

# **79<sup>th</sup> EDITION OF THE HARRIER**

## **THE SPRING EDITION APRIL 2011.**

**SHUGBOROUGH RELAY 2011.** To be held on Wednesday night, June 22<sup>nd</sup> 7-30pm start; as usual I will want help on the day, and on the night, with car parking, marshalling and finish and start area.

**AGM 2011 JANUARY 25<sup>th</sup>** Only changes to the committee, are Steve Turner steps down, because of work commitments, Dave Banner, Rebecca Bostock and Colin Mitchell come onto the committee.

**ANNUAL DINNER 2011.** A good night, organised by Craig Baxter, new caterers and a very good meal, and efficiently served, so leaving more time for the excellent disco to strut his stuff.

**Club person of the year,** Went to Tracey Gee and Eddie Smith for all their hard work in getting as many out for cross country and Sutton relay, and their work on the committee.

**Champagne moment of the year,** as awarded by Bill Whitworth, went to the girl's team winning the north Staffs road runners ladies team competition.

**Most improved runner of the year,** went to James Thorpe, who improved on the four distances, 5 miles, 10K, 10 miles and half marathon, all PB'S,

**Male newcomer of the year,** was Steve Vaughan, since joining the Harriers Steve has joined the NSRRA and has been a good counter in a lot of cross country races, and has improved over most distances.

**Lady newcomer of the year** was Esther Hughes, who has improved since joining the Harriers, doing very well in the Harriers challenge.

**Team mangers trophy,** was deservedly awarded to Jenny Addison for her efforts, when stepping up to the ladies cross country team, and counting in all four North Staffs cross country.

**Ladies runner of the year,** as voted by the membership, over 60 Harriers a record, went to Liz Stanyer, after having a very good year, winning her group W in NSRRA, and performing well in cross country and Sutton relays.

**Male runner of the year,** trophy went to Chris Owen, only started running two years ago, completed all 20 races in NSRRA, and ran other races, and improved all his PB'S.

**HARRIERS CHALLENGE.** Again the challenge goes from strength to strength; there is a eighth group, and already the groups look very competitive, the Muller 10K, has lost its sponsor, but still goes ahead as the Market Drayton 10K, and stays in the Harriers challenge.

**CHARITY RUN 2011.** After last years success, the Wolverhampton to Birmingham half marathon along the canals, will be this years charity run, as last year you can donate on line, or get a sponsorship form of the Harriers web site, any questions please as Mark Bentley.

**SOCIAL NIGHTS OUT.** After the success of the going to the dogs and WII night, I'm thinking a curry night and WII night in September/October, and a repeat of the dog racing night at Monmore green Wolverhampton, keep your eye on the Harriers web site for any news.

**CAR STICKERS.** We have a stock of car stickers, cost 50p each, available from Mark Bentley.

**Sunday morning training runs.**

The usual chase runs from Marquis drive, see Chris Skellern or Brian Langston, to see if they are on, and the car park above Sister Dora's contact Eddie Smith to see if this one is on, and from Castlefields or Burton Manor see list below or contact Mike Jones, **all runs start at 9am.**

1<sup>st</sup> May Uttoxeter half Harriers challenge and South Cheshire 20 miles

8<sup>th</sup> May Market Drayton 10K Harriers challenge

15<sup>th</sup> May Burton Manor shops.

22<sup>nd</sup> May Castlefields

29<sup>th</sup> May Burton Manor shops

5<sup>th</sup> June Westbridge 5 miles

12<sup>th</sup> Castlefields Potters Half.

19<sup>th</sup> Burton Manor shops.

26<sup>th</sup> Stone ST Michaels 10K Harriers challenge.

3<sup>rd</sup> July Castlefields

10<sup>th</sup> July Cheadle 4 miles

17<sup>th</sup> Trentham 10 miles

24<sup>th</sup> Burton manor shops

31<sup>st</sup> July Castlefields.

## **SUMMER RUNS 2011.**

ROUTE ONE Corporation Street backs, Aston fields, Common road, Beaconside, to University roundabout, footpath to Tixall road, back to the club 7 miles.

ROUTE TWO. Fairway to river bridge, left onto footpath to Baswich lane, onto 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, back 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. Fairway to river, left onto footpath to Baswich lane, onto 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 Hanyards, 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. Fairway to river, left onto footpath to Baswich lane, onto Canal to Milford farm, left then right onto footpath to Walton lane, right up Walton lane, left 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, back along disused railway line, back 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 backs, 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.

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

On all Cannock chase runs, we will be mustering back, every 7 minutes. The handicap race in June, will start at 6-30, Speed session at Rowley Park, means that speed session is on the track if available, if not on the grass, all surprise, surprise are on the track if available if not on grass.

TUESDAY 5<sup>th</sup> APRIL.

SURPRISE, SURPRISE, ALL DO SPEED SESSION

THURSDAY 7<sup>th</sup> APRIL.

CANNOCK CHASE (PUNCH BOWL)

ALTERNATIVE ROUTE THREE.

TUESDAY 12<sup>th</sup> APRIL.

ROUTE FOUR.

SPEED SESSION, AT ROWLEY PARK.

THURSDAY 14<sup>th</sup> APRIL.

CANNOCK CHASE (ABOVE SISTER DORA'S)

ALTERNATIVE ROUTE FIVE.

TUESDAY 19<sup>th</sup> APRIL.

ROUTE SIX.

SPEED SESSION ROWLEY PARK.

THURSDAY 21<sup>st</sup> APRIL.

CANNOCK CHASE (BROCTON COPPICE CAR PARK)

ALTERNATIVE RUN SEVEN.

TUESDAY 26<sup>th</sup> APRIL.

ROUTE EIGHT.

SPEED SESSION, AT ROWLEY PARK

THURSDAY 28<sup>th</sup> APRIL.

CANNOCK CHASE (ABOVE SISTER DORA'S)

ALTERNATIVE ROUTE NINE.

TUESDAY 3<sup>rd</sup> MAY.

SURPRISE, SURPRISE ALL DO SPEED SESSION,

THURSDAY 5<sup>th</sup> MAY.

CANNOCK CHASE (WHITE HOUSE)

ALTERNATIVE RUN ROUTE TEN.

TUESDAY 10<sup>th</sup> MAY.

ROUTE ELEVEN.

SPEED SESSION, ROWLEY PARK

THURSDAY 12<sup>th</sup> MAY.

CANNOCK CHASE (ABOVE SISTER DORA'S)

ALTERNATIVE ROUTE TWELVE.

TUESDAY 17 <sup>th</sup> MAY.	ROUTE THIRTEEN. SPEED SESSION ROWLEY PARK.
THURSDAY 19 <sup>th</sup> MAY.	CANNOCK CHASE (SEVEN SPRINGS) ALTERNATIVE RUN ROUTE FOURTEEN.
TUESDAY 24 <sup>th</sup> MAY.	ROUTE FIFTEEN. SPEED SESSION, ROWLEY PARK.
THURSDAY 26 <sup>th</sup> MAY.	CANNOCK CHASE (ABOVE SISTER DORA'S) ALTERNATIVE ROUTE SIXTEEN.
TUESDAY 31 <sup>st</sup> MAY.	SURPRISE, SURPRISE ALL DO SPEED SEESION.
THURSDAY 2 <sup>nd</sup> JUNE	CANNOCK CHASE (PUNCH BOWL). ALTERNATIVE RUN ROUTE SEVENTEEN.
TUESDAY 7 <sup>th</sup> JUNE.	ROUTE EIGHTEEN. SPEED SESSION, ROWLEY PARK.
THURSDAY 9 <sup>th</sup> JUNE.	Pete Hodgetts handicap start 6-30pm.
TUESDAY 14 <sup>th</sup> JUNE.	ROUTE ONE. SPEED SESSION, ROWLEY PARK.
THURSDAY 16 <sup>th</sup> JUNE.	CANNOCK CHASE (Brocton coppice car park). ALTERNATE RUN ROUTE TWO.
TUESDAY 21 <sup>st</sup> JUNE.	ROUTE THREE. SPEED SESSION ROWLEY PARK.
THURSDAY 22 <sup>nd</sup> JUNE.	CANNOCK CHASE (ABOVE SISTER DORA'S) ALTERNATIVE ROUTE FOUR.
TUESDAY 28 <sup>th</sup> JUNE.	ROUTE FIVE. SPEED SESSION ROWLEY PARK.
THURSDAY 30 <sup>th</sup> JUNE.	CANNOCK CHASE (WHITE HOUSE). ALTERNATIVE RUN ROUTE SIX.
TUESDAY 5 <sup>th</sup> JULY.	SURPRISE, SURPRISE ALL DO SPEED SESSION
THURSDAY 7 <sup>th</sup> JULY.	CANNOCK CHASTER (ABOVE SISTER DORA'S). ALTERNATIVE ROUTE SEVEN.
TUESDAY 12 <sup>th</sup> JULY	ROUTE EIGHT. SPEED SESSION ROWLEY PARK.
THURSDAY 13 <sup>th</sup> JULY	CANNOCK CHASE SEVEN SPRINGS. ALTERNATIVE RUN ROUTE NINE.
TUESDAY 18 <sup>th</sup> JULY	ROUTE TEN, SPEED SESSION ROWLEY PARK.
THURSDAY 21 <sup>ST</sup> JULY	CANNOCK CHASE (ABOVE SISTER DORA'S). ALTERNATIVE ROUTE ELEVEN.

Tuesday and Thursday training runs start at 6-15pm, on Thursday's there is a Cannock Chase run, with a alternative run from the club.

There is also training on Monday nights 6pm from Rowley Park, and on Friday nights 6pm from the Castle car park.

The track at Rowley Park can be used by any Harrier, on Monday and Wednesday evenings between 6pm and 8pm for free, as the club has paid for you to use the track.

Tuesday speed sessions at Rowley park, will use the track if available, if not we will use the grass.

RACE DIARY APRIL 2011.

	<b>RUNNERS RAN</b>	<b>CH</b>	<b>O3</b>	<b>O4</b>	<b>O5</b>	<b>O6</b>	<b>O7</b>	<b>O8</b>	<b>O9</b>	<b>10</b>	<b>11</b>
<b>MARCH</b>	<b>STAFFORD HALF.</b>	<b>H C</b>	<b>65</b>	<b>71</b>	<b>76</b>	<b>81</b>	<b>55</b>	<b>61</b>	<b>84</b>	<b>96</b>	<b>104</b>
<b>FEBRUARY</b>	<b>ALSAGER 5 MILES</b>	<b>H C</b>	<b>33</b>	<b>32</b>	<b>47</b>	<b>51</b>	<b>32</b>	<b>27</b>	<b>34</b>	<b>41</b>	<b>42</b>
<b>APRIL</b>	<b>NEWCASTLE 7 MILES</b>	<b>H C</b>	<b>16</b>	<b>13</b>	<b>28</b>	<b>26</b>	<b>23</b>	<b>20</b>	<b>19</b>	<b>28</b>	<b>32</b>
<b>MARCH</b>	<b>MARCH HAIR RAISER</b>	<b>H C</b>						<b>10</b>	<b>15</b>	<b>14</b>	<b>26</b>
<b>MARCH</b>	<b>STAFFORD 20 MILES</b>	<b>H C</b>	<b>20</b>	<b>20</b>	<b>25</b>	<b>17</b>	<b>23</b>	<b>26</b>	<b>24</b>	<b>21</b>	<b>23</b>
<b>JANUARY</b>	<b>TRIG RACE MILFORD 15.5 MILES</b>	<b>H C</b>	<b>10</b>	<b>0</b>	<b>0</b>	<b>15</b>	<b>31</b>	<b>23</b>	<b>19</b>	<b>23</b>	<b>20</b>
<b>FEBRUARY</b>	<b>STOURBRIDGE STAGGER 10 MILES</b>		<b>8</b>	<b>2</b>	<b>0</b>	<b>2</b>	<b>2</b>	<b>4</b>	<b>13</b>	<b>6</b>	<b>7</b>
<b>MARCH</b>	<b>CLOUD 9</b>							<b>3</b>	<b>6</b>	<b>2</b>	<b>6</b>
<b>MAY</b>	<b>MARKET DRAYTON 10K</b>	<b>H C</b>				<b>9</b>	<b>24</b>	<b>19</b>	<b>36</b>	<b>56</b>	
<b>APRIL</b>	<b>SPRING TREBLE HANCHURCH</b>		<b>9</b>	<b>18</b>	<b>21</b>	<b>5</b>	<b>4</b>	<b>19</b>	<b>33</b>	<b>36</b>	
<b>JUNE</b>	<b>JUNE HANDICAP</b>	<b>H C</b>					<b>33</b>	<b>33</b>	<b>30</b>	<b>36</b>	
<b>SEPTEMBER</b>	<b>STEPTEMBER HANDICAP</b>	<b>H C</b>					<b>29</b>	<b>25</b>	<b>37</b>	<b>35</b>	
<b>JUNE</b>	<b>STONE ST MICHAELS 10K</b>	<b>H C</b>			<b>25</b>	<b>29</b>	<b>31</b>	<b>20</b>	<b>29</b>	<b>33</b>	
<b>DECEMBER</b>	<b>CHRISTMAS HANDICAP 4MILES</b>	<b>RES</b>	<b>23</b>	<b>30</b>	<b>26</b>	<b>34</b>	<b>25</b>	<b>17</b>	<b>26</b>	<b>33</b>	
<b>MAY</b>	<b>WESTBRIDGE 5 MILES</b>		<b>11</b>	<b>21</b>	<b>33</b>	<b>41</b>	<b>30</b>	<b>29</b>	<b>35</b>	<b>30</b>	
<b>NOVEMBER</b>	<b>NORTH STAFFS C C STAFFORD</b>	<b>H C</b>	<b>28</b>	<b>38</b>	<b>23</b>	<b>24</b>	<b>16</b>	<b>21</b>	<b>33</b>	<b>30</b>	
<b>NOVEMBER</b>	<b>FLYING FOX STONE 10MILES</b>	<b>H C</b>	<b>16</b>	<b>34</b>	<b>20</b>	<b>29</b>	<b>25</b>	<b>23</b>	<b>25</b>	<b>30</b>	
<b>APRIL</b>	<b>SPRING TREBLE MILFORD</b>	<b>H C</b>	<b>9</b>	<b>14</b>	<b>20</b>	<b>9</b>	<b>3</b>	<b>23</b>	<b>30</b>	<b>29</b>	
<b>APRIL</b>	<b>SPRING TREBLE KIBBLESTONE</b>	<b>H C</b>	<b>9</b>	<b>16</b>	<b>18</b>	<b>7</b>	<b>3</b>	<b>21</b>	<b>34</b>	<b>26</b>	
<b>OCTOBER</b>	<b>NORTH STAFFS C C PARKHALL</b>	<b>H C</b>	<b>26</b>	<b>29</b>	<b>11</b>	<b>18</b>	<b>16</b>	<b>17</b>	<b>31</b>	<b>26</b>	
<b>MAY</b>	<b>UTTOXETER HALF</b>	<b>H C</b>	<b>13</b>	<b>35</b>	<b>25</b>	<b>29</b>	<b>26</b>	<b>26</b>	<b>25</b>	<b>24</b>	
<b>OCTOBER</b>	<b>NORTH STAFFS C C WINSFORD</b>	<b>H C</b>	<b>31</b>	<b>26</b>	<b>12</b>	<b>23</b>	<b>15</b>	<b>15</b>	<b>36</b>	<b>23</b>	
<b>SEPTEMBER</b>	<b>MEERBROOK 15K</b>	<b>H C</b>	<b>9</b>	<b>9</b>	<b>15</b>	<b>22</b>	<b>17</b>	<b>17</b>	<b>16</b>	<b>23</b>	
<b>DECEMBER</b>	<b>NORTH STAFFS C C LEEK</b>	<b>H C</b>	<b>28</b>	<b>24</b>	<b>19</b>	<b>25</b>	<b>16</b>	<b>14</b>	<b>33</b>	<b>22</b>	
<b>DECEMBER</b>	<b>WHEATON ASTON 10K</b>	<b>RES</b>	<b>35</b>	<b>29</b>	<b>35</b>	<b>19</b>	<b>18</b>	<b>30</b>	<b>36</b>	<b>21</b>	
<b>JULY</b>	<b>B'HAM BLACK COUNTRY HALF</b>	<b>H C</b>							<b>8</b>	<b>20</b>	
<b>JULY</b>	<b>TRENTAM 10 MILES</b>		<b>25</b>	<b>32</b>	<b>32</b>	<b>32</b>	<b>25</b>	<b>19</b>	<b>17</b>	<b>18</b>	
<b>JUNE</b>	<b>POTTERS HALF</b>				<b>15</b>	<b>13</b>	<b>14</b>	<b>21</b>	<b>14</b>	<b>18</b>	
<b>SEPTEMBER</b>	<b>IPSTONES 5 MILES</b>		<b>12</b>	<b>14</b>	<b>15</b>	<b>22</b>	<b>13</b>	<b>16</b>	<b>10</b>	<b>18</b>	
<b>SEPTEMBER</b>	<b>LICHFIELD 10K</b>	<b>H C</b>	<b>14</b>	<b>11</b>	<b>8</b>	<b>15</b>	<b>5</b>	<b>9</b>	<b>19</b>	<b>17</b>	
<b>DECEMBER</b>	<b>APEDALE 10K</b>							<b>7</b>	<b>19</b>	<b>17</b>	
<b>MAY</b>	<b>CLAYTON 10K</b>		<b>13</b>	<b>18</b>	<b>20</b>	<b>19</b>	<b>15</b>	<b>17</b>	<b>12</b>	<b>17</b>	
<b>AUGUST</b>	<b>BERRYHILL 10K</b>		<b>22</b>	<b>27</b>	<b>28</b>	<b>28</b>	<b>17</b>	<b>15</b>	<b>10</b>	<b>16</b>	
<b>JULY</b>	<b>CHEADLE 4 MILES</b>		<b>21</b>	<b>34</b>	<b>27</b>	<b>30</b>	<b>20</b>	<b>22</b>	<b>15</b>	<b>14</b>	
<b>NOVEMBER</b>	<b>SUICIDE SIX</b>	<b>H C</b>					<b>9</b>	<b>8</b>	<b>7</b>	<b>13</b>	
<b>AUGUST</b>	<b>LEEK HALF</b>		<b>17</b>	<b>19</b>	<b>21</b>	<b>24</b>	<b>17</b>	<b>16</b>	<b>10</b>	<b>13</b>	
<b>MAY</b>	<b>WINCLE TROUT RUN</b>	<b>H C</b>						<b>3</b>	<b>3</b>	<b>12</b>	
<b>JANUARY</b>	<b>FOUR VILLAGES HALF MARATHON</b>		<b>17</b>	<b>15</b>	<b>19</b>	<b>13</b>	<b>16</b>	<b>11</b>	<b>5</b>	<b>11</b>	
<b>OCTOBER</b>	<b>BELLS OF PATTINGHAM</b>	<b>H C</b>					<b>11</b>	<b>9</b>	<b>13</b>	<b>10</b>	
<b>AUGUST</b>	<b>STOURBRIDGE STUMBLE</b>		<b>8</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>8</b>	<b>10</b>	<b>9</b>	
<b>MAY</b>	<b>SOUTH CHESHIRE 20 MILES</b>		<b>11</b>	<b>11</b>	<b>15</b>	<b>14</b>	<b>11</b>	<b>9</b>	<b>7</b>	<b>9</b>	
<b>OCTOBER</b>	<b>CONGLETON HALF</b>		<b>15</b>	<b>22</b>	<b>16</b>	<b>17</b>	<b>13</b>	<b>13</b>	<b>13</b>	<b>7</b>	
<b>SEPTEMBER</b>	<b>LAKE VYRNWY HALF MARATHON</b>		<b>25</b>	<b>21</b>	<b>25</b>	<b>5</b>	<b>17</b>	<b>can</b>	<b>31</b>	<b>2</b>	
<b>MAY</b>	<b>DUDLEY &amp; KINGSWINFORD 10K</b>		<b>2</b>	<b>3</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>18</b>	<b>1</b>	
<b>JULY</b>	<b>CHASEWATER 10K</b>							<b>7</b>	<b>16</b>	<b>can</b>	
	<b>ROAD CHALLENGE RACES</b>	<b>H C</b>									

### CROSS COUNTRY REPORT.

Five cross country in January and February, with three championships, starting with Staffs on Stafford common, with youngsters taking the glory, with the under 13 girls lead home by Hannah Talbot with the three girls finishing as 5<sup>th</sup> team, and the under 13 boys lead home by Tom Sabin with the team finishing in 8<sup>th</sup> place, but the star was Nathan Sabin, finishing in 3<sup>rd</sup> place in the under 15, and was selected to run for Staffordshire in the national county championships, at Worcester where he finished in 210<sup>th</sup> and was 5<sup>th</sup> counter, helping the team to finish as 26<sup>th</sup> county out of 42 counties.

In the National at Alton Towers, the runners had a very wet course, which had snow early, and the course turned into a mud bath, for both runners and spectators, so the nineteen Harriers that ran did very well to just complete the course.

The men had two Birmingham league fixtures at Coventry and Stafford common, at Coventry the Harriers was 10<sup>th</sup> team with 458 points, leaving them in 9<sup>th</sup> overall, and then on the 4<sup>th</sup> fixture held on Stafford common, was much better, with the team finishing in 7<sup>th</sup> place 270 points, finishing 8<sup>th</sup> overall with 1430 points.

		Staffs Champs B'ham Coventry, Midland		B'ham Stafford, National Alton	
Hannah	Talbot	10 <sup>th</sup>	12-28		216 <sup>th</sup> 17-13
Elisha	Walker	15 <sup>th</sup>	12-48		336 <sup>th</sup> 19-18
Ellie	Baxter				324 <sup>th</sup> 19-03
Kayleigh	Derry			76 <sup>th</sup>	15-56
Laura	Helen-Taylor	25 <sup>th</sup>	14-19	96 <sup>th</sup>	16-59
Tom	Sabin	15 <sup>th</sup>	11-51	84 <sup>th</sup>	15-19
Joseph	Smith	23 <sup>rd</sup>	12-32	93 <sup>rd</sup>	15-43
Thomas	Bailey	31 <sup>st</sup>	13-52		273 <sup>rd</sup> 11-10
Nathan	Sabin	3 <sup>rd</sup>	13-28	30 <sup>th</sup>	16-08
Nina	Skilton				90 <sup>th</sup> 18-57
53					142 <sup>nd</sup> 29-
Chris	Skellern				282 <sup>nd</sup> 32-
40					
Tracey	Gee				338 <sup>th</sup> 34-13
Ruth	Umerah				368 <sup>th</sup> 35-22
James	Perkins		2 <sup>nd</sup> 34-24		
Russell	Barron			10 <sup>th</sup>	40-24
Steve	Vaughan			13 <sup>th</sup>	40-53
Tom	Hobbins			14 <sup>th</sup>	41-20
Ian	Talbot			87 <sup>th</sup>	47-34
Mark	Bridgwood		67 <sup>th</sup> 41-23		916 <sup>th</sup> 54-29
Dave	Marsden	68 <sup>th</sup>	46-43	90 <sup>th</sup>	42-35
Joe	Atherton	70 <sup>th</sup>	47-27	228 <sup>th</sup>	57-39
Graham	Young	73 <sup>rd</sup>	48-30	97 <sup>th</sup>	48-04
Roy	Clay	92 <sup>nd</sup>	52-43	1048 <sup>th</sup>	58-20
58					1063 <sup>rd</sup> 58-36
Mark	Bentley		126 <sup>th</sup> 45-56	230 <sup>th</sup>	57-48
43				87 <sup>th</sup>	47-34
Chris	Owen	93 <sup>rd</sup>	53-30	128 <sup>th</sup>	51-58
Eddie	Smith		118 <sup>th</sup> 44-58	1154 <sup>th</sup>	61-
51			148 <sup>th</sup> 48-38		
Ben	Nash			119 <sup>th</sup>	50-43
Ralph	Wedlock			1150 <sup>th</sup>	61-
Alan	Price				
					951 <sup>st</sup> 55-33
				121 <sup>st</sup>	51-10
					1100 <sup>th</sup> 59-
					1130 <sup>th</sup> 61-02
				133 <sup>rd</sup>	52-56
				148 <sup>th</sup>	59-14

10th APRIL	AIR PRODUCTS CREWE 10K	start	10.00	AM		
10th APRIL	NEWCASTLE 7 MILES	start	10.30	AM	HC	NSRRA
14th APRIL	SPRING TREBLE SERIES HANCHURCH	start	7.00	pm		
21st APRIL	Spring Treble Series Milford	start	7.00	pm	HC	
5th MAY	Spring Treble Series Kibblestone	start	7.00	pm	HC	
17th APRIL	LONDON MARATHON	start	9.45	AM		
24th APRIL	EASTER HANDICAP	start	10.00	AM		
28th MAY	MOW COP KILLER MILE	start	6.30	pm		
1st MAY	SOUTH CHESHIRE 20 MILES	start	9-30	AM		
1st MAY	UTTOXETER HALF MARATHON	start	11.00	AM	HC	NSRRA
4th MAY	CLAYTON 10K	start	7.00	pm		NSRRA
4th MAY	DUDLEY KINGSWINFORD 10K	start	7.15	pm		
8th MAY	MARKET DRAYTON 10K	start	11.00	AM	HC	
4th JUNE	WINGLE TROUT no entries on day	start	2.45	pm	HC	
5th JUNE	WESTBRIDGE 5 MILES	start	10.30	AM		NSRRA
9th JUNE	HANDICAP	start	6.30	pm	HC	
11th JUNE	MAN V HORSE	start	11.00	AM		
12th JUNE	POTTERS HALF	start	10.30	AM		NSRRA
22nd JUNE	SHUGBOROUGH RELAYS	start	7.30	pm		
26th JUNE	STONE ST MICHAEL 10K	start	10.00	AM	HC	NSRRA
2nd JULY	Black Country Half Marathon	start	9-30	AM	HC	
3rd JULY	SHIFNAL HALF MARATHON	start	10.30	AM		
5th JULY	BERRYHILL 10k	start	7.30	AM		NSRRA
14th JULY	J C B LAKESIDE 5MILES	start	7.15	PM		NSRRA
17th JULY	CHEADLE 4 MILES	start	10.30	AM		NSRRA
10th JULY	TRENTHAM 10 MILES	start	10.30	AM		NSRRA
7th AUGUST	MEERBROOK 15K	start	11.00	AM	HC	NSRRA
10th AUGUST	STAFFS KNOT 5 MILER	start	7.15	pm		NSRRA
17th AUGUST	CHEADLE INVATATION VETS C C	start	7.00	pm		
14th AUGUST	STOURBRIDGE STUMBLE	start	6.00	pm		
20th AUGUST	RACE THE TRAIN	start				
21st AUGUST	LEEK HALF MARATHON	start	11.00	AM		NSRRA
4th SEPTEMBER	WOLVERHAMPTON MARATHON	start	9.30	AM		NSRRA
4th SEPTEMBER	WOLVERHAMPTON HALF MARATHON	start	9.30	AM		
8th SEPTEMBER	HANDICAP	start	6.30	pm	HC	
10th SEPTEMBER	IPSTONES 5 MILES ENTRY ON DAY	start	3.30	AM		NSRRA
11th SEPTEMBER	LICHFIELD 10K	start	11.00	AM	HC	
11th SEPTEMBER	LAKE VYRNWY HALF MARATHON	start	1.00	pm		
11th SEPTEMBER	NOTTINGHAM MARATHON & HALF	start	10.05	AM		
19th SEPTEMBER	ST THOMAS 7 MILES	start	10.30	AM		NSRRA RESERVE
25th SEPTEMBER	MACCLESFIELD HALF MARATHON	start	10.00	AM		
2nd OCTOBER	NORTH STAFFS C C WINSFORD	start	12.30	PM	HC	
3rd OCTOBER	BADGERS BITE 4MILES APPROX	start	11.00	AM		
9th OCTOBER	CHESTER MARATHON	Start	9.00	AM		
9th OCTOBER	CONGLETON HALF MARATHON	start	9.30	AM		NSRRA
16th OCTOBER	BELLS OF PATTINGHAM 7 MILES	start	11.00	AM	HC	
29th OCTOBER	SNOWDONIA MARATHON	start	10.30	AM		
5th NOVEMBER	NORTH STAFFS C C PARKHALL	start	12.30	pm	HC	
6th NOVEMBER	FLYING FOX 10 MILES	start	11.00	AM	HC	NSRRA

### LIMPWRIST 5 MILES 1-1-11.

Thirty five Harriers made it to Castlefields, to run this unique race, where the runners, run without a watch, and the winner is the nearest runner to their predicted time, which is not easy after the celebrations of New Year.

Five Harriers managed to get in the top ten, so received a prize, they are Mark Bentley 2<sup>nd</sup>, 7 seconds out, Rebecca Bostock 5<sup>th</sup> 12 seconds, Mike Jones and Bill Whitworth equal 6<sup>th</sup> 13 seconds and Judith Colman 10<sup>th</sup> 24 seconds.

2 <sup>nd</sup> Mark Bentley	35-22 7 sec	40 <sup>th</sup> Scott Palmer	40-18 1-10 sec
5 <sup>th</sup> Rebecca Bostock	46-15 12sec	40 <sup>th</sup> Karen D Murray	43-12 1-10 sec
6 <sup>th</sup> Mike Jones	42-40 13 sec	44 <sup>th</sup> James Thorpe	41-53 1-13 sec
6 <sup>th</sup> Bill Whitworth	48-43 13 sec	51 <sup>st</sup> John Leese	44-10 1-40 sec
10 <sup>th</sup> Judith Colman	52-11 24 sec	53 <sup>rd</sup> Jenny Addison	43-08 1-42 sec
12 <sup>th</sup> Tracey Gee	38-20 25 sec	59 <sup>th</sup> Craig Baxter	42-26 2-15 sec
16 <sup>th</sup> Chris Owen	36-32 28 sec	61 <sup>st</sup> Mark Eccleston	34-45 2-19 sec
18 <sup>th</sup> Lynn Geoghegan	48-41 29 sec	66 <sup>th</sup> Julie Addison	43-05 2-39 sec
20 <sup>th</sup> Chris Skellern	37-36 35 sec	67 <sup>th</sup> Mike Moore	51-15 2-45 sec
20 <sup>th</sup> Paul Bosson	36-57 35 sec	68 <sup>th</sup> Brian Langston	42-15 2-52 sec
25 <sup>th</sup> Liz Stanyer	39-55 43 sec	69 <sup>th</sup> Amanda Pearce	50-12 2-56 sec
26 <sup>th</sup> Bernard Wilkes	38-02 44 sec	70 <sup>th</sup> Rob Eley	37-07 3-08 sec
27 <sup>th</sup> Sara Broome	52-03 49 sec	75 <sup>th</sup> Dave Preece	41-21 4-39 sec
28 <sup>th</sup> Keith Skelton	33-57 54 sec	76 <sup>th</sup> Sarah Johnson	43-17 6-43 sec
32 <sup>nd</sup> Ruth Umerah	36-04 56 sec	77 <sup>th</sup> Frank Grant	67-30 7 min
35 <sup>th</sup> Nigel Addison	37-46 59 sec	78 <sup>th</sup> Steve Johnson	42-33 8-27 sec
38 <sup>th</sup> Eddie Smith	39-40 1-05 sec		80 finished.

### TRIG RACE APPROX 16.5 MILES 9-1-11 1<sup>ST</sup> HARRIERS CHALLENGE.

Twenty Harriers tackled this tough race run over Cannock Chase, with a new start and finish, new routes had to be found to the first Trig point, and the last miles to the finish, and there was many debates which was the right route to take right up to start, and continued after the finish.

It was the Stafford Harrier ladies that had the best runs, with Kate Burge 1<sup>st</sup> lady, 10<sup>th</sup> overall in a time of 2-07-31, next lady was Chris Skellern running her first Trig, persuaded by Liz Stanyer to run with her, but it was obvious within the first mile, Chris could not resist to race away and finish as 2<sup>nd</sup> lady, 1<sup>st</sup> L45 in a time of 2-25-55, Tracey Gee 3<sup>rd</sup> L40 Karen Davies 3<sup>rd</sup> L45 and Brian Langston 2<sup>nd</sup> M60.

10 <sup>th</sup> Kate Burge	2-07-31 1 <sup>st</sup> lady	94 <sup>th</sup> Karen Davies	2-47-44 3 <sup>rd</sup> L45
16 <sup>th</sup> Ian Talbot	2-19-27	95 <sup>th</sup> John Greatholder	2-47-45
44 <sup>th</sup> Steve Littlewood	2-22-16	106 <sup>th</sup> Dave Mantle	2-56-02
46 <sup>th</sup> Joe Atherton	2-23-15	116 <sup>th</sup> Esther Hughes	2-59-58
50 <sup>th</sup> Chris Skellern	2-25-55 2 <sup>nd</sup> lady 1 <sup>st</sup> L45	121 <sup>st</sup> Brian Langston	3-06-05 2 <sup>nd</sup> M60
60 <sup>th</sup> Eddie Smith	2-30-13	122 <sup>nd</sup> Jackie Allen	3-06-13
72 <sup>nd</sup> Mark Bentley	2-36-19	128 <sup>th</sup> Mike Jones	3-11-06
76 <sup>th</sup> Liz Stanyer	2-37-34	132 <sup>nd</sup> Rebecca Bostock	3-25-53
82 <sup>nd</sup> Tracey Gee	2-38-42 3 <sup>rd</sup> L40	134 <sup>th</sup> Sarah Johnson	3-47-32
88 <sup>th</sup> Rob Eley	2-40-17	135 <sup>th</sup> Amanda Pearce	3-47-39

136 finished

### NOT THE ROMAN NINE 16-1-11

Two Harriers travelled down to Stratford, to run this popular race, with Joe Atherton finished 105<sup>th</sup> out of 535 finishers, not bad.

105 <sup>th</sup> Joe Atherton	53-05	519 <sup>th</sup> John Hateley	1-19-40
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535 finished.

## **64<sup>th</sup> PETE HODGETTS HANDICAP, 16-1-11.**

### **REPORT Mike Jones, your handicapper.**

Thirty three Harriers completed this delayed Christmas Handicap, I thought over the last mile I was going to win, but after passing Sara Broome, she informed me that Allison Kelly was in front and as hard I tried I couldn't catch her, so well done to Allison running a PB 38-41 taking nearly two minutes off her previous best, Nathan Sabin was next in nearly retaining his win, in the last handicap.

The Easter handicap is not in the challenge, but the June and September ones are, please let me have your names for the challenge.

How I workout the handicap is a question I'm frequently asked, so here goes, my computer averages your last three handicaps, then takes this off the slowest average, which is Judith Colman 43-05, which is 20 sec slower than the last handicap, so if you handicap hasn't changed, your handicap will go up, I then make your handicap to the nearest 15sec, so example, my average handicap is 35-18, take this off 43-05 = 7-47m so my new handicap is 7-45m, against Judith's zero.

		Handicap	net time	new handicap	no of hand
1 <sup>st</sup> Steve	Cooper	40-27 6m	34-27 1 <sup>st</sup> Time	8-45m	1
2 <sup>nd</sup> Allison	Kelly	40-41 2m	38-41 PB	3-30m	2
3 <sup>rd</sup> Dave	Mantle	40-44 8-30m	32-14 1 <sup>st</sup> Time	10-45m	1
4 <sup>th</sup> Mike	Jones	40-54 6m	34-54	7-45m	64
5 <sup>th</sup> Shaun	Holt	40-56 6m	34-56 1 <sup>st</sup> Time	8-15m	1
6 <sup>th</sup> Nathan	Sabin	41-05 15-30m	25-35	16m	8
7 <sup>th</sup> Sara	Broome	41-13 zero	41-13	0-30m	15
8 <sup>th</sup> Amanda	Clay	41-16 8-30m	32-46 1 <sup>st</sup> Time	10-15m	1
9 <sup>th</sup> Eddie	Smith	41-39 11-15m	30-24	12-15m	57
10 <sup>th</sup> Jo	Oliver	41-50 zero	41-50 1 <sup>st</sup> Time	1.15m	1
11 <sup>th</sup> Tracey	Gee	42-13 11-45m	30-28	12-15m	21
12 <sup>th</sup> Chris	Owen	42-29 14m	28-29	14-30m	4
13 <sup>th</sup> Sarah	Johnson	42-46 7-30m	35-16	8m	5
14 <sup>th</sup> Rob	Eley	42-49 13-15m	29-34	13-30m	3
15 <sup>th</sup> Nigel	Addison	42-54 11m	31-54	11-30m	28
16 <sup>th</sup> Ian	Talbot	43-01 16-30m	26-31	16-45m	2
17 <sup>th</sup> Jane	Bisiker	43-05 8-30m	34-35	9-30m	20
18 <sup>th</sup> James	Perkins	43-11 19-45m	23-26 1 <sup>st</sup> Time	19-45m	1
19 <sup>th</sup> Craig	Baxter	43-12 10m	33-12	9-45m	7
20 <sup>th</sup> Chris	Skellern	43-21 14-15m	29-06	14-45m	64
21 <sup>st</sup> Esther	Hughes	43-43 9-45m	33-58	10-15m	4
22 <sup>nd</sup> Helen	Holt	44-02 1-30m	42-32	1-15m	3
23 <sup>rd</sup> Sally	Liggins	44-04 7m	37-19	7m	4
24 <sup>th</sup> Mark	Oliver	44-05 10m	34-05 1 <sup>st</sup> Time	9m	1
25 <sup>th</sup> Judith	Colman	44-17 0-30m	43-47	zero	33
26 <sup>th</sup> Russell	Barron	44-39 19-45m	24-54	19-45m	4
27 <sup>th</sup> Liz	Stanyer	44-41 12m	32-41	11-45m	5
28 <sup>th</sup> Jenny	Addison	44-48 10-30m	34-18	9-30m	20
29 <sup>th</sup> Sue	Johnson	45-02 9-15m	35-47	8-30m	21
30 <sup>th</sup> Colin	Mitchell	45-32 11-45m	33-47	11-45m	9
31 <sup>st</sup> Amanda	Pearce	45-56 5-45m	40-11	5m	3
32 <sup>nd</sup> Simon	Stanyer	46-45 8m	38-45	8m	3
33 <sup>rd</sup> Karen	Sabin	47-14 8m	39-14	6-30m	5

## GRAN CANARIA MARATHON 23-1-11

### Report by Mike Jones

Any excuse to take a holiday, so to find my 99<sup>th</sup> marathon, we travelled to Gran Canaria to run this two lap marathon, run on flat roads around Las Palmas, the only problem was the sun came out and was unseasonal warm, with the temperature reaching 25c on the second lap, and after all the cold weather back home by body was not use to this high temperature, so had to walk a lot of the second lap, but I did complete, so onto London to run my hundredth marathon.

324<sup>th</sup> Mike Jones 4-56-43 337 finished.

### FOUR VILLAGES HALF MARATHON 23-1-11.

Just two Harriers travelled up to Helsby to run this popular half, but both Chris Owen and Sara Broome, started the year off well, both getting PB'S, Chris posting a time of 1-31-06 and Sara 2-16-54.

247<sup>th</sup> Chris Owen 1-31-06 PB 1550<sup>th</sup> Sara Broome 2-16-54 PB  
1627 Finished.

### ALSAGER 5 MILES 6-2-11 1<sup>ST</sup> NSRRA EVENT, 2<sup>ND</sup> HARRIERS CHALLENGE.

Don't the time fly, Alsager seems to come round quicker every year, and how this race has grown, only 7 Harriers ran in 2000, and this year 42 Harriers lined up to run this fast flat 5 miler, with Steve Vaughan first Harrier and the only Harrier to break 30 minutes.

Other good runs came from Nathan Sabin 32-04 his first 5 miler, Ian Talbot 32-41 PB, Chris Owen 33-21 PB, Dave Marsden 2<sup>nd</sup> M55, Chris Skellern 33-59 2<sup>nd</sup> L45, Darren Mattocks 36-07 PB, Allison Kelly PB and Frank Grant 3<sup>rd</sup> M70.

61 <sup>st</sup> Steve Vaughan	29-28	532 <sup>nd</sup> Caroline Nichol	41-15
146 <sup>th</sup> Nathan Sabin	32-04	541 <sup>st</sup> Jeff Martin	41-35
148 <sup>th</sup> Mark Bridgwood	32-06	550 <sup>th</sup> Shaun Holt	41-45
171 <sup>st</sup> Ian Talbot	32-41 PB	582 <sup>nd</sup> Bill Chidlow	42-25
198 <sup>th</sup> Chris Owen	33-21 PB	586 <sup>th</sup> Mike Jones	42-26
208 <sup>th</sup> Joe Atherton	33-59	597 <sup>th</sup> Karen D Murray	42-49 PB
209 <sup>th</sup> Dave Marsden	33-59 2 <sup>nd</sup> M55	620 <sup>th</sup> Karen Sabin	43-21
210 <sup>th</sup> Chris Skellern	33-59 2 <sup>nd</sup> L45	681 <sup>st</sup> Dave Banner	45-01
251 <sup>st</sup> Wayne Vaughan	34-52	696 <sup>th</sup> Bill Whitworth	45-32
307 <sup>th</sup> Darren Mattocks	36-07 PB	699 <sup>th</sup> Tony Tomkins	45-35
310 <sup>th</sup> Mark Bentley	36-12	709 <sup>th</sup> Sally Liggins	45-56
329 <sup>th</sup> Steve Turner	36-52	726 <sup>th</sup> Simon Stanyer	46-47
348 <sup>th</sup> Eddie Smith	37-11	730 <sup>th</sup> Allison Kelly	46-59 PB
349 <sup>th</sup> Tracey Gee	37-12	742 <sup>nd</sup> Sara Broome	47-36
350 <sup>th</sup> Simon Babb	37-13	749 <sup>th</sup> John Hateley	47-49
361 <sup>st</sup> Paul Risby	37-27	811 <sup>th</sup> Amanda Pearce	50-38
388 <sup>th</sup> James Thorpe	38-03	829 <sup>th</sup> Helen Holt	51-53
394 <sup>th</sup> Steve Cooper	38-16	837 <sup>th</sup> Judith Colman	52-16
405 <sup>th</sup> Craig Baxter	38-27	868 <sup>th</sup> Louise Notley	55-34
461 <sup>st</sup> Ralph Wedlock	39-48	869 <sup>th</sup> Maria Banner	55-34
476 <sup>th</sup> Liz Stanyer	40-01	882 <sup>nd</sup> Frank Grant	51-27

903 finished 14<sup>th</sup> men's team, 15<sup>th</sup> veteran men's team.

9<sup>th</sup> ladies team, 7<sup>th</sup> ladies veteran ladies team.

### STOURBRIDGE STAGGER APPROX 10 MILES. 6-2-11.

Seven Harriers tackled the tough manly off road race, with Tom Hobbins first Harrier in 11<sup>th</sup> place, with Keith Skelton just ahead of Chris Ross

11 <sup>th</sup> Tom Hobbins	1-10-20	254 <sup>th</sup> Jill Ross	1-37-58
39 <sup>th</sup> Keith Skelton	1-16-29	287 <sup>th</sup> Jane Bisiker	1-41-05
48 <sup>th</sup> Chris Ross	1-17-58	321 <sup>st</sup> Brian Langston	1-45-26
252 <sup>nd</sup> Lydia Hobbins	1-37-33	403 finished.	

### **MILFORD 21 MILES 27-2-11.**

With the Milford 21 four weeks early, I thought their would be more runners, but the race is very tough, 21 miles over Cannock chase, which takes in the dreaded switch backs, only two Harriers ran, both Ian Talbot and Chris Owen ran well, well under three hours.

24<sup>th</sup> Ian Talbot 2-48-23 26<sup>th</sup> Chris Owen 2-50-09  
113 finished.

### **ACTION HEART 5 MILER 27-2-11.**

Just three Harriers ran this popular 5 miler, always full before race day, with Chris Skellern first Harrier in a time of 34-19.

172<sup>nd</sup> Chris Skellern 34-19 383<sup>rd</sup> John Hateley 50-41  
212<sup>th</sup> Shaun Holt 42-30 447 finished

### **KNYPEPOOL 5 MILES 27-2-11.**

Not a race I know off, but Dave Marsden ran over 38 minutes, over 4 minutes slower than Alsager, so must be fairly tough.

36<sup>th</sup> Dave Marsden 38-42 113 finished.

### **CLOUD 9 HILL RACE 6-3-11.**

Six Harriers ran this tough but enjoyable hill race, mostly off road, and the first half is up and down the cloud, where if you dare look around at the top, there are some wonderful views.

First home was Joe Atherton in a time of 1-14-22.

138<sup>th</sup> Joe Atherton 1-14-22 397<sup>th</sup> Mike Jones 1-39-48  
355<sup>th</sup> Lisa Percox 1-33-35 419<sup>th</sup> Rebecca Bostock 1-47-03  
363<sup>rd</sup> Karen DMurray 1-34-07 424<sup>th</sup> Mike Moore 1-52-05  
427 finished.

### **CHEADLE 5 MILES 6-3-11.**

Bill Chidlow was the only Harrier to run this good 5 miler, in a time of 39-49 in 106 place out of 200 finishers.

### **STAFFORD 20 MILES 13-3-11 2<sup>ND</sup> NSRRA EVENT 3<sup>RD</sup> HARRIERS CHALLENGE.**

A good turnout of Harriers, with 23 tackling this fairly tough three lapper, with Paul Douglas first Harrier and 1<sup>st</sup> M55, next in was Chris Owen in PB time of 2-24-51.

Other good runs came from Rob Proctor 2-42-48 PB, James Thorpe 2-48-38 PB, Lisa Percox 3-03-53 PB, Karen D Murray 3-04-26 PB 3<sup>rd</sup> L50 and Mike Jones 2<sup>nd</sup> M65.

Well done Kirsty Stephenson 2-33-43, Liz Stanyer 2-57-08 and Esther Hughes 2-58-08 all brilliant runs, completing there first 20 milers.

46 <sup>th</sup> Paul Douglas	2-19-51	1 <sup>st</sup> M55	179 <sup>th</sup> Kenton Sharpe	2-55-37
58 <sup>th</sup> Chris Owen	2-24-51	PB	183 <sup>rd</sup> Liz Stanyer	2-57-08
73 <sup>rd</sup> Ian Talbot	2-27-09		189 <sup>th</sup> Esther Hughes	2-58-08
96 <sup>th</sup> Kirsty Stephenson	2-33-43		190 <sup>th</sup> Steve Turner	2-59-22
103 <sup>rd</sup> Joe Atherton	2-35-36		195 <sup>th</sup> Ralph Wedlock	3-00-14
115 <sup>th</sup> Mark Bentley	2-38-39		210 <sup>th</sup> Lisa Percox	3-03-53 PB
133 <sup>rd</sup> Rob Proctor	2-42-48	PB	211 <sup>th</sup> Karen DMurray	3-04-26 PB 3 <sup>rd</sup> L50
135 <sup>th</sup> Dave Preece	2-43-16		232 <sup>nd</sup> John Greatholder	3-08-28
137 <sup>th</sup> Eddie Smith	2-43-27		233 <sup>rd</sup> Mike Jones	3-10-14 2 <sup>nd</sup> M65
151 <sup>st</sup> James Thorpe	2-48-38	PB	257 <sup>th</sup> Karen Murray	3-22-53
152 <sup>nd</sup> Keith Faint	2-48-55		270 <sup>th</sup> Tony Baker	3-38-08
153 <sup>rd</sup> Steve Babb	2-49-04			281 finished.

## STAFFORD HALF MARATHON 20-3-11 3<sup>RD</sup> NSRRA EVENT 4<sup>TH</sup> HARRIERS CHALLENGE.

What a turnout, for the first time in Harriers history, we have 104 running this years Stafford half, where do I start, with so many running I can only look at Harriers that got PB'S.

On a good day for running the Stafford half goes from strength to strength, with James Perkins was first Harrier in 23<sup>rd</sup> place in a good time of 1-19-56, just ahead of Steve Vaughan 1-20-52 and Russell Barron 1-21-38 PB.

And here are the twenty one Harriers that got PB'S, Ian Talbot 1-27-15, Tanmay Joshi 1-30-58, Mark Eccleston 1-34-02, Kirsty Stephenson 1-34-07, Rob Proctor 1-36-57, Lucy Earnshaw 1-41-27, James Thorpe 1-41-59, Dave Cook 1-42-01, Rob Eley 1-44-28, Shane Duggan 1-45-44, Craig Baxter 1-46-23, Emma Greensill 1-47-38, Esther Hughes 1-48-48, Karen D Murray 1-52-29, Helen Richardson 1-55-38, Sally Liggins 2-07-46, Sara Broome 2-07-58, Joanne Carson 2-08-24, Kellie Lee 2-23-17 and Helen Holt 2-29-37.

Stafford half marathon 2011 chip times and positions

23 <sup>rd</sup>	James Perkins	1-19-56		810 <sup>th</sup>	Richard Caley	1-48-22	
31 <sup>st</sup>	Steve Vaughan	1-20-52		813 <sup>th</sup>	Ralph Wedlock	1-48-23	
33 <sup>rd</sup>	Russell Barron	1-21-38	PB	817 <sup>th</sup>	Liz Stanyer	1-48-26	
79 <sup>th</sup>	Mark Cooper	1-26-28		828 <sup>th</sup>	Caroline Nichol	1-48-38	
82 <sup>nd</sup>	Richard Denning	1-26-34		834 <sup>th</sup>	David Stephens	1-48-44	
90 <sup>th</sup>	Dave Clarke	1-27-04		837 <sup>th</sup>	Esther Hughes	1-48-48	PB
93 <sup>rd</sup>	Ian Talbot	1-27-15	PB	981 <sup>st</sup>	Stephen Woodcock	1-52-19	
155 <sup>th</sup>	Tanmay Joshi	1-30-58	PB	987 <sup>th</sup>	Karen D Murray	1-52-29	PB
166 <sup>th</sup>	Mark Bridgwood	1-31-24		1023 <sup>rd</sup>	Robert Simpson	1-53-21	
186 <sup>th</sup>	Chris Owen	1-32-06		1029 <sup>th</sup>	John Greatholder	1-53-26	
231 <sup>st</sup>	Chris Skellern	1-33-34		1041 <sup>st</sup>	Mike Jones	1-53-38	
249 <sup>th</sup>	Mark Eccleston	1-34-02	PB	1085 <sup>th</sup>	Sophie Cartmail	1-54-42	
252 <sup>nd</sup>	Kirsty Stephenson	1-34-07	PB	1129 <sup>th</sup>	Bill Chidlow	1-55-35	
284 <sup>th</sup>	Adele Arnold	1-35-11		1136 <sup>th</sup>	Helen Richardson	1-55-38	PB
335 <sup>th</sup>	Brian Denham	1-36-36		1180 <sup>th</sup>	Bill Whitworth	1-56-54	
342 <sup>nd</sup>	Rob Proctor	1-36-57	PB	1181 <sup>st</sup>	Steve Clarke	1-56-54	
350 <sup>th</sup>	Mike Down	1-37-18		1173 <sup>rd</sup>	Karen Sabin	1-56-46	
370 <sup>th</sup>	Ruth Umerah	1-37-55		1214 <sup>th</sup>	Jeff Martin	1-57-42	
379 <sup>th</sup>	Joe Atherton	1-38-15		1318 <sup>th</sup>	Shayne Wilcocks	2-00-53	
395 <sup>th</sup>	Mark Bentley	1-38-43		1333 <sup>rd</sup>	George Singh	2-01-24	
411 <sup>th</sup>	Andrea Sutton	1-39-16		1334 <sup>th</sup>	Shaun Holt	2-01-27	
414 <sup>th</sup>	George Fox	1-39-19		1354 <sup>th</sup>	Karen Murray	2-01-53	
419 <sup>th</sup>	Dave Preece	1-39-34		1369 <sup>th</sup>	Lynn Geoghegan	2-02-22	
422 <sup>nd</sup>	Eddie Smith	1-39-44		1381 <sup>st</sup>	Dave Chittem	2-02-41	
426 <sup>th</sup>	Mike Willis	1-39-50		1440 <sup>th</sup>	Tony Baker	2-04-49	
430 <sup>th</sup>	Paul Risby	1-39-59		1457 <sup>th</sup>	Amy Yeomans	2-05-17	
458 <sup>th</sup>	Tracey Gee	1-41-09		1463 <sup>rd</sup>	David Banner	2-05-34	
481 <sup>st</sup>	Neil Martin	1-41-27		1477 <sup>th</sup>	Allen Aukim	2-06-11	
495 <sup>th</sup>	Lucy Earnshaw	1-41-27	PB	1491 <sup>st</sup>	John Peake	2-06-41	
496 <sup>th</sup>	Martin Moore	1-41-27		1517 <sup>th</sup>	Sally Liggins	2-07-46	PB
507 <sup>th</sup>	Tim Hough	1-41-45		1526 <sup>th</sup>	Sara Broome	2-07-58	PB
517 <sup>th</sup>	James Thorpe	1-41-59	PB	1532 <sup>nd</sup>	Tom Rogers	2-08-15	
519 <sup>th</sup>	Dave Cook	1-42-01	PB	1535 <sup>th</sup>	Joanne Carson	2-08-24	PB
530 <sup>th</sup>	Darren Mattocks	1-42-20		1620 <sup>th</sup>	Michelle Jackson	2-12-48	
539 <sup>th</sup>	Keith Faint	1-42-37		1700 <sup>th</sup>	Frank Evans	2-17-04	
550 <sup>th</sup>	Steve Babb	1-42-44		1707 <sup>th</sup>	Simon Stanyer	2-17-45	

615 <sup>th</sup>	Steve Cooper	1-44-12		1711 <sup>th</sup>	Denise Rogers	2-18-02
631 <sup>st</sup>	Rob Ely	1-44-28	PB	1716 <sup>th</sup>	Sally Burns	2-18-06
634 <sup>th</sup>	Steve Cartmail	1-44-35		1718 <sup>th</sup>	Alison Kelly	2-18-07
638 <sup>th</sup>	John Richardson	1-44-38		1719 <sup>th</sup>	Sue Down	2-18-07
641 <sup>st</sup>	Wayne Vaughan	1-44-41		1743 <sup>rd</sup>	Paul Wilson	2-19-45
655 <sup>th</sup>	Kenton Sharpe	1-45-02		1753 <sup>rd</sup>	Rebecca Dale	2-20-26
657 <sup>th</sup>	Bernard Wilkes	1-45-04		1794 <sup>th</sup>	Kellie Lee	2-23-17 PB
671 <sup>st</sup>	Stuart Rowley	1-45-23		1844 <sup>th</sup>	Elaine Rock	2-27-13
674 <sup>th</sup>	Steve Turner	1-45-26		1862 <sup>nd</sup>	Helen Holt	2-29-37 PB
677 <sup>th</sup>	Simon Cox	1-45-29		1868 <sup>th</sup>	Judith Colman	2-30-38
693 <sup>rd</sup>	Shane Duggan	1-45-44	PB	1891 <sup>st</sup>	Jo Oliver	2-36-12
713 <sup>th</sup>	Craig Baxter	1-46-23	PB	1893 <sup>rd</sup>	Louise Notley	2-36-17
734 <sup>th</sup>	Vicky Lowndes	1-46-49		1921 <sup>st</sup>	Stuart Fowlie	2-44-12
764 <sup>th</sup>	Emma Greensill	1-47-38	PB	1922 <sup>nd</sup>	Kirsten Fowlie	2-44-13
789 <sup>th</sup>	Mark Oliver	1-48-10		1941 <sup>st</sup>	Val Stuart	2-55-52
806 <sup>th</sup>	Andy Bourne	1-48-21		1943 <sup>rd</sup>	Gwendoline Bailey	2-59-26

1949 finished

### **TELFORD HALF MARATHON 13-3-11.**

Strange results, so I can only give names and times, no positions and how many ran.

Ben Nash 1-45-11 Dave Cook 1-53-01.

### **MARCH HAIR RAISER 10K 27-3-11 5<sup>TH</sup> HARRIERS CHALLENGE.**

What a turnout, 26 Harriers ran this off road 10K, although the name of the race suggest it is difficult race with hazards, but is a fairly flat race, run on farm tracks and foot paths, with a little mud, and this year they added a little bit to make it a 10K.

First home was Russell Barron in 9<sup>th</sup> place with Nathan Sabin in 18<sup>th</sup> 1<sup>st</sup> under 20 and a PB time of 40-59, and Nathan is only fifteen, next was Chris Skellern 1<sup>st</sup> L40 and Darren Mattocks running a PB of 45-59.

9 <sup>th</sup> Russell Barron	37-58	115 <sup>th</sup> Jane Bisiker	54-43
18 <sup>th</sup> Nathan Sabin	40-59 1 <sup>st</sup> U20 PB	124 <sup>th</sup> Karen Murray	56-13
35 <sup>th</sup> Chris Skellern	44-17 1 <sup>st</sup> L40	138 <sup>th</sup> Tony Baker	57-38
38 <sup>th</sup> Chris Owen	44-46	142 <sup>nd</sup> Rebecca Bostock	58-04
43 <sup>rd</sup> Paul Risby	45-47	155 <sup>th</sup> Sarah Johnson	60-29
45 <sup>th</sup> Neil Martin	45-58	160 <sup>th</sup> Allison Kelly	60-36
46 <sup>th</sup> Darren Mattocks	45-59 PB	168 <sup>th</sup> Amanda Pearce	62-28
62 <sup>nd</sup> Steve Turner	48-23	170 <sup>th</sup> Sara Broome	62-41
76 <sup>th</sup> Steve Cooper	49-56	172 <sup>nd</sup> Mike Moore	62-56
84 <sup>th</sup> Esther Hughes	51-18	174 <sup>th</sup> John Hateley	63-01
101 <sup>st</sup> Brian Langston	53-12	195 <sup>th</sup> Stuart Fowlie	71-36
107 <sup>th</sup> Karen Sabin	54-14	196 <sup>th</sup> Kirsten Fowlie	71-39
113 <sup>th</sup> John Greatholder	54-39	197 <sup>th</sup> Frank Grant	72-08

210 finished.

### **BERLIN HALF MARATHON 3-4-11.**

On the latest Harriers trip, seven Harriers ran one of the flattish half marathons in Europe, with Dave Preece first home in 1-45-32, fast times were difficult because there was over 20,000 runners, Chris Ross ran with Jill with a broken toe after kicking there new bed, Frank finished about 30 minutes in front of Sarah, but chip time meant Sarah finished just 2 seconds ahead.

2,941 <sup>st</sup> Dave Preece	1-45-32	6,735 <sup>th</sup> Brian Langston	1-59-11
5,035 <sup>th</sup> John Finney	1-53-38	3,745 <sup>th</sup> Sarah Johnson	2-19-38
6.424 <sup>th</sup> Chris Ross	1-58-16	11,363 <sup>rd</sup> Frank Evans	2-19-40
1,049 <sup>th</sup> Jill Ross	1-58-16	13,872 men finished 6,364 ladies finished.	

**NEWCASTLE SEVEN 10-4-11, 4<sup>TH</sup> NSRRA EVENT, 6<sup>TH</sup> HARRIERS CHALLENGE**

On a beautiful warm sunny morning, thirty two Harriers tackled the fairly tough seven miler around the old Silverdale coal pit, with long steady uphill called black bank, from one mile to three miles.

First home was Paul Douglas 2<sup>nd</sup> M55, and Chris Skellern was 1<sup>st</sup> L45 were only prize winners.

27 <sup>th</sup> Paul	Douglas	44-37	2 <sup>nd</sup> M55	186 <sup>th</sup> Mike	Jones	60-25
28 <sup>th</sup> Ian	Talbot	44-42		188 <sup>th</sup> John	Greatholder	60-43
40 <sup>th</sup> Mark	Bridgwood	46-46		197 <sup>th</sup> Bill	Whitworth	62-15
62 <sup>nd</sup> Mark	Bentley	48-53		198 <sup>th</sup> Karen	Murray	62-21
63 <sup>rd</sup> Chris	Skellern	48-58	1 <sup>st</sup> L45	199 <sup>th</sup> Karen	Sabin	62-38
70 <sup>th</sup> Mark	Eccleston	49-28		200 <sup>th</sup> Shaun	Holt	62-50
95 <sup>th</sup> Neil	Martin	51-39		209 <sup>th</sup> Tony	Baker	64-15
99 <sup>th</sup> Ruth	Umerah	51-57		221 <sup>st</sup> Sally	Liggins	66-25
110 <sup>th</sup> Steve	Turner	52-39		223 <sup>rd</sup> Mike	Moore	66-58
122 <sup>nd</sup> Steve	Cooper	53-24		224 <sup>th</sup> Sarah	Johnson	66-58
123 <sup>rd</sup> Darren	Mattocks	53-25		225 <sup>th</sup> Tom	Rogers	67-01
146 <sup>th</sup> Craig	Baxter	55-42		237 <sup>th</sup> Sara	Broome	68-38
151 <sup>st</sup> Ralph	Wedlock	56-21		247 <sup>th</sup> Denise	Rogers	71-07
162 <sup>nd</sup> Esther	Hughes	57-37		248 <sup>th</sup> Allison	Kelly	71-18
175 <sup>th</sup> Lisa	Percox	59-00		257 <sup>th</sup> Helen	Holt	74-27
178 <sup>th</sup> Karen D	Murray	59-15		267 <sup>th</sup> Frank	Grant	77-49

274 finished.

**GREAT WELSH MARATHON LLANELLI 10-4-11.**

James Thorpe tackled the Great Welsh marathon, and had a great run knocking over 70 minutes off his PB.

191<sup>st</sup> James Thorpe 3-59-18 PB 375 finished.

**BRIGHTON MARATHON 10-4-11.**

Two Harriers travelled down to the south coast, to run the Brighton marathon, which is a race setup last year to take rejects from the London marathon, with some success nearly 8000 finishers.

Wayne Vaughan running his first marathon, managed a creditable 3-55-28, with Eddie Smith running his first marathon over 4 hours.

1,451<sup>st</sup> Wayne Vaughan 3-55-28 2,152<sup>nd</sup> Eddie Smith 4-02-35  
7,802 finished.