

# THE STAFFORD HARRIER JULY 2009. SUMMER EDITION.

**STAFFS KNOT 5 MILER AUGUST 12<sup>TH</sup>.** Our main event of the year, this year no entries on the day so a bit of pressure is off me, but as usual I'm looking for marshals for the finish funnel and on the course, so please put your names on the list in Mark Bentleys folder at training night.

**HARRIERS CHALLENGE 2009.** Good competition in all groups, but still plenty of time to make your mark, and remember the four North Staffs cross country races will count.

**CROSS COUNTRY 2009/10.** After last year's disappointment of the ladies been regulated, because we only had three ladies at Leek, we were regulated to division two, so please let us have as many as possible turning, I know we only have to have 6 men and 4 ladies to count, but everybody else who turns out pushes other clubs runners down, so they have a bigger points score.

**The Harrier can now be down loaded, from the Harriers web site, or I can email any Harrier, just email me on HYPERLINK "<mailto:michael.jones833@ntlworld.com>" [michael.jones833@ntlworld.com](mailto:michael.jones833@ntlworld.com)**

**NORTH STAFFS ROAD RUNNER LEAGUES.** Good turnout of Harriers, but we are trailing in both the men's and ladies team competition, so we need as many Harriers to run as many races as possible, it is the best 12 races to count, updates on how we are doing, is on the NSRRA web site.

**SHUGBOROUGH RELAY 2009.** Well done to everybody that helped out on the night, and a big thank you to all the Harriers and County officers that helped, and made the night a big success.

We had record 301 teams entered; we made over £1000 for charity, which is great news.

If there is anything that you think should be changed for next year to make it better, let the committee know.

**STORAGE FACILITY.** The Harriers have purchased a unit from storage boost on tollgate, where all the kit the Harriers have accumulated over the years, which means when we want any kit it can be accessed with ease.

**FLORESCENT T-SHIRTS.** We have a stock of fluorescent tee shirts with Stafford Harriers printed on them, and they are cool in the summer and warm in the winter, and can be seen on dark nights, available from Jane Bisiker for £10.

**LONDON MARATHON.** This year many Harriers had difficulty getting on the London marathon site, so failed to enter next year's marathon, so the committee have decided that the Harriers who are not in the ballot, can still go into the draw for one of the club places, at the Christmas disco, but need to register now, so please contact me or any committee member,

**SHUGBOROUGH PICNIC NIGHT.** The Harriers are going to have a picnic night, Shugborough are putting on Mamma Mia film, where you take your own food and drink, and enjoy the film, which of course is about the music of ABBA. It will cost £6 each; we will have the Harrier's tent, Put your names on the list in front of Mark Bentley's folder.

## **SUMMER RUNS 2009.**

- ROUTE ONE Corporation Street backs, Aston fields, Common, Beaconside, to University roundabout, footpath to Tixall road, back to the club 7 miles.
- ROUTE TWO. Canal to Milford, Jacobs's ladder, Wildwood, down to Canal, back to M. R. I. Short run, from Milford take main road, to Radford bank, back to club.
- ROUTE THREE. Along River, through Park, Castlefields, Stafford castle, Derrington path, disused railway, Victoria Park, along river to M.R.I. Short run, from Castle, down footpath to disused railway, back along river.
- ROUTE FOUR. Silkmore lane, Wolverhampton road, Chain lane, right up Barn bank lane, to Wolverhampton road, Lichfield road. Long run, from Chain lane, Ash flats, Coppenhall, Hydelea, along Wolverhampton road to club.
- ROUTE FIVE. Along river to civic offices, Victoria park, disused railway, down Beaconside, Weston road, Blackheath lane, Tixall road, Dartmouth Street. Short run, University take footpath Weston road, to Tixall road, back to the club.
- ROUTE SIX. Canal to Milford, Brocton, Walton footpath, and Lichfield road. Short run, from Milford take main road to Radford bank, back to the club.
- ROUTE SEVEN. Tixall road, Blackheath lane, left to University roundabout, down Beaconside, left down Sandon road, left along Corporation street backs, back to the club. Long run, to the Han-yards, take footpath towards Showground, cross Weston road, onto car park, past the Beacon on footpath to Beaconside, left to Weston road, take footpath to Tixall road, Dartmouth street back to club.
- ROUTE EIGHT. Along river through park, Castle works, disused railway line, through Derrington village, back along disused railway, Victoria Park, back along river. Long run, at Derrington take road to Doxey, along disused railway, back along river to club.
- ROUTE NINE. Canal to Acton Trussell, loop around Acton Trussell, back along Canal to M.R.I. Short run, don't do Acton Trussell loop.
- ROUTE TEN. Cull avenue, Prospect road, Sandon road, Aston fields, disused railway, along river back to the club. Long run Doxey marshes, and Eccleshall road, Rowley Street, Corporation Street.
- ROUTE ELEVEN. Canal to Milford farm, left then right onto footpath to Walton lane, right up Walton lane, down the rise, to Milford road, down Radford bank, onto canal back to the club. Long run. Left to Brockton, right to footpath by golf club, up footpath to Old Croft road, left across A34 down footpath by Wildwood to canal right back to the club. 8 miles.
- ROUTE TWELVE. Along river, through park, Derrington footpath, left at pub to A518, left to Castle, down footpath, over Bagnall's bridge, through park, along river foot path to club. Short run, through Derrington village, along disused railway line, along river through park.
- ROUTE THIRTEEN Canal to Wildwood, Jacobs's ladder, Milford, back along Canal, Short run, from Walton rise, to Milford road, Stockton lane, onto canal, left back to the club.
- ROUTE FOURTEEN Tixall road, Blackheath lane, Weston road, Beaconside, Stone road, through Town centre, onto river back to club. Short run: At Sandon road, turn left to Corporation backs to the club.
- ROUTE FIFTEEN Lichfield road, Wolverhampton road, left along Barn bank lane to Chain lane to Wolverhampton road, back to the club. Long run Hyde Lea, Ash flats, Wolverhampton road, Silkmore lane, back to the club
- ROUTE SIXTEEN. Tixall road, Footpath to Weston road, Beaconside, Disused railway line, back through park and river. Long run, Blackheath lane, Beaconside disused railway line, back along the river to the club.
- ROUTE SEVENTEEN Lichfield road, Walton lane, to Brocton, left to Milford, back along canal. Short run, Walton, Jacobs's ladder, Milford, onto canal, back to the club.
- ROUTE EIGHTEEN Corporation Street, Rowley Street, Eccleshall road, Doxey marshes, disused railway line, right to Doxey road, left on river path to park gates, back along river. Short run, left along from Eccleshall road through cemetery onto disused railway line, onto river towpath back to the club.

## **SUMMER ROUTE PLANS**

TUESDAY 21 <sup>st</sup> JULY.	ROUTE SIXTEEN.
THURSDAY 23 <sup>rd</sup> JULY.	CHASE RUN BROCTON ROAD CARPARK ** ALTERNATIVE ROUTE SEVENTEEN.
TUESDAY 28 <sup>th</sup> JULY.	ROUTE EIGHTEEN.
THURSDAY 30 <sup>th</sup> JULY.	CANNOCK CHASE (BROCTON COPPICE CP) ALTERNATIVE ROUTE ONE
TUESDAY 4 <sup>th</sup> AUGUST.	ROUTE TWO.
THURSDAY 5 <sup>th</sup> AUGUST	CHASE RUN BROCTON ROAD CARPARK ALTERNATIVE ROUTE THREE.
TUESDAY 11 <sup>th</sup> AUGUST	SURPRISE, SURPRISE ALL DO SPEED SESSION.
THURSDAY 13 <sup>th</sup> AUGUST	CANNOCK CHASE (WHITE HOUSE) ALTERNATIVE RUN ROUTE FOUR.
TUESDAY 18 <sup>th</sup> AUGUST.	ROUTE FIVE.
THURSDAY 20 <sup>th</sup> AUGUST.	CHASE RUN BROCTON ROAD CARPARK ALTERNATIVE ROUTE SIX.
TUESDAY 25 <sup>th</sup> AUGUST.	ROUTE SEVEN.
THURSDAY 27 <sup>th</sup> AUGUST	CANNOCK CHASE (SEVEN SPRINGS) ALTERNATIVE RUN ROUTE EIGHT.
TUESDAY 1 <sup>st</sup> SEPTEMBER	ROUTE NINE.
THURSDAY 3 <sup>rd</sup> SEPTEMBER.	CANNOCK CHASE WHITE HOUSE. ALTERNATIVE ROUTE TEN.
TUESDAY 8 <sup>th</sup> SEPTEMBER	ROUTE ELEVEN.
THURSDAY 10 <sup>th</sup> SEPTEMBER	CHASE RUN BROCTON ROAD CARPARK ALTERNATIVE RUN ROUTE TWELVE
TUESDAY 15 <sup>th</sup> SEPTEMBER	SURPRISE, SURPRISE ALL DO SPEED SESSION.
THURSDAY 17 <sup>th</sup> SEPTEMBER	CHASE RUN BROCTON ROAD CARPARK ALTERNATIVE ROUTE THIRTEEN.
TUESDAY 22 <sup>nd</sup> SEPTEMBER	ROUTE FOURTEEN.
THURSDAY 24 <sup>th</sup> SEPTEMBER.	HANDICAP CANNOCK CHASE 6-30PM
TUESDAY 29 <sup>th</sup> SEPTEMBER.	ROUTE FIFTEEN.
THURSDAY 1 <sup>st</sup> OCTOBER	ROUTE SIXTEEN.
TUESDAY 6 <sup>th</sup> OCTOBER	ROUTE SEVENTEEN.
THURSDAY 8 <sup>th</sup> OCTOBER	ROUTE EIGHTEEN.

## **WINTER RUNS COMMENCE.**

TUESDAY 13<sup>th</sup> OCTOBER. ROUTE ONE, ONTO RIVER PATH TO CIVIC OFFICE, UP THE MAIN STREET, FORGATE, ECCLESHALL ROAD, CRAB LANE, STONE ROAD, CORPORATION STREET BACKS.

SPEED SESSION 3 X 1 MILE TECHNOLOGY 5 MINUTES RECOVERY

THURSDAY 15<sup>th</sup> OCTOBER ' ROUTE TWO UP LICHFIELD ROAD, BASWICH LANE, PORLOCK AVENUE, HILLCROFT AVENUE, CANNOCK ROAD, WILDWOOD RING ROAD, DOWN RADFORD BANK

For Cannock Chase runs we will leave in cars from ST. Leonards works, at 6-05 pm. prompt, those wishing to make their own way to the starting point should be there by 6-20 pm. (approx).

On all Cannock chase runs, we will be mustering back, every 7 minutes. Speed session at Rowley Park, means that speed session is on the track if available, if not on the grass, all surprise, surprise are on the track if available if not on the grass.

.\*\* BROCTON ROAD CARPARK is the car park on the left opposite brown fencing, halfway up hill towards Brocton and past the turn to Sister Dora's.

## RACE REPORTS

### SUTTON PARK RELAYS.

4-4-09.

Stafford Harriers travelled to Sutton park, for 12 stage men's relay, and the ladies 6 stage relay, and as usual we had drop outs, meaning that we had only enough for one ladies team, who did very well finishing 23<sup>rd</sup> complete team out of 39 complete teams, in the 12 stage the Harriers finished 44<sup>th</sup> team out of 47 complete teams.

12 stage.

1 <sup>st</sup> leg Tom Hobbins	32-08	43 <sup>rd</sup>	7 <sup>th</sup> leg Steve Turner	39-58	52 <sup>nd</sup>
2 <sup>nd</sup> leg Michael Harris	21-12	49 <sup>th</sup>	8 <sup>th</sup> leg Roy Clay	24-10	52 <sup>nd</sup>
3 <sup>rd</sup> leg Eddie Smith	21-13	51 <sup>st</sup>	9 <sup>th</sup> leg Mark Bentley	20-04	48 <sup>th</sup>
4 <sup>th</sup> leg Paul Douglas	33-55	50 <sup>th</sup>	10 <sup>th</sup> leg Malcolm Mountford	36-30	46 <sup>th</sup>
5 <sup>th</sup> leg Jason Littlewood	20-08	50 <sup>th</sup>	11 <sup>th</sup> leg Keith Skelton	18-49	46 <sup>th</sup>
6 <sup>th</sup> leg George Mafu	19-12	50 <sup>th</sup>	12 <sup>th</sup> leg Paul Douglas	18-56	45 <sup>th</sup>

44<sup>th</sup> team out of 47 complete teams I team disqualified.

6 stage A Team

1 <sup>st</sup> leg Ruth Umerah	20-31	29 <sup>th</sup>	4 <sup>th</sup> leg Liz Stanyer	23-13	30 <sup>th</sup>
2 <sup>nd</sup> leg Chris Skellern	21-49	26 <sup>th</sup>	5 <sup>th</sup> leg Kirsty Stephenson	22-01	24 <sup>th</sup>
3 <sup>rd</sup> leg Caroline Stark	23-25	30 <sup>th</sup>	6 <sup>th</sup> leg Lucy Earnshaw	21-46	23 <sup>rd</sup>

23<sup>rd</sup> team out of 39 complete teams.

6 stage B Team

1 <sup>st</sup> leg Lydia Atkins	21-51	37 <sup>th</sup>	2 <sup>nd</sup> leg Tracey Gee	22-14	35 <sup>th</sup> .
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### BLACKPOOL MARATHON.

5-4-09.

Three Harriers travelled up to Blackpool to get in some much needed training, for the London marathon, with all three completing the course.

461 <sup>st</sup> Mike Jones	4-25-01	495 <sup>th</sup> Sally Burns	4-32-44
474 <sup>th</sup> Karen Murray	4-28-48	635 finished.	

### NEWCASTLE 7 MILES 4<sup>TH</sup> NSRRA EVENT.

19-4-09.

Nineteen Harriers travelled to Newcastle, to tackle the dreaded hill, and use it for some last minute training for the London Marathon. Mike Saint-Dunn had a very good run in 16<sup>th</sup> place in a time of 43-20, other good runs came from Mark Bentley 46-54 PB and Karen Davies 57-34 PB.

16 <sup>th</sup> Mike Saint-Dunn	43-20	7 <sup>th</sup> open	140 <sup>th</sup> John Leese	53-57	6 <sup>th</sup> M60
24 <sup>th</sup> Paul Douglas	44-32	2 <sup>nd</sup> M55	183 <sup>rd</sup> Karen Davies	57-34	8 <sup>th</sup> L40 PB
47 <sup>th</sup> Mark Bentley	46-54	10 <sup>th</sup> M50 PB	190 <sup>th</sup> Mike Jones	58-20	5 <sup>th</sup> M65
67 <sup>th</sup> Dave Preece	48-25	7 <sup>th</sup> M50	191 <sup>st</sup> Dave Cowley	58-21	6 <sup>th</sup> M65
88 <sup>th</sup> Rob Simpson	49-48	12 <sup>th</sup> M45	194 <sup>th</sup> Lynn Geoghegan	58-29	9 <sup>th</sup> L40
92 <sup>nd</sup> Chris Skellern	50-11	5 <sup>th</sup> L40	208 <sup>th</sup> Tony Baker	59-44	29 <sup>th</sup> M50
104 <sup>th</sup> Eddie Smith	51-04	6 <sup>th</sup> M55	265 <sup>th</sup> Judith Colman	71-04	7 <sup>th</sup> L50
124 <sup>th</sup> Lucy Earnshaw	52-50	6 <sup>th</sup> open	269 <sup>th</sup> Gillian Cauldwell	74-13	3 <sup>rd</sup> L65
134 <sup>th</sup> Eric Lander	53-35	5 <sup>th</sup> M60	270 <sup>th</sup> John Hateley	74-14	8 <sup>th</sup> M65
137 <sup>th</sup> Bernard Wilkes	53-46	10 <sup>th</sup> M55	276 Finished.		

### BUNGAY MARATHON

19-4-09.

Jill and Chris Ross travelled all the way to Suffolk, to run the Bungay marathon, with some success, with Chris Ross on minimal training, finished in a time of 3-25-27, with Jill managing to break four hours.

46<sup>th</sup> Chris Ross 3-25-27, 141<sup>st</sup> Jill Ross 3-57-32, 249 finished.

## 57<sup>th</sup> PETE HODGETTS EASTER HANDICAP.

12.4.09.

A good turnout of 25 harriers, with 24 finishing, on a cool cloudy morning, fairly dry underfoot, perfect for running, and what a run Craig Baxter had, over five and a half minutes faster than his Christmas run, to finish first in a time of 29-51, losing one and half stones I'm sure helped.

It was very nice to see ten ladies enjoying the run, many of them fairly new to running, with Caroline Stark finishing third, just behind Frank Grant, other good runs came from Darren Bathew 4<sup>th</sup> 29-31 PB, Colin Mitchell 7<sup>th</sup> 34-29 PB and Sarah Johnson 9<sup>th</sup> 36-00 PB.

			Running time	handicap	net time	num run	next handi
1 <sup>st</sup>	Craig	Baxter	40.511	1.00	29.51 PB	2	9.45
2 <sup>nd</sup>	Frank	Grant	41.08	2.15	38.53	35	0.15
3 <sup>rd</sup>	Caroline	Stark	42.00	9.30	32.30	1 <sup>st</sup> time	10.00
4 <sup>th</sup>	Daren	Bathew	42.46	13.15	29.31PB	11	10.30
5 <sup>th</sup>	Mike	Jones	43.16	9.30	33.46	57	5.45
6 <sup>th</sup>	Chris	Skellern	43.18	15.15	28-03	57	12.15
7 <sup>th</sup>	Colin	Mitchell	43.59	9.30	34.29 PB	3	6.15
8 <sup>th</sup>	Kenton	Sharpe	44-39	15.15	29.24	1 <sup>st</sup> time	13.00
9 <sup>th</sup>	Sarah	Johnson	45.00	9.00	36.00 PB	2	5.45
10 <sup>th</sup>	Sara	Broome	45.14	3.15	41.59	12	zero
11 <sup>th</sup>	Jason	Littlewood	45.32	16.45	28.47	14	12.45
12 <sup>th</sup>	Eddie	Smith	45.39	16.45	28.53	52	13.00
13 <sup>th</sup>	Frank	Evans	46.01	8.00	38.01	29	4.30
14 <sup>th</sup>	John	Leese	46.13	16.15	29.58	38	12.15
15 <sup>th</sup>	Lynn	Geoghegan	46.26	13.30	32.56	6	9.30
16 <sup>th</sup>	Kellie	Lee	46.27	4.45	41.42	1 <sup>st</sup> time	0.45
17 <sup>th</sup>	Tracey	Gee	46.51	16.30	30.21	16	11.30
18 <sup>th</sup>	Nigel	Addison	47.00	17.00	30.00	22	12.45
19 <sup>th</sup>	Joanne	Carson	47.12	9.00	38.12	1 <sup>st</sup> time	4.15
20 <sup>th</sup>	Lew	Badger	47.18	12.30	34.48	32	8.00
21 <sup>st</sup>	Sam	Evans	47.53	18.30	29.23	4	14.15
22 <sup>nd</sup>	Julie	Addison	47.56	16.30	31.26	8	12.15
23 <sup>rd</sup>	Jenny	Addison	47.57	14.30	33.27	15	9.45
24 <sup>th</sup>	Morgan	Webley	49.32	18.30	31.02	2	11.30

The handicap time at the end of each row, is your handicap for the June Handicap, don't get too excited, you have all got a lower handicap, because the hare which is Sara Broome, runs faster than the previous hare.

## CLAYTON 10K, 6<sup>TH</sup> NSRRA EVENT.

6-5-09.

Twelve Harriers ran this fairly hard two lap course, with Mike Saint-Dunn getting better with every race, finishing in 13<sup>th</sup> place in a time of 38-18, with Chris next in, with a good time of 44-19 2<sup>nd</sup> L45.

13 <sup>th</sup>	Mike	Saint-Dunn	38-18	135 <sup>th</sup>	Lynn	Geoghegan	50-58
69 <sup>th</sup>	Chris	Skellern	44-19 2 <sup>nd</sup> L45	137 <sup>th</sup>	Graham	Williams	51-01
90 <sup>th</sup>	Eddie	Smith	46-18	149 <sup>th</sup>	Mike	Jones	52-01
97 <sup>th</sup>	Eric	Lander	47-12	165 <sup>th</sup>	James	Thorpe	55-58
118 <sup>th</sup>	John	Leese	48-26	168 <sup>th</sup>	Karen D	Murray	56-25
133 <sup>rd</sup>	Richard	Geoghegan	50-17	184 <sup>th</sup>	Judith	Colman	63-43

189 finished.

## STONE SPRING TREBLE.

What fantastic turnout, 22 men and 20 ladies, with the ladies taking the prizes, Sereca Atherton 3<sup>rd</sup> lady, Chris Skellern 1<sup>st</sup> L45 and Jill Ross 1<sup>st</sup> L40, as all three races count in the Harriers challenge, quite a few Harriers helped themselves to some points.

		16 <sup>th</sup> April Hanchurch,	24 <sup>th</sup> April Milford,	30 <sup>th</sup> April Kibblestone.
Mark	Cooper	7 <sup>th</sup> 32-02		12 <sup>th</sup> 34-49
Chris	Ross	26 <sup>th</sup> 34-06	20 <sup>th</sup> 38-58	17 <sup>th</sup> 35-13
Dean	Geoghegan	36 <sup>th</sup> 34-59		
Mike	Saint-Dunn	38 <sup>th</sup> 35-17	42 <sup>nd</sup> 41-54	38 <sup>th</sup> 38-05
Mark	Bentley	45 <sup>th</sup> 35-51		54 <sup>th</sup> 39-56
Joseph	Parkin	49 <sup>th</sup> 36-28	45 <sup>th</sup> 42-11	51 <sup>st</sup> 39-45
Joe	Atherton	47 <sup>th</sup> 35-39	51 <sup>st</sup> 43-01	60 <sup>th</sup> 41-00
Jason	Littlewood	70 <sup>th</sup> 38-54		66 <sup>th</sup> 41-31
Dave	Marsden	78 <sup>th</sup> 39-35	66 <sup>th</sup> 45-29	75 <sup>th</sup> 42-21
Eddie	Smith	80 <sup>th</sup> 39-58		94 <sup>th</sup> 44-40
Darren	Bathew	86 <sup>th</sup> 40-37	65 <sup>th</sup> 45-23	71 <sup>st</sup> 41-57
Steve	Cartlidge			87 <sup>th</sup> 44-00
Deon	Vlok		69 <sup>th</sup> 45-37	
Nigel	Addison	90 <sup>th</sup> 41-01	80 <sup>th</sup> 47-36	98 <sup>th</sup> 45-30
Ralph	Wedlock	96 <sup>th</sup> 41-30		96 <sup>th</sup> 44-56
Craig	Baxter	99 <sup>th</sup> 42-07		108 <sup>th</sup> 47-18
Graham	Williams	108 <sup>th</sup> 54-48	113 <sup>th</sup> 48-37	
Mike	Jones	124 <sup>th</sup> 46-48	106 <sup>th</sup> 54-12	118 <sup>th</sup> 50-16
Tony	Baker	127 <sup>th</sup> 47-13	102 <sup>nd</sup> 52-13	122 <sup>nd</sup> 51-39
Mike	Moore	134 <sup>th</sup> 51-17	113 <sup>th</sup> 59-33	129 <sup>th</sup> 59-20
Frank	Grant	136 <sup>th</sup> 54-52		131 <sup>st</sup> 64-04
Stuart	Fowlie	138 <sup>th</sup> 56-30	115 <sup>th</sup> 62-45	127 <sup>th</sup> 56-22
<b>Ladies.</b>				
Sereca	Atherton	3 <sup>rd</sup> 37-48	3 <sup>rd</sup> 43-32	7 <sup>th</sup> 41-41 3 <sup>rd</sup> Lady
Chris	Skellern	4 <sup>th</sup> 38-19	4 <sup>th</sup> 43-43	8 <sup>th</sup> 41-41 1 <sup>st</sup> L45
Ruth	Umerah	6 <sup>th</sup> 44-19		
Kirsty	Stephenson	14 <sup>th</sup> 41-44	15 <sup>th</sup> 47-59	
Vicky	Lowndes	16 <sup>th</sup> 48-00	20 <sup>th</sup> 46-45	
Tracey	Gee	17 <sup>th</sup> 42-15	28 <sup>th</sup> 51-51	23 <sup>rd</sup> 47-59
Liz	Stanyer	22 <sup>nd</sup> 43-09	21 <sup>st</sup> 49-27	18 <sup>th</sup> 46-33
Caroline	Stark	24 <sup>th</sup> 43-51	20 <sup>th</sup> 49-17	
Sue	Johnson	27 <sup>th</sup> 45-09	26 <sup>th</sup> 51-17	29 <sup>th</sup> 50-00
Lisa	Percox	29 <sup>th</sup> 45-27		
Jill	Ross	32 <sup>nd</sup> 45-57	27 <sup>th</sup> 51-17	26 <sup>th</sup> 48-36 1 <sup>st</sup> L40
Jane	Bisiker	33 <sup>rd</sup> 46-05	29 <sup>th</sup> 52-00	30 <sup>th</sup> 50-29
Karen	Davies			34 <sup>th</sup> 50-56
Karen	Murray	41 <sup>st</sup> 48-32	32 <sup>nd</sup> 54-50	
Karen D	Murray		36 <sup>th</sup> 59-23	
Kellie	Lee	50 <sup>th</sup> 57-15	42 <sup>nd</sup> 70-55	47 <sup>th</sup> 68-48
Sara	Broome	51 <sup>st</sup> 59-52	43 <sup>rd</sup> 71-09	48 <sup>th</sup> 68-55
		<b>189 finished</b>	<b>159 finished</b>	<b>180 finished</b>

## LONDON MARATHON.

26-4-09.

Twenty five Harriers travelled to take on the London marathon, with weather looking fine, but the humidity very high, drinking plenty of liquid was a must, or as many found out, the last ten miles would make it very difficult to finish.

High hopes by many Harriers as they assembled at the start, some would do very well where as most would be disappointed with their times, as I'm sure Chris Hollinshead was, all though finishing in a great time of 2-49-57, which we would all kill for, Chris was hoping to beat last years time of 2-40.

Tom Hobbins was next in with a PB time of 3-03, again was hoping for a sub 3hr, and was in some distress at the finish, having to be helped over the line, which Tom does not remember.

Other good runs came from Sally Gray, predicting she would get 3-20, which she duly did, next was a delighted Mark Bentley just getting under 3-15, to get a good for age, for next years London, as you can see from the times below, nobody other than Tom got a PB, shows how difficult conditions were for the marathon.

Special mention for the Harriers that ran the London with minimal training, but still managed to get round, they are Richard Bisiker 5-54-42 and Val Lowndes 6-12-39, well done just to get around.

445 <sup>th</sup> Chris Hollinshead	2-49-57	12,016 <sup>th</sup>	Ian Spencer	4-18-55
1,099 <sup>th</sup> Tom Hobbins	3-03-13 PB	12,436 <sup>th</sup>	Mike Jones	4-21-10
265 <sup>th</sup> Sally Gray	3-20-15	3,518 <sup>th</sup>	Claire Stokes	4-24-34
1,956 <sup>th</sup> Mark Bentley	3-14-24	14,699 <sup>th</sup>	Tony Baker	4-33-44
3,264 <sup>th</sup> Dave Preece	3-27-11	5,204 <sup>th</sup>	Karen D Murray	4-44-02
4,189 <sup>th</sup> Peter Sarson	3-34-24	18,231 <sup>st</sup>	Sally Burns	4-55-10
4,199 <sup>th</sup> Keith Skelton	3-34-26	19,111 <sup>th</sup>	Andy Bourne	5-01-18
4,600 <sup>th</sup> Rob Simpson	3-37-18	20,415 <sup>th</sup>	Frank Grant	5-13-29
4,824 <sup>th</sup> Gary Hemming	3-38-46	8,214 <sup>th</sup>	Rebecca Bostock	5-23-42
6,004 <sup>th</sup> Eddie Smith	3-46-46	21,394 <sup>th</sup>	Allan Bradshaw	5-24-32
7,906 <sup>th</sup> Bernard Wilkes	3-56-51	22,982 <sup>nd</sup>	Richard Bisiker	5-54-42
9,124 <sup>th</sup> Tim Hough	4-02-49	10,085 <sup>th</sup>	Val Lowndes	6-12-39
10,256 <sup>th</sup> Michael Harris	4-09-19	<b>35,247 finished.</b>		

## UTTOXETER HALF MARATHON, 5<sup>TH</sup> NSRRA EVENT, 10<sup>TH</sup> HARRIERS CHALLENGE.

3-5-09.

A big turnout of Harriers to tackle the three big hills around Uttoxeter, with Mike Saint-Dunn, going on from strength to strength, with a good run of 1-25-04, other good runs came from Ruth Umerah 3<sup>rd</sup> L40, and gold medal in the Staffordshire championships, Chris Skellern 2<sup>nd</sup> L45 and gold medal L45, Darren Bathew PB time of 1-45-16 remarkable on this course, and to the first four lady Harriers, taking the ladies team prize.

21 <sup>st</sup> Mike Saint-Dunn	1-25-04	193 <sup>rd</sup> Darren Bathew	1-45-16 PB
43 <sup>rd</sup> Chris Ross	1-28-59 8 <sup>th</sup> M40	195 <sup>th</sup> John Finney	1-45-42 10 <sup>th</sup> M60
55 <sup>th</sup> Keith Skelton	1-31-01 10 <sup>th</sup> M40	203 <sup>rd</sup> Bernard Wilkes	1-46-45 19 <sup>th</sup> M50
101 <sup>st</sup> Ruth Umerah	1-37-02 3 <sup>rd</sup> L40	277 <sup>th</sup> Karen Davies	1-54-35 5 <sup>th</sup> L45
107 <sup>th</sup> Chris Owen	1-37-34	288 <sup>th</sup> Lynn Geoghegan	1-55-13 11 <sup>th</sup> L45
109 <sup>th</sup> Steve Turner	1-37-39 20 <sup>th</sup> M45	305 <sup>th</sup> Mike Jones	1-56-58 7 <sup>th</sup> M65
111 <sup>th</sup> Chris Skellern	1-38-00 2 <sup>nd</sup> L45	310 <sup>th</sup> Tony Baker	1-57-31 28 <sup>th</sup> M50
116 <sup>th</sup> Dave Preece	1-38-43 11 <sup>th</sup> M50	320 <sup>th</sup> Dave Cowley	1-58-55 9 <sup>th</sup> M65
126 <sup>th</sup> Rob Simpson	1-39-10 24 <sup>th</sup> M45	356 <sup>th</sup> Sam Gill	2-05-30 14 <sup>th</sup> L35
138 <sup>th</sup> Eddie Smith	1-40-28 3 <sup>rd</sup> M55	357 <sup>th</sup> Karen D Murray	2-06-13 14 <sup>th</sup> L45
151 <sup>st</sup> Kenton Sharpe	1-41-39	366 <sup>th</sup> Scott Palmer	2-08-42 51 <sup>st</sup> M40
171 <sup>st</sup> Kirsty Stephenson	1-43-20 20 <sup>th</sup> lady	368 <sup>th</sup> Ann Button	2-09-06 15 <sup>th</sup> L45
173 <sup>rd</sup> Lucy Earnshaw	1-43-28 22 <sup>nd</sup> lady	401 <sup>st</sup> Frank Grant	2-23-35 2 <sup>nd</sup> M70
<b>9<sup>TH</sup> Men's team</b>	<b>1<sup>st</sup> Ladies team</b>	<b>409 finished.</b>	

## DUDLEY & KINGSWINFORD 10K, 11<sup>TH</sup> HARRIERS CHALLENGE.

6-5-09.

A good turnout of Harriers for this popular 10K race, pity it's on the same night as the Clayton 10K. Keith Skelton was first and only Harrier to break 40 minutes in PB time of 39-26, with other good runs coming from Steve Turner 43-14 PB, Darren Bathew 46-29 PB and Liz Stanyer 49-33 PB.

61 <sup>st</sup> Keith Skelton	39-46 PB	499 <sup>th</sup> Tony Baker	52-03
144 <sup>th</sup> Steve Turner	43-14 PB	563 <sup>rd</sup> Jane Bisiker	53-27
262 <sup>nd</sup> Darren Bathew	46-29 PB	617 <sup>th</sup> Karen Murray	54-34
354 <sup>th</sup> Nigel Addison	48-47	711 <sup>th</sup> Frank Grant	57-12
372 <sup>nd</sup> Andy Bourne	49-14	764 <sup>th</sup> Stuart Fowlie	59-01
387 <sup>th</sup> Liz Stanyer	49-33 PB	792 <sup>nd</sup> Mike Moore	60-17
390 <sup>th</sup> Craig Baxter	49-35	851 <sup>st</sup> Sara Broome	63-34
419 <sup>th</sup> Ralph Wedlock	50-12	906 <sup>th</sup> Richard Bisiker	68-35
440 <sup>th</sup> Caroline Stark	50-42		<b>939 finished.</b>

## BLACKPOOL HALF MARATHON.

5-4-09.

Sam Gill made her debut for Stafford Harriers, at the Blackpool half marathon, just failing to break the 2hr mark.

559<sup>th</sup> Sam Gill 2-00-25 **994 finished.**

## SOUTH CHESHIRE 20 MILES, 7 NSRRA EVENT.

10-5-09.

Just seven Harriers tackled this fairly tough course, with Mike Saint-Dunn having a good run, finishing in 11<sup>th</sup> place in a time of 2-15-29, eight Harriers started, but Kirsty Stephenson had to pull out just before the 15 mile point with breathing problems, but all was well, Kirsty completed the Edinburgh marathon three weeks later.

11 <sup>th</sup> Mike Saint-Dunn	2-15-29	87 <sup>th</sup> EddieSmith	2-48-19
36 <sup>th</sup> Keith Skelton	2-27-57	111 <sup>th</sup> Karen Davies	2-55-05
45 <sup>th</sup> Mark Bentley	2-29-59	148 <sup>th</sup> Mike Jones	3-13-52
70 <sup>th</sup> Dave Preece	2-42-51		<b>161 finished.</b>

## CITY PARKS SERIES RACE ONE LONGTON.

12-5-09.

This long standing race series, seems to have lost popularity, certainly as far as the Harriers are concerned, with only one senior Harriers running, but it was nice to see three juniors running the junior 2K race.

13 <sup>th</sup> Nathan Sabin	7-09	9 <sup>th</sup> U15	57 <sup>TH</sup> Ellie Baxter	9-01	6 <sup>th</sup> U11
21 <sup>st</sup> Tom Sabin	7-34	2 <sup>nd</sup> U11	<b>83ran.</b>		

5K MENS RACE.

47<sup>TH</sup> Dave Marsden 20-31 **114ran.**

## CITY PARKS GRAND PRIX RACE TWO TUNSTALL.

09/06/09

Two Harriers, Dave Marsden and Craig Baxter took part in the second of the City Parks Grand Prix at Tunstall Park. A fast 5K race around the paths of Tunstall Park, 3 laps with some undulations and fast straights, well worth more Harriers running next year. Dave ran an impressive time of 20.07 and Craig in his first ever 5K ran a time of 22.45.

Three of our juniors entered the 2k race and all put in very good performances, Ellie Baxter, 5th in FU11, Tom Sabin, 2nd in MU11 and Nathan Sabin, 4th in MU13 categories. They are all in good positions going into the final two races, good luck to them.

## CHESTER HALF MARATHON

**17-5-09.**

Two Harriers travelled to Chester to run this fast popular marathon, with Ruth Umerah recording a time of 1-35-56 and Chris Owen just behind in a time of 1-37-58.

243<sup>rd</sup> Ruth Umerah 1-35-56    311<sup>th</sup> Chris Owen 1-37-58    **2081 finished.**

## **MULLER MARKET DRAYTON 10K 12<sup>TH</sup> HARRIERS CHALLENGE**

**10-5-09.**

45 Harriers travelled to Market Drayton, to collect there Muller race after completing this fast 10K course, with many Harriers Getting PB'S, 1<sup>ST</sup> Harrier was Steve Turner in a pb of 41-09 with Ruth Umerah next in 10<sup>th</sup> 1<sup>st</sup> L40 and a pb of 42-19, next was Chris Owen just ahead of Chris Skellern 2<sup>nd</sup> L45.

Other good runs were, Tim Hough 42-34, Darren Bathew 45-33, Andy Bourne 46-23, Vicky Lowndes 47-11, Craig Baxter 47-17, Liz Stanyer 48-03, Caroline Stark 48-50, Jane Bisiker 51-57, Sarah Johnson 53-09, Sally Burns 53-20, James Thorpe 55-50, Paul Wilson 61-46 and Chris Howe all getting PB'S, must be a record.

104 <sup>th</sup> Steve	Turner	41-09 PB	129 <sup>th</sup> Jane	Bisiker	51-57 PB
10 <sup>th</sup> Ruth	Umerah	42-19 PB 1 <sup>st</sup> L40	157 <sup>th</sup> Sarah	Johnson	53-09 PB
137 <sup>th</sup> Chris	Owen	42-27	161 <sup>st</sup> Sally	Burns	53-20 PB
11 <sup>th</sup> Chris	Skellern	42-29 2 <sup>nd</sup> L45	196 <sup>th</sup> Sam	Gill	54-54
139 <sup>th</sup> Tim	Hough	42-34 PB	582 <sup>nd</sup> Dave	Banner	55-24
163 <sup>rd</sup> Michael	Harris	43-30	212 <sup>th</sup> Jackie	Allen	55-33
210 <sup>th</sup> Kenton	Sharpe	44-50	585 <sup>th</sup> Frank	Grant	55-39 1 <sup>st</sup> M70
215 <sup>th</sup> Eric	Lander	44-53	589 <sup>th</sup> James	Thorpe	55-50 PB
239 <sup>th</sup> Darren	Bathew	45-33 PB	236 <sup>th</sup> Joanne	Carson	56-35
254 <sup>th</sup> Dave	Marsden	45-33	239 <sup>th</sup> Rachel	Potter	56-37
274 <sup>th</sup> Andy	Bourne	46-23 PB	243 <sup>rd</sup> Karen D	Murray	56-43
275 <sup>th</sup> John	Leese	46-24	603 <sup>rd</sup> Mike	Moore	56-43
298 <sup>th</sup> Rob	Proctor	46-55	245 <sup>th</sup> Karen	Sabin	56-46
51 <sup>st</sup> Vicky	Lowndes	47-11 PB	260 <sup>th</sup> Tracey	Mackay	57-16
312 <sup>th</sup> Bernard	Wilkes	47-11	640 <sup>th</sup> Stuart	Fowlie	59-01
319 <sup>th</sup> Craig	Baxter	47-17 PB	339 <sup>th</sup> Deborah	Brown	60-27
340 <sup>th</sup> Allen	Aukim	47-42	677 <sup>th</sup> Paul	Wilson	61-46 PB
62 <sup>nd</sup> Liz	Stanyer	48-03 PB	392 <sup>nd</sup> Judith	Colman	63-00
369 <sup>th</sup> Graham	Williams	48-15	400 <sup>th</sup> Sara	Brome	63-30
75 <sup>th</sup> Caroline	Stark	48-50 PB	685 <sup>th</sup> Chris	Howe	63-41 PB
427 <sup>th</sup> Stephen	Clark	49-56	690 <sup>th</sup> Andrew	Carter	64-32
463 <sup>rd</sup> Tony	Baker	50-39	429 <sup>th</sup> Nicky	Walker	65-07
103 <sup>rd</sup> Jackie	Nowell	50-47			

**1248 finished.**

## **BUXTON HALF MARATHON**

**24-5-09.**

Three Harriers tackled this tough half marathon, and how tough it is, anybody who has travelled from Buxton to Leek on the A53, that hill out of Buxton which goes on for more than 2miles, is the start of the Buxton Half,

Our three did very well, with Kenton Sharpe 1<sup>st</sup> in with a time 1-49-42, with Sharon Hawkins 2-14-21 and Tracie Wallace 2-36 57, well done.

139 <sup>th</sup> Kenton	Sharpe	1-49-42		
298 <sup>th</sup> Tracie	Wallis	2-36-57		
267 <sup>th</sup> Sharon	Hawkins	2-14-21	<b>300 finished.</b>	

## BURTON 10MILES

25-5-09.

Again three harriers travelled to Burton, running some good times with Tim Hough first in for the Harriers.

105<sup>th</sup> Tim Hough 1-17-40      211<sup>th</sup> Tony Hateley 1-39-46  
137<sup>th</sup> Rob Proctor 1-22-46      **225 finished.**

## WINKLE TROUT RUN

30-5-09.

This is officially a fell run, which means it is a steep uphill run, and then just as steep down hill, tough as it is, 289 finished the race with Tom Hobbins having a very good run, finishing in 24<sup>th</sup> place in a time of 44-52, and what did you get when you finished, a fresh trout, and what do you do with it, I'm not sure, but you don't just put in the fridge and forget about it, do you Ed.

24<sup>th</sup> Tom Hobbins 44-52      153<sup>rd</sup> Eddie Smith 58-06  
150<sup>th</sup> Dave Marsden 57-53      274 Mike Moore 77-03  
**289 finished.**

## EDINBURGH MARATHON

31-5-09.

Kirsty Stevenson chose Edinburgh, for her marathon debut, and did very well achieving her target of sub 4hr, well done Kirsty.

2,041<sup>st</sup> Kirsty Stephenson 3-53-05.

## WESTBRIDGE 5MILES 8<sup>TH</sup> NSRRA EVENT, 13<sup>TH</sup> HARRIERS CHALLENGE

7-6-09.

Large turnout of Harriers, at Westbridge, with Michael Harris first in a time of 32-38 just failing to get a PB by 4sec.

Other good runs came from Steve Turner 33-17, Andy Bourne 37-14, Craig Baxter 37-37, Liz Stanyer 38-50, Karen Murray 42-53, Rebecca Bostock 45-11 and Kellie Lee 51-34 all PB'S, also Ruth Umerah 1<sup>st</sup> L40 and Chris Skellern 2<sup>nd</sup> L45 had good runs.

46 <sup>th</sup> Michael Harris	32-38	147 <sup>th</sup> Mike Jones	40-27
56 <sup>th</sup> Mark Bentley	33-09	150 <sup>th</sup> Jane Bisiker	40-47
57 <sup>th</sup> Steve Turner	33-17 PB	160 <sup>th</sup> Tony Baker	42-06
63 <sup>rd</sup> Rob Simpson	33-55	163 <sup>rd</sup> Jackie Allen	42-16
66 <sup>th</sup> Dave Preece	34-01	168 <sup>th</sup> Karen Murray	42-53 PB
67 <sup>th</sup> Joe Atherton	34-04	169 <sup>th</sup> Darren Bathew	42-53
70 <sup>th</sup> Dave Marsden	34-11	173 <sup>rd</sup> Karen Sabin	43-27
71 <sup>st</sup> Ruth Umerah	34-16 1 <sup>st</sup> L40	174 <sup>th</sup> Tracy Mackay	43-27
73 <sup>rd</sup> Chris Skellern	34-18 2 <sup>nd</sup> L45	179 <sup>th</sup> Sally Burns	44-31
111 <sup>th</sup> Eddie Smith	37-10	186 <sup>th</sup> Rebecca Bostock	45-11 PB
112 <sup>th</sup> Andy Bourne	37-14 PB	189 <sup>th</sup> Mike Moore	45-30
113 <sup>th</sup> Nigel Addison	37-19	194 <sup>th</sup> Frank Grant	47-18
116 <sup>th</sup> Craig Baxter	37-37 PB	197 <sup>th</sup> Stuart Fowlie	48-40
119 <sup>th</sup> Eric Lander	37-45	201 <sup>st</sup> Judith Colman	49-17
121 <sup>st</sup> John Leese	37-55	209 <sup>th</sup> Gillian Caldwell	49-58
128 <sup>th</sup> Vicky Lowndes	38-27	211 <sup>th</sup> Kellie Lee	51-34 PB
132 <sup>nd</sup> Liz Stanyer	38-50 PB	214 <sup>th</sup> Sara Broome	52-02
139 <sup>th</sup> Karen Davies	39-30	<b>229 finished</b>	

## ALDRIDGE 10K

7-6-09.

Only one Harrier travelled to Aldridge to run this popular race, travelling in the pouring rain, ran the race, then travelled back all the rain on his motor bike or on foot in the race, running a good time of 44-37.

95<sup>th</sup> Chris Owen 44-37 **463 finished.**

## NEWPORT CARNIVAL 10K

13-6-09.

Three Harriers went Newport, and all three won a prize, when did that last happen, Chris Hollinshead finished 4<sup>th</sup>, Chris Skellern was 2<sup>nd</sup> lady and Eric Lander was 1<sup>st</sup> M60, then Chris Skellern travelled to Stourbridge to run the Stourbridge Stumble and was 2<sup>nd</sup> L45, is she mad.

4<sup>th</sup> Chris Hollinshead 35-08

53<sup>rd</sup> Eric Lander 47-34 1<sup>st</sup> M60

36<sup>th</sup> Chris Skellern 44-36 2<sup>nd</sup> lady **123 finished.**

## Birmingham Black Country Half

04/07/09

**636 runners finished** this canal bank run this year, a 50% increase on last year's inaugural event.

The weather was hot, hot, hot!

**Starting at the** British Waterways Canal Dock, Wolverhampton and ending at Brindley Place, Birmingham

A basically flat route following the towpath alongside the canals that connect the two Cities.

Arguably, it is a downhill route with the only "lumps" being the locks and bridges that cross intersections. These "lumps" do get more frequent towards the latter stages of the run, making it perhaps a little tougher than it may seem. The 360yard long tunnel at Coseley is an "entertaining" feature enjoyed by some, hated by others but remembered by all. Completely off road and traffic free. You should be aware that the surface varies from well tended gravel paths and brick paving to un-kept surfaces - largely what you might encounter on any off road run and Frank's back in the game. Harriers' positions and times were :

8	TOM HOBBS	01:24:32
79	MARK BENTLEY	01:41:03
96	JOSEPH ATHERTON	01:43:30
127	DAVID PREECE	01:45:47
179	EDDIE SMITH	01:50:22
518	SHARRON HAWKINS	02:18:19
521	FRANK EVANS	02:18:23
610	TRACEY WALLIS	02:39:18

## Penkridge 2.5ml Fun Run

28/06/09

The Penkridge section of Stafford Harriers were all out to support the local race. Richard, now bored with just running, decided flying would be a better option and did the run dressed in full flying gear and a spit fire, which he had spent hours in the garage making, (anything to get out of doing his chores!). It didn't help him get to the line first though. It was a beautiful hot day and the festivities carried on well into the afternoon and with 501 runners is becoming more popular every year.

Nathan Sabin came 5th overall in 15.37 and Tom 9th in 15.57. They came first and second in the under 13's section.

I finished in 19.23 and was 3rd Lady, Karen Sabin finished in 21.59 and Richard in 46.53 and was not even last by far!!

We were all shouted through the finishing line by Carmel, who is a new member to the Harriers. The race was won by Ian Milner from Stoke n 14.22.

Jane Bisiker



Well I'm surprised he ever managed to take off !

## **Berryhill Fields 10k**

**7-7-09.**

A very rainy day leading up to the race, cloudy but dry for the run (raining throughout last year's run).

The race was won by Darren Perry of Staffs. Moorlands in a time of 35m28s - one and a half minutes ahead of Mike Hatton of South Cheshire Harriers.

First lady home was Jacqui Slack of Newcastle in 39m13s

Only 10 Harriers ran this year:

48	45:24	David Preece
52	46:20	Chris Skellern
64	48:04	Eddie Smith
71	48:59	John Leese
80	49:39	Eric Lander
90	51:21	Graham Williams
100	54:14	Tony Baker
107	57:33	Tracey Ireland
109	57:40	Karen Murray
124	66:54	Judith Colman

## **Shifnal Steeplechase Half**

**5-7-09**

Running conditions a little better than yesterday, though still pretty warm!

Fortunately, the organisers had laid on water every 2mls.

No hurdles or water jumps either, the "steeplechase" refers to chasing between church steeples in five local villages!

205 runners finished the race - won by Robin Sedman-Smith of Telford AC in 1:18:52

Harrier Results:

33	Peter	Sarson	01:35:41	1st MV60
36	Keith	Skelton	01:36:45	
41	George	Fox	01:37:55	
67	Chris	Skellern	01:43:25	
73	Michael	Harris	01:44:45	
87	Kenton	Sharpe	01:46:51	
189	Mike	Moore	02:19:10	1st MV70

## Midland Vets Track league

10/06/09

Chris Hollinshead and Sally Gray got their track season off to a flying start by both winning their 3,000 metre races. Both athletes were running for their track club, Cannock and Stafford.

Chris convincingly won his race after trailing 60 metres behind the leader after 3 laps.

As this was her first track race since she left school, Sally was apprehensive about the prospect of running nearly 8 laps. There was no need to be as months of training paid off, with Sally storming to victory and rekindling her enthusiasm for track racing.

Weather conditions: dry in between heavy rain

Report from: Chris Hollinshead

## Stourbridge Stumble 13/06/09.

Ten Harriers turned out to take part in race fifteen of the challenge races run on an all terrain 10k around the local fields and parks of Stourbridge.

A mix of farm tracks, sand and mud paths and lots of hills combined with the high temperature made the going quite tough, although all that took part commented on what a good race this was.

The first Harrier home was Keith Skelton in a very respectable thirteenth place followed by the first female Harrier Chris Skellern who was fifth lady.

The race was won in a time of 38.26 by Andrew Butler of Halesowen A&CC.

An exceptionally well organised race, one I hope more Harriers can enjoy as part of the challenge next year.

### Craig Baxter

Just a few Harriers managed to navigate their way south of the A5 and take on the 6 ish mile course on the Saturday evening around the Stourbridge countryside. We were to negotiate Step hill, muddy lane and dinosaur beach with the water station being well used by all the runners. There was no horse's for us to beat or try and beat, but there was plenty of there remnants to avoid under foot. Keith Skelton was first Harrier home with Chris Skellern coming home 2nd LV45. With this being a Challenge race there was plenty of points to be had.

The winner was Andrew Butler from Halesowen A&CC in a time of 38:26 with first lady being Helen Tromans from Dudley and Kingswinford in a time of 46:24.

### Stuart Fowlie

13 <sup>th</sup> Keith Skelton	42-54	5 <sup>th</sup> M40	112 <sup>th</sup> Mike Jones	55-03	5 <sup>th</sup> M60
43 <sup>rd</sup> Chris Skellern	48-13	2 <sup>nd</sup> L45	139 <sup>th</sup> Karen Murray	57-21	8 <sup>th</sup> L40
75 <sup>th</sup> Andy Bourne	51-12	32 <sup>nd</sup> open	165 <sup>th</sup> Mike Moore	62-32	6 <sup>th</sup> M60
90 <sup>th</sup> Vicky Lowndes	52-25	5 <sup>th</sup> L40	182 <sup>nd</sup> Stuart Fowlie	68-27	26 <sup>th</sup> M45
98 <sup>th</sup> Craig Baxter	53-24	73 <sup>rd</sup> open	190 <sup>th</sup> Sara Broome	74-55	19 <sup>th</sup> L40

**194 FINISHED.**

## Man v. Horse Marathon (22mls)

13/06/09

Seven hardy Harriers travelled down to Llanwrtyd Wells in mid-Wales for the annual Man V Horse Marathon. The heavy rains of the previous couple of days had ensured that there was plenty of mud present on various parts of the course, especially on the latter stages. This was reflected in various peoples' times being down on last year.

The Horse beat the Man (again) so the sponsor's prize money was safe for another year again.

Geoff Allen won the race on Dukes Touch of Fun in 2:11:43, whilst the first runner home was Peter Cole of Pontypridd Roadents in 2:19:06.

Stafford Harriers results were as follows;

Mark Bentley 3:28:13

Eddie Smith 3:38:30  
Dave Preece 3:39:56  
Karen Davies 3:48:58  
Ralph Wedlock 3:52:40  
Steve Turner 3:56:53  
Tony Baker 4:34:19

Once we'd all had some refreshments at the finish at Victoria Wells, it was back to our various digs then onto the Stone croft, the Belle Vue, and finally the Neuadd Arms where we partied until the early hours.

Full results can be found at the website [www.onlineraceresults.co.uk](http://www.onlineraceresults.co.uk)

Terrain: Multi-terrain, Country, Hilly, Undulating Weather conditions: Hot & Sunny, occasional cloud cover. **Report from: Mark Bentley**

I loved the entire race and my training has been geared for this through the year, with runs on the Chase, very special, Wow, tough run but absolutely fantastic!

Will be back again - maybe with a horse sometime!! **Thanks Karen**

## **Potters 'Arf**

**14/06/09.**

Ben Gamble won the race again, this year in 1:11:12.

The first Lady home was Charlotte Penfold of Bournemouth AC in 1:23:47.

It was a very warm morning and a very hilly route. 1475 finished.

Well done to all those who battled the conditions!

### **Here's a brief report from Tim Hough:**

Enjoyable race, despite the warm weather. The crowd, as usual, were out in force handing out drinks, sweets and jelly babies. I found the first 3 miles a struggle, then got into my stride until I hit that 'vertical hill' at mile 11. Most people walked the hill but I decided to keep going, albeit very slowly. The last mile or so was great with the crowds giving all the runners loads of encouragement. I finished 5 minutes behind my best Potters Arf time but was more than happy with that. It is a fairly hilly course, especially the vertical one at 11 miles.

Weather conditions: very warm and sunny.

69 <sup>th</sup> Paul Douglas	1-30-32	375 <sup>th</sup> Keith Faint	1-47-13
170 <sup>th</sup> Chris Owen	1-37-52 pb	1076 <sup>th</sup> Sharon Hawkins	2-14-19 pb
172 <sup>nd</sup> George Fox	1-38-02	1162 <sup>nd</sup> Ann Button	2-17-33
201 <sup>st</sup> Michael Harris	1-38-56	1224 <sup>th</sup> Sam Gill	2-22-15
227 <sup>th</sup> Kenton Sharpe	1-40-27 1 <sup>st</sup> time	1277 <sup>th</sup> Chris Howe	2-26-03
240 <sup>th</sup> Joe Atherton	1-41-13	1319 <sup>th</sup> Gillian Cauldwell	2-29-47
357 <sup>th</sup> Lucy Earnshaw	1-45-58	1412 <sup>th</sup> Tracie Wallis	2-41-00

**1475 finished**

## **Torbay Half**

**21/06/09**

For those wishing a weekend away with sun, sand, sea and s..... (silverware for the race winner) then this is a race for you. With marvellous organisation and energy from Torbay Athletic Club this event has a carnival atmosphere with lots of support from spectators and locals alike. Starting at 9.30 am the route is a two lap course from Paignton to Torquay and back on closed roads and is therefore traffic free. There were plenty of marshals and water stations and even bands playing on route which has some fine views and scenery. The race was won by Toby Lambert a local who now runs for Winchester & District AC in a time of 1:08:11, first lady was Joe Meek from Tavistock Athletic Club in 1:21:55, while myself managed 1:37:55 (first and last harrier and not a horse in sight !)

Terrain: Starting at Paignton the first two miles are flat as you complete two laps of Paignton Green, the course then heads off for a two lap route to Torquay and back. This means there are a number of hills (and downhill's) you have to encounter four times. The finish is along the promenade at Paignton, after crossing the finish line you turn left into the sea ! (optional) but highly recommended.

Dry warm and sunny.

### Report from Steve Turner

## Stone St. Michaels 10k

21/06/09

Perfect running conditions and a good turnout by Harriers (28).

We also had a good group of Juniors running the relay version of the race (see Juniors Section page) Race won by Ben gamble of SMM in 33:13, with Claire Martin of Telford AC as 1st lady in 34:44 (wow).

47 <sup>th</sup> Paul Douglas	39-06 1 <sup>st</sup> M55	256 <sup>th</sup> Stephen Clark	49-23 PB
86 <sup>th</sup> Bryan Denham	41-35	271 <sup>st</sup> Jenny Addison	50-35 1 <sup>st</sup> time
89 <sup>th</sup> Keith Skelton	41-38	289 <sup>th</sup> Sarah Johnson	51-31 PB
91 <sup>st</sup> Mark Bentley	41-41	292 <sup>nd</sup> Tony Baker	51-31
99 <sup>th</sup> Rob Simpson	42-22	290 <sup>th</sup> David Cowley	51-36
102 <sup>nd</sup> Chris Owen	42-36	335 <sup>th</sup> Joanne Carson	54-38 PB
115 <sup>th</sup> Chris Skellern	43-08 3 <sup>rd</sup> L45	341 <sup>st</sup> Karen D Murray	55-07
175 <sup>th</sup> Eric Lander	45-53	349 <sup>th</sup> Tracy Mackay	55-42 1 <sup>st</sup> time
179 <sup>th</sup> John Leese	46-02	350 <sup>th</sup> Karen Sabin	55-42 PB
192 <sup>nd</sup> Craig Baxter	46-36 PB	373 <sup>rd</sup> Rebecca Bostock	57-50
229 <sup>th</sup> Liz Stanyer	47-57 PB	384 <sup>th</sup> James Thorpe	59-13
234 <sup>th</sup> Ralph Wedlock	48-11	391 <sup>st</sup> Gillian Caldwell	60-21
245 <sup>th</sup> Mike Jones	48-48	401 <sup>st</sup> Judith Colman	61-51
252 <sup>nd</sup> Karen Davies	49-09	408 <sup>th</sup> Deborah Brown	63-41

**426 finished.**

## CHEADLE 4 MILES 12<sup>TH</sup> NSRRA EVENT

12-7-09.

Sixteen Harriers this short but tough race, with Paul Douglas first home for the Harriers in a time of 25-36 1<sup>st</sup> M55, Chris Skellern also had a good run 3<sup>rd</sup> L45.

26 <sup>TH</sup> Paul Douglas	25-36 1 <sup>st</sup> M55	137 <sup>th</sup> Ralph Wedlock	31-51
59 <sup>th</sup> Mark Bentley	27-59	159 <sup>th</sup> Mike Jones	33-27
72 <sup>nd</sup> Dave Preece	28-29	162 <sup>nd</sup> Dave Cowley	33-39
79 <sup>th</sup> Chris Skellern	28-46 3 <sup>rd</sup> L45	172 <sup>nd</sup> Tony Baker	34-34
109 <sup>th</sup> Eric Lander	30-16	183 <sup>rd</sup> Karen D Murray	36-20
120 <sup>th</sup> John Leese	30-49	198 <sup>th</sup> Gillian Caldwell	41-08
122 <sup>nd</sup> Bernard Wilkes	30-56	199 <sup>th</sup> Judith Colman	41-14
129 <sup>th</sup> Graham Williams	31-33		
130 <sup>th</sup> Eddie Smith	31-33		

**214 finished.**

## 58<sup>th</sup> PETE HODGETTS EASTER HANDICAP.

11.06.09.

Thirty Harriers turned out on a beautiful evening, to run the 58<sup>th</sup> handicap, with Dave Banner winning in a PB time of 31-20 from Nathan Sabin, Ellie Baxter ran her first handicap, running to dads orders, take it steady and don't go out to fast, which she duly did, to run a very good time of 35-55, Nathan Sabin ran a remarkable race in a time of 28-21 PB.

Others who got a PB, are Lydia Atkins 30-17, Kenton Sharpe 28-20 and Caroline Stark 31-44, your next handicap in September is shown below.

			Running time	handicap	net time	num run	next handi
1 <sup>st</sup>	Dave	Banner	36-05	4-45min	31-20PB	2	8-00
2 <sup>nd</sup>	Ellie	Baxter	37-55	2min	35-55	1 <sup>st</sup> time	6-30
3 <sup>rd</sup>	Nathan	Sabin	38-36	10-15min	28-21PB	2	12.15
4 <sup>th</sup>	Mike	Jones	38-50	5-45min	33-05	58	8.15
5 <sup>th</sup>	John	Richard	39-39	12-15min	27-24	1 <sup>st</sup> time	15-00
6 <sup>th</sup>	Michael	Harris	40-07	13-45min	26-22	6	14-15
7 <sup>th</sup>	Craig	Baxter	40-29	9-45min	30-44	3	10-30
8 <sup>th</sup>	Allison	Kellie	40-37	zero	40-37	1 <sup>st</sup> time	2-00
9 <sup>th</sup>	Chris	Skellern	40-47	12-15min	28-32	58	12-45
10 <sup>th</sup>	Chris	Owen	41-11	12-15min	28-56	1 <sup>st</sup> time	13-30
11 <sup>th</sup>	Lydia	Atkins	41-17	11min	30-17PB	3	11-15
12 <sup>th</sup>	Kenton	Sharpe	41-20	13min	28-20PB	2	13-45
13 <sup>th</sup>	Vicky	Lowndes	41-38	10-30min	31-08	7	10-45
14 <sup>th</sup>	Sara	Broome	41-42	Zero	41-42	13	Zero
15 <sup>th</sup>	Caroline	Stark	41-44	10min	31-44PB	2	10-30
16 <sup>th</sup>	Jenny	Addison	41-47	9-45min	32-02	16	9-30
17 <sup>th</sup>	Joe	Atherton	41-52	14-45min	27-07	11	14-15
18 <sup>th</sup>	John	Leese	42-12	12-15min	29-57	39	12-30
19 <sup>th</sup>	Chris	Ross	42-19	17min	25-19	8	25-19
20 <sup>th</sup>	Jane	Bisiker	42-30	9-30min	33-00	15	9-30
21 <sup>st</sup>	Tom	Hobbins	42-52	19min	23-52	5	19-00
22 <sup>nd</sup>	Helen	Smith	42-56	9-30min	33-26	1 <sup>st</sup> Time	9-00
23 <sup>rd</sup>	Nigel	Addison	43-16	12-45min	31-31	23	12-15
24 <sup>th</sup>	Karen	Murray	43-30	7-45min	35-45	1 <sup>st</sup> Time	7-15
25 <sup>th</sup>	Frank	Evans	43-35	4-30min	39-05	30	4-00
26 <sup>th</sup>	Stuart	Turner	43-35	14-45min	28-50	10	13-15
27 <sup>th</sup>	Judith	Colman	43-37	2min	41-37	29	1-30
28 <sup>th</sup>	Laura	Clough	45-30	11min	36-30	1 <sup>st</sup> Time	6-00
29 <sup>th</sup>	Lew	Badger	46-50	8min	38-50	33	5-45
30 <sup>th</sup>	Bill	Whitworth	47-05	8min	39-05	13	5-45

Next handicap on Thursday 24<sup>th</sup> September start at 6-30pm, get there please for 6pm to 6-15pm.