

## **78<sup>th</sup> EDITON OF THE HARRIER.** **THE WINTER HARRIER 2011.**

**HARRIERS CHALLENGE 2011.** In this years challenge there is an eighth league, I have deleted some Harriers that didn't do any races, but we are looking for as many Harriers to take up the challenge, so please enter by emailing me on [Michael.jones833@ntlworld.com](mailto:Michael.jones833@ntlworld.com) , tell me or Pete burns, and we will include you in the correct league, and of course if you feel you don't want to continue in the challenge, just let me know.

All the information is on the web site, and please let me or Pete know of any mistakes.

**NORTH STAFFS ROAD RUNNERS LEAGUES.** Quite a few Harriers joined last year with some success, so any Harrier wanting to join, go to the NSRRA web site, down load a form, and for £5 you can join at least forty other Harriers who enjoy this different form of racing, where you race against other runners of the same ability, there are 20 races, with best twelve counting.

**A. G. M. 2011.** A. G. M. will be held on Tuesday evening after training on January 25<sup>th</sup>, please come along and air your views, sandwiches will be available.

**RUNNERS OF THE YEAR.** This year, the three runners of the year will be done on the web, please use your England athletics card number, by putting your number where it says token, choose from the list given, or vote in the square for someone else, the three categories are lady, male and veteran runner of the year, you have till January 28<sup>th</sup>, if you have no access to a computer, ask anybody who has one.

### **ANNUAL DINNER 2011.**

The Annual dinner again this year, will be held at the Polish club on Friday night February 25<sup>th</sup>, and the price will be £14-00 for members, £17-50 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, menu is on the web site, there are only limited places available.

**London marathon 2011.** The four club places were drawn out at Christmas disco, and they went to Mike Jones, Karen D Murray, Liz Stanyer and Bernard Wilkes, reserves are Lisa Percox and Kim Preece.

**SOCIAL NIGHT OUT.** Friday March 11<sup>th</sup> Wii Nintendo night at the County Staff club, £5 per person, includes Fish and chips or pie and chips, and a competition on the big screen, we could have Men v ladies but of course the men would always win?

The two games would be ten pin bowling and cow racing, if you think this is a good idea, tell me or email [michael.jones833@ntlworld.com](mailto:michael.jones833@ntlworld.com)

## **WINTER TRAINING RUNS AND SPEED SESSION 2011.**

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. 7.1m

SHORT RUN. Up Holmcroft road, instead of Crab lane. 6 miles

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. 6.61 miles

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, Birkdale Drive, Weston road, Beaconside, Sandon road Goal road through the town, Civic offices, river foot path, Fairway to ST. Leonard's. Total 6.43 miles.

ROUTE FIVE. ST. Leonard's, Lichfield road, Weeping Cross, Cannock road, Overhill road, Hillcroft avenue, Stockton lane, Porlock Avenue, Yelverton Avenue, Shipston road, Farndown 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. 7.7 miles

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. 6.6 m

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

LONGER RUN. Circuit of the Meadows. 7.1 miles

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 6.6 miles.

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

LONGER RUN. Continue up Eccleshall road, Crab lane, Stone road. 8.2 miles

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, Co-operative street, Stone road, Crab lane, Eccleshall road, Foregate, through centre of Stafford, to civic offices on to river path back to the club. 7.1 miles

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. 5.25 miles

SHORT RUN. Left at Milford road.

LONGER RUN. Wildwood ring. 6.35 miles.

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. 5.43 miles

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. 6.61 m

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, Farndown road, Baswich lane, Shipston road, Compton road, Porlock avenue, Stockton lane, Hillcroft avenue, Clevedon avenue, Overhill road, Cannock road, Radford bank, ST. Leonard's. 6.3 miles

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

LONGER RUN. Wildwood ring. 7.5 miles

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. 6.6 miles

LONGER RUN. Castlefields estate. 7.4 miles

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. 6 miles

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. 7.6 miles

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. 6.4 miles

Extra, from Queensville Island, around the Meadows, 7 miles

SHORT RUN. From Newport road left down Westway.

TUESDAY 11 <sup>th</sup> JANUARY.	ROUTE FOUR.
SPEED SESSION	8X600M @ CASTLEFIELDS TO 2 <sup>ND</sup> ROUNDABOUT.
THURSDAY 13 <sup>th</sup> JANUARY.	ROUTE FIVE.
TUESDAY 18 <sup>th</sup> JANUARY.	ROUTE SIX.
SPEED SESSION.	12 hills Avon rise.
THURSDAY 20 <sup>TH</sup> JANUARY.	ROUTE SEVEN
TUESDAY 25 <sup>th</sup> JANUARY.	ROUTE EIGHT.
SPEED SESSION.	4 X 1200M ROWLEY BANK
THURSDAY 27 <sup>th</sup> JANUARY.	ROUTE NINE.
TUESDAY 1 <sup>st</sup> FEBRUARY.	SURPRISE, SURPRISE ALL DO SPEED SESSION.
THURSDAY 3 <sup>rd</sup> FEBRUARY.	ROUTE TEN.
TUESDAY 8 <sup>th</sup> FEBRUARY.	ROUTE ELEVEN
SPEED SESSION	CASTLEFIELDS 8 X 600m @ Castlefields.
THURSDAY 10 <sup>th</sup> FEBRUARY.	ROUTE TWELVE
TUESDAY 15 <sup>th</sup> FEBRUARY.	ROUTE THIRTEEN.
SPEED SESSION HILLS.	8 Hills @ Technology Park.
THURSDAY 17 <sup>th</sup> FEBRUARY.	ROUTE FOURTEEN
TUESDAY 22 <sup>nd</sup> FEBRUARY.	ROUTE FIFTEEN
SPEED SESSION.	5 x 1000m @Castlefields 1 loop.
THURSDAY 24 <sup>th</sup> FEBRUARY.	ROUTE SIXTEEN
TUESDAY 1 <sup>st</sup> MARCH. SURPRISE, SURPRISE, ALL WILL DO SPEED SESSION.	
THURSDAY 3 <sup>rd</sup> MARCH.	ROUTE ONE
TUESDAY 8 <sup>th</sup> MARCH.	ROUTE TWO
SPEED SESSION HILLS.	4 X 1200M KNOWLE ROAD.
THURSDAY 10 <sup>th</sup> MARCH	ROUTE THREE.
SPEED SESSION	8 X 600M @ Castlefields to 2 <sup>nd</sup> roundabout.
TUESDAY 15 <sup>th</sup> MARCH	ROUTE FOUR.
THURSDAY 17 <sup>th</sup> MARCH	ROUTE FIVE.
TUESDAY 22 <sup>nd</sup> MARCH	ROUTE SIX.
SPEED SESSION	3 x 1mile Technology Park.
THURSDAY 24 <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 29 <sup>th</sup> MARCH	ROUTE ONE, Corporation street backs, Astonfields, Common, Beaconside, footpath to Tixall road, back to the club.
THURSDAY 31 <sup>st</sup> APRIL	ROUTE TWO, Canal to Milford, Jacob's ladder, Wildwood to canal back to the club.
TUESDAY 5 <sup>th</sup> APRIL	SURPRISE, SURPRISE, ALL DO SPEED SESSION AT ROWLEY PARK.
THURSDAY 7 <sup>th</sup> APRIL	ROUTE THREE, Along river through park, Castlefields, Castle, Derrington, Railway line, Castlefields, park, river path back to the club

**ALL SUMMER SPEED SESSIONS ARE AT ROWLEY PARK.**

## Sunday morning training runs 2011.

16-1-2011	Christmas Handicap.
23-1-2011	Castlefields
30-1-2011	Burton Manor
6-2-2011	Alsager 5 miles, challenge race
13-2-2011	Castlefields
20-2-2011	Burton Manor
27-2-2011	Castlefields
<b>6-3-2011</b>	<b>Run around the Stafford half start from ST Leonard's club 9am.</b>
13-3-2011	Stafford 20 miles challenge race
20-3-2011	Stafford half challenge race
27-3-2011	Burton Manor, March hair raise challenge race
3-4-2011	Castlefields race Dougie Mac 5K
10-4-2011	Newcastle 7 miles, challenge race
<b>17-4-2011</b>	<b>London Marathon</b>
24-4-2011	Easter Handicap 4 miles
1-5-2011	Uttoxeter half, challenge race, South Cheshire 20
8-5-2011	Muller 10K

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

## Harriers Challenge races 2011.

### Date of race, what sort of race, and lastly the code used on the challenge sheets.

<b>9-1-11 Trig race</b>	<b>off road 1</b>	<b>TR</b>
<b>6-2-11 Alsager 5 miles</b>	<b>road 1</b>	<b>A5</b>
<b>13-3-11 Stafford 20</b>	<b>road 2</b>	<b>S20</b>
<b>20-3-11 Stafford half</b>	<b>road 3</b>	<b>SH</b>
<b>27-3-11 March Hair Raiser</b>	<b>off road 2</b>	<b>MH</b>
<b>10-4-11 Newcastle 7</b>	<b>road 4</b>	<b>N7</b>
<b>21-4-11 Spring Treble Milford</b>	<b>off road 3</b>	<b>SPM</b>
<b>28-4-11 Spring Treble Kibblestone</b>	<b>off road 4</b>	<b>SPK</b>
<b>1-5-11 Uttoxeter half</b>	<b>road 5</b>	<b>UH</b>
<b>8-5-11 Muller 10K</b>	<b>road 6</b>	<b>M10</b>
<b>27-5-11 Wincle Trout run</b>	<b>off road 5</b>	<b>WT</b>
<b>9-6-11 June Handicap</b>	<b>off road 6</b>	<b>JH</b>
<b>26-6-11 Stone ST Michael 10K</b>	<b>road 7</b>	<b>STM</b>
<b>2-7-11 B'ham Black Country half</b>	<b>off road 7</b>	<b>BCH</b>
<b>7-8-11 Meerbrook 15K</b>	<b>road 8</b>	<b>M15</b>
<b>8-9-11 September Handicap</b>	<b>off road 8</b>	<b>SHC</b>
<b>11-9-11 Lichfield 10K</b>	<b>road 9</b>	<b>L10</b>
<b>1-10-11 1<sup>ST</sup> NSCC</b>	<b>Cross country</b>	<b>1CC</b>
<b>16-10-11 Bell of Pattingham</b>	<b>off road 9</b>	<b>BP</b>
<b>5-11-11 2<sup>ND</sup> NSCC</b>	<b>Cross country</b>	<b>2CC</b>
<b>6-11-11 Flying Fox 10 miles</b>	<b>road 10</b>	<b>FF</b>
<b>12-11-11 3<sup>RD</sup> NSCC</b>	<b>Cross country</b>	<b>3CC</b>
<b>20-11-11 Suicide six</b>	<b>off road 10</b>	<b>S6</b>
<b>10-12-11 4<sup>TH</sup> NSCC</b>	<b>Cross country</b>	<b>4CC</b>
<b>Reserves road Wheaton Aston 10K, Off road Christmas Handicap.</b>		

**RACE REPORTS.**  
**CROSS COUNTRY REPORT 2010.**

64 Harriers, ran at least one cross country race, 5 down on last year, of which 24 are juniors, and it is with juniors, we had most success, the under 11 girls performed well, finishing 3<sup>rd</sup> team, with Hannah Talbot 1<sup>st</sup> place, the under 13 girls finished in very creditable 4<sup>th</sup>, as did the under 14 boys also in 4<sup>th</sup>, Nathan Sabin finished 2<sup>nd</sup> in the under 15 boys, besides having a tough race at Leek, well done to all the juniors for running some very tough races.

The ladies finished in 5<sup>th</sup> in division two, with good performances from Chris Skellern 3<sup>rd</sup> L45, Tracey Gee 6<sup>th</sup> L49, Jenny Addison 3<sup>rd</sup> junior lady, Liz Stanyer 31-20 9<sup>th</sup> L35 and Sara Broome 8<sup>th</sup> L45, in the L35+ team we finished in 9<sup>th</sup> with 1146 points

The men after flirting with relegation from Division one, for a number of years, were finely relegated at Leek, finishing 9<sup>th</sup> overall, so will be running our cross country in division two in 2011, the M40+ team finished 5<sup>th</sup> with 3900 points, and the 50+ team finished 1<sup>st</sup> place with 2676 points, looks good, but we were the only M50+ to complete all four fixtures.

U11 Boys	Winsford	Parkhall	Stafford	Leek	
Will Sammons	9 <sup>th</sup> 8-48	8 <sup>th</sup> 9-01	14 <sup>th</sup> 7-30	10 <sup>th</sup> 8.29	8 <sup>th</sup> overall
Tom Bailey	30 <sup>th</sup> 10-18	21 <sup>st</sup> 10-12	26 <sup>th</sup> 7-59		
U13 Boys					
Tom Sabin	12 <sup>th</sup> 13-36	12 <sup>th</sup> 10-12	19 <sup>th</sup> 13-16	11 <sup>th</sup> 12.32	9 <sup>th</sup> overall
Angus Hamplett	22 <sup>nd</sup> 14-25				
Alex Mackay	27 <sup>th</sup> 14-40	18 <sup>th</sup> 10-31	22 <sup>nd</sup> 13-34	12 <sup>th</sup> 12.37	14 <sup>th</sup> overall
Joe Smith	25 <sup>th</sup> 14-36	26 <sup>th</sup> 10-54	23 <sup>rd</sup> 13-45	16 <sup>th</sup> 12.55	18 <sup>th</sup> overall
George Wevkine	16 <sup>th</sup> 16-57				<b>4<sup>th</sup> team overall 218 points</b>
U15 Boys					
Nathan Sabin	2 <sup>nd</sup> 14-38	2 <sup>nd</sup> 9-56	3 <sup>rd</sup> 16-20	9 <sup>th</sup> 19-09	2 <sup>nd</sup> overall
Matty Burdett	21 <sup>st</sup> 16-53		17 <sup>th</sup> 17-27		
Will Hamplett	29 <sup>th</sup> 19-06				
Sam Watts		24 <sup>th</sup> 11-14	24 <sup>th</sup> 17-50		
Curtis Owen			40 <sup>th</sup> 21-19		
U11 Girls					
Hannah Talbot	2 <sup>nd</sup> 4-04	2 <sup>nd</sup> 7-47	1 <sup>st</sup> 6-49	3 <sup>rd</sup> 8-25	1 <sup>st</sup> overall
Elisha Walker	6 <sup>th</sup> 4-09	14 <sup>th</sup> 9-14	10 <sup>th</sup> 7-19	9 <sup>th</sup> 8-59	8 <sup>th</sup> overall
Robin Vlok		16 <sup>th</sup> 9-21	17 <sup>th</sup> 7-48		
Isabelle Kelly		17 <sup>th</sup> 9-23	18 <sup>th</sup> 7-56	12 <sup>th</sup> 9-47	
Millie Stanyer	36 <sup>th</sup> 5-30	32 <sup>nd</sup> 10-17	31 <sup>st</sup> 9-09	21 <sup>st</sup> 11-06	18 <sup>th</sup> overall
Emily Murray	37 <sup>th</sup> 5-35	36 <sup>th</sup> 10-57	33 <sup>rd</sup> 9-24		<b>3<sup>rd</sup> overall 128 points</b>
U13 Girls					
Kayleigh Derry	14 <sup>th</sup> 9-28	16 <sup>th</sup> 9-48	16 <sup>th</sup> 7-33	18 <sup>th</sup> 8.52	9 <sup>th</sup> overall
Ellie Baxter	24 <sup>th</sup> 9-47		24 <sup>th</sup> 7-58	25 <sup>th</sup> 9-21	
Laura Taylor	29 <sup>th</sup> 10-06	28 <sup>th</sup> 10-36	30 <sup>th</sup> 8-14	26 <sup>th</sup> 9.55	16 <sup>th</sup> overall
Ellie Stanyer	33 <sup>rd</sup> 10-21	29 <sup>th</sup> 10-44	31 <sup>st</sup> 8-16	28 <sup>th</sup> 10-08	18 <sup>th</sup> overall
<b>4<sup>th</sup> team overall 279 points.</b>					
U15 Girls					
Lauren Gee	18 <sup>th</sup> 16-37	21 <sup>st</sup> 12-47	17 <sup>th</sup> 14-56	18 <sup>th</sup> 15-56	12 <sup>th</sup> overall
U17 Girls					
Julie Addison	4 <sup>th</sup> 18-40	5 <sup>th</sup> 12-46	5 <sup>th</sup> 21-00	5 <sup>th</sup> 23-16	5 <sup>th</sup> overall
Ladies.					
Chris Skellern	32 <sup>nd</sup> 23-18	24 <sup>th</sup> 24-53	22 <sup>nd</sup> 25-13	28 <sup>th</sup> 26-51	3 <sup>rd</sup> L45 overall
Ruth Umerah		42 <sup>nd</sup> 26-20	43 <sup>rd</sup> 26-55	43 <sup>rd</sup> 28-23	
Tracey Gee	43 <sup>rd</sup> 24-07	50 <sup>th</sup> 26-50	45 <sup>th</sup> 27-12	48 <sup>th</sup> 28-54	6 <sup>th</sup> L40 overall
Jenny Addison	72 <sup>nd</sup> 25-43	56 <sup>th</sup> 27-38	69 <sup>th</sup> 28-52	56 <sup>th</sup> 29-41	3 <sup>rd</sup> junior lady overall
Sarah Brooks	51 <sup>st</sup> 24-46				
Liz Stanyer	64 <sup>th</sup> 25-27	74 <sup>th</sup> 28-37	78 <sup>th</sup> 29-31	68 <sup>th</sup> 31-20	9 <sup>th</sup> L35 overall
Jane Bisiker			109 <sup>th</sup> 32-53	77 <sup>th</sup> 32-46	
Lydia Hobbins	69 <sup>th</sup> 25-34	73 <sup>rd</sup> 28-36			
Sarah Johnson		95 <sup>th</sup> 30-41	103 <sup>rd</sup> 31-46		
Esther Hughes			84 <sup>th</sup> 29-49		
Sally Liggins			112 <sup>th</sup> 33-21		<b>5<sup>th</sup> team overall Div 2 716 points</b>
Denise Rogers	106 <sup>th</sup> 30-45	111 <sup>th</sup> 34-22			
Sara Broome	111 <sup>th</sup> 33-04	118 <sup>th</sup> 37-55	126 <sup>th</sup> 39-10	92 <sup>nd</sup> 39-54	8 <sup>th</sup> L45 overall

		<b>Winsford</b>	<b>Parkhall</b>	<b>Stafford</b>	<b>Leek</b>	<b>Leamington</b>	<b>Nuneaton.</b>
Tom	Hobbins	45 <sup>th</sup> 39-33	40 <sup>th</sup> 40-12		49 <sup>th</sup> 34-24		
Steven	Vaughan	37 <sup>th</sup> 38-58		36 <sup>th</sup> 42-21	35 <sup>th</sup> 33-39	8 <sup>th</sup> 43-26	6 <sup>th</sup> 38-42
Mark	Bridgewood	118 <sup>th</sup> 44-11				41 <sup>st</sup> 47-17	
George	Mafu		73 <sup>rd</sup> 42-27	82 <sup>nd</sup> 45-22	79 <sup>th</sup> 36-49	76 <sup>th</sup> 49-45	43 <sup>rd</sup> 42-55
Mike	Saint-Dunn	93 <sup>rd</sup> 42-34	101 <sup>st</sup> 44-17				
Keith	Skelton	108 <sup>th</sup> 43-43	96 <sup>th</sup> 44-03			50 <sup>th</sup> 47-54	58 <sup>th</sup> 43-49
Ian	Talbot	127 <sup>th</sup> 44-53	95 <sup>th</sup> 43-59	90 <sup>th</sup> 46-21			
Chris	Owen		115 <sup>th</sup> 45-23		139 <sup>th</sup> 41-31	48 <sup>th</sup> 47-47	
Dave	Marsden	150 <sup>th</sup> 46-20	152 <sup>nd</sup> 47-46	158 <sup>th</sup> 51-03	150 <sup>th</sup> 42-08	3 <sup>rd</sup> M55 104 <sup>th</sup> 51-40	87 <sup>th</sup> 45-43
Wayne	Vaughan			129 <sup>th</sup> 48-32		107 <sup>th</sup> 51-57	
Mark	Bentley	166 <sup>th</sup> 48-46		186 <sup>th</sup> 53-27	143 <sup>rd</sup> 41-49	129 <sup>th</sup> 54-41	119 <sup>th</sup> 49-48
Deon	Vlok		137 <sup>th</sup> 46-54	151 <sup>st</sup> 50-19			
Joe	Atherton		122 <sup>nd</sup> 45-54	125 <sup>th</sup> 48-38	116 <sup>th</sup> 39-18		62 <sup>nd</sup> 44-06
Tanmay	Joshi			140 <sup>th</sup> 49-35			
Graham	Young				152 <sup>nd</sup> 42-18		
Eddie	Smith	182 <sup>nd</sup> 50-20	188 <sup>th</sup> 51-43	198 <sup>th</sup> 54-17	159 <sup>th</sup> 43-21	6 <sup>th</sup> M55 140 <sup>th</sup> 55.33	124 <sup>th</sup> 50-30
Bernard	Wilkes			202 <sup>nd</sup> 54-37	168 <sup>th</sup> 44-20		
Nigel	Addison	197 <sup>th</sup> 52-27	198 <sup>th</sup> 53-23	209 <sup>th</sup> 55-22	176 <sup>th</sup> 46-05	12 <sup>th</sup> M55	
Roy	Clay		200 <sup>th</sup> 53-39	211 <sup>th</sup> 55-38	162 <sup>nd</sup> 43-32	154 <sup>th</sup> 59-02	135 <sup>th</sup> 53-23
Ralph	Wedlock			212 <sup>th</sup> 55-52			
Tom	Rogers	181 <sup>st</sup> 50-09	203 <sup>rd</sup> 54-13				
Craig	Baxter	211 <sup>th</sup> 56-23	211 <sup>th</sup> 55-29		190 <sup>th</sup> 48-39		
Shaun	Wilcox			226 <sup>th</sup> 59-34			
Bryan	Dale	206 <sup>th</sup> 54-50	210 <sup>th</sup> 59-35	228 <sup>th</sup> 60-06	191 <sup>st</sup> 50-01	3 <sup>rd</sup> M65	
Mike	Jones	217 <sup>th</sup> 59-59	220 <sup>th</sup> 62-05	233 <sup>rd</sup> 63-48	192 <sup>nd</sup> 50-31	4 <sup>th</sup> M65	
Bill	Whitworth	216 <sup>th</sup> 59-19		235 <sup>th</sup> 65-23			
Mike	Moore		1 <sup>st</sup> 40-21	1 <sup>st</sup> 34-57			

The men finished 9<sup>th</sup> team overall 2167 points relegated to Div 2, 1<sup>st</sup> 50+ team overall.

### **IPSTONES 5 MILES 11-9-10, 18<sup>TH</sup> NSRRA EVENT.**

Eighteen Harriers tackled this tough 5 miles, but the scenic run, that is if you dare to look up to take in the view, with the danger of tripping over in the rough lane, as you go down the long downhill, the race is liked by most runners.

First Harrier was Paul Douglas 1<sup>st</sup> M55, next in was Dave Marsden just ahead of Chris Skellern 1<sup>st</sup> L45, other good runs came from Graham Williams 3<sup>rd</sup> M65 and Tracey Gee 2<sup>nd</sup> L40.

32 <sup>nd</sup>	Paul Douglas	35-20	1 <sup>st</sup> M55	93 <sup>rd</sup>	Tom Rogers	42-37
47 <sup>th</sup>	Dave Marsden	36-56		107 <sup>th</sup>	John Leese	44-47
48 <sup>th</sup>	Chris Skellern	37-04	1 <sup>st</sup> L45	112 <sup>th</sup>	Bill Whitworth	45-33
60 <sup>th</sup>	Chris Owen	38-14		119 <sup>th</sup>	Karen Murray	46-33
81 <sup>st</sup>	Graham Williams	41-44	3 <sup>rd</sup> M65	121 <sup>st</sup>	Tony Baker	47-07
82 <sup>nd</sup>	Tracey Gee	41-17	2 <sup>nd</sup> L40	123 <sup>rd</sup>	Mike Jones	47-54
83 <sup>rd</sup>	Liz Stanyer	41-34		125 <sup>th</sup>	Karen D Murray	48-34
86 <sup>th</sup>	Eddie Smith	42-05		139 <sup>th</sup>	Denise Rogers	55-10
91 <sup>st</sup>	Ralph Wedlock	42-30		141 <sup>st</sup>	Judith Colman	58-30

146 finished.

### **LICHFIELD 10K 12-9-10 16<sup>TH</sup> HARRIERS CHALLENGE.**

Seventeen Harriers ran this popular race, over this popular weekend with six races with Harriers running.

First Harrier hone was Steve Vaughan in a PB time of 37-06, other good runs came from Chris Skellern 1<sup>st</sup> L45 her second race this weekend and Allison Kelly 59-19 a PB.

15 <sup>th</sup>	Steve Vaughan	37-06	PB	319 <sup>th</sup>	Liz Stanyer	51-19
84 <sup>th</sup>	Chris Owen	42-36		388 <sup>th</sup>	Jane Bisiker	53-04
127 <sup>th</sup>	Martin Moore	44-39		430 <sup>th</sup>	Karen Murray	54-35
175 <sup>th</sup>	Chris Skellern	46-35	1 <sup>st</sup> L45	533 <sup>rd</sup>	Sally Liggins	57-57
215 <sup>th</sup>	Steve Turner	48-16		576 <sup>th</sup>	Allison Kelly	59-19
234 <sup>th</sup>	Shane Duggan	48-42		587 <sup>th</sup>	Mike Moore	59-44
252 <sup>nd</sup>	Andy Worden	49-19		597 <sup>th</sup>	Simon Stanyer	60-11
303 <sup>rd</sup>	James Thorpe	50-26		730 <sup>th</sup>	Kellie Lee	67-00
				731 <sup>st</sup>	Andrew Carter	67-01.

825 finished

### **NOTTINGHAM MARATHON 12-9-10.**

Two Harriers tackled this popular marathon, with Esther Hughes running her first Marathon in good time of 4-05-44 and Jackie Allen running a time of 4-36-02.

705<sup>th</sup> Esther Hughes 4-05-44      1115<sup>th</sup> Jackie Allen 4-36-02      1567 finished

### **NOTTINGHAM HALF MARATHON 12-9-10.**

Again two Harriers ran the half, with Sarah Johnson running 2-03-34, and Donna Gray 2-28-25.  
3096<sup>th</sup> Sarah Johnson      2-03-34      5215<sup>th</sup> Donna Gray 2-28-25      6143 finished

### **GAWSWORTH 10K 12-9-10.**

Three Harriers ran this little known race, in Cheshire, with Darren Pyatt first Harrier in a good time of 42-36.

40<sup>th</sup> Darren Pyatt 42-36      301<sup>st</sup> Denise Rogers      1-04-38  
183<sup>rd</sup> Tom Rogers 54-37      354 finished.

### **LAKE VYRNWY HALF MARATHON 12-9-10.**

It's a pity that this race is run on the same weekend with so many other races, so only two Harriers ran this years race, with Mark Bentley first home in a time of 1-39-51.

248<sup>th</sup> Mark Bentley      1-39-51      1072<sup>nd</sup> John Hateley      2-22-28      1206 finished.

### **ST THOMAS 7 MILES 19-9-10.**

Four Harriers ran this fairly new race, with Dave Marsden first Harrier in a time of 51-59.

25<sup>th</sup> Dave Marsden      51-59      88<sup>th</sup> John Hateley      1-12-29  
45<sup>th</sup> Tom Rogers      56-50      97<sup>th</sup> Denise Rogers      1-23-53  
97 finished.

### **ASHBOURNE HALF MARATHON 19-9-10.**

Pete Sarson was the only Harrier to run this toughish Half in a time of 1-35-40 in 32<sup>nd</sup> place and was 2<sup>nd</sup> M60, 188 finished.

### **SUTTON PARK RELAYS 25-9-10.**

The Sutton relays are a good event to run, because you are running against some international runners, we had one ladies and one men 's complete teams, with six in the men's and four for the ladies.

1 <sup>st</sup> leg Tom Hobbins	21-26	69 <sup>th</sup>	4 <sup>th</sup> leg George Mafu	23-59	65 <sup>th</sup> -3
2 <sup>nd</sup> leg Paul Douglas	23-23	74 <sup>th</sup> -5	5 <sup>th</sup> leg Jason Littlewood	26-58	74 <sup>th</sup> -9
3 <sup>rd</sup> leg Steve Vaughan	21-04	62 <sup>nd</sup> +12	6 <sup>th</sup> leg Mark Bentley	26-24	76 <sup>th</sup> -2

76<sup>th</sup> team out of 88 complete teams.

1 <sup>st</sup> leg Chris Skellern	18-31	46 <sup>th</sup>	3 <sup>rd</sup> leg Tracey Gee	19-41	51 <sup>st</sup> +1
2 <sup>nd</sup> leg Lydia Hobbins	20-40	52 <sup>nd</sup> -6	4 <sup>th</sup> leg Liz Stanyer	20-03	47 <sup>th</sup> +4

47<sup>th</sup> team out of 63 complete teams.

1 <sup>st</sup> leg Helen Smith	21-24	76 <sup>th</sup>	2 <sup>nd</sup> leg Sara Houlton	19-29	64 <sup>th</sup> +12
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### **KENILWORTH HALF MARATHON 26-9-10.**

Denise and Tom Rogers travelled to Kenilworth half not that far where they live, with Tom finishing in 260<sup>th</sup> in a time of 1-46-39 and Denise running 2-20-15 in a PB time of 2-20-15, there was 567 finishers.

### **TRACKLESS 10 MILES CASTLEFIELDS 3-10-10**

On a very wet day, with railway track flooded in parts only eleven runners turned up, wimps, but those that turned up, once you got running it wasn't to bad.

Steve Vaughan won the race in a very good time of 1-01-26, with eight other Harriers finishing.

1 <sup>st</sup> Steve Vaughan	1-01-26	7 <sup>th</sup> Mark Bentley	1-21-09
2 <sup>nd</sup> Darren Pyatt	1-08-11	8 <sup>th</sup> Paul Risby	1-22-23
4 <sup>th</sup> Tracey Gee	1-20-15	10 <sup>th</sup> Mike Jones	1-36-06
5 <sup>th</sup> Darren Mattock	1-20-46	11 <sup>th</sup> Sara Broome	1-53-03
6 <sup>th</sup> Eddie Smith	1-21-03	11 finished.	

### **BAGERS BITE 3-10-10.**

Chris Owen was the only Harrier to tackle this short but hard off road race, on a terrible wet date conditions were very bad under foot, with Chris finishing in 24<sup>th</sup> place in a time of 27-52, out of 252 finishers.

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

Just seven Harriers travelled up the M6, to run this popular half, with Paul Douglas first harrier, in a time of 1-27-57 and 1<sup>st</sup> M55, next in was Pete Sarson 3<sup>rd</sup> M60, just ahead of Chris Owen running a PB time of 1-31-32.

Other good runs came from Tom and Denise Rogers, both getting PB'S, Tom 1-46-18 and Denise 2-16-21.

63 <sup>rd</sup> Paul	Douglas	1-27-57	1 <sup>st</sup> M55	281 <sup>st</sup> Tom	Rogers	1-46-18	PB
88 <sup>th</sup> Pete	Sarson	1-31-20	3 <sup>rd</sup> M60	406 <sup>th</sup> John	Greatholder	1-54-04	
90 <sup>th</sup> Chris	Owen	1-31-32	PB	621 <sup>st</sup> Denise	Rogers	2-16-21	PB
194 <sup>th</sup> Mark	Bentley	1-40-18		674	finished.		

### **KATHERINE HOUSE 5K 10-10-10.**

Two of our juniors ran this tough 5K at Sandon hall, and ran very well both finishing in the top five, well done Chris was very proud of you.

4 <sup>th</sup> Elisha	Walker	24-13	5 <sup>th</sup> Hannah	Talbot	24-31.
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### **KATHERINE HOUSE 10K 10-10-10.**

Sixteen Harriers ran the Katherine house charity event, over a two lap tough course, with Ian Talbot first harrier, with Martin Moore just ahead of Michael Harris next in.

Thanks to all the Harriers that helped to put on the race, around the splendid grounds of Sandon Hall, and many thanks to Lady Harrowby for allowing us to put on this successful charity event.

11 <sup>th</sup> Ian	Talbot	44-31	49 <sup>th</sup> Steve	Cartmail	53-10
17 <sup>th</sup> Martin	Moore	46-27	52 <sup>nd</sup> Vicky	Lowndes	53-34
18 <sup>th</sup> Michael	Harris	46-53	69 <sup>th</sup> Sophie	Cartmail	57-45
21 <sup>st</sup> Chris	Skellern	47-14	79 <sup>th</sup> Dave	Banner	58-45
29 <sup>th</sup> Andy	Bourne	49-18	85 <sup>th</sup> Sally	Liggins	59-37
34 <sup>th</sup> Keith	Faint	49-50	101 <sup>st</sup> Carla	Avery-Poppitt	61-30
35 <sup>th</sup> Eddie	Smith	50-25	109 <sup>th</sup> Maria	Banner	63-12
39 <sup>th</sup> Tracey	Gee	51-26	126 <sup>th</sup> Deborah	Brown	63-15
	180 finished.		126 <sup>th</sup> Nicola	Adams	67-24

### **BELLS OF PATTINGHAM 17-10-10.**

Ten Harriers ran this popular off road race, with Tom Hobbins first Harrier, in 12<sup>th</sup> place overall, with Keith Skelton having a good run,

12 <sup>th</sup> Tom	Hobbins	45-47	351 <sup>st</sup> Steve	Turner	62-54
39 <sup>th</sup> Keith	Skelton	49-01	378 <sup>th</sup> Liz	Stanyer	63-59
137 <sup>th</sup> Joe	Atherton	54-26	419 <sup>th</sup> Steve	Clarke	67-15
185 <sup>th</sup> Chris	Skellern	56-57	477 <sup>th</sup> Lydia	Hobbins	68-13
192 <sup>nd</sup> Dave	Cook	57-15	661 <sup>st</sup> Simon	Stanyer	79-25
	721 finished.				

### **ALDERLEY EDGE BY PASS 5 MILES 24-10-10.**

Darren Pyatt travelled to Alderley to run a PB time of 30-50, 867 finished.

### **TELFORD FIREWORKS 5 MILES 24-10-10.**

Four Harriers ran this little known race, with Paul Thacker first Harrier, in 9<sup>th</sup> place with Mark Bridgewood in 16<sup>th</sup>.

9 <sup>th</sup> Paul	Thacker	29-25	34 <sup>th</sup> Darren	Mattocks	36-13
16 <sup>th</sup> Mark	Bridgewood	31-56	45 <sup>th</sup> Ralph	Wedlock	39-41
	78 finished.				

### **HALLOWEEN HELLRAISER 31-10-10.**

Four Harriers travelled to Cheshire to run this new race, with Chris Owen first Harrier in 32<sup>nd</sup> place, out of 191 finishers.

32 <sup>nd</sup> Chris	Owen	1-06-04	179 <sup>th</sup> Mike	Moore	1-39-34
107 <sup>th</sup> Tom	Rogers	1-19-14	191 <sup>st</sup> Denise	Rogers	1-52-10

### AVIEMORE HALF MARATHON 17-10-10.

Bill Whitworth through Stafford Harriers organised a trip to North Scotland, taking in the Aviemore half marathon, and for the wimps there was a 10K, the trip sold out in the summer, and what a successful trip it turned out to be, after travelling up on the Friday, we visited Inverness and Culloden battle fields, on Saturday before collecting our numbers, then going on to our excellent hotel the highlander at Newton moor, on Sunday we travelled to Aviemore to catch the coach to the start, Harriers looking for PB'S, then back to the hotel for a excellent meal and entertainment to round off a excellent weekend, the coach trip for this year is already three quarters full, and a big thank you to Bill Whitworth and George Singh for a excellent weekend.

In the race, Pete Sarson was 1<sup>st</sup> vintage, which I presume that is 1<sup>st</sup> M60, with Mark Bentley just ahead of Chris Owen, other good runs came from Sarah Johnson 1-55-24 PB and Amanda Pearce 2-17-07 PB.

50 <sup>th</sup> Pete Sarson	1-29-02	1 <sup>st</sup> M60	452 <sup>nd</sup> Sarah Johnson	1-55-24	PB
117 <sup>th</sup> Mark Bentley	1-37-40		536 <sup>th</sup> George Singh	1-58-24	
132 <sup>nd</sup> Chris Owen	1-38-28		555 <sup>th</sup> Bill Whitworth	1-59-00	
189 <sup>th</sup> Robert Simpson	1-41-33		580 <sup>th</sup> Brian Langston	1-59-53	
190 <sup>th</sup> Tracey Gee	1-41-41		605 <sup>th</sup> Mike Jones	2-01-05	
195 <sup>th</sup> Eddie Smith	1-41-59		853 <sup>rd</sup> Amanda Pearce	2-17-07	PB

995 finished.

Andrew Carter was the only Harrier to run the 10K, in a time of 1-04-59, 380 finished.

### BIRMINGHAM EDF HALF MARATHON 24-10-10.

With nearly 10,000 runners the Birmingham half did not live up to all the pre race hype, with many bottlenecks, and at the finish many runners at the peak time, couldn't get over the finish line to record their time.

Saying all that seventeen Harriers ran, with six Harriers recorded PB'S, with Sally Gray having a very good run in a PB time of 1-24-38, 8<sup>th</sup> lady and 1<sup>st</sup> L35, next Harrier in was Steve Vaughan in a time of 1-26-00.

Other good runs came from Tanmay Joshi 1-34-34 PB, Dave Cook 1-43-45 PB, Rob Ely 1-46-14 PB, Shane Duggan 1-51-10 PB and Allison Kelly 2-16-22 PB.

164 <sup>th</sup> Sally Gray	1-24-38	8 <sup>th</sup> lady	1 <sup>st</sup> L35	3945 <sup>th</sup> Liz Stanyer	1-48-32	
211 <sup>th</sup> Steve Vaughan	1-26-00			4409 <sup>th</sup> Shane Duggan	1-51-10	PB
698 <sup>th</sup> Ian Talbot	1-31-41			4743 <sup>rd</sup> Andy Bourne	1-52-46	
1197 <sup>th</sup> Tanmay Joshi	1-34-34	PB		4758 <sup>th</sup> Esther Hughes	1-53-20	
1268 <sup>th</sup> Andrea Sutton	1-39-45			7097 <sup>th</sup> Sarah Johnson	2-07-33	
1852 <sup>nd</sup> Dave Cook	1-43-45	PB		8704 <sup>th</sup> Joanne Carson	2-13-03	
2691 <sup>st</sup> Rob Ely	1-46-14	PB		8701 <sup>st</sup> Allison Kelly	2-16-22	PB
2688 <sup>th</sup> Keith Faint	1-46-23			9225 <sup>th</sup> Denise Rogers	2-19-02	
				9320 <sup>th</sup> Tom Rogers	2-19-46	

### PASSING CLOUD 24-10-10.

Three Harriers travelled up to Congleton, to run this tough hill race, with Kate Burge, 1<sup>st</sup> Harrier making a rare race appearance, and winning the ladies race in a time of 124-35, Keith Skelton and Dave Marsden having decent runs,

27 <sup>th</sup> Kate Burge	1-24-35	1 <sup>st</sup> lady	144 <sup>th</sup> Dave Marsden	1-50-25	
77 <sup>th</sup> Keith Skelton	1-35-21		195 finished.		

### CANNOCK CHASE ROTARY 10K 21-11-10.

A new race to me, seven Harriers ran this race where the start and finish is at Marquis Drive where we run out Staffs knot 5 miler, with Mark Eccleston first Harrier in a time of 44-35, with Denise Rogers running a PB time of 59-58.

35 <sup>th</sup> Mark Eccleston	44-35	64 <sup>th</sup> Steve Turner	48-19		
40 <sup>th</sup> Martin Moore	45-17	89 <sup>th</sup> Tom Rogers	51-31		
61 <sup>st</sup> Nigel Addison	48-06	147 <sup>th</sup> Denise Rogers	59-58	PB	
65 <sup>th</sup> Darren Mattocks	48-22	194 finished.			

## **FLYING FOX 10 MILES 7-11-10 20<sup>TH</sup> NSRRA EVENT, 19<sup>TH</sup> HARRIERS CHALLENGE.**

A big field of Harriers to run this 10 miles around the countryside of Standon area, with Paul Douglas first Harriers in a time of 67-01 and was 2<sup>nd</sup> M55.

Other good runs came from Keith Skelton 67-01 PB, Chris Skellern 1<sup>st</sup> L45, Ruth Umerah 1<sup>st</sup> L40, Tracey Gee 3<sup>rd</sup> L40, Sally Liggins 99-15 PB and Denise Rogers 100-50 PB.

25 <sup>th</sup> Paul Douglas	67-01 2 <sup>nd</sup> M55	134 <sup>th</sup> Ralph Wedlock	84-33
31 <sup>st</sup> Mike Saint-Dunn	68-00	135 <sup>th</sup> Esther Hughes	84-35
42 <sup>nd</sup> Mark Bridgwood	69-04	137 <sup>th</sup> Karen Davies	85-38
43 <sup>rd</sup> Keith Skelton	69-08 PB	138 <sup>th</sup> John Greatholder	85-38
49 <sup>th</sup> Pete Sarson	70-48	139 <sup>th</sup> James Thorpe	85-47
50 <sup>th</sup> Joe Atherton	71-15	158 <sup>th</sup> Mike Jones	88-23
59 <sup>th</sup> Chris Owen	73-22	170 <sup>th</sup> Bill Whitworth	89-48
63 <sup>rd</sup> Mark Bentley	74-00	172 <sup>nd</sup> Sarah Johnson	90-31
66 <sup>th</sup> Chris Skellern	74-21 1 <sup>st</sup> L45	182 <sup>nd</sup> John Leese	92-48
68 <sup>th</sup> Ruth Umerah	74-55 1 <sup>st</sup> L40	184 <sup>th</sup> Karen D Murray	92-55
96 <sup>th</sup> Eddie Smith	79-17	203 <sup>rd</sup> Sally Liggins	99-15 PB
97 <sup>th</sup> Tracey Gee	79-19 3 <sup>rd</sup> L40	208 <sup>th</sup> Denise Rogers	100-50 PB
99 <sup>th</sup> Steve Turner	79-26	209 <sup>th</sup> Mike Moore	101-40
112 <sup>th</sup> Tom Rogers	82-23	217 <sup>th</sup> Judith Colman	109-54
133 <sup>rd</sup> Liz Stanyer	84-32	220 <sup>th</sup> Sara Broome	117-55

221 finished.

## **SUICIDE SIX 21-11-10.**

Thirteen Harriers ran this very popular race, always full and run completely off road, which includes a river crossing, not to warm at the end of November, and should be in the Harriers challenge.

Tom Hobbins ran a good race, coming first Harrier, with a resurgent Joe Atherton next Harrier, next was Chris Skellern 1<sup>st</sup> L40.

37 <sup>th</sup> Tom Hobbins	41-16	462 <sup>nd</sup> Jill Ross	59-19
98 <sup>th</sup> Joe Atherton	45-40	492 <sup>nd</sup> Brian Langston	60-44
150 <sup>th</sup> Chris Skellern	47-47 1 <sup>st</sup> L40	499 <sup>th</sup> Jane Bisiker	61-01
218 <sup>th</sup> Eddie Smith	50-45	601 <sup>st</sup> Simon Stanyer	68-23
265 <sup>th</sup> Dave Mantle	52-36	602 <sup>nd</sup> Liz Stanyer	68-23
333 <sup>rd</sup> Tracey Gee	54-31	613 <sup>th</sup> Amanda Pearce	69-14
405 <sup>th</sup> Lydia Hobbins	57-04	672 finished	

## **CONWAY HALF MARATHON 21-11-10.**

Chris Hollinshead maid his annual pilgrimage to Wales to get his qualifying time for London, not only did he manage this he won the race in a good time of 1-14-24.

## **BENIDORM REVISITED 23<sup>RD</sup> TO 30<sup>TH</sup> NOVEMBER.**

### **A Wimp's Report..... By Bill Whitworth**

An early evening call from Mick Jones asks me the question "Fancy a trip to Spain? I can get my 98<sup>th</sup> Marathon done and then my 99<sup>th</sup> in Gran Canaria in January, making London 2011 number 100. One week in a Four Star Hotel, scheduled Monarch Flight, Airport transfers for only £244.00, you can do the 'wimp's' half marathon on Saturday Evening."

Sounded good to me - apart from the 4.00am departure from Stafford!

No delays in check-in, just a computer swipe of your passport and we are on our way and an early arrival into Alicante sunshine by 11:00am. A 45 minute coach transfer to the Hotel Marina and a walk to 'John & Joseph's' with a surprise that all venues are offering a pint of beer for just 1Euro! An afternoon run for about an hour which ended with us unable to find our way back to the hotel despite having been on TEN Harrier trips to Benidorm, resorting finally to asking a Cafe Owner who informs us we are only 100 yards away!

After a three year gap since our last trip here, Benidorm seems a little ‘tired’ and bars like ‘*Steptoe’s*’, ‘*Sinatra’s*’ and ‘*Crazy Colin*’ all closed and several others either renamed and/or revamped. Evening entertainment, however, at both our hotel and in particular at ‘*Morgan’s Tavern*’ was excellent with a Tribute Band to ‘Queen’ from the West End Show ‘*We Will Rock You*’ and – Yes! “She” is still providing her late night “*Sexy Magic Show*”!!

At last, the main reason for our visit! Saturday evening’s Half Marathon and I line up with 3,500 maximum race entrants on the starting line in torrential rain – now those of you that know me know I DO NOT LIKE rain or mud and here I was faced with both! – And after a firework display we are on our way in the dark on a three lap, figure of eight course. “Oh no you’re not!” as we suddenly stop to decide how we get through a flooded area of road. Despite the rain, which continued through the race, and the flooded roads the crowds in the town were absolutely fantastic and vocal. A lot of friendship and encouragement during the race got me to the finish in 2hrs 12min 14secs.

Thankfully wrapped in a foil blanket complete with goodie bag, food and water, I headed back to the Hotel... no point getting changed as I had to negotiate the floods to get there! A hot bath and then off to the bar to meet up with Mick. A race, under street lights, 3 laps of the town would have been excellent apart from the rain! The goodie bag? Good quality racing top, racing hat, racing gloves, zip up shoe bag, commemorative mug, food and drink...Entry fee – 15Euros!

Sunday Morning – Marathon Day. 8.30am start and a chance to see the runners on the first of 2 large laps – the extended figure of eight again – NOT A CLOUD IN THE SKY – and with the hotel only 100yards away, back for a traditional breakfast and a sunny spot on the balcony watching the runners go by. Judge it right then walk back to see the race after 15miles...Jonesie looks good but beginning to ache particularly a foot problem which necessitates him to walk for a spell around the 20 mile mark and the much hoped for good time slipping away and a recorded finishing time of 4hrs 29mins 34secs.

Back at the Hotel for the last of the day’s sunshine, settle on a sun bed and – sod’s law – the clouds come over, but never mind it’s Happy Hour at the Hotel at 6.30pm – 2 for the price of 1 – and then with the promise of good entertainment and further price reductions at 8.30pm it’s an incentive to keep you in the hotel which, of course, we appreciated! Let’s have another good day tomorrow – it’s our last day before we leave on Tuesday,

Monday Morning what’s the weather like? Rain and looking awful so a planned trip up the mountain to The Cross was cancelled and replaced by light lunch in ‘*John & Joseph’s*’ leaving enough time to purchase the usual bottles of Brandy to take home... (purely medicinal of course).

Taking advantage of Happy Hour and a good evening meal, it’s off again to ‘*Morgan’s*’ for an evening of entertainment. Firstly with “*One Vision*” – the Queen tribute act, followed by ‘*Abbalicious*’ and ‘*Sister Act*’. A short walk back to the hotel and all requests to see the ‘late night magical act’ was declined! A sunny start to Tuesday and an on time flight home to snowy Birmingham. Train back to Stafford Station whereupon it took longer to get home through the traffic than it took to get from Benidorm to Alicante!

Many thanks to Mick Jones for his organisation and YES, he has promised to do it all over again in NOVEMBER 2011. Watch the website and/or read the Harrier to keep up to date with Mick’s arrangements.

### **CHEDDLETON 10K 27-11-10.**

Only one Harrier travelled to Cheddleton to run this popular 10K, even the weather conditions were very cold and snowy; nearly 350 runners completed this hard race.

96<sup>th</sup> Dave Marsden 45-02 349 finished.

### APEDALE 10K 5-12-10 21<sup>ST</sup> HARRIERS CHALLENGE.

Seventeen Harriers turned up, to run this tough 10K, run around the old coal mine at Apedale, and this year, we had the added problem of snow on the course, but as long as you had the right shoes on, it was much of a problem.

First Harriers was Mike Saint-Dunn in 13<sup>th</sup> place, with Keith Skelton just ahead of Chris Owen.

13 <sup>th</sup> Mike	Saint-Dunn	43-54	116 <sup>th</sup> Mike	Jones	60-25
21 <sup>st</sup> Keith	Skelton	45-20	125 <sup>th</sup> Jane	Bisiker	62-02
23 <sup>rd</sup> Chris	Owen	45-55	135 <sup>th</sup> Sally	Liggins	63-08
43 <sup>rd</sup> Joe	Atherton	48-36	145 <sup>th</sup> Bill	Whitworth	66-50
50 <sup>th</sup> Chris	Skellern	49-55	146 <sup>th</sup> Mike	Moore	66-50
72 <sup>nd</sup> Nigel	Addison	53-39	159 <sup>th</sup> Sara	Broome	70-53
86 <sup>th</sup> Julie	Addison	55-01	163 <sup>rd</sup> Denise	Rogers	76-31
112 <sup>th</sup> Craig	Baxter	58-53	165 <sup>th</sup> Helen	Holt	81-04
114 <sup>th</sup> Tom	Rogers	59-57			

167 finished.

### SNEYD 10 MILES 12-12-10.

Eight Harriers ran this popular race, run over a new two lap course, with Ian Talbot first Harrier in with a time of 1-06-52.

60 <sup>th</sup> Ian	Talbot	1-06-52	232 <sup>nd</sup> Steve	Turner	1-24-11
123 <sup>rd</sup> Chris	Owen	1-13-21	401 <sup>st</sup> John	Hateley	1-40-37
133 <sup>rd</sup> Joe	Atherton	1-14-11	449 <sup>th</sup> Denise	Rogers	1-55-08
149 <sup>th</sup> Ruth	Umerah	1-15-58	450 <sup>th</sup> Tom	Rogers	1-55-11

465 finished.

### WHEATON ASTON 10K 27-12-10, 23<sup>RD</sup> HARRIERS CHALLENGE.

Twenty one Harriers turned out, for this post Christmas blow out, down on previous years, probably because they thought that the course would be very slippery, but on the day the course was ok, just a bit of ice here and there.

First home was Steve Vaughan in a PB time of 36-58, other good runs came from Nathan Sabin running his first 10K, and under the watchful eye of Chris Skellern, ran a superb race in a time of 43-06, and was 2<sup>nd</sup> Junior man, Chris herself finished nearly a minute behind Nathan, and was 3<sup>rd</sup> L45, Tracey Gee was 1<sup>st</sup> L40, Liz Stanyer 4<sup>th</sup> L35, Mike Jones 2<sup>nd</sup> M65 and Sally Liggins 56-16 PB.

11 <sup>th</sup> Steve	Vaughan	36-58 PB	154 <sup>th</sup> Liz	Stanyer	48-51 4 <sup>th</sup> L35
41 <sup>st</sup> Mike	Saint-Dunn	40-06	167 <sup>th</sup> Steve	Turner	49-49
55 <sup>th</sup> Joe	Atherton	41-29	197 <sup>th</sup> John	Greatholder	51-27
76 <sup>th</sup> Nathan	Sabin	43-06 2 <sup>nd</sup> JM	214 <sup>th</sup> Mike	Jones	52-45 2 <sup>nd</sup> M65
83 <sup>rd</sup> Mark	Bentley	43-32	235 <sup>th</sup> Esther	Hughes	53-52
89 <sup>th</sup> Chris	Skellern	43-50 3 <sup>rd</sup> L45	260 <sup>th</sup> Karen	Sabin	55-24
93 <sup>rd</sup> Chris	Owen	44-10	270 <sup>th</sup> Sally	Liggins	56-16 PB
107 <sup>th</sup> Martin	Moore	45-05	307 <sup>th</sup> Sara	Broome	60-49
125 <sup>th</sup> Tracey	Gee	46-34 1 <sup>st</sup> L40	323 <sup>rd</sup> Rebecca	Bostock	63-20
128 <sup>th</sup> Eddie	Smith	46-48	334 <sup>th</sup> Helen	Holt	65-00
135 <sup>th</sup> Dave	Preece	47-13			

347 finished.