

---

## **CROSS COUNTRY RACES FOR 2010.**

On the 30<sup>th</sup> January it is the big one, we have the pleasure of hosting the Midland championships, this is a big event, we have to put out a lot more stakes and tape, we have to cater for over 1000 runners, so we need more help on the catering, we will be there at first light approx 7-30am, so please keep the 30<sup>th</sup> January free, any help will be gratefully received, whether it is putting up the course, marshalling, help on car parking or helping in the catering tent, thank you in advance.

## **THE FUTURE OF THE HARRIER.**

In the last Harrier, I asked how you saw the future of the Harrier, all I have had back, is a couple of emails and three Harriers giving there views.

We will be discussing this at the AGM on Tuesday January 26<sup>th</sup>, the way I see it, the Harriers Web site gives most of you, everything that the Harrier does, and of course it is a lot quicker, the options are.

1. Stop producing the Harrier, and send it all to the web site.
2. Produce a small amount of Harriers for those that don't have access to the web, they would have to tell me they want one.
3. Putting sheets like training routes, challenge leagues, race diary and current news in a display box in the foyer at the ST Leonards club.

## **HARRIERS CHALLENGE 2010.**

In this year's challenge I have already got 56 Harriers entered, so the committee have increase the number of groups to seven, meaning that each group should be very competitive, there is still room for any Harrier that wants to be included.

## **NORTH STAFFS ROAD RUNNERS LEAGUES.**

This year the North Staffs Road Runners presentation evening will be held at the M R I social club, on Friday night January 15<sup>th</sup>, 7-30 for 8pm, price £6, so come along and have a good night, and see what you can achieve by joining the NSRRA, you don't have to be a member to go to the presentation evening.

I'm glad to see that a number of Harriers are giving the North Staffs road runners are giving it a go, for £5 you will give your racing another dimension, and it is not too late for other Harriers to join, just go to the north Staffs web site and down load a membership form.

## **A. G. M. 2010.**

A. G. M. will be held on Tuesday evening after training on January 26<sup>th</sup>, please come along and air your views, we are looking for some younger Harriers to serve on the committee, if you are interested please tell committee member, who will explain how you can join.

It also your chance to place your vote for your runners of the year.

## **ANNUAL DINNER 2010.**

The Annual dinner again this year, will be held at the Polish club on Friday night February 26<sup>th</sup>, and the price will be £13-00 for members, £17-00 for everybody else.

The Annual dinner is where all the trophies are given out, and of course we would like all the winners to be there.

Please book your place as soon as possible, as there are only limited places available.

**London marathon 2010.** The four club places were drawn out at Christmas disco, and they went to Graham Williams, John Finney, Robert Simpson and Karen Davies, 1<sup>st</sup> reverse Craig Baxter, 2<sup>nd</sup> reverse Liz Stanyer, 3<sup>rd</sup> reverse Steve Turner, 4<sup>th</sup> reverse Tom Hobbins.

**CLUB KIT.** Jane Bisiker has plenty of club kit, vest @ £10, shorts @ £10 and the new yellow running top, good for running in the dark nights, and you advertise Stafford Harriers, and again it is £10.

**CLUB RUNNERS OF THE YEAR,** This year we are going to try something different, you will be able to vote at training and the AGM as usual, but I'm hoping we can put it on the Harriers web site, there will be a list of Harriers with a brief résumé of what each Harrier has achieved in 2009, then email your choice to me

**CHARITY DONATIONS.** £500 was donated to the Oak Tree Project, at Hilderstone, they look after disadvantaged adults, giving them a sense of purpose, by giving them work projects, where they turn out many things for the gift shop, and producing a large selection of plants, which are for sale at very reasonable prices, so if you are in the area, pop in and have a look around, you will be made very welcome.

£500 was also donated to Greenhall nursery, they teach young children with all disabilities, starting them on a limited education, and our donation is going towards a refurbished light room.

All this money came from the Shugborough relay and Staffs Knot 5 miler, which again, was very successful year, thanks to all the Harriers that helped and ran.

**CHARITY RUN 2010.** It has suggested that we use the Black country half marathon as our charity run for 2010, this half marathon runs from Wolverhampton to Birmingham on the canal tow path, runners go off in waves, the fast runners first, everybody is chip timed so the results will show your correct time, now how we use it for the charity run, that has got to be decided, any suggestions would be gratefully received, also this race has been included in the Harriers challenge, so a double reason to run this race, you may ask how do we get back from Birmingham we use the train, after having a few beers first.

**CROSS COUNTRY 2010.** Well done to all Harriers that have run at least one cross country, 56 Harriers juniors and seniors took part, with a lot of success in the North Staffs, the mini bus to the Birmingham league has meant we have more Harriers taking part, see separate sheet you see how you have done.

#### WINTER TRAINING RUNS AND SPEED SESSION 2010.

**ROUTE ONE.** Fairway on to river path to Civic offices, main street, through centre of Stafford, Foregate, Eccleshall 1 Crab lane, Stone road, Rowley street, Marston road, Astonfields, Sandon road, Corporation street backs.

**SHORT RUN.** Up Holmcroft road, instead of Crab lane.

**ROUTE TWO.** ST. Leonard's, Lichfield road, Baswich lane, Porlock avenue, Stockton lane, Hillcroft avenue, Bream 1 Clevedon avenue, Overhill road, Cannock road, Radford bank and back to club total 5.25 miles.

**SHORT RUN.** Stockton lane, Lichfield road, down Radford bank.

**ADDITIONAL SECTION.** Wildwood ring road. 1.6 miles, total including Wildwood 6.85 miles.

**ROUTE THREE.** ST. Leonard's, Fairway, Hatherton street, Corporation street backs, Astonfields, Common road, Beacon Stone road, to Goal Square, through main street to civic offices, along river path to club.

**SHORT RUN.** From Astonfields Common road, Marston road, Gaol road, town centre, to civic offices, along river 1 back to the club.

**ROUTE FOUR.** ST. Leonard's, Lichfield road, Riverway, Weston road, Tixall road, Avon Rise, Tixall road, Cull ave Weston road, Beaconside, Sandon road, Corporation Backs, Weston road, Fairway to ST. Leonard's. Total 6.5 miles.

**ROUTE FIVE.** ST. Leonard's, Lichfield road, Weeping Cross, Cannock road, Overhill road, Hillcroft avenue, Stockton 1 Porlock Avenue, Yelverton Avenue, Shipston road, Farndown road, Baswich lane, Radford bank, ST. Leonard's. Total 6.6 mile:

**SHORT RUN.** Continue down Porlock Avenue, Baswich lane and back to the club.

ROUTE SIX. ST. Leonard's, Malt and Hops, Park street, Newport road, West Way, John Amery drive, Wolverhampton road, Gravel lane, ST. Peters gardens, Rickerscote road, Silkmore lane, Queensville bridge.

SHORT RUN. From West Way, Wolverhampton road, Rickerscote road, Silkmore lane.

LONGER RUN. Circuit of the Meadows.

ROUTE SEVEN. ST. Leonard's, Dartmouth street, Cull avenue, Weston road, Westhead avenue, Corporation street by Astonfields, Marston round, Rowley street, Eccleshall road, Holmcroft road, Stone road, Co-operative street, Astonfields, Sar road, Prospect road, Tithe barn road, Westhead avenue, Cull avenue, Tixall road, Dartmouth street and back to the club. Total miles.

SHORT RUN. After Holmcroft road, Stone road, Rowley Street to the club.

LONGER RUN. Continue up Eccleshall road, Crab lane, Stone road.

ROUTE EIGHT. ST. Leonard's, Silkmore lane, Wolverhampton road, Westway, Barnes road, Oxleathers pub, Sundown drive, Newport road, Friars road, Park street, Lichfield road, into ST. Leonard's avenue and back to club. Total 6.8 miles

SHORT RUN. Continue up Westway to and turn right down Newport road.

ADDITIONAL RUN. Castlefields village 1.2 miles.

ROUTE NINE. Down Fairway, Hatherton Street, Corporation Street backs, Rangers football club, Marston road, Rowley Street, Stone road, Crab lane, Eccleshall road, Foregate, through centre of Stafford, to civic offices on to river path back to the club.

SHORT RUN. From Rowley street turn left go down Foregate.

ROUTE TEN. ST. Leonard's, Radford bank, Cannock road, Overhill road, Hillcroft avenue, Stockton lane, Porlock avenue, Baswich lane, Radford bank, to club.

SHORT RUN. Left at Milford road.

LONGER RUN. Wildwood ring.

ROUTE ELEVEN. Fairway, River path to Civic offices, up Main street, past the Jail, up Sandon road, Beaconside, Weston road, Morris drive, Birkdale drive, Wolseley road, Avon rise, Tixall road, Dartmouth street back to the club.

ROUTE TWELVE. Fairway, on to river path to civic offices, Main Street to Goal square, Foregate, Stone road, Beaconside, Common road, Astonfields, Corporation Street backs, Hatherton Street, back to the club.

SHORT RUN. Down Co-operative Street, to Rangers, Corporation Backs, Hatherton Street, back to the club.

ROUTE THIRTEEN. ST Leonard's, Radford bank, Baswich lane, Farmdown road, Baswich lane, Shipston road, Compton road, Porlock avenue, Stockton lane, Hillcroft avenue, Clevedon avenue, Overhill road, Cannock road, Radford bank, ST. Leonard's.

SHORT RUN. Right down Porlock Avenue, left into Baswich lane down Radford bank.

LONGER RUN. Wildwood ring.

ROUTE FOURTEEN. ST. Leonard's Queensville bridge, Silkmore lane, Rickerscote road, ST. Peters gardens, Gravel lane, West Way, John Amery drive, Westway, Newport road, Lichfield road, ST. Leonard's back to club.

SHORT RUN. After John Amery drive, Wolverhampton road, to club.

LONGER RUN. Castlefields estate.

ROUTE FIFTEEN. Fairway, Dartmouth street, Cull Avenue, Westhead avenue, Tithe barn road, Prospect road, Sandon road, Astonfields, Marston road, Co-operative street, Stone road, Holmcroft road, Eccleshall road, Foregate, Goal square through main street, on to river path, to the club.

SHORT RUN. From Marston road, past Jail through town, onto river path.

LONGER RUN. Up Stone road, left down Crab lane, left along Eccleshall road.

ROUTE SIXTEEN. ST. Leonard's, Lichfield road, Wolverhampton road, Park Street, Friars road, Newport road, Sundown drive, Oxleathers pub, Westway, Wolverhampton road, Silkmore lane, Queensville bridge, ST. Leonard's back to club.

Extra, from Queensville Island, around the Meadows

SHORT RUN. From Newport road left down Westway.

TUESDAY 12<sup>th</sup> JANUARY. SURPRISE, SURPRISE ALL DO SPEED SESSION.

THURSDAY 14<sup>th</sup> JANUARY. ROUTE FIVE.

TUESDAY 19<sup>th</sup> JANUARY. ROUTE SIX.

SPEED SESSION. 12 hills Avon rise.

THURSDAY 21<sup>st</sup> JANUARY. ROUTE SEVEN

TUESDAY 26<sup>th</sup> JANUARY. ROUTE EIGHT.

SPEED SESSION. 4 X 1200M ROWLEY BANK

TUESDAY 2<sup>nd</sup> FEBRUARY. SURPRISE, SURPRISE ALL DO SPEED SESSION.  
 THURSDAY 4<sup>th</sup> FEBRUARY. ROUTE TEN.  
 TUESDAY 9<sup>th</sup> FEBRUARY. ROUTE ELEVEN  
 SPEED SESSION CASTLEFIELDS 8 X 600m @ Castlefields.  
 THURSDAY 11<sup>th</sup> FEBRUARY. ROUTE TWELVE  
 TUESDAY 16<sup>th</sup> FEBRUARY. ROUTE THIRTEEN.  
 SPEED SESSION HILLS. 8 Hills @ Technology Park.  
 THURSDAY 18<sup>th</sup> FEBRUARY. ROUTE FOURTEEN  
 TUESDAY 23<sup>rd</sup> FEBRUARY. ROUTE FIFTEEN  
 SPEED SESSION. 5 x 1000m @Castlefields 1 loop.  
 THURSDAY 25<sup>th</sup> FEBRUARY. ROUTE SIXTEEN  
 TUESDAY 2<sup>nd</sup> MARCH. SURPRISE, SURPRISE, ALL WILL DO SPEED SESSION.  
 THURSDAY 4<sup>th</sup> MARCH. ROUTE ONE  
 TUESDAY 9<sup>th</sup> MARCH. ROUTE TWO  
 SPEED SESSION HILLS. 4 X 1200M KNOWLE ROAD.  
 THURSDAY 11<sup>th</sup> MARCH ROUTE THREE.  
 SPEED SESSION 8 X 600M @ Castlefields to 2<sup>nd</sup> roundabout.  
 TUESDAY 16<sup>th</sup> MARCH ROUTE FOUR.  
 THURSDAY 18<sup>th</sup> MARCH ROUTE FIVE.  
 TUESDAY 23<sup>rd</sup> MARCH ROUTE SIX.  
 SPEED SESSION 3 x 1mile Technology Park.  
 THURSDAY 25<sup>th</sup> MARCH ROUTE SEVEN.

**Remember, you must wear fluorescent or bright clothing on all above runs, please don't put us in the embarrassing position of asking you not to run on the club run.**  
**SUMMER RUNS BEGIN.**

TUESDAY 30<sup>th</sup> MARCH ROUTE ONE, Corporation street backs, Astonfields, Common, Beaconside, footpath to Tixall road, back to the club.  
 THURSDAY 1<sup>st</sup> APRIL ROUTE TWO, Canal to Milford, Jacob's ladder, Wildwood to canal back to the club.  
 TUESDAY 6<sup>th</sup> APRIL ROUTE THREE, Along river through park, Castlefields, Castle, Derrington, Railway line, Castlefields, park, river path back to the club  
 THURSDAY 8<sup>th</sup> APRIL ROUTE FOUR, Silkmore lane, Wolverhampton road, Chain lane, Barn bank lane, Wolverhampton road, Lichfield road, back to club.  
**ALL SUMMER SPEED SESSIONS ARE AT ROWLEY PARK.**

**RACE REPORTS.**  
**CROSS COUNTRY REPORT 2009.**

69 Harriers, ran at least one cross country race, proberley a record, the juniors had their best year to date, with the under 11 girls and boys finishing in 3<sup>rd</sup> place and the under 13 boys in 2<sup>nd</sup> place overall, well done to all the juniors that ran.

The ladies finished well, but just failed to get promotion, finishing in 3<sup>rd</sup> place, individually Nina Skilton finished 2<sup>nd</sup> L40, Chris Skellern 2<sup>nd</sup> L45 and Jenny Addison in her season as a senior finished 2<sup>nd</sup> junior lady, the first junior girl to get a senior prize.

The men were 2<sup>nd</sup> from the bottom after first two fixtures, and looked doomed to be relegated, but two stirling performances at Stafford and Leek, where we finished 7<sup>th</sup> and 5<sup>th</sup>, we escaped relegation finishing in 8<sup>th</sup> place.

Individually, the men picked 1<sup>st</sup> M55 with Paul Douglas and Pete Sarson first M60, in the vet teams the Harriers finished 7<sup>th</sup> M40 with 2986 points, and 2<sup>nd</sup> M55 with a point's total of 2279 points.

U11 Boys		Newcastle	Parkhall	Stafford	Leek	Senneleys	Leamington.
Tom	Sabin	3 <sup>rd</sup> 6-57	3 <sup>rd</sup> 8-32	3 <sup>rd</sup> 9-26	3 <sup>rd</sup> 9-39	3 <sup>rd</sup> overall	
Will	Sammons	11 <sup>th</sup> 7-34	17 <sup>th</sup> 9-24	16 <sup>th</sup> 10-22	12 <sup>th</sup> 10-32	13 <sup>th</sup> overall	
James	Prenter	17 <sup>th</sup> 7-45	23 <sup>rd</sup> 9-48	23 <sup>rd</sup> 10-50	28 <sup>th</sup> 13-53	15 <sup>th</sup> overall	
Alex	Mackay	21 <sup>st</sup> 8-07	24 <sup>th</sup> 10-01		17 <sup>th</sup> 11-03		
Joe	Cartmail	35 <sup>th</sup> 9-36					
<b>3<sup>rd</sup> Team overall 148 points</b>							
U13 Boys							
Curtis	Owen	21 <sup>st</sup> 14-33	9 <sup>th</sup> 10-22	15 <sup>th</sup> 15-21	14 <sup>th</sup> 13-15	5 <sup>th</sup> overall	
Joe	Smith	26 <sup>th</sup> 15-27	16 <sup>th</sup> 10-58	11 <sup>th</sup> 14-53	11 <sup>th</sup> 13-09	7 <sup>th</sup> overall	
Jack	Sammons	28 <sup>th</sup> 15-55	20 <sup>th</sup> 11-47	17 <sup>th</sup> 16-15	23 <sup>rd</sup> 14-37	10 <sup>th</sup> overall	

U15 Boys

Nathan Sabin	7 <sup>th</sup> 16-25	10 <sup>th</sup> 10-37	7 <sup>th</sup> 22-07	16 <sup>th</sup> 18-37	4 <sup>th</sup> overall
Matty Burdett	22 <sup>nd</sup> 18-46	20 <sup>th</sup> 11-36		22 <sup>nd</sup> 19-17	
Sam Watts	23 <sup>rd</sup> 18-46	21 <sup>st</sup> 11-40	23 <sup>rd</sup> 25-41		

U11 Girls

Elisha Walker	3 <sup>rd</sup> 8-00	4 <sup>th</sup> 8-16	4 <sup>th</sup> 4-54	24 <sup>th</sup> 8-46	5 <sup>th</sup> overall
Ellie Baxter	7 <sup>th</sup> 8-14	12 <sup>th</sup> 8-35	7 <sup>th</sup> 5-04	13 <sup>th</sup> 7-50	7 <sup>th</sup> overall
Sara Holiday	12 <sup>th</sup> 8-39	21 <sup>st</sup> 9-14			
Ellie Stanyer	13 <sup>th</sup> 8-39	20 <sup>th</sup> 9-11	15 <sup>th</sup> 5-14	19 <sup>th</sup> 8-14	12 <sup>th</sup> overall
Hannah Talbot		14 <sup>th</sup> 8-42	14 <sup>th</sup> 5-14	6 <sup>th</sup> 7-30	

**3<sup>rd</sup> Team overall 115 points.**

U13 Girls

Emily Scott	33 <sup>rd</sup> 8-36	26 <sup>th</sup> 10-46	21 <sup>st</sup> 11-39	27 <sup>th</sup> 12-35	
Megan Caddick		27 <sup>th</sup> 11-01	23 <sup>rd</sup> 12-14	28 <sup>th</sup> 12-37	

U15 Girls

Lauren Gee	13 <sup>th</sup> 15-59	14 <sup>th</sup> 12-19	10 <sup>th</sup> 16-43	10 <sup>th</sup> 15-35	5 <sup>th</sup> overall
------------	------------------------	------------------------	------------------------	------------------------	-------------------------

U17 Girls

Julie Addison	8 <sup>th</sup> 20-49	7 <sup>th</sup> 13-00	6 <sup>th</sup> 27-12	6 <sup>th</sup> 22-50	5 <sup>th</sup> overall
Sophie Cartmail	11 <sup>th</sup> 22-21	9 <sup>th</sup> 13-33	8 <sup>th</sup> 30-21		

Ladies.

Sally Gray	5 <sup>th</sup> 20-49			10 <sup>th</sup> 21-35	
Nina Skilton	12 <sup>th</sup> 21-52	17 <sup>th</sup> 23-33	17 <sup>th</sup> 29-18	13 <sup>th</sup> 21-50	2 <sup>nd</sup> L40
Claire Skelton			26 <sup>th</sup> 30-44		
Chris Skellern	35 <sup>th</sup> 23-33	35 <sup>th</sup> 25-16	41 <sup>st</sup> 31-58	37 <sup>th</sup> 24-45	2 <sup>nd</sup> L45
Clare Corfield-Carr	50 <sup>th</sup> 24-37				
Tracey Gee	53 <sup>rd</sup> 24-49	50 <sup>th</sup> 26-19	44 <sup>th</sup> 32-08		133 <sup>rd</sup> 31-39
Ruth Umerah			46 <sup>th</sup> 32-23	44 <sup>th</sup> 24-57	
Karen Davies			64 <sup>th</sup> 34-10	54 <sup>th</sup> 25-46	
Caroline Nichol	66 <sup>th</sup> 25-27	77 <sup>th</sup> 27-48	80 <sup>th</sup> 35-10		
Jenny Addison	68 <sup>th</sup> 25-34	87 <sup>th</sup> 28-26	96 <sup>th</sup> 36-57	70 <sup>th</sup> 26-35	2 <sup>nd</sup> Junior lady
Vicky Lowndes		93 <sup>rd</sup> 28-51		64 <sup>th</sup> 26-22	
Liz Stanyer	71 <sup>st</sup> 25-41	103 <sup>rd</sup> 29-18	103 <sup>rd</sup> 29-18		
Jane Bisiker	104 <sup>th</sup> 27-34				
Jill Ross	105 <sup>th</sup> 27-49	111 <sup>th</sup> 30-11	102 <sup>nd</sup> 37-45		
Karen D Murray	114 <sup>th</sup> 28-44	125 <sup>th</sup> 32-38		100 <sup>th</sup> 31-14	

Newcastle

Parkhall Stafford

Leek

Senneleys

Leamington

Judith Colman	127 <sup>th</sup> 34-08	136 <sup>th</sup> 36-18	124 <sup>th</sup> 44-38	106 <sup>th</sup> 34-52	4 <sup>th</sup> L55
Kellie Lee	131 <sup>st</sup> 35-57	137 <sup>th</sup> 39-14	130 <sup>th</sup> 50-42	109 <sup>th</sup> 38-18	
Sara Broome	132 <sup>nd</sup> 38-09			112 <sup>th</sup> 41-10	

**Ladies 3<sup>rd</sup> Team overall 513 points, 2<sup>nd</sup> L35+ overall 552 points.**

Russell Barron			25 <sup>th</sup> 47-34	26 <sup>th</sup> 33-47	2 <sup>nd</sup> 36-28	4 <sup>th</sup> 40-21
Tom Hobbins				54 <sup>th</sup> 35-52		19 <sup>th</sup> 43-11
Steven Vaughan				46 <sup>th</sup> 35-36		20 <sup>th</sup> 43-14
George Mafu	84 <sup>th</sup> 42-10	66 <sup>th</sup> 42-01	50 <sup>th</sup> 50-47	47 <sup>th</sup> 35-40	26 <sup>th</sup> 40-06	31 <sup>st</sup> 44-34
Dave Clarke		83 <sup>rd</sup> 43-23		71 <sup>st</sup> 36-49		29 <sup>th</sup> 44-19
Mike Saint-Dunn		86 <sup>th</sup> 43-29	69 <sup>th</sup> 51-48	76 <sup>th</sup> 37-09		
Paul Douglas	83 <sup>rd</sup> 42-08	104 <sup>th</sup> 45-01	96 <sup>th</sup> 53-56	95 <sup>th</sup> 38-41	40 <sup>th</sup> 41-43	46 <sup>th</sup> 45-51
Chris Ross	89 <sup>th</sup> 42-21	142 <sup>nd</sup> 47-03	103 <sup>rd</sup> 54-35	79 <sup>th</sup> 37-16	53 <sup>rd</sup> 43-25	43 <sup>rd</sup> 45-36
Keith Skelton		105 <sup>th</sup> 45-02	105 <sup>th</sup> 54-39			
Pete Sarson	94 <sup>th</sup> 42-36	95 <sup>th</sup> 44-19	131 <sup>st</sup> 56-37	108 <sup>th</sup> 29-39		
Mark Bentley	126 <sup>th</sup> 45-02	169 <sup>th</sup> 49-17	159 <sup>th</sup> 59-05			102 <sup>nd</sup> 51-35
Stuart Turner	136 <sup>th</sup> 45-29					
Steve Turner	149 <sup>th</sup> 46-25	161 <sup>st</sup> 48-34	137 <sup>th</sup> 56-56	158 <sup>th</sup> 42-12	89 <sup>th</sup> 46-51	110 <sup>th</sup> 52-02
Jason Littlewood	201 <sup>st</sup> 50-45	168 <sup>th</sup> 49-13	177 <sup>th</sup> 61-13		88 <sup>th</sup> 46-50	
Chris Owen	171 <sup>st</sup> 47-20		164 <sup>th</sup> 59-50	162 <sup>nd</sup> 42-21	94 <sup>th</sup> 47-28	
Dave Marsden	180 <sup>th</sup> 48-21	187 <sup>th</sup> 50-28	171 <sup>st</sup> 60-40	177 <sup>th</sup> 43-35	119 <sup>th</sup> 51-37	111 <sup>th</sup> 52-04
Eddie Smith	191 <sup>st</sup> 49-15	196 <sup>th</sup> 51-07	185 <sup>th</sup> 61-48	189 <sup>th</sup> 44-53	111 <sup>th</sup> 49-10	131 <sup>st</sup> 54-13
Bill Chidlow	195 <sup>th</sup> 49-44		238 <sup>th</sup> 67-45	186 <sup>th</sup> 44-17		
Andy Bourne	207 <sup>th</sup> 51-13	208 <sup>th</sup> 52-01	197 <sup>th</sup> 62-48			
Bernard Wilkes				194 <sup>th</sup> 45-13	99 <sup>th</sup> 48-11	
John Leese	215 <sup>th</sup> 51-47	214 <sup>th</sup> 52-29	218 <sup>th</sup> 65-11	210 <sup>th</sup> 46-25		

Kenton Sharpe	216 <sup>th</sup> 51-51					
Graham Williams	218 <sup>th</sup> 52-29	228 <sup>th</sup> 54-16	218 <sup>th</sup> 65-11	212 <sup>th</sup> 46-36		
Craig Baxter	220 <sup>th</sup> 53-28	240 <sup>th</sup> 55-44	232 <sup>nd</sup> 66-20	226 <sup>th</sup> 49-22		
Darren Bathew	221 <sup>st</sup> 53-29					
Mike Jones	241 <sup>st</sup> 58-33	249 <sup>th</sup> 58-38	248 <sup>th</sup> 72-30	231 <sup>st</sup> 50-43	129 <sup>th</sup> 54-54	147 <sup>th</sup> 59-13
Stuart Fowlie	243 <sup>rd</sup> 59-33	259 <sup>th</sup> 61-44	252 <sup>nd</sup> 75-01	237 <sup>th</sup> 53-41		
Mike Moore	244 <sup>th</sup> 61-03	261 <sup>st</sup> 64-17	254 <sup>th</sup> 76-34	235 <sup>th</sup> 53-22		
Frank Grant	247 <sup>th</sup> 73-00					

The men finished 8<sup>th</sup> overall 1919 points, 7<sup>th</sup> M40 Team 2986 points, 2<sup>nd</sup> M50 Team 2279 points

### **PUMA CONISTON TRAIL RACE 3-10-09.**

Tom Hobbins and Lydia Atkins competed in a tough 15K trail race above lake Coniston, with Tom Hobbins coming in 27<sup>th</sup> in a time of 1-07-27 and Lydia Atkins 421<sup>st</sup> in a time of 1-44-11, 470 finished.

### **BADGERS BITE 4-10-09.**

Two Harriers ran this tough 4 miler, with Chris Owen 1<sup>st</sup> Harrier in 77<sup>th</sup> place in a time of 29-26 with Nigel Addison in 122<sup>nd</sup> in a time of 32-19, 264 finished.

### **LEICESTER HALF MARATHON 11-10-09.**

Three Harriers ran this popular race, with all making their debut at the half marathon distance Carl Spears and Dave Banner, breaking the two hours, and Tracy Kenny just over the two hour mark.

860 <sup>th</sup> Carl Spears	1-56-27	1210 <sup>th</sup> Tracy Kenny	2-08-43
898 <sup>th</sup> Dave Banner	1-57-42	1646 finished.	

### **CONGLETON HALF MARATHON 19<sup>TH</sup> NSRRA EVENT 11-10-09.**

Thirteen Harriers took part in this popular half, with Paul Douglas first Harrier taking 2<sup>nd</sup> M55, Chris Skellern 2<sup>nd</sup> L45 and Karen Davies 3<sup>rd</sup> L45 were our other top three finishers.

28 <sup>th</sup> Paul Douglas	1-24-43	2 <sup>nd</sup> M55	255 <sup>th</sup> Bernard Wilkes	1-44-41
126 <sup>th</sup> Mark Bentley	1-35-45		316 <sup>th</sup> John Greatholder	1-50-21
152 <sup>nd</sup> Chris Owen	1-38-04		371 <sup>st</sup> Tom Rogers	1-54-20
174 <sup>th</sup> Chris Skellern	1-39-47	2 <sup>nd</sup> L45	400 <sup>th</sup> Tony Baker	1-56-30
184 <sup>th</sup> Karen Davies	1-40-26	3 <sup>rd</sup> L45	414 <sup>th</sup> Stephen Woodcock	1-58-48
193 <sup>rd</sup> Rob Simpson	1-40-53		526 <sup>th</sup> Denise Rogers	2-27-27
203 <sup>rd</sup> Eddie Smith	1-41-28		536 finished.	

### **BELLS OF PATTINGHAM 18-10-09.**

Thirteen Harriers ran this popular race run entirely on private roads and footpaths, with Russell Barron first Harrier in 7<sup>th</sup> place with Dave Clarke not far behind in 29<sup>th</sup>.

Other good runs came from Chris Skellern 54-11 PB and Jane Bisiker 1-02-11 PB.

7 <sup>th</sup> Russell Barron	42-42	429 <sup>th</sup> James Thorpe	1-02-42
29 <sup>th</sup> David Clarke	46-42	464 <sup>th</sup> Brian Langston	1-04-18
167 <sup>th</sup> Chris Skellern	54-11 PB	526 <sup>th</sup> Marie-Claire Darcy-Barron	1-07-16
216 <sup>th</sup> Chris Owen	55-56	539 <sup>th</sup> Sally Burns	1-07-46
258 <sup>th</sup> Steve Turner	57-37	698 <sup>th</sup> Judith Colman	1-18-20
277 <sup>th</sup> Nigel Addison	58-14	703 <sup>rd</sup> Allison Kelly	1-18-42
412 <sup>th</sup> Jane Bisiker	1-02-11 PB	744 FINISHED.	

### **AVIEMORE HALF MARATHON 18-10-09.**

This is the race that Bill Whitworth is promoting for 2010, a good fast point to point race, where you start higher up than the finished, so good fast time guaranteed, so fill out a form attached to the back of this Harrier, this year Pete Sarson 1-26-26 1<sup>st</sup> Vintage and Graham William 1-50-33 ran it this year posting good times.

41 <sup>st</sup> Pete Sarson	1-26-26	1 <sup>st</sup> vintage	356 <sup>th</sup> Graham Williams	1-50-22
			993 finished.	

### **CARDIFF HALF MARATHON 18-10-09.**

Two ladies travelled down to Cardiff to run this fast flat course, with both ladies getting PB'S, they are Jackie Allen posting a time of 1-52-59 and Sharron Hawkins 2-05-50 both ladies knocking nearly ten minutes off there previous PB'S.

3,555 <sup>th</sup> Jackie Allen	1-52-59 PB	5772 <sup>nd</sup> Sharron Hawkins	2-05-50	8766 finished.
----------------------------------	------------	------------------------------------	---------	----------------

### **SNOWDONIA MARATHON 24-10-09.**

Bob Dredge was our only Harrier to run this years Snowdonia marathon, in a time of 3-58-30 out of 1,325 finishers.

### **DUBLIN MARATHON 26-10-09.**

Dave Preece going around with daughter Kim in a time of 5-01-31.

1,823 <sup>rd</sup> Mark	Bentley	3-35-22	8,387 <sup>th</sup> Kim	Preece	5-01-31
8,386 <sup>th</sup> Dave	Preece	5-01-31	10,446 finished.		

**FLYING FOX 10 MILES 20<sup>TH</sup> NSRRA EVENT, 19<sup>TH</sup> HARRIERS CHALLENGE, 1-11-09.**

A good turnout of Harriers to run around the lanes of Standon, it is where I was brought up, the church on the crossroad is where I was married over forty years ago.

A number of Harriers had good runs, Paul Douglas 1<sup>st</sup> M55, Keith Skelton 1-10-03 PB, Steve Turner 1-13-13 PB, Ruth Umerah 1<sup>st</sup> L40, Chris Skellern 1<sup>st</sup> L45 and Karen Davies 1-18-12 PB.

26 <sup>th</sup> Paul	Douglas	1-06-02	1 <sup>st</sup> M55	115 <sup>TH</sup> Tom	Rogers	1-23-42
44 <sup>th</sup> Keith	Skelton	1-10-03	PB	132 <sup>nd</sup> Jill	Ross	1-26-27
49 <sup>th</sup> Chris	Ross	1-12-02		135 <sup>th</sup> Mike	Jones	1-27-00
60 <sup>th</sup> Steve	Turner	1-13-13	PB	161 <sup>st</sup> Tony	Baker	1-32-53
65 <sup>th</sup> Mark	Bentley	1-14-43		162 <sup>nd</sup> Karen D	Murray	1-32-57
70 <sup>th</sup> Ruth	Umerah	1-15-31	1 <sup>st</sup> L40	164 <sup>th</sup> Tony	Tomkins	1-33-40
73 <sup>rd</sup> Rob	Simpson	1-16-02		170 <sup>th</sup> Stuart	Fowlie	1-39-40
75 <sup>th</sup> Chris	Skellern	1-16-34	1 <sup>st</sup> L45	178 <sup>th</sup> James	Thorpe	1-41-07
87 <sup>th</sup> Eddie	Smith	1-18-08		180 <sup>th</sup> Mike	Moore	1-43-01
88 <sup>th</sup> Karen	Davies	1-18-12	PB	184 <sup>th</sup> Denise	Rogers	1-47-57
100 <sup>th</sup> Kirsty	Stephenson	1-20-10		186 <sup>th</sup> Gillian	Cauldwell	1-49-59
112 <sup>th</sup> Graham	Williams	1-23-07		188 <sup>th</sup> Judith	Colman	1-52-08
114 <sup>th</sup> John	Leese	1-23-27		191 finished.		

**CONWAY HALF MARATHON 8-11-09.**

New race on the calendar, a half marathon, starting in Conway, running to Llandudno, around the great Orme, and back to Conway, a good race as told by Chris Owen one of two Harriers that ran it, the other was Chris Hollinshead, who ran a sub 1-15 race to qualify for the London marathon.

6 <sup>th</sup> Chris	Hollinshead	1-14-32	2 <sup>nd</sup> M40	149 <sup>TH</sup> Chris	Owen	1-39-04	682 finished.
-----------------------	-------------	---------	---------------------	-------------------------	------	---------	---------------

**SUICIDE SIX, 15-11-09.**

A race, I have never done, so must do it 2010. Its sounds a lot of fun, run mainly off road, and going through freezing water up to chest, not that stopped Russell Barron, having a superb run, finishing in 4<sup>th</sup> place in a time of 40-21

4 <sup>th</sup> Russell	Barron	38-56		502 <sup>nd</sup> Brian	Langston	1-02-29
44 <sup>th</sup> Keith	Skelton	43-33		503 <sup>rd</sup> Jill	Ross	1-02-30
209 <sup>th</sup> Chris	Skellern	51-30		539 <sup>th</sup> Sally	Burns	1-03-57
276 <sup>th</sup> John	Greatholder	54-09		610 finished.		

**APEDALE 10K 22<sup>ND</sup> HARRIERS CHALLENGE, 6-12-09.**

On a cool bright morning, 19 Harriers tackled this tough 10K, over tracks and paths around the old Apedale colliery, with condition under foot very wet, so trying to keep your dry was impossible.

Chris Ross was first in with a good run, just ahead of Pete Sarson, both doing after doing the cross country the day before.

11 <sup>th</sup> Chris	Ross	44-38		97 <sup>th</sup> Nigel	Addison	55-00
19 <sup>th</sup> Pete	Sarson	45-30		100 <sup>th</sup> Liz	Stanyer	55-18
47 <sup>th</sup> Rob	Simpson	48-27		113 <sup>th</sup> Jill	Ross	57-14
50 <sup>th</sup> Chris	Owen	48-43		115 <sup>th</sup> Tom	Rogers	57-45
53 <sup>rd</sup> Steve	Turner	49-07		126 <sup>th</sup> Mike	Jones	60-45
62 <sup>nd</sup> Chris	Skellern	50-16		127 <sup>th</sup> Tony	Baker	60-58
69 <sup>th</sup> Andy	Bourne	50-57		128 <sup>th</sup> Stuart	Fowlie	61-13
76 <sup>th</sup> Karen	Davies	51-23		133 <sup>rd</sup> Mike	Moore	63-29
92 <sup>nd</sup> John	Greatholder	54-20		142 <sup>nd</sup> Denise	Rogers	69-16
93 <sup>rd</sup> Vicky	Lowndes	54-26		147 finished.		

**CHRISTMAS HANDICAP.**

**20-12-09.**

26 Harriers turned out on a cold but sunny morning, going was frozen but dry, with Karen Sabin winning her second handicap, with a time of 35-41, just behind was Sally Liggins 35-18 and Colin Mitchell 33-54 both PB'S.

1 <sup>st</sup> Karen	Sabin	40-41	5m	35-41		5.45m
2 <sup>nd</sup> Sally	Liggins	41-03	5.45m	35-18	PB	6-30m
3 <sup>rd</sup> Colin	Mitchell	41-09	7.15m	33-54	PB	8-15m
4 <sup>th</sup> Esther	Hughes	41-46	7-15m	34-31	1 <sup>st</sup> time	8m
5 <sup>th</sup> Matthew	Hughes	41-47	7-15m	34-32	1 <sup>st</sup> time	8m

7 <sup>th</sup> Sarah Johnson 42-02 5-45m 36-17 6m
8 <sup>th</sup> Nathan Sabin 42-43 14.45m 27-58 14-45m
9 <sup>th</sup> Helen Holt 42-59 1-30m 41-29 1-15m
10 <sup>th</sup> Russell Barron 43-07 20m 23-07 19-45m
11 <sup>th</sup> Carl Spears 43-23 7-15m 36-08 1 <sup>st</sup> time 6-30m
12 <sup>th</sup> Kim Preece 43-36 1-30m 42-06 1 <sup>st</sup> time 0-30m
13 <sup>th</sup> Jane Bisiker 43-37 9m 34-37 9m
14 <sup>th</sup> Ruth Umerah 43-43 14.15m 29-28 13-45m
15 <sup>th</sup> Craig Baxter 43-51 11-45m 32-06 11m
16 <sup>th</sup> Mike Jones 43-58 9m 34-58 9-15m
17 <sup>th</sup> Julie Addison 44-03 12.15m 31-48 11-30m
18 <sup>th</sup> Marie-Clair Darcy-Barron 44-06 9m 35-03 1 <sup>st</sup> time 7-30m
19 <sup>th</sup> Chris Skellern 44-09 14m 30-09 13-15m
20 <sup>th</sup> Brian Langston 44-17 10-45m 34-32 9-30m
21 <sup>st</sup> Keith Skelton 44-29 16.30m 27-59 15-45m
22 <sup>nd</sup> Nigel Addison 44-34 12m 32-34 11-15m
23 <sup>rd</sup> Eddie Smith 45-12 13.15m 31-57 12-30m
24 <sup>th</sup> Tom Sabin 45-58 14-39m 31-28 12-45m
25 <sup>th</sup> Graham Williams 46-07 10-30m 36-37 9m
26 <sup>th</sup> Mark Bentley 46-35 14-15m 32-20 13m

Next handicap is on Easter Sunday.

### **CHRISTMAS CRAKER 20-12-09.**

This year's race had to be altered, because of the icy paths on the Roaches, so they took the runners around Rudyard reservoir, making it a much easier run, but I'm sure very enjoyable.

220 <sup>th</sup> Rachel Potter 51-02	243 <sup>rd</sup> Tom Rogers 52-48
231 <sup>st</sup> Kenton Sharpe 51-23	335 <sup>th</sup> Denise Rogers 1-13-44

337 finished.

### **WHEATON ASTON 10K 24<sup>TH</sup> HARRIERS CHALLENGE 27-12-09.**

Thirty six Harriers turned up at Wheaton Aston, to run off some of the excess of Christmas, with a number of Harriers getting pb's.

We had four Harriers in the first 25 finishers, they were in 4<sup>th</sup> Russell Barron 34-54, 13<sup>th</sup> Tom Hobbins 37-07, 16<sup>th</sup> Steve Vaughan 37-41, 23<sup>rd</sup> Mike Saint-Dunn 38-34, other good runs from Paul Douglas 1<sup>st</sup> M55, Sally Gray 3<sup>rd</sup> lady and a PB of 39-29, Andy Bourne PB of 47-41, Karen Sabin 52-43, Nicky Bowman PB of 58-39 and Helen Holt PB of 1-04-12.

4 <sup>th</sup> Russell Barron 34-54	222 <sup>nd</sup> Mike Jones 51-27
13 <sup>th</sup> Tom Hobbins 37-07	242 <sup>nd</sup> Karen Sabin 52-43 PB
16 <sup>th</sup> Steve Vaughan 37-41	243 <sup>rd</sup> Darren Bathew 52-48
23 <sup>rd</sup> Mike Saint-Dunn 38-34	264 <sup>th</sup> Maria-Claire Darcy-Barron 53-59
29 <sup>th</sup> Paul Douglas 39-07 1 <sup>st</sup> M55	266 <sup>th</sup> Carl Spears 54-01 PB
33 <sup>rd</sup> Sally Gray 39-29 3 <sup>rd</sup> lady PB	280 <sup>th</sup> Mark Thompson 55-04
82 <sup>nd</sup> Deon Volk 43-51	281 <sup>st</sup> Tony Baker 55-12
84 <sup>th</sup> Mark Bentley 43-53	293 <sup>rd</sup> John Burdett 55-34
121 <sup>st</sup> Chris Skellern 45-46 5 <sup>th</sup> L45	317 <sup>th</sup> Mike Moore 58-05
138 <sup>th</sup> Eddie Smith 46-51	324 <sup>th</sup> Nicky Bowman 58-39 PB
156 <sup>th</sup> Andy Bourne 47-41 PB	325 <sup>th</sup> Sally Liggins 58-49
160 <sup>th</sup> Martin Moore 48-03	326 <sup>th</sup> Frank Evans 58-57
178 <sup>th</sup> Eric Lander 49-08	345 <sup>th</sup> Kim Preece 62-34
182 <sup>nd</sup> Chris Owen 49-27	346 <sup>th</sup> Dave Preece 62-34
189 <sup>th</sup> Liz Stanyer 49-38	354 <sup>th</sup> Helen Holt 64-12 PB
194 <sup>th</sup> Craig Baxter 49-53	358 <sup>th</sup> Frank Grant 65-46
197 <sup>th</sup> John Greatholder 50-01	360 <sup>th</sup> Allison Kelly 66-08
207 <sup>th</sup> Lydia Atkins 50-34	363 <sup>rd</sup> Sara Broome 66-29

391 finished.

### **WHEATON ASTON FUN RUN 27-12-09**

The young Harriers did the club proud, with Nathan Sabin finished second, with younger brother Tom in 6<sup>th</sup> place, with William Sammons 9<sup>th</sup>, Jack Sammons 17<sup>th</sup>, Helen

youngsters.  
 2<sup>nd</sup> Nathan Sabin 9-16 17<sup>th</sup> Jack Sammons 11-37  
 6<sup>th</sup> Tom Sabin 10-20 48<sup>th</sup> Helen Sammons 14-28  
 9<sup>th</sup> William Sammons 10-40 59<sup>th</sup> Edward Davies-Simpson 16-32  
 88 finished.

### **LIMPWRIST 2010 RESULTS.**

Eighty seven tackled this New Year taster, with the runner nearest to their predicted time wins, and anyone who gets it spot on, gets an extra tenner.

And shock horror, the organiser of the race does just that, how can this happen, it must be a fix, quote from the winner, nobody was more surprised to win than me, thought I had blown it over the last mile I thought I was miles to slow, so if I can win it anybody can, well done to John Leese 2 seconds out and Chris Howe who was third, just 7 seconds out.

	47	Michael	Jones	Stafford Harriers	0:41:27	0:41:27	00:00
2	55	John	Leese	Stafford Harriers	0:38:45	0:38:47	00:02
3	137	Chris	Howe	Stafford Harriers	0:55:20	0:55:27	00:07
6	57	Chris	Skellern	Stafford Harriers	0:38:23	0:38:33	00:10
11	46	Mark	Bentley	Stafford Harriers	0:35:00	0:35:16	00:16
13	210	Eddie	Smith	Stafford Harriers	0:37:59	0:38:28	00:29
15	195	Keith	Skelton	Stafford Harriers	0:33:33	0:33:02	00:31
17	211	James	Thorpe	Stafford Harriers	0:41:41	0:41:09	00:32
18	140	Russell	Barron	Stafford Harriers	0:28:27	0:29:00	00:33
21	143	Graham	Williams	Stafford Harriers	0:41:30	0:40:54	00:36
22	96	Denise	Rogers	Stafford Harriers	0:52:35	0:51:58	00:37
26	164	Bernard	Wilkes	Stafford Harriers	0:37:50	0:38:33	00:43
28	56	Judith	Colman	Stafford Harriers	0:51:47	0:51:02	00:45
30	251	Ruth	Umerah	Stafford Harriers	0:34:30	0:35:17	00:47
32	202	Scott	Palmer	Stafford Harriers	0:43:37	0:44:26	00:49
36	39	Kim	Preece	Stafford Harriers	0:48:00	0:48:55	00:55
38	49	Karen	Sabin	Stafford Harriers	0:45:47	0:46:46	00:59
39	97	Tom	Rogers	Stafford Harriers	0:42:35	0:41:28	01:07
41	51	Bill	Whitworth	Stafford Harriers	0:48:30	0:47:15	01:15
42	252	Frank	Evans	Stafford Harriers	0:50:50	0:49:25	01:25
45	148	Chris	Owen	Stafford Harriers	0:36:35	0:35:03	01:32
46	204	Natalie	Mountford	Stafford Harriers	0:44:44	0:43:08	01:36
48	209	Tracey	Gee	Stafford Harriers	0:40:44	0:39:05	01:39
49	200	Sarah	Johnson	Stafford Harriers	0:45:00	0:43:20	01:40
50	208	Lauren	Gee	Stafford Harriers	0:47:48	0:46:07	01:41
55	45	Sara	Broome	Stafford Harriers	0:55:00	0:57:20	02:20
56	134	Liz	Stanyer	Stafford Harriers	0:41:10	0:38:49	02:21
59	98	Stuart	Fowlie	Stafford Harriers	0:49:50	0:47:22	02:28
61	38	Brian	Langston	Stafford Harriers	0:43:00	0:40:22	02:38
64	149	Stu	Turner	Stafford Harriers	0:38:15	0:35:28	02:47
67	40	Dave	Preece	Stafford Harriers	0:48:05	0:51:40	03:35
71	48	Nathan	Sabin	Stafford Harriers	0:34:29	0:38:19	03:50
72	194	Clare	Skelton	Stafford Harriers	0:38:15	0:34:23	03:52
74	212	Dave	Banner	Stafford Harriers	0:47:48	0:43:41	04:07

76	159	Robert	Simpson	Stafford Harriers	0:40:06	0:35:13	04:53
83	198	Esther	Hughes	Stafford Harriers	0:34:00	0:41:15	07:15
85	42	Frank	Grant	Stafford Harriers	0:51:00	1:01:10	10:10
86	59	Barry	Wagstaff	Stafford Harriers	0:56:20	1:08:27	12:07