters. These are marketed as 'training shorts', not as 'running shorts' for the very good reason that they do not comply with Competition rules that limit the size of logos and lettering.

In addition UKA competition rules say that a vest may carry "a single Trade Mark of the manufacturer of the clothing", and similarly "on lower body attire the logo may appear only once". I hope athletes will bear this in mind when purchasing clothing for competition use.

Similarly, athletes should be aware of rules about failing to take their place in events for which they have qualified (eg semi finals and finals) as failure to take their place can prohibit them from competing in further events at those Championships. This recently caught out one of our athletes in a Regional competition, where he was not allowed to run in a final for which he was the favourite for a gold medal. At two day championships your failure to compete in an event for which you qualified on Saturday would preclude you from taking part in any event on the Sunday!

Pete Hancock



UKA CHALLENGE & MID LANCS X C

EUROPEAN X C

Sefton Park, Liverpool

Saturday 25th November 2017

The UKA Cross Country Challenge is a series of races designed to give a strong level of competition for runners from all over the UK. The challenge events are held in Cardiff, Milton Keynes, Liverpool, Antrim, and Loughborough. The final fixture is part of the Inter Counties Championship on the 10th March

The Liverpool event also acts as the trial race for selection at the European cross country championships, which took place in Samorin, in Slovakia on the 10th December. Conditions at Liverpool were bright and sunny with the odd wintry shower, although the courses soon became churned up.



Andy Benson

The races include two cross country leagues; the Liverpool & District League and the Mid Lancs League, and so the numbers competing were high in all the various events. We have to pre-enter all of the club's runners and the races are chip timed. Despite a number of people asking to run, a sizeable number did not turn up. Although the fee per runner is minimal, it's frustrating that people say they will run, and then don't. However, thank you to the few who were unable to run because of injury or, illness and said so in advance.

Over 600 runners finished the last race of the day, the senior men's over 9.8k. A huge hail downpour started just as the men lined up on the start line. There was a huge charge for early positions as runners exploded away from the gun.

Patrick Dever sealed another Great Briatin selection for the Europeans when he finished 12th overall, and 2nd Under 23 in 31.15. It was a strong and confident run and Patrick led the Preston team to a Mid Lancs 2nd place, behind an exceptionally strong Liverpool Harriers, with

team counters in Mid Lancs positions being, Dan Bebbington (7th), Chris Livesey (10th), Andy Benson (14th), David Rigby (18th) and Richard



Patrick Dever

Smith (34th.)

Ben Connor of Derby won the challenge race in 30.18. Alex Teuten of Southampton was 2nd and 3rd was Sam Stabler of Wreake & Soar ValleyAC.

The quality at the earlier senior womens race was equally good, and a group of four eventually broke clear. Emelia Gorecka of Aldershot won in 27.59, in what was supposed to be a small step on her recovery path after injury. She just edged out Jessica Judd of Chelmsford in the final stages. Over the years, we've seen both these athletes at Liverpool, grow from young juniors into GB internationals.

The Preston ladies were led in by Nichola Jackson (4th in Mid Lancs), Grace Maddox (9th) and Emma Essex-Crosby (49th)

Some of the highlights of the earlier races (and the Mid Lancs positions are noted) saw Imogen Blackwell finish 7th in the under 13 girls race, whilst Darcey Lonsdale was a good 4th in a strong field in the under 15 girls race. The girls team, including Darcey, Scarlett Sutton and Grace Brown were a close 2nd to a very competitive Liverpool Harriers team. Preston had eight finishers in the top twenty. Liam Blackwell finished 8th in the under 15 boys race, with Thom Barnes (11th), Luke Suffolk (54th) & Arran Baldwin (63rd)

Kian Davis won the under 17 mens race, over 5.5k in 18.35, and he was dominant in the Mid Lancs field, being twelve seconds clear of Rossendale's Matthew Mackay. He was closely followed by Benjamin Preddy in 18.59 & Matthew Fazakerley in 19.47. Jack Campy was 14th in 20.51. The team took a comfortable first place on the day.

At the European Cross Country, on what was a bitterly cold day, the fast and flat course actually included some interesting man-made obstacles, such as slopes and a small frozen water jump. Patrick Dever finished 16th in the U23 race over 8.16k and the GB team won bronze, behind France & Belgium.

Both of the senior men's and women's races were won by runners competing for Turkey, but who were both born in Kenya. The transfer of allegiance is a controversial issue and a number of commentators were openly critical about the situation, including Steve Cram on the television commentary.

Jon Brown, a former European xc champion, wrote on the Left Spike website, "is it really fair that the majority of European federations, who devote substantial effort and money to develop their athletes and coaches, are run out of the medals by a rogue federation that is too inept to build it's own genuine high performance

programme?" Strong stuff and the IAAF is allegedly trying to tackle the problem and froze all transfers of allegiance last year.

The Turkish federation obviously don't have as part of their educational programme to incoming athletes, how to hold the Turkey flag. The four Kenyan born Turkish athletes were shown which way to hold the flag by their Turkish born team-mate Alper Demir.

Steve J



Oops!

Noelf (a poem inspired by a Harriers Fell Running legend at the Solihull)

To all you little children
Whose presents turned up late
It was Santa's little helper's fault
Because he can't navigate

But please don't get upset with him
Don't kick up a rumpus
Just teach Santa's Little Helper
To use a map and compass

-It wasn't a disaster
He got down to the pub
In time to get a couple of pints
And he even got some grub!

Anon.



PRESENTATION EVENING

CLUB CHAMPIONSHIPS RESULTS 2017

U9 Girls		
1	Olivia Rankin	165
2	Lucie Duckett	156
3	Fearne Speight	138
U9 Boys		
1	Isaac Allen	197
2	Austin Allen	179
3	Aaron Connell	173
U10 Girls		
1	Sophia Ince	206
2	Elizabeth Buraimo	190
3	Lucy Fulton	173
U10 Boys		
1	Hayden Ridgley	212
2	Logan Campbell	201
3	Louie Barnes	123
U11 Girls		
1	Cerys Allen	290
2	Grace Wareing-Yeulet	196
3	Olivia Coupe	175
U11 Boys		
1	Jay Whiteside	288
U13 Girls		
1	Eleanor Noblet	381
2	Tamalyn Dickinson	361
3	Evie Noblett	342
U13 Boys		
1	George Lowe	355
2	James Ince	352
3	Daniel Shuttleworth	320
U15 Girls		
1	Lauren Tunstall	402
2	Macy Noblett	397
3	Lois Carroll	379
U15 Boys		
1	Will Whiteside	420
2	Theo Bishop	417
3	Taylor Jacob	410
U17 Girls		
1	Daisy McDonald	393
2	Juliet Sherrington	389
3	Charlotte Daley	324
U17 Boys		
1	Harvey Noble	271
Junior Ladies		
1	Sophie Warden	363
2	Emily Wiggins	260
3	Louisa Cole	236
Junior Men		
1	Joshua Leatherd	481
2	Alex Marsden	477
3	Declan Taylor	460
Senior Ladies		
1	Elizabeth Tranter	204
Senior Men		
1	Jacob Weir	447
2	Josh Ingham	199

Veteran Ladies		
1	Caroline Warden	340
2	Victoria Duckett	207
3	Angela Tranter	173
Veteran Men		
1	Tunde Buraimo	391
2	Steve Hallas	351
3	Roy Parkinson	341

TRACK AND FIELD AWARDS

(U.11'S BADGES)

JAY WHITESIDE	COREY MIDDLETON
CERYS ALLEN	GRACE WAREING-YEULETT

Most Improved 5star Pentathlon Score 11-14

Male	Female
GEORGE LOWE (26%)	EMMA TUNSTALL (55%)

BEST PERFORMANCES AT CLUB CHAMPS

ALEX BERNSTEIN
EVIE NOBLETT

MOST PROMISING ATHLETE

MALE:	LIAM BLACKWELL
FEMALE:	ELEANOR NOBLET

MOST IMPROVED T & F ATHLETE

MALE:	ALEX BERNSTEIN
FEMALE:	IMOGEN BLACKWELL

ATHLETES OF THE YEAR

(FOR SELFLESS CONTRIBUTION TO THE TEAM)

MALE:	BYRON SOWERBY
FEMALE:	DREW ILLINGWORTH-TURNER

OVERCOMING ADVERSITY

LUKE SUFFOLK

INTERNATIONAL AWARDS (FIRST NATIONAL VEST)

JASMINE JOLLY (300M H)

SAM MILLER (200M)

JUNIOR VOLUNTEER OF THE YEAR

HOLLIE SUFFOLK

COACHES CHOICE AWARDS

MALE:	EDWARD JEANS
FEMALE:	SOPHIE WARDEN

ACHIEVEMENT OF THE YEAR

SAM MILLER



CROSS COUNTRY

1ST MAN IN NATIONAL XC – ALEX WADDELOVE
 1ST LADY IN NATIONAL XC - EMMA ESSEX-CROSBY
 UNDER 17 XC CHAMPION BOY NATHAN DUNN
 UNDER 17 XC CHAMPION GIRL ELEANOR WARD
 V40 XC CHAMPION GETHIN BUTLER
 O/A LADIES XC CHAMPION EMMA ESSEX-CROSBY
 O/A MEN'S XC CHAMPION DANIEL BEBBINGTON

ROAD

1ST FINISHERS IN PRESTON 10

MALE	ROB AFFLECK
FEMALE	HELEN CLITHEROE

ROAD RUNNING CHAMPIONHIP

FEMALE V40	1ST JULIE TYRER
	2ND KARI EDWARDS
MALE V50	1ST PETER COWLING
	2ND ANDREW TRANTER
FEMALE V50	1ST SUE WICKHAM
	2ND ANGELA TRANTER

MALE OVERALL CHAMPION

1ST SIMON COLLINS
 2ND DOUGIE POTTER
 3RD PETER COWLING

FEMALE OVERALL CHAMPION

1ST DOLLY PARKES
 2ND JULIE TYRER
 3RD SUE WICKHAM

GUESS YOUR TIME SERIES

DAVE WATSON

FELL

Under 11 Girls	1st OLIVIA COUPE
Under 13 Boys	1st VLADIMIR WIGGINS
	2ND JAMES HAWTIN
Under 13 Girls	1ST GRACE HORNE
	2ND MEGAN IND
Under 15 Boys	1ST LUKE SUFFOLK
	2ND ARRAN BALDWIN
Under 20 Women	1ST EMILY WIGGINS
Boys Champion	VLADIMIR WIGGINS
Girls Champion	GRACE HORNE

V40 Fell Champion	ROGER TAYLOR
V50 Fell Champion	DAVE PARKINGTON
V60 Fell Champion	MICK MCLOUGHLIN

Best performance in a pairs event

	PETER CARTER & LINDSEY BERENDS
Ladies Champion	LINDSEY BERENDS
Mens Champion	OLIVER HEATON
Poor Navigation	MICK MCLOUGHLIN

VETERANS AWARDS

Men	ANDY WHALEY
Women	VICKI SHERRINGTON

SIXTY YEARS A HARRIER

A season of football 1958-59 was less fulfilling than I had hoped. I wasn't much good but did eventually find modest talent as a goalkeeper, which got me picked for the office team. I must have done some training as well, and came to the conclusion that running round a muddy park was much better when the objective was running!

Back on Ashton Park we would hold our Club championships, which included a Pentathlon, based on events that were possible given our facilities – we had a 10 lb Shot, some high jump stands (no bed!) and a few hurdles. Frank Fish won it more than once. This event seemed to reflect the kind of “all round” athletes we were. We would all have a go at everything - track, field, road, country, and later with the Maurice Dean influence on to Fell Running and later still Orienteering.



Lake District Mountain Trial 1960

In the summer of 1959, trips to the Lakes led to a team being entered in the Lake District Mountain Trial, which had started in 1952 with Maurice in the team and his mate Roland Moore the winner. I wrote about this event on an earlier Harriers website – maybe now lost but we'll have a search! The '59 team struggled but during the next few years George Barrow and the Clarke brothers achieved some success in the event, which continues to this day.

The Lancashire Championships (the OLD Lancashire, that is) were among the Club's main targets of the year. Track & Field would take us to new cinder tracks at Pilkingtons (St Helens), Alt Park, Huyton, Kirkby Stadium and somewhere in Farnworth. My own favourite event was the 8 x 3 miles road relay championship at Southport, with the changeover on the promenade close to

the Floral Hall. Flash forward to an October in the 1990s, when I was Chairman at a meeting of the North of England AA which was going on longer than planned: I remember saying (maybe just to myself) “this is stopping me from seeing Preston Harriers win the County Road Relay for the first time” – and they did!! The event continued at this venue for some time after “Lancashire” got split up, but has since moved and become the N W Counties.

All of this got me into a serious training regime, which despite interruptions caused by relationships, home and career changes, has been important for the whole of my life. At the same time I began to find that I could be more use to the Club and the sport by playing a part in the organisation. The first stage of this was in 1964 when I became the Club's “Honorary Treasurer”. Little did I know what this would lead to and how it would affect my life

So having been appointed the Club's Treasurer I found myself attending meetings, collecting subs, doing accounts and, by my own choice, trying to communicate better with members and record performances through a monthly newsletter called (guess what) “The Harrier”. Membership was small by modern standards, so the work didn't (at first) affect training. I had another peak period 1965-67 and kept going with a diet of track & field, road country and fell until 1971, by which time work (paid and unpaid) had taken over,



2 Mile Team, Lancaster 1965

The opening of London Road track in 1964 was a major development for the Club and numbers began to grow. It opened with a Lancashire Championships event and in the following years we developed the Parks Trophy meeting, primarily



London Road 1971

an inter club meeting with Relays and team events, plus a few Open races, which became one of the key events of 1972 Guild Year. In that year the Harriers had their usual role of bringing the Scroll to the Mayor on the steps of the Harris Library. Grace Ettles and John Martindale led the first leg from Manchester Airport and I shared the final leg with Liz Connors, accompanied by a large contingent of members.

In the early part of 1965, the influence of Maurice Dean had seen me taking part in the Three Peaks Race – an event of which Preston Harriers were the founders. I was unfit and finished near the back in 4.26, despite which I remain quite proud of the certificate I was awarded. I kept waiting for Maurice to catch me up, but later found that he had been hidden in a car as we went through Ribbleshead. He also had us taking part in Orienteering events in assorted locations (country and street), as the sport grew.

During the '60s I had kept finding myself taking on jobs in the administration of various aspects of our sport, and when this was added to career pressures I found no time for training. I had been Secretary of the North East Lancs Track League, which had led me to take on the Northern (Mens) T&F League, in which I held office for over 30 years. I was persuaded to become a District Secretary for the Northern Counties AA, became Championships Secretary, Team Manager and played a part in the creation of the North of England AA when we succeeded in bringing both sexes and all disciplines under one governing body.

Even that has all changed now, but I'll keep out of the politics of the sport.

In the 1980s, by when running suddenly became fashionable, I got myself back into training and did a few events in the 20 or so years until my legs told me to stop. That should have been the end of my active athletics life, but I will be 80 next year and since the weights of throwing implements reduce with age, I have booked next year's Club Championships in my diary with a view to some new PBs.

And all this has happened because I joined Preston Harriers sixty years ago. I wish I had done more running and less talking, but nevertheless it has been a very important part of my life and I am proud to remain a member of this famous Club !!

(comments and corrections can be sent to royswinbank@tiscali.co.uk)



Preston Guild 1972

PRESTON HARRIERS SPORTSHALL

Sunday 3rd December 2017

Sir Tom Finney Sport Centre

Young Harriers showed by their performances that the club has a great pool of developing talent. 70 club members competed for awards at the club's annual Sportshall Athletics meeting held for the first time at Sir Tom Finney Sport Centre. The indoor event saw youngsters from 8 to 14 years old select 3 events from the 8 event programme, which saw 210 performances recorded.

Isabella Chiarella won her 3 events to win the girls' school year 3 competition. Sisters Olivia and Emily Rankin won their 3 events to take the girls' school year 4 and 7 top awards respectively. Madeleine Guy pushed Emily hard when she had two wins and a second to be placed second in the school year 7. In the girls' school year 5 both Natasha Cooke and Elizabeth Buraimo scored maximum points both winning their 3 events to be joint winners. Cerys Allen and Chloe Kurjan were also joint winners in the girls' school year 6 both winning their 3 events. 3 wins saw Eleanor Noblet pick up the first place award for the girls' school year 8.



Emily Rankin and Eleanor Noblet



Josh Perry

In the boys' events only year 8 competitors Vladimir Wiggins and George Lowe won 3 events each to be joint winners. The closest competition was in the boys' school year 7 when Mark Jozsa and Harrison Kiley finished joint second with 2 wins and a third place each with Sebastian Chiarella just securing first place with 2 wins and a second place in his 3 events. Jay Whiteside beat Luke Atkinson in the boys' school year 6, with 2 wins and a second against 2 wins and a third respectively. Logan Campbell, Ethan Chadwick and Josh Perry finished 1st, 2nd and 3rd respectively in the boys' school year 5 competition. The school year 4 competition was the closest of all with Benjamin Roberts (20 points) first, Aaron Connell (19 points) second and a further point behind with 18 was Issac Allen. Nate Wilson missed out on a podium place by a point, scoring 17.

MID LANCS XC LEIGH

Leigh Sports Village

Saturday 9th December 2017

The race at Leigh was a substitute for the planned fixture at Hyndburn's Wilson Playing Fields. Leigh is an odd course; a mixture of hard packed trails, some tarmac and areas of thick goeey mud. There are some tight running corridors too, with not much room to manoeuvre.

Footwear choice was the main topic of conversation at the tent, along with the weather and the forecast, which for the later afternoon, included snow and hail showers. They duly arrived on time.

Numbers were sorely limited in the junior age groups, which is always a surprise to some. The U13 boys finished 5th in their race over 4k; a strong Blackburn Harriers outfit winning easily. George Denye was 11th, Jenson Warren 22nd and Billy Reid 29th. The U15 girls running over 3k saw Grace Brown finish 8th, Scarlett Sutton 13th & Jessica Watson 22nd. Cailin Magee was 33rd and Eva Sturzaker 39th.

Conditions started to deteriorate for the women's race at 2pm, the skies darkening and being full of impending doom. Cross country devotees, Emma Essex-Crosby and Marian Hesketh led the ladies home in 17th & 21st respectively,

with Amanda Ridgeley turning in a fine run for 27th. Despite the weather, there was a reasonable turn-out from us and most clubs.

Two hundred and 28 runners completed the men's race and there were several prolonged, wind driven hail and snow showers. The team recorded an excellent win, making it three successive Mid Lancs league wins out of the three fixtures, this season. It was only just so, though – a win on countback, as on points, we were equal with Blackburn Harriers but our final counter, Ben Read, came home before Blackburn's final counter. Daniel Bebbington had a very strong run to finish 2nd in 35.47 over 10k, just behind James Douglas of Border Harriers in 35.35. Andy Benson was an excellent 5th, Richard Smith a very good 16th, Matt Livingstone 33rd, Alex Waddelove 40th, and Ben Read 41st.

We had just enough runners to post two completed teams and thanks to everyone who ran. It was very cold and wet as everyone finished their race and people soon started chilling off. Everyone was completely mud splattered, hands wouldn't function properly and warm, dry clothing was the order of the day. The tent was wet through, and it took a long while to dry too.

Steve Jackson



CHRISTMAS HANDICAP



17th December 2018

One of Preston Harriers longest established events the Christmas Handicap can trace its beginnings back to the 1950's and is still an annual event. Over its history various venues have been used. In the 1980's and 1990's when the club's base was at London Road Track a course around Frenchwood. In the early 2000's Haslam Park was used but the event moved to Avenham Park more recently with the use of the café for refreshments.

This years' race attracted 38 runners compared with 64 the year before. With competitors covering either 1, 2 or 3 laps depending on their age, of the 800m (Approx) course around Avenham.

The handicapper has the difficult job of trying to give each runner a start time with the hope that everybody would cross the finishing line together. Entry fee was a wrapped Christmas present which was put into a bag. Runners would dip in the bag for a present, hopefully not theirs, in the order they finished.

Ruby Allison (2 lap) was first over the finishing line with a time of 23.21, but her actual running time was 15.21 which was the fastest 2 lap time for a female. Just 4 seconds behind

in 2nd place was Arran Baldwin (3 lap) 23.25 ,which was his actual fastest male 3 lap time. Next home 3rd was Luke Suffolk in the fastest male 2 lap time of 12.21, in a finishing time of 23.41. The fastest female 1 Lap time of 7.51 was set by both Grace Wareing-Yeulett and Gabriella Rix in 22nd and 25th position respectively. The quickest 3 lap female was Olga Wiggins in 23.40 in 31st position.

Thanks to all who helped to make the event so enjoyable. If you didn't take part then we invite you to do so next year.

Despite many of the older participants' requests to sack the handicapper due to his lack of favouritism, he assures me he will try to be better next year, unless there is a volunteer to relieve him of his task!!!!

Bob W



RIBBLE VALLEY 10K

31/12/2017

The 2017 road race calendar came to a close with the Ribble Valley 10K which, this year, was selected as the Northern Athletics 10K road race championship, taking runners on closed country roads on the outskirts of Clitheroe. The hilly race always sells out and attracts a strong field of runners at the front. In amongst a high-quality field, to pick out just a few names, the 2017 edition included last year's winner Marc Scott, Olympic triathlete Jonny Brownlee and Preston Harriers' own Paddy Dever in the men's race and Laura Weightman and Beth Potter in the women's race, all of whom are GB athletes.

The weather was bright but windy with occasional strong gusts which slowed the pace of this year's race but, true to the reputation of the race as a fast event, many runners still registered new personal bests regardless. There is keen competition at the front of the field in both men's and ladies' categories with Harriers' Helen Clitheroe holding the ladies record of 32.30 and the men's record standing at 29.10. Only two managed



Vicki Sherrington

a sub 30-minute time on the day, possibly due to the wind on exposed parts of the course.

The early pace was set by St Helen's runner Matthew Crehan before his efforts took their toll and the main race lead pack moved away and controlled the race thereafter. In the final couple of kilometres, Scott made his move and took the race win in 29:37 ahead of Brownlee, Richard Horton of Shaftesbury & Barnet and Dever (30:03) respectively.

With Horton not being eligible to count towards the North of England championship, Dever took a hugely respectable bronze. He also helped Preston to the Northern 10K team prize along with Andy Benson (31:04) and Nathan Dunn (31:14- also finishing 1st junior male). The women's race was won in 32:31 by Weightman, beating Potter into second and Stevie Stockton of Leeds AC in third.

Thirty-five Preston Harriers finished the race with several winning age category prizes. The winning men's team were followed in by Matt Wigelsworth, Richard Smith, Tiarnan Crocken (3rd junior male), Benjamin Preddy, Alex Venables, Kevin Hunt, Lee Foley, Alan Durney (2nd v50), Alex



Lee Foley

Waddelove, Darren McDermott, Kenny Gawne, Colin Shuttleworth, William Johnstone, Kevin Hesketh, Alan Metcalf, Steve Needham, Alan Appleby (2nd male v70), Marian Hesketh (1st female v60), Steve Mort, Victoria Duckett, Emma

Essex-Crosby, Vicki Sherrington, Olga Wiggins, Kenneth Gawne, Julie Tyrer, Gareth Whittaker, Tracey Yates, Sue Wickham, Linda Roberts, Judith Deakin (2nd female v70), Deborah Whittaker and Tracey Young.
Richard Smith



Alex Venables

Saturday 6th January 2018

The Lancashire cross country championships once again took place at Witton Park, Blackburn. On a sunny but cold day, with a raw penetrating wind blowing down the open fields and across the saucer, the stand-out performance was a fantastic win for Daniel Bebbington in the senior men's race.

The men's race distance of about 9.8k, saw the runners climb the "saucer hill" four times, and a group of five broke away on the second lap. That group, more or less, stayed together until the final push down the hill on the final lap and three runners were now in contention as they reached level ground on the fields after coming through the muddy cow-gate. An exciting finish saw Dan take first in 31.01 and push Ben Fish of Blackburn into 2nd place by six seconds. Gary Priestley, of Horwich, a runner up on five previous occasions, was 3rd.

Nathan Dunn was 5th and first under 20 (by over a minute) in 31.24. Both Nathan and Dan will now go on to represent Lancashire in the Inter Counties cross country championships at Prestwold Hall, Loughborough on the 10th March.

Richard Smith finished a good 24th in a very competitive field, whilst Byron Sowerby was 6th under 20, 41st overall in 36.27. Simon Collins was not far behind in 36.45. Lee Foley was the final team counter of six, for 5th place with Salford Harriers taking top spot. Blackburn were second and Rossendale third.

The U15 girls race also saw Harriers athletes having to be in the first six places for automatic picks; Darcey Lonsdale was 2nd over the 3.8k distance, and Scarlett Sutton was 3rd. With Emily Mayson 11th and Annabel Duffy 14th, the girls recorded a team win too. Faye Houghton was 18th & Scarlett Allison 39th.

The only other team success and initial Lancashire selection too, was in the U17 men's race over 5.5k and in the U20 women's race, held within the senior women's race. Kian Davis was 2nd in 17.38 and Benjamin Preddy 3rd in 17.42. Matthew Fazackerley finished 6th and as a result, the team took first place from Liverpool Pembroke Sefton. Blythe Fourie was 3rd under 20 in the senior women's race and 16th overall.



Alan Appleby & Ian Palfrey

There were a number of individual Lancashire medals won in the various age categories in the senior races. Alan Appleby was 2nd vet 70, Judith Deakin 1st vet 70, Marian Hesketh was 1st vet 60 and Sue Wickham 2nd vet 55. Overall competing numbers were U11 boys 70, U11 girls 51, U13 boys 45, U13 girls 56, U15 boys 34, U15 girls 44, U17 men 20, U17 women 13, senior women 76 and senior men 154.

Steve Jackson



Marian Hesketh



20th January 2018

The Annual Sportshall meeting between Harriers and Kirkham Grammar was re-established this year after a years' break. Each side had a team of 8 Girls and 8 Boys of school year 6 age who compete in 5 events each. These are Speed Bounce, a run of various distances, a field event followed by a relay, with an obstacle relay to finish. Harriers team were unable to field a full team of School year 6 athletes. The team consisted of 2 School Year 4 and 5 School year 5 with the rest made up of School Year 6. This put Harriers at a disadvantage as all Kirkham Athletes were year 6.



Oliver Adewale

The Girl Harriers put up a great show with Cerys Allen winning her 2 individual, the 1 lap and the Standing Triple Jump (6.77m), and being a member of the winning Relay team led by example. The other members of the victorious relay team were Libby Buraimo, Summer Walpole-Taylor and Luci Duckett. The same team came second in the Obstacle Relay. Summer gained 2nd in the 2 lap and the Standing Long Jump with 1.61m. Chloe Kurjan ran well to finish 2nd in the 2 lap race. Libby Buraimo was runner up in the Vertical jump with a height of 42cm. The Girls match score was Kirkham 85.5 points to Harriers 62.5 points.

The Boys team battled hard with Jay Whiteside having a great day winning both his individual events, 1 lap, and Standing Triple Jump (6.10m), and was a member of both the winning Relay team and the second placed Obstacle Relay team. Luke Atkinson, Marty Vickers and Harley Corcoran were the other members of the relay teams. Harley was second in the Standing long jump of 1.90m. Hayden Ridgley, Corey Middleton, Logan Campbell and Luke Atkinson finished 2nd in the Vertical Jump (45cm), Javelin (17.50m), 3 Lap and 2 lap respectively. The Boys match scores was Kirkham 81 points to Harriers 67 points.

The athletes can be proud of their performance. Well done all.

Bob Welfare

Cardington Cracker Fell Race

Sunday 3rd December 2017

A trio of Harriers made the long trip down to Shropshire to compete in Telford AC's Cardington Cracker fell race. It is a popular race, and 276 runners completed the 9 mile and 2,600 feet of ascent course this year.

The race starts in Cardington and its first top and checkpoint is The Lawley at 1,236 feet. There follows a grassy descent and a climb up Caer Caradoc and the second checkpoint at 1,506 feet. There's another climb to Gaerstones Hill and then the Hope Bowdler ridge to Willstone Hill, which is the last checkpoint.

Roger Taylor was 97th in 1:46.13. Michael McLoughlin finished in 1:56.45 & Gordon Thompson posted 2:10.11. Sam Roberts of East Sutherland AC won in 1:17.41



Roger Taylor (left)

Ashurst Beacon Fell Race

Saturday 13 January 2018.

A quartet of Preston Harriers completed the first local fell race of 2018 at Ashurst Beacon near Parbold.

The course consists of tough and varied terrain with 950 feet of climb throughout the 5.9 miles. First Harrier home was Oliver Heaton with a brilliant run in 4th position and a time of 40.14. He was followed in by Andrew Harrison (46.17, 32nd), Phil Lakeland (69.18, 121st) and Ben Higginson (70.08, 125th).

EDITORS SPOT

There are many harriers whose names go untold
With tales to tell of feats brave and bold
With stories of races won, races lost
And whose efforts have tolled uncounted cost

There are others around who just wish to hear
Of others' adventures - some without peer
But most of your tales are of interest to some
And maybe the time to tell them has come

Our magazine won't put your name up in lights
But it will provide reading for dark winter nights
And if you don't think your story needs to be told
You are very mistaken - you need to be bold

But just because you got a pb
Doesn't mean you should write in to me!
Please give me a story of just what, how, and why
So that others can read and they also can try

And if you would like your pics to appear
Send me a photo that is nice and clear
Don't send tiny images you took on your phone
Give me plenty of pixels to enhance what is shown

Parents or youngsters can all add their bit
The simplest stories can be a great hit.
Of pictures with text I always need more
Although lists of results can just be a bore
So whatever you think of just send me the lot
The more you send me the more I have got
So why don't you please just give it some thought
And maybe the next Mag won't be quite so short



MID-LANCS X C BURNLEY

Saturday 13th January 2018

The fourth Mid Lancs cross country league fixture of the season took place last Saturday at one of the long-standing venues, Towneley Park in Burnley. The hosts were Trawden AC and the ground was quite firm, which was a surprise considering all the recent wet weather.

Harriers senior men had a terrific day and secured the Mid Lancs Division One championship by being the first team home, making it four successive wins. With the positions being decided on the best four races from six, Harriers win was secured early in the season.



Nathan Dunn, Dan Bebbington & Chris Livesey

There was a fine tussle at the head of the race, with three runners breaking away early and the lead ebbed and flowed between Harriers' Dan Bebbington & Nathan Dunn and James Douglas of Border Harriers. In a fast surging finish, Bebbington won in 31.06 over the 9.8k course, just ahead of Dunn in 31.10 with Douglas third in 31.24.

Chris Livesey had a strong run for 4th in 31.38 and Richard Smith was 13th in 33.32. Matt



Matt Livingstone

Livingstone paced the course well for 23rd and Simon Collins finished 32nd to complete the first placed team. But there was excellent support and backing from a very good turnout and amongst a number of others, Lee Foley was 41st, Alex Waddelove 52nd, Ben Read 63rd, David Watson 70th, Chris Wales 86th and William Johnstone 104th. 235 finished.

In the senior women's race over 5.8k, Blackpool's Emily Japp had a dominant run, winning in 19.23. Victoria Cowling was 31st in 23.44 and Katey Foster just one place behind in 23.45. Emma Essex-Crosby was 41st and 157 finished.

The earlier junior races saw a number of the club's juniors taking part and there were some very strong finishes; Vladimir Wiggins sprinting ahead of team-mate George Denye in the under 13 boys race and in the under 15 girls, Grace Kelly, Cailin Magee and Eva Sturzaker all pushed hard in the final straight.

NORTHERN XC CHAMPIONSHIPS

Saturday 27th January 2018

The Northern Athletics cross country championships, held for the first time at Harewood House Estate to the north of Leeds, produced a set of challenging courses with hills and longer laps for the u17 races and upwards because of the amount of space the venue had. This meant that, especially in the senior women's and senior men's races, any lapping was kept to an absolute minimum with the result that spectators and officials could see who was in front and it made for far more entertaining races.

Northern Athletics had to meet a number of specific requests from the Estate to ensure the races went ahead and in the week preceding the event, they had a huge amount of work to do to overcome the problems caused by the heavy rain associated with Storm Georgina. On the day before the race, because the situation had deteriorated further, they had to send out revised parking and access details, especially for those dropping off club tents.

On the day itself, despite a long spell of morning rain forecast which was meant to track in from the west (and in Preston it was quite wet!) there was only spits and spots as the rain must have petered out over the Pennines. However, the wind remained strong and it was evident how the runners were having to work so hard on some of the climbs into a headwind. The ground held up quite well, although some parts turned softer and



Darcey Lonsdale

muddier. The club tent area also didn't degenerate into a sea of mud as happens at some venues.

The under 17 men's race produced an excellent third place for Harriers' team in what turned out to be a closely contested race with Middlesbrough AC and Morpeth Harriers. Over 6k, Kian Davis was 19th in 21.41 and Benjamin Preddy was only just behind in 22nd, with 21.44 and Matthew Fazackerley in 24th. Niall Higham finished in 35th and Jack Campy was 61st with Matias Grixti 66th. With the first four team runners to count, but of course everyone contributes, Middlesbrough were 1st with 80 pts, Morpeth 2nd with 90 pts and Preston had 100 pts.

The individual performance of the day came from Nathan Dunn who was a very good 6th in the under 20 mens race over 7.7k and that despite being at the lower end of the age group. Nathan finished in 28.15. Byron Sowerby was 47th in 31.53. The race was won by Leeds City's Emile Cairaiss in 27.07.

In the u15 girls race, there was a team placing of 6th with Scarlett Sutton, 28th in 17.15 over 4k. Darcey Lonsdale was next to finish in 17.43 and Grace Brown recorded 17.45. Jessica Watson had a time of 18.34, Annabel Duffy 18.45, Emily Mayson 18.46, and Faye Houghton 19.19.

Emily Wiggins competed in the ladies u20 race and the numbers here demonstrate all too obviously how people are lost to the sport. There were 60 finishers out of only 80 pre-entrants. The u13 girls had 235 finishers from 280 pre-entrants and for the u15 girls, 186 finishers from 238 pre-entrants. The u20 race was re-timed to start at 11.25 and not at the original 11.35, and was taken early on in the planning period but not before the prospectus was issued showing the 11.35 start time. This was done as to start the race at 11.35 would have meant the leaders in the following race, catching the tail enders in the u20 race.

Hannah Thompson was our only runner in a very competitive u13 girls race over 3k, finishing in 14.05. In the u13 boys race, over just 3k, only three minutes separated the first 196 places. Harrier's



Ethan Warren

representatives were close to each other with Vladimir Wiggins 134th, Billy Reid 137th, George Denye 138th and Jenson Warren 143rd. Sale won the team event with there being 232 finishers.

In the senior women's race, which was towards the end of the day, Emma Essex Crosby and Katey Foster were together for most of the 8k distance and finished above halfway in a field of 435 runners. Vicki Sherrington and Olga Wiggins completed the team effort. Leeds City won the team prize, yet again at these championships and with consistent high placings; their counters finished 6th, 7th, 11th & 15th. They beat Sale, but only just, into 2nd and Rotherham who always have a strong ladies team, were 3rd.

In the senior men's race, covering a huge 12k and the last race of the day at 3.05pm, there were 761 finishers, but because the race was played out over two long laps with a loop that had a set of tough rises and falls, the lapping that does happen on three or four lap courses was hardly seen. Dan Bebbington was 28th in 42.03, and Andy Benson was next home in 59th and 43.40. Simon Collins, in 171st recorded 47.38 and the remaining team

counters were Ben Read, Chris Wales, and Tony Livesey.

In what was an exciting finish, Carl Avery of Morpeth won in 39.50 from Lincoln Wellington's Matthew Bowser, who was four seconds behind had led for nearly all the race and had surged away into an early lead. Sale Harriers won the men's team trophy, Leeds were 2nd and Lincoln Wellington were 3rd ahead of Salford. Preston were 21st out of 57 closed in teams.

Our tent for the senior races provided shelter too for some of our friends from Wesham Road Runners and a pair from Penny Lane Striders, whom former Harrier, Charlotte Rawcliffe who was running, now competes for, having moved to Liverpool.

Sad to say, that as the men finished the race and got ready to depart and help take the tent down, the interior of the tent was an absolute mess, with apple cores, banana skins, race number envelopes, tape, bottles and dirty socks just strewn about. Not that far away, were a row of bins and it shouldn't be that difficult to put rubbish in a bin, or look for one. Thanks to Chris Wales who cleared it all away and everything was thrown.

Northern Athletics are seeking to hold the National cross country championships at the same venue in February 2019. They are looking at some on the day logistical and siting improvements and a need to reach some agreement with the Harewood House team to change the course layout slightly. The Nationals have been in Leeds several times before, but at different venues. The most recent was 2010, at Roundhay Park and shuttle buses operated from the car park at an industrial estate two miles away. At least Harewood House car parking is on site!

Steve Jackson



THE MYPROTEIN PRESTON 10

November 19th 2017.

For those taking part in the Myprotein Preston 10, the race date may only have been in their diaries for a couple of weeks or even a couple of months for those who prefer to plan ahead. For those involved in organising the race, the date was carved into our consciousness from January when planning started in earnest (earlier for those involved in last year's organising committee and wanting to raise the profile of the race).

Don't underestimate how involved and encompassing race preparation can be. This year has seen the race greatly increase its profile and recruit various sponsors. In spring work was forging ahead making contact with countless potential sponsors and building a cooperative relationship. We are fortunate and grateful to have secured headline sponsorship from MyProtein and were supplemented by additional sponsorship from Spar, Human Kinetics, Pete Bland Sports, Sue Wickham and Eyessentials opticians. The race has benefited immeasurably from the support of all of the above whether that has been in terms of financial provision, production of race numbers, contributions to goody bags and spot prizes, water for the course or general input and suggestions going forward. We hope and trust that they all felt part of the race and can share in its success.

Further support came from no less than four race photographers; David Wood, Dave Edwards, Sean Sweeney and Mick Mitchell. All of whom did a sterling job and have been as generous in sharing their photos as they can be. Around 60 volunteers helped bring the race to life on the day, obviously far too many to name individually but it literally wouldn't happen without each providing their time (for some that was six hours on the day), equipment and good spirit. These volunteers came from runners, members and coaches within the club, plus parents and friends carrying out jobs varying from being the lead bike, removing race time chips and handing out goody bags and

countless other jobs. Once again this support was voluntary and is a great credit to each and every one.

We were grateful once again to Hutton Grammar for allowing us the use of the school as the race HQ and allowing us to access their grounds, toilets and changing rooms. Thanks go as well to the caretaker who was around after hours and at the weekend to provide access. Chorley's Angels were once again on hand for first aid. John Schofield and his team provided the typically quick and accurate race results and timing systems and Steve Ashcroft gave up his time to be the race referee. We enjoyed the catering from Cafe2U and JK Burgers who once again provided pre, during and post-race drinks, snacks and meals to runners, helpers and marshals alike including the generous provision of a free drink to those who did marshal. Frontrunner were very obliging and helpful in the production of the medals and produced and delivered them weeks ahead of the stated lead time.

After several hundred emails, dozens of hours spent in meetings and discussions and a WhatsApp conversation that commenced on February 2nd and is ongoing to date, the committee, namely (and in no particular order!) Joe Howard, Philippa Walsh, Steve Taylor, Kari Edwards, Sue Wickham, Simon Collins, Richard Smith, Steve Jackson & Andy Whaley are, to varying degrees, delighted and relieved that the race, which saw a bumper turnout of 670 entrants, went off as well as it did. The feedback has been overwhelming. Coverage has been seen in Athletics Weekly and RunFast among other places and, having played host to the Lancashire Championships this year, it is hoped that the race can continue on its evident upward trajectory. Wholehearted and unreserved thanks go to all named and unnamed above. The race and any success belongs to all of you as well as the runners. Let's hope for all this and more next year.

The Preston 10 Committee



THE RISING COST OF RACING.

The Problem

As the dark winter nights progress and the effects of another festive season become apparent, I find myself perusing the various websites in search of some challenging races to provide motivation for my winter training.

Alas, I find myself unwilling to take out the bank loan that would be required to race locally on a weekly basis.

My research came up with the following prices for races in the first 3 months of 2018 (all figures apply to attached club runners):-

January 2018

Garstang 10k	£15.50
Inskip Half Marathon	£22.00
St Annes 10 mile	£16.50

February 2018

Blackburn Winter Warmer	£13.50
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March 2018

Garstang Gallop	£12.00
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Add to this, from December 2017, the Guy's 10 mile (£13.00), Ribble Valley 10k (£15.00) and, worst of all, the Boxing Day 10k at Worden Park (£15.50).

Yes, one must rise early enough on Boxing Day to start a race at 10am and pay £15.50 for the privilege of completing 2 laps of an inter club race!!

And yet many of these races get large fields and some are even oversubscribed. Baffling.

HURST GREEN TURKEY TROT

Saturday 16th December 2017

With an emphasis on fun and Christmas costumes, the Hurst Green Turkey Trot saw an amazing array of Christmas, and not so Christmas, fancy dress. A group from Trawden AC even set up a bar out on the course!

The start area had to be pushed forward because of frozen tracks so the run was about 5 miles. There were icy patches out on the trails, although there was plenty of mud too but not the knee-deep gunge of recent years!

The Solution

Difficult, but there are still some good races out there at a reasonable, if not bargain, price.

Check these out:-

Ashurst Beacon	£4.00
Parbold Hill Race	£7.80
Standish Hall Trail Race	£6.00
Harrock Hill	£4.00 (Or £12.00 for series of four races)

Seems to me that Wigan has the answer. Plus the following nearer home:-

Roddlesworth Roller	£7.80
Badger 10k	£8.00
Wesham Summer 10k (New race)	£6.70

And finally, make sure you renew your Harriers membership pronto - this will give you 7 interclubs and 6 cross country races..... ABSOLUTELY FREE.

Phil Lakeland.

Kevin Hunt was 17th in his Christmas jumper whilst Andrew Acklam and Andy Grimshaw were not far behind. Sue Wickham and Kari Edwards ran too in Christmas outfits.

The prizewinning, which this year was at St Peter's Social Club, has achieved legendary status with the winners being loaded up with numerous Christmas goods. Category winners too took home some loot and there were plenty of spot prizes for the best costumes. The winner was Carl Bell, who had travelled from Keswick and the ladies' winner was Nichola Jackson.

NORTHERN INDOOR U13/U15 CHAMPS

On Sunday 4th February a small group of Preston Harrier athletes, parents and coaches made the journey to Sheffield for the Northern Athletics under13 / under15 Indoor Championships which was being hosted at the English Institute of Sport. Standout Preston performer was u13 boy James Ince who won gold in the 200m also breaking the Championship record with a run of 26.72 sec. James also won gold in the long jump with a jump of 4.83m and took the silver medal in the high jump with 1.40m



James Ince

The other u13boys also put in some great performances with Harrison Kiley taking gold in the shot - with a PB of 7.98m and Seb Chiarella ran PBs in the 60m and 200m sprints.

The u13 girls recorded some fantastic performances.

Emily Rankin led the Long Jump competition for the first 4 rounds recording jumps of 4.52, 4.50 and 4.50 only to be overtaken in round 5 by

an athlete jumping 4.53 and then 4.54 in round 6. Unfortunately Emily was unable to increase her mark however 5 of her 6 jumps were further than her previous PB coming into the competition - fantastic, consistent jumping rewarded with a well deserved silver medal. Emily also competed in the 60m advancing through the heats and semi finals to finish 6th in the final, her best time of the day 8.74sec.

Emily was unable to advance past the opening heats in the 200m but improved her PB by over 1.49 seconds. What makes Emily's performances even more special is that she had been wearing a cast on her forearm up until 2 days before the competition and she ran the Lancashire Schools cross country champs for Preston schools the day before this competition.

Evie Noblett was equally successful also winning a silver medal. In the U13G Shot Evie was only 3cm from her PB recording 8.87m to finish second behind Amber Hughes from Southport.

Evie had a gruelling afternoon running 5 races in a few hours. In the 200m she won her heat in 27.92, finished second in her semi (28.19) and narrowly missed a medal finishing 4th in the final. Her heat time currently ranks her 4th nationally.

In the 60m Evie advanced through the heats but narrowly missed qualification for the final finishing 4th in her semi - recording a best time of 8.83sec.

In the u13g 800m Charlotte Mahoney ran a season best performance.



Harry Burrow

U15boys were well represented with 5 Preston athletes competing.

Harry Burrow continued his impressive improvements in the Pole Vault jumping a PB 3.00m for a silver medal.

The u15b 60m hurdle was the event I was most looking forward to with 3 strong Preston boys competing in the field of 10 athletes.

Taylor Jacob won heat 1 with a time of 9.36sec.

Harry Burrow won heat 2 recording 9.50sec and Daniel Shuttleworth finished 3rd with 9.86sec. 3 Preston boys in the u15b hurdle final??

Hopes of a clean sweep were dashed when Taylor was unfortunately disqualified from running in the final. He hadn't realised that he had also qualified for the 60m sprint semi final as a fastest loser and by not turning up for the semi he automatically disqualified himself from the remainder of the champs. This unfortunate incident left me wondering just how child friendly our sport really is. A hard lesson learnt but I know that this has just made Taylor more hungry for success during the outdoor season.

Earlier in the day Taylor had jumped a massive PB (5.42m) in the Long Jump to finish 4th in a strong competition. His time of 8.09sec in the 60m heats was also a big PB.

In the 60m hurdle final Harry Burrow improved his PB again to earn another well deserved silver medal - 9.43sec. Daniel Shuttleworth finished 4th in the final with another PB of 9.75 well done

Harry and Daniel - a thrilling final for the spectating crowd. Daniel also ran in the 60m recording a PB of 8.29sec in his heat.

Alex Kerfoot ran 2min18 in his 800m heat and improved this to 2min15 to finish 6th in the final.

George Lowe jumped a PB 4.44m in the Long Jump and put 7.51m, a PB with the 4kg shot to finish 5th in the shot competition.

In the u15g we had 4 girls competing. Eleanor Noblett performed well in her first competition as an u15g. In the Long Jump she recorded 4.41m in a large field of 42 athletes. In the 60m she recorded PBs of 8.35sec and 8.33sec but her 4th place in the semi wasn't enough to advance her to the final. Eleanor also ran in the 200m recording 28.8sec in her heat.

Tamelyn Dickinson recorded PBs in the 60m 10.74sec and 60m sprint 8.83sec

Heather Taylor-Harling recorded 4.29m in the Long Jump and 9.01sec in the 60m

Macy Noblett managed to advance through the heats of the 200m but finished 5th in her semi recording a best time of 28.26sec. In the Shot Macy recorded an indoor best of 9.90m to finish 5th overall.

So overall 3 gold medals and 5 silver medals - this can only bode well for the coming Lower YDL season as our young athletes once again attempt to qualify for the National Finals. Well done everyone

Gary Tunstall



Evie Noblett & Emily Rankin

LANCS SPORTSHALL MATCH 2

14th January 2018

The largest number of entrants ever to attend a Lancashire Sportshall meeting assembled at the Blackpool Sports Centre for the 2nd Lancashire County Sportshall meeting, with 314 athletes present. Preston Harriers were hoping to continue their winning streak of 31 consecutive victories that stretching back 10 years.

As was seen in the first match Broughton Primary came with a very strong under 11 team that again won both the girls and boys in that age group. Harriers won the four other categories, under 13 and under 15 both Boys and Girls. This sealed the match victory for Harriers to continue their winning streak.

Harriers had 3 athletes of the match they were Isaac Delaney (under 13 boys, 3 wins in the Triple Jump, Shot & vertical Jump), Will Whiteside (under 15 Boys, 3 wins Shot, Speed bounce & triple jump) and Lois Carroll (under 15 Girls 3 wins 2 lap, long jump & vertical Jump) scoring 22, 28 and 23 points respectively from their 4 events. The top scoring under 11 boys Harrier was Jay Whiteside with 15 points (won the triple jump with 6.02m), while Cerys Allen (won the 1 lap, Triple jump and the Chest Push) was the under 11 girls highest

scorer with 21 points. 23 points scored by Evie Noblett (Won both the triple Jump and Shot) was the highest scoring under 13 girl Harrier.

Harriers won 5 out of the 6 relays only losing the under 11 girl race.

The following athletes were winners in the following events:-

Under 11 Boys Corey Middleton Javelin, **Under 13 Boys** James Ince Speed Bounce, 2 Lap & 6 lap. Hayden Middleton 4 lap. **Under 15 Boys** Louis Tuasikal Long Jump. **Under 13 Girls** Eleanor Noblett 2 Lap & Emily Rankin Speed Bounce. **Under 15 Girls** Evie Parkinson in the 4 lap, Speed Bounce & Triple Jump, Lauren Tunstall Shot.

Match scores were

1	Preston Harriers	725
2	Chorley A & TC	402
3	Blackburn	379
4	Broughton Primary School	317
5	Blackpool Wyre & Fylde	229
6	Kendal AC	111
6	Lancaster & Morecambe	65
7	Westholme School	63
9	Hyndburn AC	53

With just 1 fixture to go Preston Harriers are heading for another Lancashire Sportshall Title.

Bleasdale Circle Fell Race

Sat 17th Feb 2018

17 Preston Harriers made the short trip onto the Bowland Fells for the annual Bleasdale Circle Fell Race. This short 5-mile race with 1280 feet of ascent was particularly heavy going this year after all the recent rain, although well worth the effort, just for the soup and cake provided after the race by host club Bowland Fell Runners.

First Harrier home in 6th place was Oliver Heaton (41:04), who is now regularly in the top 10 in local fell races. He was followed in 16th place by Tony Livesey (43:36) and Jon Green (44:13) in 20th. Dave Parkington (44:36) was next in 22nd place to take the 2nd MV50 prize, and Andrew Harrison (28th, 46:29). More over 50s followed with John Rainford (33rd, 47:14), John Griffiths (45th, 49:31), Steve Bamber (46th, 49:38), Roger Taylor (51st, 50:41) and Alan Martin (74th, 53:14).



A close battle with the ladies saw Lindsey Berends (79th, 54:50) finish 2 seconds ahead of newcomer Rachel Crowe (80th, 54:52). They were followed home by Mick McLoughlin (93rd, 59:06), Pete Carter (97th, 1:00:11), Jim Doherty (99th, 1:00:23), Vicki Sherrington (107th, 1:04:52) and Robyn Anderson (109th, 1:05:53).

Despite the heavy conditions Sharon Taylor (Helm Hill Runners) finished 13th in 43:02 to break the ladies course record by 12 seconds. First home was Steven Snape (Blackburn H.) in 37:15.

ROAD RACE SERIES 2017/18

Distance	Race	Description	Notes	Date
5k	Central Lancashire 5k	Competitive, chip timed	Part of the Central Lancashire Grand Prix, this race is a run over challenging course and required a sub 19 minute finish to make the top 30 in 2017. Entries are limited to 400.	February 18th
	Mid-Cheshire 5k	Competitive, chip timed	A lightning quick evening 5k set in the heart of the Cheshire countryside. Sub16 was required to make the top 50 in 2017.	April 27th
	Avenham Park 5k	Local, chip timed	A bank holiday, locally organised race event which also incorporates a fun run	May 7th
	315 5km	Flat course	Part of a 5k series, this is a well organised race is run over a flat traffic free route	August 25th
Interclub	Blackpool	Race 1	4 miles	April 4th
	Lytham	Race 2	5 miles	May 3rd
	Thornton	Race 3	5 miles	June 26th
	Wesham	Race 4	4.5 miles	July 23rd
	Chorley	Race 5	4.8 miles	August 8th
	Red Rose	Race 6	4.2 miles	September 5th
10k	Ribble Valley 10k	Competitive, chip timed	Incorporating the Northern Athletics 10k Championships, this competitive race run is over closed roads attracting some top runners - NOW SOLD OUT	December 31st 2017
	Blackburn winter warmer	Hilly	A challenging race organised by our friends from Blackburn Road Runners, which often sells out. Early entry recommended	February 4th
	Penny Lane Striders 10k	Flat, Chip timed	Part of the Merseyside Grand Prix, this race offers runners the chance to run a competitive and PB/beginner friendly 10k. Sub40 required to make the top 50.	June 24th
	UK Fast City of Salford 10K	Competitive, chip timed	A race designed for speed, held in at Media City Salford, attracts large numbers with over 2000 racing in 2017. Its also PB/Beginner friendly with a time of sub36 required to make the top 25 in 2017.	September 9th
10 mile	St Annes 10 mile	Flat	With an entry limit of 500, this late January, flat 10 mile race offers runners the chance to set a PB and test out how their winter training has gone.	January 28th
	Calder Vale 10 mile	Hilly	A regular feature in the Harriers calendar, this challenging 10 miler also includes a 4 mile fun run	March 30th
	Prudent Riverside 10m	Local	A popular 10 mile, mostly run on traffic free paths, taking in the revamped Lancaster Quay	August 5th
	Kirkby Milers Safari 10 mile	Local	This relatively new (2017) but extremely popular 10 mile based at Knowsley Safari park, which features a children's fun run is currently showing as sold out. However an additional 400 places will be made available on February 1st . Depending on entries levels, this race may used as Preston Harriers away day as it is set to be the final race of the season.....more information to follow	October 7th
HM	Inskip HM	Local	A fast beginner and PB friendly race, based a short drive from Preston at HMS Inskip offers an early test of endurance. It has a entry limit of 500 places so register ASAP	Jan 21st
	Wrexham Village Bakery Half	Competitive, chip timed	Going from strength to strength this race, this well organised fast, beginner friendly half marathon, which offers cash prizes attracts a strong field with a time of Sub1:20 required to make the top 50. Early entry recommended	February 25th
	Southport HM	Flat, chip timed	Predicted to be bigger than ever, this years Southport HM takes runners through the heart of this famous town on a traffic free route, suitable for first timers and those seeking a PB. The event also features a 10k and a family fun 1 mile race.	July 1st
	Garstang HM	Hilly	It wouldn't be a Harriers champs without a trip to Garstang to take on their challenging yet enjoyable HM	September 2nd



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TRACK & FIELD EVENTS 2018

March 2018

Thur-Sun	01 to 04	National Indoor Arena, Birmingham	IAAF Indoor World Championships
Sat-Sun	10 & 11	English Institute of Sport, Sheffield	EA Indoor U17 / U15 Combined Events Champs
Sat.	17	Stanley Park Stadium, Blackpool	Blackpool Wyre & Fylde AC Winter Warm-up Meeting
Sun.	18	SportCity Indoor Arena, Manchester	Sale Harriers indoor Open Meet 10.00 to 15.30 (6 of 6)

April 2018

Sat.	07	Witton Park Stadium, Blackburn	Mid Lancs T&F League Meeting (1 of 5)
Sat-Sun	14 & 15	Wilsons Playing Fields, Hyndburn	Lancs AA & Lancs Schools Combined Events Champs
Sat-Sun	14 & 15	SportCity Indoor Arena, Manchester	UK Sportshall U13 & U15 Finals
Sat.	21	Becketts Park, Leeds	YDL Lower - North Premier 1 (1 of 4)
Sat.	28	UCLan Sports Arena, Preston	Mid Lancs T&F League Meeting (2 of 5)
Sun.	29	Stanney Oaks LC, Ellesmere Port	YDL Upper - North West 1 (1 of 3)

May 2018

Sat.	05	Robin Park Arena, Wigan	North of England League Division 1 (1 of 4)
Sat-Sun	12 & 13	Witton Park Stadium, Blackburn	Lancashire AA T&F Championships
Sat.	19	South Leeds Stadium, Leeds	YDL Lower - North Premier 1 (2 of 4)
Sun.	20	Loughborough University Stadium	Loughborough International
Sat.	26	Wilson Playing Fields, Hyndburn	Mid Lancs T&F League Meeting (3 of 5)
Sat-Sun	26 & 27	Bedford International Stadium	EA Senior/ U20 Combined Events Championships
Sun.	27	Bebington Oval, Wirral	YDL Upper - North West 1 (2 of 3)

June 2018

Sun.	03	Thornes Park Stadium, Wakefield	North of England League Division 1 (2 of 4)
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.	30	Edge Hill University, Ormskirk (tbc)	Mid Lancs T&F League Meeting (4 of 5)
Sat-Sun	30 & 01	Alexander Stadium, Birmingham	British Athletics Championships

July 2018

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, York	North of England League Division 1 (3 of 4)
Fri-Sat	13 & 14	Alexander Stadium, Birmingham	ESAA English Schools T&F Championships
Sat.	14	London Stadium	The Meet
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 (tbc)	Mid Lancs T&F League Meeting (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 Division 1 (4 of 4)
Sat-Sun	04 & 05	SportCity Stadium, Manchester	EA U17/ U15 Combined Events Championships
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	31-8 & 01	Loughborough University Stadium	UK School Games

September 2018

Sat-Sun	01 & 02	UCLan Sports Arena, Preston	Preston Harriers T&F Championships (tbc)
Sat-Sun	08 & 09	Alexander Stadium, Birmingham	UK YDL Lower & Upper National Finals
Sun.	09	Stanley Park Stadium, Blackpool	Blackpool Wyre & Fylde AC Medal Meeting

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