

## **SUMMER AND AUTUMN EDITION.**

**THE HARRIER.** If you are reading this then the chances you are on web, only four Harriers have asked for a hard copy, if you want me to email you the Harrier, and PB table, Harriers challenge and the race diary, just email me on [Michael.jones833@ntlworld.com](mailto:Michael.jones833@ntlworld.com) and then you will get every edition automatically.

**APOLIGIES.** For the first time since 1992, I failed to get out a Harrier on time, so this edition is a combined summer and autumn edition.

**SURPRISE, SURPRISE.** After the confusion on some of the nights, about when Surprise, surprise should be, the committee have decided that surprise, surprise will always be the first Tuesday in the month, this starts in November.

**CURRY AND A PINT NIGHT.** On the Thursday 21<sup>st</sup> of October, the Harriers are invited to the Sun Pub, for a curry and a pint, @ £9-95 starting at 8-30pm, tickets available from Craig Baxter, see social news on the web site.

**STAFFS KNOT 5 MILER AUGUST 11<sup>TH</sup>.** Well done those that helped and ran this year's race, numbers slightly down, but with over 400 entries, not bad, to all those that helped or marshaled they are entitled to the black towel given to all finishers, see me or Pete to get one.

**HARRIERS CHALLENGE 2010.** 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 2010/11.** After last year's success with all four of North Staffs cross countries in the challenge, we should do very well, but we do need as many Harriers running even if you do not count, you are pushing other clubs runners down the results, so please encourage other Harriers to run, and of course run yourself.

**NORTH STAFFS ROAD RUNNER LEAGUES.** A record number of Harriers have joined the NSRRA this year, and we have had some success, with up to fifteen Harriers collecting a trophy, at the presentation night on Friday January 14<sup>th</sup>, we need as many Harriers there to support the winners.

In the team competition the Ladies should win from Newcastle A C, the men after leading most of the year, I think South Cheshire Harriers will pip us to top spot.

In Group D Robert Simpson will finish either 2<sup>nd</sup> or 3<sup>rd</sup>, Group E Eddie Smith will probably finish 4<sup>th</sup>, Group F Graham Williams is competing with two other runners for 3<sup>rd</sup> place, Group G, Bill Whitworth will finish top, and Tony Baker should finish 2<sup>nd</sup>, Group L Chris Skellern might just sneak 3<sup>rd</sup>, Group M Tracey Gee if she completes one more race, will finish in top place, Group W Liz Stanyer has won this group, Group X Denise Rogers if she does the last two races she could sneak 3<sup>rd</sup> place.

Age group awards, Paul Douglas wins 55-59 with the maximum 600 points, the 60-64 Graham Williams should finish in 2<sup>nd</sup> place, 65-69 Bill Whitworth will probably finish in 3<sup>rd</sup> with Mike Jones in 4<sup>th</sup>, ladies 35-39 Liz Stanyer could finish in 3<sup>rd</sup> place but will probably finish 4<sup>th</sup>, 40-44 Tracey Gee should finish 2<sup>nd</sup>, 45-49 Chris Skellern has won with maximum 600 points, Karen D Murray will finish at least 3<sup>rd</sup>, 55-59 Judith Colman has won this group with 584 points.

**SHUGBOROUGH RELAY 2010.** 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.

Numbers were down a little, because of the world cup, but with nearly a 1000 running it was still good night, and next year's date for your diary is Wednesday June 22<sup>nd</sup>.

**CHRISTMAS PARTY 2010.** This year's Christmas party, will be held on Friday 10<sup>th</sup> of December, and the venue is Stafford Rangers social club 7-30pm.

## SUMMER RUNS 2010.

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.

TUESDAY 21<sup>st</sup> SEPTEMBER

THURSDAY 23<sup>rd</sup> SEPTEMBER.

TUESDAY 28<sup>th</sup> SEPTEMBER.

THURSDAY 30<sup>th</sup> SEPTEMBER

TUESDAY 5<sup>th</sup> OCTOBER

THURSDAY 7<sup>th</sup> OCTOBER

ROUTE EIGHT.

CHASE RUN CARPARK ABOVE SISTER DORA'S

ALTERNATIVE ROUTE NINE

ROUTE TEN.

ROUTE ELEVEN.

ROUTE TWELVE.

ROUTE THIRTEEN.

## **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 road, 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 road, 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, Beaconside, 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 path, back to the club.

ROUTE FOUR. ST. Leonard's, Lichfield road, Riverway, Weston road, Tixall road, Avon Rise, Tixall road, Cull avenue, 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 lane, Porlock Avenue, Yelverton Avenue, Shipston road, Farmdown road, Baswich lane, Radford bank, ST. Leonard's. Total 6.6 miles.

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

LONGER RUN. Wildwood ring.

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 backs, Astonfields, Marston round, Rowley street, Eccleshall road, Holmcroft road, Stone road, Co-operative street, Astonfields, Sandon road, Prospect road, Tithe barn road, Westhead avenue, Cull avenue, Tixall road, Dartmouth street and back to the club. Total 6.2 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, W'ton road, 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> OCTOBER.	ROUTE ONE.
SPEED SESSION.	6 X 800M TECHNOLOGY PARK 1 lap.
THURSDAY 14 <sup>TH</sup> OCTOBER.	ROUTE TWO.
TUESDAY 19 <sup>TH</sup> OCTOBER.	SURPRISE, SURPRISE, ALL WILL DO SPEED SESSION.
THURSDAY 21 <sup>ST</sup> OCTOBER.	ROUTE THREE.
TUESDAY 26 <sup>TH</sup> OCTOBER.	ROUTE FOUR.
SPEED SESSION.	MARLBOROUGH AVENUE LOOP.
THURSDAY 28 <sup>TH</sup> OCTOBER.	ROUTE FIVE.
TUESDAY 2 <sup>ND</sup> NOVEMBER.	SURPRISE, SURPRISE ALL WILL DO THE SPEED SESSION
THURSDAY 4 <sup>TH</sup> NOVEMBER.	ROUTE SIX
TUESDAY 9 <sup>TH</sup> NOVEMBER.	ROUTE SEVEN.
SPEED SESSION.	4 X 1200M ROWLEY BANK
THURSDAY 11 <sup>TH</sup> NOVEMBER.	ROUTE EIGHT.
TUESDAY 16 <sup>TH</sup> NOVEMBER.	ROUTE NINE.
SPEED SESSION	12 HILLS AVON RISE
THURSDAY 18 <sup>TH</sup> NOVEMBER.	ROUTE TEN.
TUESDAY 23 <sup>RD</sup> NOVEMBER.	ROUTE ELEVEN
SPEED SESSION	CASTLEFIELDS 8 X 600m @ Castlefields.
THURSDAY 25 <sup>TH</sup> NOVEMBER.	ROUTE TWELVE
TUESDAY 30 <sup>TH</sup> NOVEMBER.	ROUTE THIRTEEN.
SPEED SESSION HILLS.	8 Hills @ Technology Park.
THURSDAY 2 <sup>ND</sup> DECEMBER.	ROUTE FOURTEEN
TUESDAY 7 <sup>TH</sup> DECEMBER.	SURPRISE, SURPRISE ALL WILL DO SPEED SESSION
THURSDAY 9 <sup>TH</sup> DECEMBER.	ROUTE FIFTEEN.
TUESDAY 14 <sup>TH</sup> DECEMBER.	ROUTE SIXTEEN.
SPEED SESSION,	5 X 1000M @ CASTLEFIELDS
THURSDAY 16 <sup>TH</sup> DECEMBER.	ROUTE ONE
TUESDAY 21 <sup>ST</sup> DECEMBER.	ROUTE TWO
SPEED SESSION HILLS.	4 X 1200M KNOWLE ROAD.
<b>SUNDAY 19<sup>TH</sup> DECEMBER.</b>	<b>Christmas Handicap, start 10-30</b>
MONDAY 27 <sup>TH</sup> DECEMBER.	WHEATON ASTON 10K Enter Early.
SATURDAY 1 <sup>ST</sup> JANUARY	Bare Wrist 5 miler 11-15 start.
TUESDAY 4 <sup>TH</sup> JANUARY	SURPRISE, SURPRISE ALL WILL DO SPEED SESSION.
THURSDAY 6 <sup>TH</sup> JANUARY	ROUTE THREE.
TUESDAY 11 <sup>TH</sup> JANUARY	ROUTE FOUR.
SPEED SESSION	8 X 600M @CASTLEFIELDS TO 2 <sup>ND</sup> ROUNDABOUT.
THURSDAY 13 <sup>TH</sup> JANUARY	ROUTE FIVE.

**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.**

## **REFLECTIONS ON THE RUNNING YEAR.**

At the beginning of the year I encouraged many Harriers to join the North Staffs Road Runners, and many of you did so, with varying degrees of success, but listening to comments from you, the members of Stafford Harriers, some of you have found it difficult to do at least 12 out of 20 races, that are in the North Staffs calendar, especially those with children, I know it can take over your life, but if you want to improve your race times, there is no better way, than by doing races in competition with other runners.

A good example is Chris Owen, he set his stall out at the beginning of the year, joined the road runners, and decided to do all 20 races, and how he has improved his race times, from 5 miles to the marathon, his first PB of the year came at Stafford Half 1-35-03, and by July, Chris had improved to 1-31-44, in the marathon, his PB has gone from 3-34-22 to 3-16-25, and has improved by 28 min 29 sec, over 5 of the six distances, James Thorpe again, joined us in 2009, and has improved at all distances up to half marathon by whopping 46 min 04 sec, and has completed 12 races in the NSRRA, Liz Stanyer in group W won the group with two races to go, and has run races she wouldn't think of doing.

On the other hand there are some Harriers, have gone on to do other races, like doing their first marathon, which is fine, the main thing is to enjoy your running whatever you decide to do, but don't put yourself down, until you try, you can't possibly know what you can achieve.

I would like to see more of the Monday and Friday night runners, moving up to Tuesday and Thursday night training, why not join Sunday runs on the chase from Marquis Drive at 9am, or road runs from Castlefields and Burton Manor, again at 9am, if you can run for more than an hour, you will be fine, and then you will enjoy your running a lot more.

### **Sunday morning training runs 2010.**

19 <sup>th</sup> September	Burton Manor.
26 <sup>th</sup> September	Castlefields.
3 <sup>rd</sup> October	Burton Manor, Trackless 10 miles Castlefields £5 pay on day
10 <sup>th</sup> October	Castlefields, Katherine house 10k Sandon Hall 10-30am
17 <sup>th</sup> October	Burton Manor, Bells of Pattingham.
24 <sup>th</sup> October	Castlefields.
31 <sup>st</sup> October	Burton Manor.
7 <sup>th</sup> November	Flying Fox 10 miler
14 <sup>th</sup> November	Castlefields
21 <sup>st</sup> November	Burton Manor
28 <sup>th</sup> November	Castlefields
5 <sup>th</sup> December	Burton Manor
12 <sup>th</sup> December	Castlefields
19 <sup>th</sup> December	Handicap 4 miles on the Chase start 10-30am
9 <sup>th</sup> January 2011	Burton Manor.

**All Sunday runs start at 9am, for a minimum of 90 minutes, with the option of longer runs, up to 17 miles.**

## RACE REPORTS.

### STONE M. M. SPRING TREBLE, 6<sup>TH</sup> AND 7<sup>TH</sup> HARRIERS CHALLENGE. Hanchurch 15<sup>th</sup> April, Milford 22<sup>nd</sup> April, Kibblestone 29<sup>th</sup> April.

A very good turnout, with Russell Barron finishing equal 7<sup>th</sup> after the three races, Chris Skellern finished 2<sup>nd</sup> L45, Graham Williams 1<sup>st</sup> M60, Liz Stanyer 3<sup>rd</sup> L35, Tracey Gee 1<sup>st</sup> L40 and Bryan Dale was 1<sup>st</sup> M65, a change for Bryan running and winning, instead of been the man behind the camera, that job went to Ann Williams, and what a wonderful job she did.

Name	Hanchurch		Milford		Kibblestone		total	
	Hilly		Murder		Clamber			
Russell Barron	10 <sup>th</sup>	30:59	12 <sup>th</sup>	34:06	12 <sup>th</sup>	33:50	01:38:55	
Dave Marsden	49 <sup>th</sup>	36:50	39 <sup>th</sup>	38:44	30 <sup>th</sup>	38:57	01:54:31	
Tanmay Joshi	52 <sup>nd</sup>	37:10	37 <sup>th</sup>	38:28	28 <sup>th</sup>	38:54	01:54:32	
Chris Skellern	9 <sup>th</sup>	37:00	9 <sup>th</sup>	39:20	6 <sup>th</sup>	39:30	01:55:50	2 <sup>nd</sup> L45
Chris Owen	44 <sup>th</sup>	36:27	52 <sup>nd</sup>	40:26	42 <sup>nd</sup>	40:35	01:57:28	
Graham Williams	70 <sup>th</sup>	40:08	58 <sup>th</sup>	41:14	46 <sup>th</sup>	41:50	02:03:12	1 <sup>st</sup> M60
Eddie Smith	59 <sup>th</sup>	38:59	66 <sup>th</sup>	42:50	49 <sup>th</sup>	42:12	02:04:01	
Craig Baxter	65 <sup>th</sup>	39:41	63 <sup>rd</sup>	41:42	54 <sup>th</sup>	43:15	02:04:38	
Mark Thompson	73 <sup>rd</sup>	40:22	65 <sup>th</sup>	41:50	51 <sup>st</sup>	42:33	02:04:45	
Liz Stanyer	17 <sup>th</sup>	39:57	19 <sup>th</sup>	43:11	13 <sup>th</sup>	44:03	02:07:11	3 <sup>rd</sup> L35
Tracey Gee	20 <sup>th</sup>	40:31	21 <sup>st</sup>	43:26	15 <sup>th</sup>	44:26	02:08:23	1 <sup>st</sup> L40
Jane Bisiker	27 <sup>th</sup>	43:30	27 <sup>th</sup>	46:59	18 <sup>th</sup>	47:24	02:17:53	
Sarah Johnson	28 <sup>th</sup>	43:57	28 <sup>th</sup>	47:07	22 <sup>nd</sup>	49:48	02:20:52	
Bryan Dale	84 <sup>th</sup>	45:41	76 <sup>th</sup>	47:28	61 <sup>st</sup>	47:54	02:21:03	1 <sup>st</sup> M65
Karen Murray	38 <sup>th</sup>	47:14	33 <sup>rd</sup>	50:12	24 <sup>th</sup>	51:05	02:28:31	
Michael Jones	93 <sup>rd</sup>	49:37	82 <sup>nd</sup>	51:08	67 <sup>th</sup>	51:03	02:31:48	
Sally Liggins	45 <sup>th</sup>	50:09	37 <sup>th</sup>	51:16	25 <sup>th</sup>	52:36	02:34:01	
Amanda Pearce	46 <sup>th</sup>	50:20	42 <sup>nd</sup>	55:50	28 <sup>th</sup>	55:27	02:41:37	
Helen Holt	51 <sup>st</sup>	57:35	46 <sup>th</sup>	01:00:33	31 <sup>st</sup>	01:03:15	03:01:23	
Sara Broome	52 <sup>nd</sup>	58:46	47 <sup>th</sup>	01:05:57	32 <sup>nd</sup>	01:08:44	03:13:27	
Mark Bentley	27 <sup>th</sup>	34:32			31 <sup>st</sup>	39:02	01:13:34	
Ruth Umerah	11 <sup>th</sup>	38:03	15 <sup>th</sup>	41:17			01:19:20	
Andy Bourne	71 <sup>st</sup>	40:14	67 <sup>th</sup>	43:02			01:23:16	
Caroline Nichol	23 <sup>rd</sup>	41:15	20 <sup>th</sup>	43:19			01:24:34	
Esther Hughes	24 <sup>th</sup>	41:34	22 <sup>nd</sup>	44:17			01:25:51	
Helen Smith	29 <sup>th</sup>	44:05	26 <sup>th</sup>	46:52			01:30:57	
Lee Denton	88 <sup>th</sup>	47:30			70 <sup>th</sup>	54:14	01:41:44	
Michael Moore	95 <sup>th</sup>	50:52			68 <sup>th</sup>	53:11	01:44:03	
Bill Whitworth	90 <sup>th</sup>	48:03			74 <sup>th</sup>	59:33	01:47:36	
Robert Simpson	30 <sup>th</sup>	35:00					00:35:00	
Keith Skelton			15 <sup>th</sup>	35:04			00:35:04	
Craig Harris	45 <sup>th</sup>	36:33					00:36:33	
Mark Eccleston	50 <sup>th</sup>	36:56					00:36:56	
Kenton Sharpe	74 <sup>th</sup>	40:54					00:40:54	
Sara Houlton	22 <sup>nd</sup>	40:55					00:40:55	
Ralph Wedlock			71 <sup>st</sup>	43:23			00:43:23	
Karen D Murray	34 <sup>th</sup>	44:59					00:44:59	
Tracy Mackay			25 <sup>th</sup>	46:49			00:46:49	
Tony Baker	86 <sup>th</sup>	46:52					00:46:52	
Lynn Geoghegan			36 <sup>th</sup>	50:54			00:50:54	

**AIR PRODUCTS 10K, 4-4-10.**

Neil Oldfield travelled to Crewe, to run a fairly fast 10k of 46-01 PB.

**WOMBOURNE 10 MILES 4-4-10.**

Dave Cook travelled to Wombourne, to run the low key 10 miler, in a time of 1-20-01.

**LILLESHALL 5 MILES 7-4-10.**

Four Harriers travelled to Lilleshall, the first race in the popular sexathon series, but all four only entered this race.

94 <sup>th</sup> Mark	Eccleston	35-21	191 <sup>st</sup> Alison	Williamson	43-10
177 <sup>th</sup> Richard	Geoghegan	42-05	195 <sup>th</sup> Lynn	Geoghegan	43-37

259 finished.

**BLACKPOOL MARATHON 11-4-10.**

Four Harriers completed the Blackpool marathon, with Steve Vaughan first Harrier in a time of 3-19-23.

75 <sup>th</sup> Steve	Vaughan	3-19-23	185 <sup>th</sup> Kenton	Sharpe	3-42-51
140 <sup>th</sup> Chris	Owen	3-34-22	186 <sup>th</sup> Sara	Houlton	3-42-51

621 finished.

**PRAGUE HALF MARATHON 27-3-10.**

Ten Harriers travelled to Prague to run a big city marathon, and take in the sites that Prague has to offer, first home was Chris Ross in a time of 1-36-08.

776 <sup>th</sup> Chris	Ross	1-36-08	3124 <sup>th</sup> Lisa	Percox	1-55-09	
1146 <sup>th</sup> Dave	Preece	1-40-25	3128 <sup>th</sup> Jane	Bisiker	1-55-11	
2358 <sup>th</sup> Graham	Williams	1-49-28	6 <sup>th</sup> M65	4084 <sup>th</sup> Tony	Baker	2-02-08
2830 <sup>th</sup> Brian	Langston	1-53-04	5095 <sup>th</sup> Bill	Whitworth	2-14-26	
2985 <sup>th</sup> Jill	Ross	1-53-27	5877 <sup>th</sup> Frank	Evans	2-28-40	

6162 finished.

**BRIGHTON MARATHON 18-4-10.**

James Thorpe ran his first marathon, running the very first Brighton marathon, and found out hard marathon running is very hard and getting your pace right is paramount.

6212 <sup>th</sup> James	Thorpe	5-12-36	6193 <sup>rd</sup> Tracie	Wallis	5-12-14.
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7440 finished.

**NEWCASTLE 7 MILES 18-4-10 4<sup>TH</sup> NSSRA EVENT.**

A big turnout of Harriers tackled this tough 7 miles race, miles two and three are up hill, with a lumpy mile four, then a long downhill, with a flat last mile where you think it will never end, Russell Barron and Steve Vaughan, had a good tussle with Russell just getting the better of Steve by eleven seconds, Other good runs came from Paul Douglas 1<sup>st</sup> M55, Pete Sarson 1<sup>st</sup> M60 and Chris Skellern 1<sup>st</sup> L45.

16 <sup>th</sup> Russell	Barron	42-35	156 <sup>th</sup> Caroline	Nichol	55-59	1 <sup>st</sup> W	
17 <sup>th</sup> Steve	Vaughan	42-46	2 <sup>ND</sup> B	158 <sup>th</sup> Liz	Stanyer	56-04	2 <sup>nd</sup> W
34 <sup>TH</sup> Paul	Douglas	45-54	1 <sup>st</sup> M55	162 <sup>nd</sup> Esther	Hughes	56-36	
38 <sup>th</sup> Pete	Sarson	46-09	1 <sup>st</sup> M60	177 <sup>th</sup> Tom	Rogers	57-43	
46 <sup>th</sup> Robert	Simpson	46-56	1 <sup>st</sup> D	191 <sup>st</sup> Sarah	Johnson	58-52	
69 <sup>th</sup> Mark	Bentley	48-28		201 <sup>st</sup> Jill	Ross	59-55	
86 <sup>th</sup> Chris	Skellern	50-17	1 <sup>st</sup> L40	216 <sup>th</sup> Bill	Whitworth	61-36	1 <sup>st</sup> G
100 <sup>th</sup> Chris	Owen	51-45		217 <sup>th</sup> Karen D	Murray	61-41	
121 <sup>st</sup> Kevin	Holroyd	53-25		223 <sup>rd</sup> Tony	Baker	62-34	2 <sup>nd</sup> G
122 <sup>nd</sup> Eddie	Smith	53-25		226 <sup>th</sup> Lynn	Geoghegan	62-42	
141 <sup>st</sup> Craig	Baxter	54-38		227 <sup>th</sup> Karen	Murray	63-03	
144 <sup>th</sup> Mark	Thompson	55-07		230 <sup>th</sup> Mike	Jones	63-34	
151 <sup>st</sup> Ralph	Wedlock	55-38		271 <sup>st</sup> Denise	Rogers	70-39	
153 <sup>rd</sup> Graham	Williams	55-45		280 <sup>th</sup> John	Hateley	73-14	

296 finished

### **LONDON MARATHON 25-4-10.**

Twenty Two Harriers managed to get a place in this year's London marathon, with Chris Hollinshead 1<sup>st</sup> harriers in a very good time of 2-43-41, two harriers ran a PB, they were Karen Davies 3-43-41 which also qualifies her for next year's marathon, and Karan D Murray 4-19-47.

273 <sup>rd</sup> Chris	Hollinshead	2-43-41	15,547 <sup>th</sup> Craig	Harris	4-18-02
1,438 <sup>th</sup> Pete	Sarson	3-05-06	15,993 <sup>rd</sup> Karen D	Murray	4-19-47 PB
1,627 <sup>th</sup> Paul	Douglas	3-07-32	16,198 <sup>th</sup> John	Finney	4-20-26
3,388 <sup>th</sup> Mark	Bentley	3-23-53	17,532 <sup>nd</sup> Graham	Williams	4-25-13
3,549 <sup>th</sup> Robert	Simpson	3-24-59	21,082 <sup>nd</sup> Bill	Whitworth	4-38-35
5,682 <sup>nd</sup> Deon	Vlok	3-37-42	22,268 <sup>th</sup> Steve	Turner	4-43-20
6,772 <sup>nd</sup> Karen	Davies	3-43-41 PB	23,617 <sup>th</sup> Dave	Clarke	4-48-33
10,632 <sup>nd</sup> Bernard	Wilkes	3-58-51	25,493 <sup>rd</sup> Mike	Jones	4-56-05
12,634 <sup>th</sup> John	Greatholder	4-06-50	26,364 <sup>th</sup> Frank	Evans	5-00-00
13,769 <sup>th</sup> Dave	Cook	4-13-34	28,363 <sup>rd</sup> Dave	Preece	5-11-08
14,733 <sup>rd</sup> Lisa	Percox	4-14-58	28,364 <sup>th</sup> Kim	Preece	5-11-08.

### **SOUTH CHESHIRE 20 MILES 25-4-10.**

Nine Harriers travelled to Shavington to run 20 miles most to get ready for the Edinburgh marathon, Keith Skelton first home in a PB time of 2-24-34.

Other good runs came from Jackie Allen in a time 3-01-18 and Andy Bourne 3-13-33 both PB'S.

17 <sup>th</sup> Keith	Skelton	2-24-34 PB	139 <sup>th</sup> Craig	Baxter	3-19-11
23 <sup>rd</sup> Chris	Owen	2-47-34	145 <sup>th</sup> Sally	Burns	3-26-17
102 <sup>nd</sup> Caroline	Nichol	2-58-47	146 <sup>th</sup> Sarah	Johnson	3-26-17
108 <sup>th</sup> Jackie	Allen	3-01-18 PB	161 <sup>st</sup> Rebecca	Bostock	3-38-40
128 <sup>th</sup> Andy	Bourne	3-13-33 PB	167 FINISHED.		

### **UTTOXETER HALF MARATHON 2-5-10 5<sup>TH</sup> NSRRA EVENT 8<sup>TH</sup> HARRIERS CHALLENGE.**

Twenty six tackled this tough popular half, with Steve Vaughan first harrier in a time of 1-22-16, with other good runs coming from, Paul Douglas 3<sup>rd</sup> M55, Chris Owen 1-34-51 PB, Chris Skellern 1<sup>st</sup> L45, Graham Williams 2<sup>nd</sup> M65 and Scott Palmer 2-00-17 PB.

13 <sup>th</sup> Steve	Vaughan	1-22-16 1 <sup>st</sup> B	196 <sup>th</sup> Graham	Williams	1-48-18 2 <sup>nd</sup> M65 3 <sup>rd</sup> F
33 <sup>rd</sup> Russell	Barron	1-26-17	210 <sup>th</sup> Tom	Rogers	1-50-30 PB
66 <sup>th</sup> Robert	Simpson	1-32-06 1 <sup>st</sup> D	217 <sup>th</sup> Dave	Cook	1-51-18
82 <sup>nd</sup> Paul	Douglas	1-34-04 3 <sup>rd</sup> M55	235 <sup>th</sup> Alan	Derry	1-53-42
87 <sup>th</sup> Chris	Owen	1-34-51 PB	268 <sup>th</sup> Dave	Chittem	1-58-33
98 <sup>th</sup> Chris	Skellern	1-36-02 1 <sup>st</sup> L45 3 <sup>rd</sup> L	273 <sup>rd</sup> Karen D	Murray	1-59-27
118 <sup>th</sup> Allen	Aukim	1-38-12	277 <sup>th</sup> Scott	Palmer	2-00-17 PB
130 <sup>th</sup> Dave	Preece	1-39-48	280 <sup>th</sup> Bill	Whitworth	2-00-55 1 <sup>st</sup> G
139 <sup>th</sup> Eddie	Smith	1-40-55 1 <sup>st</sup> E	285 <sup>th</sup> Lynn	Geoghegan	2-02-51
145 <sup>th</sup> Mark	Thompson	1-41-44	301 <sup>st</sup> John	Burdett	2-06-04
146 <sup>th</sup> Ian	Talbot	1-41-49	307 <sup>th</sup> Mike	Jones	2-08-46
195 <sup>th</sup> Caroline	Nichol	1-48-14 1 <sup>st</sup> W	320 <sup>th</sup> Chris	Howe	2-20-27

Finished 326

### **DUDLEY KINGSWINFORD 10K 6-5-10.**

Keith Skelton was the only Harrier to this popular 10K, and came back with a PB in a time of 39-22.

49 <sup>th</sup> Keith	Skelton	39-22 PB,	884 FINISHED.		
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### **HINKLEY HALF MARATHON 9-5-10.**

Two Harriers ran this very popular half, with Shane Duggan running a PB time of 1-53-15.

493 <sup>rd</sup> Shane	Duggan	1-53-15 PB	897 <sup>th</sup> Tony	Tompkins	2-20-43.
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999 finished.

### CLAYTON 10K 6<sup>TH</sup> NSRRA EVENT 6-5-10.

Seventeen Harriers ran this two lap 10k, over a fairly flat course, with Joe Parkin making one of his rare appearances, in a time 40-08, other good runs came from, Chris Skellern 1<sup>st</sup> L45, Graham Williams 2<sup>nd</sup> M65 and James Thorpe in a pb time of 49-28.

32 <sup>nd</sup> Joe	Parkin	40-08	135 <sup>th</sup> Andy	Bourne	49-39
37 <sup>th</sup> Robert	Simpson	40-36 1 <sup>st</sup> D	143 <sup>rd</sup> Esther	Hughes	50-20
67 <sup>th</sup> Chris	Skellern	43-12 1 <sup>st</sup> L45	163 <sup>rd</sup> Lynn	Geoghegan	53-52
87 <sup>th</sup> Chris	Owen	45-29	165 <sup>th</sup> Karen D	Murray	54-16
96 <sup>th</sup> Eddie	Smith	46-11	166 <sup>th</sup> Mike	Jones	54-54
110 <sup>th</sup> Graham	Williams	47-23 2 <sup>nd</sup> M65	167 <sup>th</sup> Karen	Murray	54-56
119 <sup>th</sup> Tracey	Gee	48-01	169 <sup>th</sup> Tony	Baker	55-08 2 <sup>nd</sup> G
120 <sup>th</sup> Liz	Stanyer	48-08 1 <sup>st</sup> W	192 <sup>nd</sup> Judith	Colman	65-48
132 <sup>nd</sup> Andy	Bourne	49-39	196 finished.		

### MULLER 10K 9-5-10 9<sup>TH</sup> HARRIERS CHALLENGE.

On a beautiful sunny morning, 56 Harriers ran this fairly fast 10K, with probably the best goody bag at the end.

First Harrier home was Keith Skelton in a PB time of 38-44, Keith was just ahead of Paul Douglas 2<sup>nd</sup> M55, and hot on his heels was Mike Saint-Dunn just eight seconds behind Paul.

Other good runs came from Chris Skellern 2<sup>nd</sup> L45, Kirsty Stephenson 44-35 PB, Rob Proctor 45-35 PB, Graham Williams 46-19 2<sup>nd</sup> M65, Craig Baxter 46-29 PB, Liz Stanyer 47-44 PB, Esther Hughes 48-11 PB, Caroline Nichol 48-17 PB, Sarah Johnson 50-05 PB, Tom Rogers 49-40 PB, Jackie Allen 51-02 PB, Sally Burns 52-42 PB, Karen Murray 52-58 PB, Tracy MacKay 53-07 PB, Rachel Potter 54-11 PB, Sally Liggins 56-21 PB, Allison Kelly 61-52 PB, Chris Howe 61-52 PB and Denise Rogers 62-57 PB, 1585 finished.

57 <sup>th</sup> Keith	Skelton	38-44 PB	697 <sup>th</sup> Andy	Bourne	52-24
59 <sup>th</sup> Paul	Douglas	38-51 2 <sup>nd</sup> M55	701 <sup>st</sup> Stephen	Clarke	51-33
63 <sup>rd</sup> Mike	Saint-Dunn	38-59	759 <sup>th</sup> Jackie	Allen	51-02 PB.
131 <sup>st</sup> Mark	Bentley	41-37	738 <sup>th</sup> Jane	Bisiker	52-35
156 <sup>th</sup> Anthony	Pinson	42-18	747 <sup>th</sup> Sally	Burns	52-42 PB
164 <sup>th</sup> Steve	Turner	42-22	731 <sup>st</sup> Karen	Murray	52-58 PB
177 <sup>th</sup> Chris	Skellern	42-02 2 <sup>nd</sup> L45	855 <sup>th</sup> Tracey	MacKay	53-07 PB
182 <sup>nd</sup> Tanmay	Joshi	42-41	821 <sup>st</sup> Karen	Sabin	53-24
238 <sup>th</sup> Chris	Owen	44-07	767 <sup>th</sup> Mike	Jones	53-26
247 <sup>th</sup> Allen	Aukim	44-14	822 <sup>nd</sup> Karen D	Murray	53-50
258 <sup>th</sup> Kirsty	Stephenson	44-35 PB	927 <sup>th</sup> Rachel	Potter	54-11 PB
301 <sup>st</sup> Matt	Stephenson	45-24	897 <sup>th</sup> Tony	Baker	54-28
310 <sup>th</sup> Rob	Proctor	45-35 PB	1019 <sup>th</sup> Sally	Liggins	56-21 PB
337 <sup>th</sup> Graham	Williams	46-19 2 <sup>nd</sup> M65	964 <sup>th</sup> Lee	Denton	56-57
345 <sup>th</sup> Craig	Baxter	46-29 PB	1057 <sup>th</sup> Mike	Moore	57-24
344 <sup>th</sup> Andrea	Sutton	46-31	1091 <sup>st</sup> Joanne	Carson	57-46
412 <sup>th</sup> Clair Corfield-Carr		46-59	1172 <sup>nd</sup> Nicky	Bowman	58-51
409 <sup>th</sup> Liz	Stanyer	47-44 PB	1170 <sup>th</sup> Lisa	Roskell	59-20
435 <sup>th</sup> Esther	Hughes	48-11 PB	1259 <sup>th</sup> Sandra	Smith	60-26
439 <sup>th</sup> Caroline	Nichol	48-17 PB	1250 <sup>th</sup> Hayley	Clarke	61-18
466 <sup>th</sup> Emma	Greensill	47-54	1189 <sup>th</sup> Deborah	Brown	61-29
513 <sup>th</sup> Colin	Mitchell	48-49	1319 <sup>th</sup> Allison	Kelly	61-52 PB
547 <sup>th</sup> Ralph	Wedlock	49-27	1320 <sup>th</sup> Chris	Howe	61-52 PB
560 <sup>th</sup> Sarah	Johnson	50-05 PB	1353 <sup>rd</sup> Denise	Rogers	62-57 PB
611 <sup>th</sup> Brian	Langston	50-51	1272 <sup>nd</sup> Karen	Fidgett	63-06
659 <sup>th</sup> Bill	Whitworth	52-00	1368 <sup>th</sup> Stuart	Fowlie	63-43
700 <sup>th</sup> Tom	Rogers	49-40 PB	1443 <sup>rd</sup> Sara	Broome	65-25
691 <sup>st</sup> James	Thorpe	50-36	1565 <sup>th</sup> Maureen	Howe	76-37

### **TEWKESBURY HALF MARATHON 9-5-10.**

Three Harriers travelled down to Tewksbury half marathon, another popular half sold out before the day, first Harrier was Karen Davies in a PB time of 1-38-20, and also running a PB was Dave Cook 1-45-56.

215 <sup>th</sup> Karen	Davies	1-38-20 PB	512 <sup>th</sup> John Greatholder	1-50-27
388 <sup>th</sup> Dave	Cook	1-45-56 PB		1529 finished.

### **CHESTER HALF MARATHON 16-5-10.**

Joe Parkin was the only Harrier out of over 2,000 runners, running a PB time of 1-25-56 in 71<sup>st</sup> place.

### **Edinburgh marathon, Report from Craig Baxter**

23-5-10.

Wow, what a first marathon. Promised by the weatherman to be an overcast day, Sunday looked like being perfect conditions. This was so when I first woke up and even on the start line, then within ten minutes of starting the clouds completely vanished and suddenly we were left with very uncomfortable running conditions.

The half way mark was just as I had planned, around the two hour mark with no problems. Just after this my arm was starting to burn so I had to spend a few minutes in the first aid shelter to receive treatment on a badly sunburned arm. I never really settled into a decent pace after this and my biggest fear started to happen, my troublesome heel, that stopped me from training in the previous four weeks, was starting to become unbearable. I carry on to the end, trying my best to run but this was almost impossible, but I managed to put on a spurt for the finishing straight, on the race course, finishing with a disappointing time of 4.51, but this has made me more determined to extend my marathon career.

I would highly recommend the Edinburgh Marathon and a special mention goes out to the supporters around the course and in particular the villagers of Prestonpans, who with hosepipes in hand kept us cool on a very trying day. What a great experience and exceptional weekend with great company and the odd pint of Deuchars IPA.

1203	Kirsty Stephenson	03:38:21
1897	Chris Owen	03:50:37
1960	Ed Smith	03:51:37
3510	Jackie Allen	04:10:56
4601	Liz Stanyer	04:23:36
4603	Andy Bourne	04:23:36
5565	Graham Williams	04:36:20
6240	Caroline Nichol	04:45:35
6557	Craig Baxter	04:51:14
6571	Sarah Johnson	04:51:25
6571	Sally Burns	04:51:25
7750	Rebecca Bostock	05:12:20
9459 finishers		

### **BURTON 10 MILES 30-5-10.**

Two Harriers ran the Burton 10 miles, with Mark Eccleston in a time 1-12-30.  
61<sup>st</sup> Mark Eccleston 1-12-30 175<sup>th</sup> John Hateley 1-45-42 185 finished.

### **STOKE 8.7K SHOULD HAVE BEEN 10K 30-5-10**

Eight Harriers tried out this new race around Stoke and Hanley, with a good field of 618 runners, everything started out well, till they got to Hanley park, where the runners were suppose to do a lap of Hanley park, but a marshal sent all but the leader, past the park, so the race was estimated at about 8.7K.

Dave Marsden was first Harriers in a time of 36-29, other good runs came from Chris Skellern 1<sup>st</sup> L45, Tracey Gee 3<sup>rd</sup> L40 and Graham Williams 3<sup>rd</sup> M65.

64 <sup>th</sup> Dave Marsden	36-29	201 <sup>st</sup> Graham Williams	41-17 3 <sup>rd</sup> M65
85 <sup>th</sup> Mark Bentley	37-18	205 <sup>th</sup> Tracey Gee	41-27 3 <sup>rd</sup> L40
94 <sup>th</sup> Chris Skellern	37-43 1 <sup>st</sup> L45	259 <sup>th</sup> Tom Rogers	43-18
151 <sup>st</sup> Keith Faint	39-57	502 <sup>nd</sup> Denise Rogers	53-35

618 finished.

### **CHESTER MARATHON 31-5-10.**

A new marathon on the block, and from the reports I got, quite a good one to do, fairly flat, and one lap, the only Harrier that completed was Keith Skelton finishing in 156<sup>th</sup> time of 3-25-16, 764 finished.

### **WINCLE TROUT RUN 5-6-10, 10<sup>TH</sup> HARRIERS CHALLENGE.**

Twelve Harriers completed this unique run, where you get a rainbow trout when you have completed the run.

9 <sup>th</sup> Russell	Barron	38-44	161 <sup>st</sup> Tracey	Gee	55-54
82 <sup>nd</sup> Pete	Sarson	48-03	186 <sup>th</sup> Jane	Bisiker	58-41
91 <sup>st</sup> Mark	Eccleston	49-06	221 <sup>st</sup> James	Thorpe	61-21
123 <sup>rd</sup> Eddie	Smith	57-56	266 <sup>th</sup> Mike	Moore	69-38
131 <sup>st</sup> Graham	Williams	52-59	282 <sup>nd</sup> Sara	Broome	89-58
158 <sup>th</sup> Tom	Rogers	55-20	283 <sup>rd</sup> Denise	Rogers	89-59

### **WESTBRIDGE 5 MILES 6-6-10, 7NSRRA EVENT 11<sup>TH</sup> HARRIERS CHALLENGE.**

A good turnout of Harriers, on a damp morning, but good running conditions, with Mike Saint-Dunn first Harrier, in a time of 30-59.

Other good runs came from, Paul Douglas 1<sup>st</sup> M55, Chris Owen PB of 33-29, Chris Skellern 1<sup>st</sup> L45, Pete Sarson 2<sup>nd</sup> M60, Tracey Gee 1<sup>st</sup> L40, Liz Stanyer 37-40 PB, Esther Hughes 39-28 PB, Sarah Johnson 2<sup>nd</sup> L40, Simon Stanyer 43-38 PB and Kellie Lee 50-32 PB.

26 <sup>th</sup> Mike	Saint-Dunn	30-59	131 <sup>st</sup> Esther	Hughes	39-28 PB
29 <sup>th</sup> Paul	Douglas	31-24 1 <sup>st</sup> M55	135 <sup>th</sup> Sarah	Johnson	39-48 2 <sup>nd</sup> L40
61 <sup>ST</sup> Chris	Owen	33-29 PB	141 <sup>ST</sup> Helen	Smith	41-01
62 <sup>nd</sup> Mark	Bentley	33-20	157 <sup>th</sup> Mike	Jones	42-11
66 <sup>th</sup> Tanmay	Joshi	33-59	160 <sup>th</sup> Karen	Sabin	42-33
68 <sup>th</sup> Robert	Simpson	34-12	164 <sup>th</sup> Bill	Whitworth	42-58
75 <sup>th</sup> Chris	Skellern	34-37 1 <sup>st</sup> L45	166 <sup>th</sup> Karen D	Murray	43-37
79 <sup>th</sup> Pete	Sarson	34-54 2 <sup>nd</sup> M60	167 <sup>th</sup> Simon	Stanyer	43-38 PB
88 <sup>th</sup> Matt	Stephenson	35-45	168 <sup>th</sup> Sally	Liggins	43-38,
105 <sup>th</sup> Steve	Cartmail	37-11	174 <sup>th</sup> John	Leese	44-26
108 <sup>th</sup> Tracey	Gee	37-19 1 <sup>st</sup> L40	188 <sup>th</sup> Rebecca	Bostock	45-54
113 <sup>th</sup> Eddie	Smith	37-24	201 <sup>st</sup> Denise	Rogers	49-14
115 <sup>th</sup> Liz	Stanyer	37-40 PB	203 <sup>rd</sup> Kellie	Lee	50-32 PB
120 <sup>th</sup> Tom	Rogers	38-18	210 <sup>th</sup> Judith	Colman	51-38
126 <sup>th</sup> James	Thorpe	39-18 PB	216 <sup>th</sup> Sara	Broome	57-36

219 finished.

### **NEWPORT CARNIVAL 10K 12-6-10.**

Six Harriers ran this 10K, around Newport, with Chris Hollinshead coming in 3<sup>rd</sup> in a time of 34-26, with Tom Hobbins 7<sup>th</sup> in 36-56,

3 <sup>rd</sup> Chris	Hollinshead	34-26	52 <sup>nd</sup> Chris	Skellern	44-40
7 <sup>th</sup> Tom	Hobbins	36-56	98 <sup>th</sup> Lydia	Hobbins	51-20
28 <sup>th</sup> Mark	Bridgewood	41-07	107 <sup>th</sup> James	Thorpe	52-33

155 finished.

### **ALDRIDGE 10K 13-6-10.**

Three harriers travelled down to Aldridge to run this popular 10K, with Shane Duggan first Harrier home.

152 <sup>nd</sup> Shane	Duggan	48-01	401 <sup>st</sup> John Hateley	62-29
212 <sup>th</sup> Grahame	Cooper	50-53	455 finished.	

### **MAN V HORSE 12-6-10.**

Five Harriers tackled this tough challenge this year, three huge climbs over 22 miles of rough terrain, Pete Sarson was first Harriers in a time of 3-29-17, and was 3<sup>rd</sup> M60.

165 <sup>th</sup> Pete	Sarson	3-29-17 3 <sup>rd</sup> M60	254 <sup>th</sup> John Greatholder	3-54-47
237 <sup>th</sup> Deon	Vlok	3-51-10	402 <sup>nd</sup> Tony Baker	5-12-06
253 <sup>rd</sup> Karen	Davies	3-54-47	404 finished.	

## **62<sup>nd</sup> PETE HODGETTS HANDICAP.**

**9-6-10.**

Thirty four Harriers completed this latest Handicap, with Liz Stanyer just finishing ahead of Colin Mitchell, catching Colin in the final 100 yards.

		Handicap		net time	new handicap.
1 <sup>st</sup> Rob	Eley	38-34	9m	29-34 1 <sup>st</sup> time	13-15M
2 <sup>nd</sup> Liz	Stanyer	38-43	9m	29-43 PB	10-30M
3 <sup>rd</sup> Colin	Mitchell	38-52	9m	29-52 PB	10-30M
4 <sup>th</sup> Paul	Risby	38-56	8-30m	30-26 1 <sup>st</sup> time	12-15M
5 <sup>th</sup> Matty	Burdett	39-51	12m	27-51 1 <sup>st</sup> time	14-45M
6 <sup>th</sup> John	Burdett	39-54	7-15m	32-39 1 <sup>st</sup> time	10M
7 <sup>th</sup> Chris	Owen	40-10	13-15m	26-55 PB	14M
8 <sup>th</sup> Mark	Bentley	40-26	13m	27-26	13-15M
9 <sup>th</sup> Stuart	Rowley	40-29	13-45m	26-44 1 <sup>st</sup> time	16M
10 <sup>th</sup> Tamay	Joshi	40-34	13-45m	26-49 1 <sup>st</sup> time	16M
11 <sup>th</sup> Nigel	Addison	40-55	11m	29-55	11M
12 <sup>th</sup> Julie	Addison	40-56	10-30m	30-26	11M
13 <sup>th</sup> Mark	Eccleston	41-03	13m	28-03 1 <sup>st</sup> time	14-45M
14 <sup>th</sup> Chris	Skellern	41-05	13m	28-05	13-30M
15 <sup>th</sup> Amanda	Pearce	41-09	4-15m	36-54 1 <sup>st</sup> time	5-45M
16 <sup>th</sup> James	Thorpe	41-13	10-45m	30-28 PB	11-30M
17 <sup>th</sup> Jane	Bisiker	41-24	8-30m	32-54	8-30M
18 <sup>th</sup> Karen	Murray	41-47	7m	34-47 PB	7-30M
19 <sup>th</sup> Steve	Cartmail	41-59	12m	29-59 PB	12-15M
20 <sup>th</sup> John	Leese	42-10	7-15m	34-55	11-15M
21 <sup>st</sup> Caroline	Nichol	42-12	11m	31-12	11-30M
22 <sup>nd</sup> Tracey	Gee	42-16	12-15m	31-12	12-30M
23 <sup>rd</sup> Robert	Simpson	42-26	13-45m	28-41	14M
24 <sup>th</sup> Mick	Bradbury	42-34	4-15m	38-19	4-30M
25 <sup>th</sup> Jenny	Addison	42-37	10-30m	32-07	10-30M
26 <sup>th</sup> Jason	Littlewood	43-02	13m	30-02	14M
27 <sup>th</sup> Mike	Jones	43-03	7-15m	35-48	6M
28 <sup>th</sup> Karen D	Murray	43-24	8m	35-24	8-30M
29 <sup>th</sup> Dave	Cook	43-39	13m	30-39 1 <sup>st</sup> time	12M
30 <sup>th</sup> Judith	Colman	44-11	1-45m	42-26	1M
31 <sup>st</sup> Kirsty	Stephenson	44-59	13-45m	31-14 1 <sup>st</sup> time	11-30M
32 <sup>nd</sup> Matt	Stephenson	45-00	13-15m	31-45 1 <sup>st</sup> time	11M
33 <sup>rd</sup> Simon	Stanyer	45-25	9-15m	36-10	8M
34 <sup>th</sup> Nathan	Sabin	46-33	15-45m	30-48	14-45M

## **HOAR CROSS 10K 12-6-10.**

Mark and Nicola were the only running, this good 10K, maybe we should encourage other Harriers to run this local race next year.

21<sup>st</sup> Mark Eccleston 43-57      123<sup>rd</sup> Nicola Eccleston 78-59  
124 finished.

## POTTERS ARF MARATHON 13-6-10 8<sup>TH</sup> NSRRA EVENT.

Eighteen Harriers, tackled this toughies Arf Marathon, with Paul Douglas just ahead of Steve Vaughan, and collecting the 1<sup>st</sup> M55 prize, third Harrier in was Chris Owen, getting a PB, remarkable considering the course, in a time of 1-33-06.

Other good runs came from Pete Sarson 2<sup>nd</sup> M60 and Denise Rogers a PB of 2-23-35.

42 <sup>nd</sup> Paul	Douglas	1-27-21	1 <sup>st</sup> M55	303 <sup>rd</sup> Dave	Marsden	1-44-32
46 <sup>th</sup> Steve	Vaughan	1-27-42		377 <sup>th</sup> Keith	Faint	1-47-11
96 <sup>th</sup> Chris	Owen	1-33-06	PB	457 <sup>th</sup> Dave	Cook	1-50-05
154 <sup>th</sup> Mark	Bentley	1-36-44		540 <sup>th</sup> Tom	Rogers	1-51-58
160 <sup>th</sup> Stuart	Rowley	1-36-50		580 <sup>th</sup> Caroline	Nichol	1-53-36
176 <sup>th</sup> Robert	Simpson	1-37-39		735 <sup>th</sup> Bill	Whitworth	1-59-04
188 <sup>th</sup> Pete	Sarson	1-38-28	2 <sup>nd</sup> M60	1086 <sup>th</sup> Rebecca	Bostock	2-14-35
222 <sup>nd</sup> George	Fox	1-40-33		1175 <sup>th</sup> Chris	Howe	2-20-44
244 <sup>th</sup> Kirsty	Stephenson	1-41-35		1210 <sup>th</sup> Denise	Rogers	2-23-35

1394 FINISHED.

## SHUGBOROUGH RELAY 2010, 23-6-10.

Keep on track			in their prime			The Winners		
1 <sup>st</sup> Mixed open team			1 <sup>st</sup> ladies vets 160 years			3 <sup>rd</sup> under 52 years boys		
Chris	Hollinshead	10-30	Chris	Skellern	13-09	Curtis	Owen	13-19
Nina	Skelton	12-15	Liz	Stanyer	14-13	Will	Hamplett	14-14
Sally	Gray	11-40	Tracey	Gee	13-52	Tom	Sabin	13-58
Tom	Hobbins	10-55	Ruth	Umerah	14-05	Sam	Watts	12-36
Total 45-20			Total 55-19			Total 54-07		
The Stafford Milers			Rapido			Likely Lads		
4 <sup>th</sup> under 52 boys			5 <sup>th</sup> mixed team 64 years			5 <sup>th</sup> Ultra vets 240 years		
Will	Sammons	13-51	Hannah	Talbot	14-28	John	Finney	15-12
Joe	Smith	14-42	Kayleigh	Derry	13-49	Graham	Williams	14-40
Cameron	Fairclough	15-19	Matty	Burdett	12-34	John	Greatholder	15-32
Angus	Hamplett	15-22	Nathan	Sabin	12-30	Frank	Grant	20-53
Total 59-14			Total 53-21			Total 1-06-17		
The Bobsleigh			Ladies that run			Seen better days		
6 <sup>th</sup> mixed team 64 years			4 <sup>th</sup> lady vets 160 years			7 <sup>th</sup> men's ultra vets 200 years		
Sophie	Cartmail	14-54	Jane	Bisiker	15-37	Keith	Faint	14-10
Amy	Gorman	17-46	Lisa	Percox	16-48	Ralph	Wedlock	14-30
Curtis	Owen	14-58	Karen	Sabin	15-26	Dave	Stephens	15-42
Jerard	Weatley	15-05	Sue	Johnson	16-23	Mark	Thompson	13-47
Total 1-02-43			Total 1-04-14			Total 58-09		
The Jumping Joggers			Lighting			the Superb Sprinters		
8 <sup>th</sup> under 52 years girls			8 <sup>th</sup> boys under 52 years			9 <sup>th</sup> under 52 years girls		
Lauren	Gee	15-56	Jack	Sammons	14-53	Megon	Dando	24-05
Sara	Holiday	17-27	Joe	Cartmail	17-04	Ellie	Baxter	14-52
Ellie	Stanyer	17-30	Tom	Bailey	16-02	Elisha	Walker	14-48
Amie	Stevens	17-46	Alex	Mackay	15-15	Robyn	Volk	15-00
Total 1-08-39			Total 1-03-14			Total 1-08-45		
Go girls go			2 Blondes and a Bloke			Two by Two		
9 <sup>th</sup> ladies open			12 <sup>th</sup> mixed vets 160 years			13 <sup>th</sup> mixed vets 160 years		
Caroline	Nichol	14-33	Esther	Hughes	14-40	Carol	Mellor	19-19
C	Hamplett	15-02	Karen	Murray	16-13	Amanda	Pearce	17-13
Kirsty	Stephenson	14-47	Sarah	Johnson	15-32	Dave	Mantle	14-36
Sophie	Cartmail	15-58	Craig	Baxter	14-19	Chris	Pearce	14-01
Total 1-00-20			Total 1-00-44			Total 1-05-10		

On your marks			Two of a kind			Bourne Identity		
13 <sup>th</sup> men's vets 160 years			17 <sup>th</sup> mixed vets 160 years			22 <sup>nd</sup> open team		
Chris	Owen	12-25	Chris	Howe	18-21	Allen	Derry	12-17
Mark	Eccleston	13-05	George	Singh	17-07	Mark	Bridgewood	11-50
Mark	Bentley	13-01	Sandra	Smith	16-41	Ian	Talbot	13-40
Steve	Cartmail	13-40	Jane	Bisiker	16-14	Andy	Bourne	13-54
Total 52-11			Total 1-08-23			Total 51-41		
Boys on the run			Fastest Harriers, Chris Hollinshead 10-30, Tom Hobbins 10-55					
24 <sup>th</sup> Open team			Sally Gray 11-40, Mark Bridgewood 11-50, Nina Skelton 12-15					
Tanmay	Joshi	12-38	Allen Derry 12-17, Chris Owen 12-25. Nathan Sabin 12-30					
Michael	Harris	12-56	Matty Burdett 12-34, Sam Watts 12-36, Tamay Joshi 12-38					
Jason	Littlewood	13-11	Michael Harris 12-56, Mark Bentley 13-01,					
Matt	Stephenson	13-21	Mark Eccleston 13-05, Chris Skellern 13-09,					
Total 52-06			Jason Littlewood 13-11, Curtis Owen 13-19.					

### **STONE ST MICHAELS 10K, 28-6-10 9<sup>TH</sup> NSRRA EVENT, 12<sup>TH</sup> HARRIERS CHALLENGE.**

On the hottest day of the year so far, not many PB'S this year, run over a flat two lap course, usually there are plenty of Pb's.

First Harrier home was Mike Saint-Dunn in a time of 39-20, with Paul Douglas next Harrier taking the M55 prize.

Other good runs came from, Chris Owen 40-52 PB, Chris Skellern 1<sup>st</sup> L45, Graham Williams 3<sup>rd</sup> M65, Tracey Gee 3<sup>rd</sup> L40 and Tom Rogers 48-34 PB.

32 <sup>nd</sup> Mike	Saint-Dunn	39-20	225 <sup>th</sup> Sarah	Johnson	51-31
45 <sup>th</sup> Paul	Douglas	40-31 1 <sup>st</sup> M55	229 <sup>th</sup> Paul	Bosson	51-42
52 <sup>nd</sup> Chris	Owen	40-52 PB	250 <sup>th</sup> John	Leese	52-47
89 <sup>th</sup> Tanmay	Joshi	43-16	261 <sup>st</sup> Caroline	Nichol	53-43
90 <sup>th</sup> Dave	Marsden	43-19	265 <sup>th</sup> Mike	Jones	53-57
91 <sup>st</sup> Stuart	Rowley	43-21	267 <sup>th</sup> Dave	Stevens	54-11
94 <sup>th</sup> Robert	Simpson	43-28	271 <sup>st</sup> Bill	Whitworth	54-27
97 <sup>th</sup> Chris	Skellern	43-44 1 <sup>st</sup> L45	272 <sup>nd</sup> Karen	Murray	54-31
110 <sup>th</sup> Mark	Bentley	45-00	292 <sup>nd</sup> Tony	Baker	56-09
137 <sup>th</sup> Matt	Stephenson	46-37	299 <sup>th</sup> Karen D	Murray	56-24
156 <sup>th</sup> Graham	Williams	47-25 3 <sup>rd</sup> M65	352 <sup>nd</sup> Rebecca	Bostock	61-21
168 <sup>th</sup> Tracey	Gee	47-48 3 <sup>rd</sup> L40	357 <sup>th</sup> Simon	Stanyer	61-32
178 <sup>th</sup> Tom	Rogers	48-34 PB	358 <sup>th</sup> Sally	Liggins	61-38
195 <sup>th</sup> Liz	Stanyer	49-29	359 <sup>th</sup> Joanne	Carson	61-40
203 <sup>rd</sup> Esther	Hughes	49-58	382 <sup>nd</sup> Denise	Rogers	65-18
214 <sup>th</sup> James	Thorpe	50-48	408 <sup>th</sup> Judith	Colman	68-52
221 <sup>st</sup> Craig	Baxter	51-19	431 finished.		

### **SHIFNAL STEEPLECHASE HALF MARATHON 4-7-10.**

Only five Harriers tackled this unusual half, run mainly on roads, with little bits of paths, and steeples are the church ones that you run past.

Chris Skellern was first Harrier and was 1<sup>st</sup> L45, just ahead of Karen Davies, I wonder if this is the first time two ladies were the first two Harriers home.

47 <sup>th</sup> Chris	Skellern	1-40-04 1 <sup>st</sup> L45	110 <sup>th</sup> John	Greatholder	1-58-10
64 <sup>th</sup> Karen	Davies	1-45-12	151 <sup>st</sup> Mike	Moore	2-21-13
79 <sup>th</sup> Kenton	Sharpe	1-49-42	161 Finished.		

### **WYE FOREST HALF MARATHON 11-7-10.**

Four Harriers ran this mainly off road half marathon, Karen Davies first Harrier, and was 2<sup>nd</sup> L40 and John Greatholder was 2<sup>nd</sup> M60.

50 <sup>th</sup> Karen	Davies	1-47-50 2 <sup>nd</sup> L40	106 <sup>th</sup> John	Greatholder	2-01-59 2 <sup>nd</sup> M60
80 <sup>th</sup> Tom	Rogers	1-54-45	174 <sup>th</sup> Denise	Rogers	2-44-33
180 finished.					

### **BLACK COUNTRY HALF MARATHON 3-7-10 13<sup>TH</sup> HARRIERS CHALLENGE.**

Twenty Harriers ran this unique half marathon, where you ran from Wolverhampton to the centre of Birmingham, using the train to the start, and back from Birmingham.

This race was used as our charity run, and with twenty harriers running, £532-86 has been raised so far, for the Oak tree project at Hilderstone, well done to all Harriers that ran, and have raised the best yet, for any charity run.

With the distance been 13.2 miles, instead of 13.1, I didn't expect any PB'S, although I found it hard, both Chris Owen 1-31-44 and Tanmay Joshi 1-37-54, they were first and second Harrier in, both time were PB'S, next in was Pete Sarson 1<sup>st</sup> M60.

After getting there, most went to the pub, and watched Argentine and Germany in the world cup, then catching the train back to Stafford, although Pete Sarson went a bit too far, falling a sleep, and waking up at Stoke, so had to get the train back to Stafford.

36 <sup>th</sup> Chris Owen	1-31-44 PB	389 <sup>th</sup> Esther Hughes	1-58-25
90 <sup>th</sup> Tanmay Joshi	1-37-54 PB	524 <sup>th</sup> Dave Cook	2-05-24
103 <sup>rd</sup> Pete Sarson	1-38-39 1 <sup>st</sup> M60	542 <sup>nd</sup> Mike Jones	2-06-17
121 <sup>st</sup> Mark Bentley	1-40-06	628 <sup>th</sup> James Thorpe	2-11-19
179 <sup>th</sup> Dave Preece	1-46-40	629 <sup>th</sup> Sarah Johnson	2-11-22
274 <sup>th</sup> Joe Atherton	1-52-01	666 <sup>th</sup> Frank Evans	2-13-53
285 <sup>th</sup> Tracey Gee	1-52-25	669 <sup>th</sup> Tony Baker	2-14-01
342 <sup>nd</sup> Graham Williams	1-56-19	895 <sup>th</sup> Amanda Pearce	2-37-34
348 <sup>th</sup> Rob Ely	1-56-40	924 <sup>th</sup> Stuart Fowlie	2-45-38
367 <sup>th</sup> Dave Mantle	1-57-25	965 <sup>th</sup> Sara Broome	3-00-17

998 finished.

### **BERRYHILL 10K 6-7-10 10<sup>TH</sup> NSRRA EVENT.**

We all arrived to run this tough 10K, to find out that the large lap was out, because of some road works, which was funny because we don't run on any roads, but it meant that we did a extra short lap, which meant we went up the hill four times, what I couldn't understand was that those that ran last year most were faster, ok the course was about 50 yards shorter, but Chris Skellern was nearly three minutes faster.

Chris Owen was first just 5 seconds ahead of Robert Simpson, with Chris Skellern 11 seconds further back, Chris was 1<sup>st</sup> L45, other good runs came from Tracey Gee 1<sup>st</sup> L40 and James Thorpe in a PB time of 48-31.

48 <sup>th</sup> Chris Owen	43-31	82 <sup>nd</sup> Andy Bourne	48-58
49 <sup>th</sup> Robert Simpson	43-36	95 <sup>th</sup> Caroline Nichol	51-31
51 <sup>st</sup> Chris Skellern	43-47 1 <sup>st</sup> L45	104 <sup>th</sup> Bill Whitworth	53-54
52 <sup>nd</sup> Dave Marsden	43-53	105 <sup>th</sup> Karen Murray	54-08
67 <sup>th</sup> Tracey Gee	47-36 1 <sup>st</sup> L40	106 <sup>th</sup> Mike Jones	54-45
71 <sup>st</sup> Graham Williams	47-47	113 <sup>th</sup> Karen D Murray	55-59
77 <sup>th</sup> James Thorpe	48-31 PB	117 <sup>th</sup> Tony Baker	57-28
81 <sup>st</sup> Liz Stanyer	48-57	131 <sup>st</sup> Judith Colman	67-08

135 finished.

### **CHEADLE 4 MILES 11-7-10 11<sup>TH</sup> NSRRA EVENT.**

Fourteen Harriers this annual 4 mile race, with Paul Douglas first home and 2<sup>nd</sup> M55, with Chris Owen just ahead of Pete Sarson who was 1<sup>st</sup> M60.

Other good runs came from Chris Skellern 1<sup>st</sup> L45, Graham Williams 3<sup>rd</sup> M65 AND Tracey Gee 2<sup>nd</sup> L40.

25 <sup>th</sup> Paul Douglas	25-51 2 <sup>nd</sup> M55	94 <sup>th</sup> Ralph Wedlock	31-58,
42 <sup>nd</sup> Chris Owen	27-14	96 <sup>th</sup> Liz Stanyer	32-11
49 <sup>th</sup> Pete Sarson	27-45 1 <sup>st</sup> M60	112 <sup>th</sup> James Thorpe	33-41
50 <sup>th</sup> Mark Bentley	27-47	120 <sup>th</sup> Karen Murray	34-17
59 <sup>th</sup> Chris Skellern	28-17 1 <sup>st</sup> L45	121 <sup>st</sup> Bill Whitworth	34-29
75 <sup>th</sup> Graham Williams	30-11	130 <sup>th</sup> Tony Baker	36-14
86 <sup>th</sup> Tracey Gee	31-04	154 <sup>th</sup> Judith Colman	42-42

165 finished.

### **J C B 5 MILES 15-7-10 12<sup>TH</sup> NSRRA EVENT.**

A race new to the North Staffs leagues, and what a good turnout of Harriers, with twenty five running the two lap course, around the J C B factory, before finishing in front of the lakes, with a punishing hill at the start of each lap not a PB course, although one managed it with James Thorpe running a time of 37-59 PB, one of our new members was first in, with Mark Bridgewood posting a time of 31-40, just behind Mark, came Paul Douglas, Keith Skelton and Darren Pyatt all running under 33 minutes.

31 <sup>st</sup> Mark	Bridgewood	31-40	141 <sup>st</sup> Tracey	Gee	37-19
42 <sup>nd</sup> Paul	Douglas	32-22	157 <sup>th</sup> Rob	Proctor	37-53
47 <sup>th</sup> Keith	Skelton	32-33	160 <sup>th</sup> James	Thorpe	37-59
48 <sup>th</sup> Darren	Pyatt	32-50	164 <sup>th</sup> Liz	Stanyer	38-09
75 <sup>th</sup> Pete	Sarson	34-03	178 <sup>th</sup> Eddie	Smith	38-46
86 <sup>th</sup> Mark	Bentley	34-25	189 <sup>th</sup> Ralph	Wedlock	40-03
93 <sup>rd</sup> Robert	Simpson	34-43	252 <sup>nd</sup> Karen	Murray	42-57
96 <sup>th</sup> Chris	Owen	34-50	261 <sup>st</sup> Bill	Whitworth	43-20
100 <sup>th</sup> Chris	Skellern	35-07	274 <sup>th</sup> Karen D	Murray	44-04
105 <sup>th</sup> Mark	Eccleston	35-27	282 <sup>nd</sup> Tony	Baker	44-29
118 <sup>th</sup> Tim	Hough	36-17	288 <sup>th</sup> Karen	Sabin	44-40
138 <sup>th</sup> Matt	Stephenson	37-11	362 <sup>nd</sup> Judith	Colman	53-12
140 <sup>th</sup> Rob	Eley	37-18	403 finished.		

### **TRENTHAM 10 MILES 18-7-10 13<sup>TH</sup> NSRRA EVENT.**

Eighteen Harriers turnout to run this tough 10 miler, coming only three days after J C B 5 miler, and sixteen harriers doing both, quite impressive.

Paul Douglas first Harrier 2<sup>ND</sup> M55, ahead of Mark Bridgewood who finished ahead of Paul at J C B, only three places behind Mark, came Pete Sarson 1<sup>st</sup> M60.

Other good runs came from Chris Owen 1-09-37 PB, Tom Rogers 1-19-37 PB, Tracey Gee 2<sup>nd</sup> L40, James Thorpe 1-21-14 PB and Denise Rogers 1-45-01 PB.

40 <sup>th</sup> Paul	Douglas	1-07-25	2 <sup>nd</sup> M55	152 <sup>nd</sup> James	Thorpe	1-21-14 PB
49 <sup>th</sup> Mark	Bridgewood	1-09-03		155 <sup>th</sup> Liz	Stanyer	1-21-56
52 <sup>nd</sup> Pete	Sarson	1-09-26	1 <sup>st</sup> M60	160 <sup>th</sup> Ralph	Wedlock	1-22-56
55 <sup>th</sup> Chris	Owen	1-09-37 PB		163 <sup>rd</sup> Eddie	Smith	1-23-45
68 <sup>th</sup> Robert	Simpson	1-11-05		175 <sup>th</sup> Bill	Whitworth	1-26-24
77 <sup>th</sup> Mark	Bentley	1-12-06		199 <sup>th</sup> Tony	Baker	1-32-00
80 <sup>th</sup> Chris	Skellern	1-12-20	1 <sup>st</sup> L45	205 <sup>th</sup> Karen D	Murray	1-32-45
138 <sup>th</sup> Tom	Rogers	1-19-37		238 <sup>th</sup> Denise	Rogers	1-45-01 PB
145 <sup>th</sup> Tracey	Gee	1-20-39	2 <sup>nd</sup> L40	242 <sup>nd</sup> Judith	Colman	1-51-01

### **MEERBROOK 15K 8-8-10 14<sup>TH</sup> NSRRA EVENT.**

This race doesn't get any easier, with only two hills, at first glance it can't be too bad, but what hills they are, as you see from the times, it is a brute of a race, not that the first two runners made it look easy, both getting under the 50 minutes.

First home for the Harriers was Paul Douglas 2<sup>nd</sup> M55, with Chris Ross only 40 seconds behind Paul, other good runs came from Chris Skellern 2<sup>nd</sup> L45 and Graham Williams 2<sup>nd</sup> M60.

48 <sup>th</sup> Paul	Douglas	1-06-38	2 <sup>nd</sup> M55	200 <sup>th</sup> Bill	Whitworth	1-26-03
54 <sup>th</sup> Chris	Ross	1-07-18		217 <sup>th</sup> Karen	Murray	1-29-26
56 <sup>th</sup> Keith	Skelton	1-07-33		226 <sup>th</sup> James	Thorpe	1-30-34
66 <sup>th</sup> Chris	Owen	1-08-29		228 <sup>th</sup> Tony	Baker	1-30-56
76 <sup>th</sup> Mark	Bentley	1-09-09		243 <sup>rd</sup> John	Leese	1-34-27
103 <sup>rd</sup> Robert	Simpson	1-12-51		250 <sup>th</sup> George	Singh	1-35-49
105 <sup>th</sup> Chris	Skellern	1-13-17	2 <sup>nd</sup> L45	251 <sup>st</sup> Rebecca	Bostock	1-35-58
149 <sup>th</sup> Graham	Williams	1-18-51	2 <sup>nd</sup> M65	256 <sup>th</sup> Mike	Jones	1-37-57
157 <sup>th</sup> Eddie	Smith	1-19-42		266 <sup>th</sup> Denise	Rogers	1-44-27
163 <sup>rd</sup> Steve	Babb	1-20-29		274 <sup>th</sup> Frank	Grant	1-49-43
166 <sup>th</sup> Tracey	Gee	1-20-29		276 <sup>th</sup> Judith	Colman	1-52-19
170 <sup>th</sup> Tom	Rogers	1-21-05		279 finished.		

### **STAFFS KNOT 5 MILER 11-8-10 15<sup>TH</sup> NSRRA EVENT.**

Sixty Harriers took part, running our own race, with Tom Hobbins first home, in PB time of 29-27, next Harrier was Steve Vaughan 30-14, just ahead of Sally Gray, winning the ladies race in a time of 30-52 PB, other good runs came from Paul Douglas 2<sup>nd</sup> M55, Pete Sarson 1<sup>st</sup> M60, Chris Skellern 1<sup>st</sup> L45, Tracey Gee 1<sup>st</sup> L40, Graham Williams 3<sup>rd</sup> M65, Sue Johnson 2<sup>nd</sup> L55, Scott Palmer PB 41-38, Joanne Carson PB 46-09 Allison Kelly PB 47-33 and Tracie Wallis PB 51-34.

16 <sup>th</sup> Tom	Hobbins	29-27 PB	192 <sup>nd</sup> Dave	Mantle	39-44
25 <sup>th</sup> Steve	Vaughan	30-14	199 <sup>th</sup> Lydia	Atkins	39-51
32 <sup>nd</sup> Sally	Gray	30-52 1 <sup>st</sup> lady PB	200 <sup>th</sup> Tom	Rogers	39-54
47 <sup>th</sup> Keith	Skelton	32-26	207 <sup>th</sup> Ralph	Wedlock	40-14
52 <sup>nd</sup> Paul	Douglas	32-38 2 <sup>nd</sup> M55	212 <sup>th</sup> Simon	Hamplett	40-25
63 <sup>rd</sup> Chris	Ross	33-15	216 <sup>th</sup> Dave	Stephens	40-35
76 <sup>th</sup> Pete	Sarson	33-50 1 <sup>st</sup> M60	223 <sup>rd</sup> John	Greatholder	40-54
82 <sup>nd</sup> Ian	Talbot	34-06	237 <sup>th</sup> Scott	Palmer	41-38 PB
93 <sup>rd</sup> Michael	Harris	34-45	261 <sup>st</sup> Karen	Murray	43-16
94 <sup>th</sup> Robert	Simpson	34-47	268 <sup>th</sup> Bill	Whitworth	43-41
95 <sup>th</sup> Darren	Pyatt	34-48	272 <sup>nd</sup> John	Leese	43-59
99 <sup>th</sup> Mark	Bentley	34-55	274 <sup>th</sup> Karen D	Murray	44-06
101 <sup>st</sup> Chris	Owen	35-17	275 <sup>th</sup> Tony	Baker	44-09
104 <sup>th</sup> Chris	Skellern	35-28 1 <sup>st</sup> L45	284 <sup>th</sup> Sandra	Smith	44-32
109 <sup>th</sup> Tim	Hough	35-48	288 <sup>th</sup> Karen	Sabin	44-57
124 <sup>th</sup> Paul	Bosson	36-33	289 <sup>th</sup> Samantha	Franks	44-58
132 <sup>nd</sup> Martin	Moore	37-01	304 <sup>th</sup> Joanne	Carson	46-09 PB
137 <sup>th</sup> Rob	Proctor	37-23	315 <sup>th</sup> Tony	Tomkins	47-10
139 <sup>th</sup> Tracey	Gee	37-30 1 <sup>st</sup> L40	321 <sup>st</sup> Allison	Kelly	47-33 PB
143 <sup>rd</sup> Graham	Williams	37-44 3 <sup>rd</sup> M65	322 <sup>nd</sup> Amanda	Pearce	47-36
147 <sup>th</sup> Dave	Preece	37-50	334 <sup>th</sup> Nicky	Brookes	48-56
158 <sup>th</sup> Matt	Stephenson	38-30	349 <sup>th</sup> Josie	Jones	51-27
161 <sup>st</sup> Jason	Littlewood	38-33	351 <sup>st</sup> Lynn	Walker	51-34
166 <sup>th</sup> Amy	Yeomans	38-56	352 <sup>nd</sup> Tracie	Wallis	51-34 PB
168 <sup>th</sup> Andy	Worden	38-58	356 <sup>th</sup> Sue	Down	52-33
169 <sup>th</sup> Sue	Johnson	39-02 2 <sup>nd</sup> L55	363 <sup>rd</sup> Judith	Colman	53-59
172 <sup>nd</sup> Steve	Cartmail	39-11	367 <sup>th</sup> Jill	Atkins	54-33
174 <sup>th</sup> Colin	Mitchell	39-12	369 <sup>th</sup> Gary	Barclay	55-03
179 <sup>th</sup> Eddie	Smith	39-23	383 <sup>rd</sup> Kim	Preece	62-17
187 <sup>th</sup> James	Thorpe	39-40	388 <sup>th</sup> Denise	Rogers	67-59

388 finished

### **STAFFS KNOT 2 MILE FUN RUN, 11-8-10.**

A good turnout of 75 runners, of which eleven were Harriers, with Tom Sabin coming in 2<sup>nd</sup> overall in a time of 11-31, next was Matty Burdett 4<sup>th</sup> and Tom Sabin 7<sup>th</sup>.

Elisha Walker was 3<sup>rd</sup> Girl, in 13<sup>th</sup> place in a time of 13-46, just ahead of Hannah Walker in 15<sup>th</sup> place.

2 <sup>nd</sup> Nathan	Sabin	11-31	13 <sup>th</sup> Elisha	Walker	13-46 3 <sup>rd</sup> girl
4 <sup>th</sup> Matty	Burdett	12-06	15 <sup>th</sup> Hannah	Talbot	13-54 5 <sup>th</sup> girl
7 <sup>th</sup> Tom	Sabin	13-02	25 <sup>th</sup> Jared	Wheatley	15-17
9 <sup>th</sup> Joseph	Smith	13-30	30 <sup>th</sup> Amie	Stephens	16-11
10 <sup>th</sup> Curtis	Owen	13-40	41 <sup>st</sup> Joseph	Cartmail	17-25
12 <sup>th</sup> Alex	Mackay	13-46	75 finished		

### **ELLESMERE 10K 29-8-10.**

Three Harriers travelled into Shropshire to run this popular race with Darren Pyatt running a good time of 40-27, with Tom Denise Rogers getting PB'S.

59 <sup>th</sup> Darren	Pyatt	40-27	303 <sup>rd</sup> Denise	Rogers	61-11 PB
177 <sup>th</sup> Tom	Rogers	49-28 PB	341 finished.		

### **STOURBRIDGE STUMBLE 14-8-10 14<sup>TH</sup> HARRIERS CHALLENGE.**

Moving the Stourbridge Stumble from June to August, didn't seem to work, with less than 200 finishers, about the same as last year, but they had over 250 finishers in 2008 when run in June.

First home for the Harriers was Keith Skelton, just ahead of Chris Owen, with Chris Skellern 1<sup>st</sup> L45.

18 <sup>th</sup> Keith	Skelton	43-03	118 <sup>th</sup> Jill	Ross	54-54
22 <sup>nd</sup> Chris	Owen	43-37	122 <sup>nd</sup> Jane	Bisiker	55-22
49 <sup>th</sup> Chris	Skellern	47-07 1 <sup>st</sup> L45	137 <sup>th</sup> Karen	Murray	57-21
58 <sup>th</sup> Robert	Simpson	48-06	183 <sup>rd</sup> Mike	Moore	64-42
117 <sup>th</sup> James	Thorpe	54-52	197 finished		

### **RACE THE TRAIN 21-8-10 15<sup>TH</sup> HARRIERS CHALLENGE.**

On a wet day, making this even more difficult, six Harriers ran this unique event, with Pete Sarson just failing to beat the train, in a time of 1-50-37, the train finished in a time of 1-48-00.

210 <sup>th</sup> Pete	Sarson	1-50-37	658 <sup>th</sup> Sarah	Johnson	2-29-46
580 <sup>th</sup> Vicky	Loundes	2-19-25	659 <sup>th</sup> James	Thorpe	2-29-46
600 <sup>th</sup> Jane	Bisiker	2-20-59	700 <sup>th</sup> Tony	Baker	2-37-15

799 finished.

### **LEEK HALF MARATHON 22-8-10 16<sup>TH</sup> NSRRA EVENT.**

Thirteen Harriers tackled probably the hardest half in the country, this half is the only one that I have done regular that I have never broken 1-30, my best was 1-30-33 run in August 1998.

First Harrier was Paul Douglas 1<sup>st</sup> M55, with Keith Skelton next in with a time of 1-36-36; the men were the 5<sup>th</sup> team, and the ladies 2<sup>nd</sup> team.

36 <sup>th</sup> Paul	Douglas	1-34-28 1 <sup>st</sup> M55	194 <sup>th</sup> Chris	Skellern	2-04-44
44 <sup>th</sup> Keith	Skelton	1-36-36	195 <sup>th</sup> Liz	Stanyer	2-04-44
73 <sup>rd</sup> Mark	Bentley	1-40-23	201 <sup>st</sup> Bill	Whitworth	2-05-16
88 <sup>th</sup> Chris	Owen	1-43-53	217 <sup>th</sup> Karen	Murray	2-12-59
142 <sup>nd</sup> Eddie	Smith	1-53-50	226 <sup>th</sup> Mike	Jones	2-18-13
150 <sup>th</sup> Tracey	Gee	1-55-26	243 <sup>rd</sup> Denise	Rogers	2-40-34
164 <sup>th</sup> Tom	Rogers	1-58-31	246 finished.		

### **WOLVERHAMPTON MARATHON 5-9-10 17<sup>TH</sup> NSRRA EVENT.**

Six Harriers ran this fairly flat marathon, over a new course, which kept the runners off the public roads, except on the first miles and the last six miles of each lap, and meant the long road stretch was avoided in the middle of each lap, the marathoners had plenty of runners over the first lap, because the half marathon was run at the same time.

First Harrier home was Chris Owen, knocking nearly twenty minutes off his pb, to finish in 37<sup>th</sup> place in a time of 3-16-25, next was Paul Douglas 2<sup>nd</sup> M55, the two old codgers Bill Whitworth 2<sup>nd</sup> M65 and Mike Jones 3<sup>rd</sup> M65.

37 <sup>th</sup> Chris	Owen	3-16-25 PB	132 <sup>nd</sup> Stuart	Rowley	3-52-13
43 <sup>rd</sup> Paul	Douglas	3-19-11 2 <sup>nd</sup> M55	196 <sup>th</sup> Bill	Whitworth	4-21-35 2 <sup>nd</sup> M65
66 <sup>th</sup> Chris	Ross	3-28-25	216 <sup>th</sup> Mike	Jones	4-35-49 3 <sup>rd</sup> M65

289 finished.

### **WOLVERHAMPTON HALF MARATHON 5-9-10.**

Eight Harriers ran the first lap of the marathon course, with some good performances coming from Dave Cook 1-44-26 PB, Tom Rogers 1-47-58 PB and Rebecca Bostock 2-06-47 PB

202 <sup>nd</sup> Dave	Cook	1-44-26 PB	635 <sup>th</sup> Rebecca	Bostock	2-06-47 PB
257 <sup>th</sup> Tom	Rogers	1-47-58 PB	906 <sup>th</sup> John	Hateley	2-30-46
416 <sup>th</sup> Laura	MacDonald	1-54-41	949 <sup>th</sup> Denise	Rogers	2-45-03
501 <sup>st</sup> Jill	Ross	1-58-34	955 <sup>th</sup> Gwendoline	Bailey	2-46-30

995 finished.

## 63<sup>rd</sup> PETE HODGETTS HANDICAP.

9-9-10.

Thirty three Harriers completed this latest Handicap, on a beautiful evening, with Nathan Sabin winning in a time of 25-02, with Colin Mitchell again second and Ester Hughes third just on second behind Colin.

Remember the next handicap is on Sunday December 19<sup>th</sup>, and is in the Harriers challenge, so there will be two races in one, with the normal handicap, then your time will be put in order, fastest first to the slowest, for the Harriers challenge.

		Handicap		net time	new handicap.
1 <sup>st</sup> Alan	Derry	39-07	9-15m	29-52 1 <sup>st</sup> time	13m
2 <sup>nd</sup> Darren	Mattocks	39-34	9-15m	30-19 1 <sup>st</sup> time	12-30m
3 <sup>rd</sup> Ian	Talbot	39-46	13-30m	26-16 1 <sup>st</sup> time	16-30m
4 <sup>th</sup> Nathan	Sabin	39-47	14-45m	25-02 PB	15-30M
5 <sup>th</sup> Colin	Mitchell	40-26	10-30m	29-56	11-45m
6 <sup>th</sup> Esther	Hughes	40-27	9m	31-27 PB	9-45m
7 <sup>th</sup> Tracie	Wallis	40-39	1m	39-39 1 <sup>st</sup> time	3m
8 <sup>th</sup> Dave	Cook	41-06	12m	29-06 PB	12-45m
9 <sup>th</sup> Chris	Skellern	41-08	13-30m	27-28	14-15m
10 <sup>th</sup> Mike	Jones	41-12	6m	35-12	6m
11 <sup>th</sup> James	Thorpe	41-15	11-30m	29-45 PB	12m
12 <sup>th</sup> Hannah	Talbot	41-34	10-30m	31-04 1 <sup>st</sup> time	11-45m
13 <sup>th</sup> Liz	Stanyer	41-44	10-30m	31-14	12m
14 <sup>th</sup> Mark	Bentley	41-59	13-15m	28-44	14-30m
15 <sup>th</sup> Andy	Worden	42-10	12m	30-10 1 <sup>st</sup> time	12-30m
16 <sup>th</sup> Mark	Eccleston	42-16	14-45m	27-31 PB	15m
17 <sup>th</sup> Keith	Skelton	42-21	16m	26-21	15-45m
18 <sup>th</sup> Sally	Liggins	42-27	6-45m	35-42	6-45m
19 <sup>th</sup> Kayleigh	Derry	42-29	11-15m	31-14	11-30m
20 <sup>th</sup> Eddie	Smith	42-34	11-45m	30-49	11-15m
21 <sup>st</sup> Paul	Risby	42-39	12-15m	30-24 PB	12-12m
22 <sup>nd</sup> Rob	Ely	42-47	13-15m	29-32 PB	13-15m
23 <sup>rd</sup> Mick	Bradbury	42-51	4-30m	38-21	4-30m
24 <sup>th</sup> Tamay	Joshi	42-56	16m	26-56	16m
25 <sup>th</sup> Amanda	Pearce	43-02	5-45m	37-17	5-45m
26 <sup>th</sup> Russell	Barron	43-09	20m	23-09	19-45m
27 <sup>th</sup> Robert	Simpson	43-17	14m	29-17	13-45m
28 <sup>th</sup> Shane	Wilcox	43-23	10-15m	33-08	10m
29 <sup>th</sup> Steve	Cartmail	43-32	12-15m	31-17	12m
30 <sup>th</sup> Judith	Colman	44-00	1m	43-00	0-30m
31 <sup>st</sup> Tracey	Gee	44-18	12-30m	31-48	11-45m
32 <sup>nd</sup> John	Leese	44-29	11-15m	33-14	10m
33 <sup>rd</sup> Craig	Baxter	46-09	11-15m	34-53	10m