



2024

Preston Harriers road championship

:

# Championship 2023





Preston Harriers at Interclub

2023 saw the latest edition of the club championship with Sam Evans and Cathy Flitcroft once again being crowned king and queen of the roads.

The 2024 format follows the same pattern as the 2023 championships.

Races included offer the usual mix of fast competitive, hilly challenging and small local events to allow runners to plot their way to success by playing to their individual strengths. There are 15 races in the championship with runners needing to run one race under each of the 5k, 10k, and 10 mile categories and three interclub races (excluding Preston) to achieve an overall league finish, potentially getting their hands on a trophy and place in harriers’ history.

Age category titles are also up for grabs for vet-40, vet-50 and vet-60+ runners, with vet-60 runners not required to run the 10-mile distance in order to win their category.

# Prizes and points scoring



Heidi and Dale Wallis at the Wesham Inter Club 2023

In the open male and female categories prizes will be awards to the top three scoring runners, who have completed the required number of races, whilst in the vet-40, vet-50 and vet-60+ categories only the highest scoring runner will receive a prize.

The following points scoring system will be used; 1st 52pts, 2nd 50pts, 3rd 48pts, 4th 47pts, to 50th & below 1pt.

In the event of an end of season tie, the winner, will be determined by whoever has scored the most points, across their best three interclub races. Should this still result in a tie, then the winner will be the runner with the lowest total time across their seven highest scoring performances.

Fixtures calendar

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | January | February | March | April | May | June | July | August | September |
| 5k | 1 to count |  |  | Wigan Festival 5k 17th |  | Lancaster Power of 5k 3rd |  |  | Mid Cheshire 23rd |  |
| Interclub | 3 to count |  |  |  | Blackpool 10th | Lytham 9th | Thornton 25th | Wesham 22nd | Chorley 14th | Red Rose 4th |
| 10k | 1 to count |  | Hale 10k 18th | New Longton 10k 3rd |  |  | Catforth 10k 23rd |  |  |  |
| 10 mile | 1 to count | Morecambe 10 mile 21st |  | Caldervale 10 mile 29th |  |  |  |  |  | Riverside Lancaster 10 mile 1st |

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| Notable other fixtures during this period: |
| CROSS COUNTRY |
| County Champs – 6th Jan |
| Mid Lancs – 13th Jan |
| Mid Lancs – 10th Feb |
| Northern Champs – 27th Jan |
| ROAD RELAYS |
| 6/12 stage – 23rd March |
| Northern – 6th April |
| TRACK AND FIELD |
| Lancs Champs – 11-12 May |
| Northern League – 18th May |
| Northern League – 15th June |
| Northern League – 14th July |
| Northern League – 17th Aug |
| FELL RELAYS |
| Calderdale Relays – 18/19 May |

# 5k

The 5k race is the road equivalent of the 5000 metres and the shortest of the common long distance races. It is a great place to start road racing and free weekly 5k parkruns are available across the globe for those wishing to learn the distance.

The club road records are 13:42 for men, set by John Nuttall in 1995 and 15:45 for women, set by Helen Clitheroe in 2010.

John Nuttall of Great Britain celebrates winning the men's 5000 metres competition during the AAA Championships in Birmingham, circa 1996. (Photo by Eileen Langsley/Popperfoto/Getty Images)

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| **Wigan 5k** | Part of Wigan Festival of Running – out and back course | March 17th |
| **Lancaster, Power of 5k** | Fast 3 Laps, no tight corners, no road crossings. | May 3rd |

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| **Mid Cheshire 5k** | Fast course, competitive race | August 23rd |

# 10k

The 10k is the road equivalent of the 10,000 meters. It is a very popular distance and most weekends you will find a race to do somewhere. The harrier's men’s record currently stands at 29:24 and was set by Patrick Dever in 2018. While the women’s record stands at 31:45 and is held by Helen Clitheroe since 2011.

Helen Clitheroe winning the women’s Great Manchester 10k 2011, Photo by Mark Shearman

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| **Hale 10k** | Run on closed roads. Starts in Hale before heading out on country lanes. Great early season race. | Feb 18th |
| **New Longton 10k** | Local race along country lanes with a slight incline in the second half | March 3rd |
| **Catforth 10k** | 2 laps on country roads, great local race | June 23rd |

The 10 mile

The 10 mile is a classic race distance, that is often overlooked by many runners and is perhaps not as popular as it should be. It is the ideal distance for those looking to move up to the half marathon from the 10k and those working on improving their time over the half.

Harriers men’s record is 48:05 set by Adam Sutton in 2006, whilst the women’s record currently stands at 58:18 and has been held by Helen Clitheroe since 2015.

Adam Sutton competing for team GB in the 10,000 at the 2003 U23 European

championships. Photo by Mark Shearman.

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| Morecambe 10 miler | Out and back course from the café to Morecambe prom and back | Jan 21st |
| Caldervale Good Friday  10 miler | Hilly challenging course | March 29th |
| Riverside 10 miler | Flat and fast | September 1st |

In addition to the road championship series, the club also has a 10 mile championship race incorporated into the Preston 10 mile, held each November since 1982.

# Interclub

The Interclub road races series is where Preston Harriers competes against six clubs from the mid-Lancashire area over distances between 4 and 5 miles. For the road championship, all runners must complete at least three interclub races, excluding the Preston Harriers hosted event.

The road championship qualifying fixtures for 2024 are as follows;

* Blackpool April 10th
* Lytham May 9th
* Thornton June 25th
* Wesham July 22nd
* Chorley August 14th
* Red Rose September 4th

2023 saw Preston take the Ladies Open team prize with an outstanding squad performance, their last win in this category being in 2012!

In addition the Vets Over 40 and Over 50 also took the relevant team prizes!

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| Year | Mens Open | Ladies Open | Male vet 40 | Ladies F40 | Vet 50 | Vet 60 |
| 2023 | BWFAC | Preston | Preston | BWFAC | Preston | Red Rose |
| 2022 | BWFAC | Lytham | BWFAC | Lytham | Preston | Red Rose |
| 2019 | Preston | Lytham | Preston | BWFAC | Preston | Red Rose |
| 2018 | Preston | Lytham | Preston | Lytham | Preston | Wesham |
| 2017 | Preston | Lytham | Wesham | Preston | Red Rose | Red Rose |
| 2016 | Preston | Wesham | Wesham | Preston | Red Rose | Red Rose |
| 2015 | Preston | BWFAC | Preston | - | Red Rose | BWFAC |
| 2014 | Preston | BWFAC | Preston | - | Preston | Wesham |
| 2013 | Preston | Wesham | Preston | - | Preston | Wesham |
| 2012 | Preston | Preston | Preston | - | Wesham | Wesham |
| 2011 | Preston | BWFAC | Preston | - | Wesham | Wesham |
| 2010 | Preston | BWFAC | Preston | - | Wesham | Wesham |
| 2009 | Preston | BWFAC | Preston | - | Wesham | Red Rose |
| 2008 | Preston | BWFAC | Preston | - | Wesham | BWFAC |
| 2007 | BWFAC | BWFAC | BWFAC | - | Wesham | BWFAC |
| 2006 | Preston | Preston | North Fylde | - | Wesham | Wesham |
| 2005 | North Fylde | North Fylde | North Fylde | - | Wesham | - |
| 2004 | Wesham | North Fylde | Wesham | - | - | - |
| 2003 | North Fylde | BWFAC | North Fylde | - | - | - |
| 2002 | Preston | Preston | North Fylde | - | - | - |
| 2001 | North Fylde | North Fylde | North Fylde | - | - | - |
| 2000 | North Fylde | North Fylde | North Fylde | - | - | - |

Hall of fame

The men’s open championship



The current men’s open launched in 1985 and has been won by 19 difference athletes, Geoff Orritt holds the records for the most wins (5) and longest winning streak (4 years).

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| **1985** Simon Harris | **1998** David Simpson | **2013** Rob Affleck |
| **1987** Geoff Orritt | **1999** Stephen Clayton | **2014** Rob Affleck |
| **1988** B Brown | **2000** Stephen Clayton | **2015** Gethin Butler |
| **1989** Geoff Orritt | **2001** Colin Shuttleworth | **2016** Richard Smith |
| **1990** Geoff Orritt | **2002** Stephen Clayton | **2017** Simon Collins |
| **1991** Geoff Orritt | **2006** Adam Sutton | **2018** Karl Hodgson |
| **1992** Geoff Orritt | **2007** Steve Hallas | **2019** Simon Collins |
| **1993** Mark Crook | **2008** Gethin Butler | **2022** Sam Evans |
| **1994** Alan Metcalf | **2009** Steve Hallas | **2023** Sam Evans |
| **1995** Michael Simon | **2010** Garry Pennington |  |
| **1996** Steve Smith | **2011** Gethin Butler |  |
| **1997** Alan Appleby | **2012** Rob Affleck |  |

The women’s open championship



2023 champion Cathy Flitcroft

The women’s open championship has been won by 13 different athletes, with Philippa Walsh and Dorothy Parks sharing the record for the most wins (5) and Dorothy holding the record for longest winning streak (3).

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| **1996** Philippa Walsh | **2009** Liz Abbott | **2022** Cathy Flitcroft |
| **1998** Anne Sweeney | **2010** Gema Admas | **2023** Cathy Flitcroft |
| **1999** Philippa Walsh | **2011** Emma Essex-Crosby |  |
| **2000** Jill Beswick | **2012** Meanie Hawoth |  |
| **2001** Philippa Walsh | **2013** Carol Spoor |  |
| **2002** Alison Crook | **2014** Marian Hesketh |  |
| **2003** Philippa Walsh | **2015** Dorothy Parkes |  |
| **2004** Philippa Walsh | **2016** Dorothy Parkes |  |
| **2006** Anne Sweeney | **2017** Dorothy Parkes |  |
| **2007** Dorothy Capstick (now Parkes) | **2018** Jade Bebbington |  |
| **2008** Dorothy Capstick (now Parkes) | **2019** Emma Essex-Crosby |  |

Vet- 40 championships



2023 winners Julie Tyrer and Stuart Nixon

For male and female vet-40 category can be a competitive one, with the different titles changing several times. Rob Affleck and Andy Whaley are the most successful male athletes in this category with 3 wins each, whilst Julie Tyrer is the most successful female athlete with 4 wins.

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| --- | --- | --- | --- | --- |
| Male role of honour | |  | Female role of honour | |
| **2006** | Alan Metcalfe |  | **2007** | Anne Sweeney |
| **2007** | David Barker |  | **2008** | Anne Sweeney |
| **2008** | Dave Watson |  | **2009** | Sue Wickham |
| **2009** | Mark Lee |  | **2010** | Beverley Mackay |
| **2010** | Gary Pennington |  | **2011** | Beverley Mackay |
| **2011** | Gethin Butler |  | **2012** | Susan Clemson |
| **2012** | Rob Affleck |  | **2014** | Vicky Sherrington |
| **2013** | Rob Affleck |  | **2015** | Helen Boyer |
| **2014** | Rob Affleck |  | **2016** | Kari Edwards |
| **2015** | Gethin Butler |  | **2017** | Julie Tyrer |
| **2016** | Andrew Tranter |  | **2018** | Vicky Sherrington |
| **2018** | Andy Whaley |  | **2019** | Julie Tyrer |
| **2019** | Andy Whaley |  | **2022** | Julie Tyrer |
| **2022**  **2023** | Andy Whaley  Stuart Nixon |  | **2023** | Julie Tyrer |
|  |  |  |  |  |

Vet- 50 championships

 

2023 winners Steve Hallas and Cathy Flitcroft

Sue Wickham has dominated the women’s vet-50 category with five back-to-back wins between 2014 and 2018. In male category its Peter Cowling who has been the standout performer with four back-to-back wins between 2014 and 2017. With Steve Hallas being new to this age category can he challenge Peters performance in the years to come?

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| Male role of honour | | | | Female role of honour | |
| **2007** | Alan Appleby |  |  | **2011** | Anne Sweeney |
| **2008** | Phil Lakeland |  |  | **2012** | Philippa Walsh |
| **2009** | Kevin Hesketh |  |  | **2014** | Sue Wickham |
| **2011** | Alan Metcalfe |  |  | **2015** | Sue Wickham |
| **2012** | Alan Metcalfe |  |  | **2016** | Sue Wickham |
| **2013** | Alan Metcalfe |  |  | **2017** | Sue Wickham |
| **2014** | Peter Cowling |  |  | **2018** | Sue Wickham |
| **2015** | Peter Cowling |  |  | **2019** | Susan Ashcroft |
| **2016** | Peter Cowling |  |  | **2022** | Cathy Flitcroft |
| **2017** | Peter Cowling |  |  | **2023** | Cathy Flitcroft |
| **2018** | Neil McDonald |  |  |  |  |
| **2019**  **2022**  **2023** | Neil McDonald  Dave Watson  Steve Hallas |  |  |  |  |

Vet-60 championships



2023 winner Kevin Hesketh

Judith Deakin has dominated the women’s the women’s vet-60 category with six championship wins, including a five-year winning streak between 2008 and 2012. In the male category, Alan Appleby has been champion three times.

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| Male role of honour | |  |  | Female role of honour | |
| **2008** | Alan Appleby |  |  | **2008** | Judith Deakin |
| **2010** | Dave Roberts |  |  | **2009** | Judith Deakin |
| **2011** | Alan Appleby |  |  | **2010** | Judith Deakin |
| **2016** | Alan Appleby |  |  | **2011** | Judith Deakin |
| **2019** | Alan Appleby |  |  | **2012** | Judith Deakin |
| **2023** | Kevin Hesketh |  |  | **2014**  **2016**  **2018**  **2019**  **2022** | Marian Hesketh Judith Deakin Maureen Kirby Maureen Kirby Marian Hesketh |
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