

## **AUTUMN EDITION 2008.**

### **CROSS COUNTRY RACES FOR 2008/09.**



Quite a few members were dismayed, at the number of Harriers running cross country, Paul Douglas produced a article which was put in the last Harrier, about this problem.

It has been discussed at committee at great length, and the conclusion we have come to, is that we need to get as many Harriers running cross country as possible, what ever standard, and to help the team managers to get out the strongest team possible, we have put a sheet in the front of Mark Bentley's folder, for Harriers to put their names down who would be prepared to run some cross country, so that Tracey and Ed will know who is prepared to run.

**The thing about cross country is that you do not have to be a counter, to help the club, by running; you will probably push a runner from another club down the field, making their points score higher.**

**Dates for you diary are, 4<sup>th</sup> October Newcastle Lyme Valley, 18<sup>th</sup> October Park hall country park, 25<sup>th</sup> October Sennelly's park Birmingham, 1<sup>st</sup> November National ECCA Cross Country relay's Mansfield, 15<sup>th</sup> November Stafford common, 6<sup>th</sup> December Droitwich Worc, 13<sup>th</sup> December Westwood high school, 10<sup>th</sup> January Staffs county Champs Sandwell, 17<sup>th</sup> January Nuneaton Warks, 24<sup>th</sup> January Midland Champs Mansfield, 14<sup>th</sup> February Stafford common and the National cross country Parliament hill.**

**CROSS COUNTRY ON STAFFORD COMMON NOVEMBER 15<sup>TH</sup>.** Unfortunately quite a few Harriers that normally set the course up, will be in Cuba, so I'm looking for volunteers to help Graham Allen. Especially taking charge of the tent, gas and boiler for Jackie Grant to do the catering, stakes, marshalling bibs from out of my greenhouse. We will need Harriers to help on the car parking, setting up and taking down the course, and marshals around the course. So please see me or Graham Allen, so we can see we have enough people to cope, thanks in advance.

**ROAD RACE CHALLENGE.** Two races left, the Flying Fox 10 on 4<sup>th</sup> November, Wheaton Aston 10k on 27<sup>th</sup> December. Enter early, forms are out. For next years challenge, it has been suggested, that we have the top 10 races, but add two new races; how we choose these I'm not sure, your views please. This will have to be sorted by Christmas.

**Christmas Disco 2008.** Will be held on Friday night December 27<sup>th</sup> 8pm, a light buffet and disco provided. The venue this year is ST Leonard Sports and Social Club with the bar closing at 11-30pm, cost £5 payable on the night, raffle prizes are welcome.

## **TRAINING INFORMATION.**

**Back to the winter runs, which means we expect all Harriers on all evening runs, to wear a fluorescent bib, or at least a white tee shirt, don't put us in the embarrassing position of telling any runner, that they can't run.**

**We now run on four nights, which are, Monday night start 6pm Rowley park, a beginner's night, 45min to 50 min, Tuesday and Thursday club nights, meet at ST. Leonards 6pm run at 6-15pm, 1hr to 1hr 30min, and Friday night 6pm, at ST Leonards run 45min.**

**On most Sundays we have runs, starting 9am, Cannock chase. Medium runs, from Marquis Drive - check with Chris Skellern or Brian Langston that they are meeting. Longer runs from car park above Sister Dora's on the Brocton Road out of Milford - check with Ed Smith that they are meeting. Also, from Castlefields and Burton Manor for a road run of 90 minutes upwards - check with Mike Jones to see if we are meeting and from where, ring 01785 600108.**

**STAFFS KNOT 2008. Another very successful night. At 7pm we sold our 500<sup>th</sup> entry, so next year there will be no entries on the night. Every thing on the night went well, but as usual anything that you think could be made to make the night better, please tell any committee member.**

**And a big thank you to all those that helped out, without you the race would not take place.**

**NORTH STAFFS ROAD RUNNERS LEAGUES. This year the North Staffs Road Runners presentation evening will be held at the M R I social club, on Friday night January 18<sup>th</sup>, 7-30 for 8pm, price £6, so come along and have a good night, and see what you can achieve by joining the NSRRA, you don't have to be a member to go to the presentation evening.**

**This year we did not do very well in the ability leagues, with Mike Saint-Dunn, likely to finish in third place in Group B if he does Flying Fox 10.**

**In group W, Karen D Murray, has done very well in her first year winning the group with 599 points one point short of the maximum.**

**In the age group leagues, we have done very well, with ten Harriers with a chance of a trophy, going in to the last race, the Flying Fox 10 miles.**

**Age group 16-39, Mike Saint-Dunn might sneak 3<sup>rd</sup> place.**

**Age group 50-54, Dave Preece, will finish 3<sup>rd</sup> if he beats Mike Cutler.**

**Age group 55-59, Paul Douglas with maximum 600 points takes 1<sup>st</sup> place, Eddie Smith is assured of 2<sup>nd</sup> place trophy.**

**Age group 60-64, Pete Sarson takes 1<sup>st</sup> place with 599 points, but can get 600 points if he wins Flying Fox 10.**

**Age group 35-39, I'm sure Rebecca Bostock will be surprised to find she has won 3<sup>rd</sup> place trophy, by just running 7 races.**

**Age group 40-44, Karen Davies will win 3<sup>rd</sup> place, if she runs Flying Fox 10.**

**Age group 45-49, Chris Skellern takes 1<sup>st</sup> place with Maximum 600 points.**

**Age group 55-59, Judith Colman is assured of 2<sup>nd</sup> place, but will get 1<sup>st</sup> place if Pam Davies does not run.**

**Any member that runs all twenty races, gets a prize for achieving this difficult task. You have to run all the races, from the shortest race, the Cheadle 4, to the Wolverhampton marathon 26.2miles. Only eight out of over three hundred members, have achieved that this year, so you have to be very determined or mad, or both. This year we have a Harrier that has achieved this Herculean task, and this is Judith Colman, well done Judith.**

**In the team competition, the ladies lead by a short head - see separate sheet - but I think they will finish second.**

**Annual Dinner and A. G. M. 2009.**

**A. G. M. will be held on Tuesday evening after training on January 20<sup>th</sup>.**

**The Annual dinner again this year will be held at the Polish club on Friday February 27<sup>th</sup>, and after last year good attendance, we are holding the price at £10 for all.**

**Calendars for 2009.**

**Will be available again this Christmas, Pete requires as many dates of races, to put in the calendar, list will appear later in the year for Harriers to order.**

**London marathon 2009.**

**You should all know if you are in next years London marathon, the draw for the four club places will be held at the Christmas disco on December 27<sup>th</sup>, so if you want to be included in the draw, we need your rejection letter, so please give them to me or any committee member, County Staff club are again running one and two night trips to London, booking forms are in Mark Bentley's folder.**

**WEBSITE.**

**Pete Sarson has taken over control of the web site, and what a good job he is doing. This Harrier is on the web site, so you can down load it, plus the challenges are regular updated, the race diary goes directly to the web site to get race entries, and much more.**

**The site address is [wwwstaffordharriers.org](http://www.staffordharriers.org), so give it a go.**

## **WINTER TRAINING RUNS AND SPEED SESSION 2008/9**

**ROUTE ONE.** ST. Leonards, up Wolverhampton road to park street, down Friars road, Newport road, past station, Chell road, Foregate, Eccleshall road, Crab lane, Stone road, Rowley street, Marston road, past Rangers, Corporation street backs, Weston road, Hatherton street, Fairway, ST. Leonards. Total 7m

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

**ROUTE TWO.** ST. Leonards, Lichfield road, Baswich lane, Porlock Avenue, Stockton lane, Hillcroft Avenue, Clevedon Avenue, Bream road, Mendip Avenue, Overhill road, Cannock road, Radford bank ST. Leonards, total 5.25 miles.

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

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

**ROUTE THREE.** ST. Leonards, Fairway, Hatherton street, Weston road, Corporation street backs, Sandon road, Astonfields, Common road, Beaconside, Stone road, Co-operative street, Marston road, part Rangers, Sandon road, Corporation street, Prospect road, Tithe barn road, Westhead avenue, Weston road, Cull avenue, Tixall road, Dartmouth street , ST. Leonards. Total 6.9 mile

**SHORT RUN.** From Astonfields Common road, Marston road, Gaol road, Town centre, Lichfield road and down ST. Leonards and back to the club.

**ROUTE FOUR.** ST. Leonards, Lichfield road, Riverway, Weston road, Tixall road, Wolseley road, Avon Rise, Clifton Drive, Tixall road, Cull avenue, Weston road, Beaconside, Sandon road, Corporation street backs, Weston road, Hatherton street Fairway to ST. Leonards. Total 6.5 miles

**SHORT RUN.** From Cull Avenue Weston road, Westhead Avenue, and continue run.

**ROUTE FIVE.** ST. Leonards, Lichfield road, Radford bank, Cannock road, Overhill road, Mendip Avenue, Bream road, Clevedon Avenue, Hillcroft avenue, Stockton lane, Porlock Avenue, Yelverton Avenue, Tavistock road, Compton road, Shipston road, Danta Way, Fairview Way, Farmdown road, Baswich lane, Radford bank ST. Leonards. Total 6.6 miles.

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

**LONGER RUN.** Wildwood ring.

**ROUTE SIX.** ST. Leonards, Malt and Hops, Park street, Newport road, West Way, John Amery drive, Wolverhampton road, Gravel lane, through ST. Peters gardens, Rickerscote road, Silkmore lane, Queensville bridge, to club.

**SHORT RUN.** From West Way, Wolverhampton road, Rickerscote to the club.

**LONGER RUN.** Castlefields.

**ROUTE SEVEN.** Fairway, Dartmouth street, Tixall road, Cull avenue, Weston road, Westhead avenue, Tithe Barn road, Corporation street backs, Sandon road, past Rangers, Marston round, Rowley street, subway into Eccleshall road, Holmcroft road, Stone road, Co-operative street, Marston road, right Astonfields, Sandon road, Prospect road, Tithe barn road, Westhead avenue, Weston road, Cull avenue, Tixall road, Dartmouth street and back to the club. Total 6.2 miles.

**SHORT RUN.** Rowley Street and Corporation backs to the club.

**LONGER RUN.** Continue up Eccleshall road, right up Crab lane, left down Stone road.

**ROUTE EIGHT.** ST. Leonards, Silkmore lane, Wolverhampton road to Westway, Barnes road, Oxleathers pub, Sundown drive, Newport road, Friars road, Park street, Wolverhampton road, Lichfield road ST. Leonards avenue. 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.** Fairway, Hatherton Street, Weston road, Corporation street backs, Sandon road, past Rangers, Marston road, Rowley street, Stone road, Crab lane, Eccleshall road, Foregate, Chell road, Station road, Newport road, Friars road, Park street, Wolverhampton, Lichfield road, ST. Leonards to club.

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

**ROUTE TEN.** ST. Leonards, Radford bank, Cannock road, Overhill road, Mendip avenue, Bream road, Clevedon, Hillcroft avenue, Stockton lane, Porlock avenue, Baswich lane, Radford bank, ST. Leonards to club.

**SHORT RUN.** Left at Milford road.

**LONGER RUN.** Wildwood ring.

**ROUTE ELEVEN.** Fairway, Hatherton street, Weston road, Corporation street backs, Sandon road, Beaconside, Weston road, Cull avenue, Tixall road, Clifton drive, Avon rise, Wolseley road, Tixall road, Riverway, right Lichfield road, ST. Leonards to club.

**SHORT RUN.** From Cull Avenue right along Tixall road, down Dartmouth street.

**ROUTE TWELVE.** Fairway, Dartmouth street, Tixall road, Cull avenue, Weston road, Westhead avenue, Tithe barn road, Prospect road, Corporation street, Sandon road, past Rangers, Marston road, Co-operative street, Stone road, Beaconside, Common road, Astonfields, Sandon road, Corporation street backs, Weston road, Hatherton street, Fairway, back to the club.

**SHORT RUN.** End of Co-operative Street, Stone road through to town, Lichfield road to the club.

**ROUTE THIRTEEN.** ST Leonards, Radford bank, Baswich lane, Farmdown road, Fairview way, Danta way, Shipston road, Compton road, Tavistock road, Yelverton avenue, Porlock avenue, Stockton lane, Hillcroft avenue, Clevedon avenue, Bream road, Mendip avenue, Overhill road, Cannock road, Radford bank, ST. Leonards to club.

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

**LONGER RUN.** Wildwood ring.

**ROUTE FOURTEEN.** ST. Leonards Queensville bridge, Silkmore lane, Rickerscote road, ST. Peters gardens, Gravel lane, W'ton road, John Amery drive, Westway, Newport road, Lichfield road, into ST. Leonards back to club.

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

**LONGER RUN.** Castlefields estate.

**ROUTE FIFTEEN.** Fairway, Dartmouth street, Tixall road, Cull Avenue, Weston road, Beaconside, Sandon road, Astonfields, Marston road, Co-operative street, Stone road, Holmcroft road, Eccleshall road, Rowley street, Marston road, past Rangers, Sandon road, Corporation street backs, Weston road, Hatherton street, fairway back to the club.

**SHORT RUN.** From Marston road, past Jail through town, Lichfield road.

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

**ROUTE SIXTEEN.** ST. Leonards, Lichfield road, Wolverhampton road, Park Street, Friars road, Newport road, Sundown drive, Barnes road, Westway, Wolverhampton road, Silkmore lane, Queensville bridge, ST. Leonards back to club.

**Extra,** from Newport road, around Castlefields

## **WINTER TRAINING SESSIONS FOR TUESDAYS & THURSDAYS**

<b>TUESDAY 14<sup>TH</sup> OCTOBER.</b>	<b>ROUTE ONE.</b>
<b>SPEED SESSION.</b>	<b>3 X 1 MILES TECHNOLOGY PARK 2 lap.</b>
<b>THURSDAY 16<sup>TH</sup> OCTOBER.</b>	<b>ROUTE TWO.</b>
<b>TUESDAY 21<sup>ST</sup> OCTOBER.</b>	<b>SURPRISE, SURPRISE, ALL WILL DO SPEED SESSION.</b>
<b>THURSDAY 23<sup>RD</sup> OCTOBER.</b>	<b>ROUTE THREE.</b>
<b>TUESDAY 28<sup>TH</sup> OCTOBER.</b>	<b>ROUTE FOUR.</b>
<b>SPEED SESSION.</b>	<b>MARLBOROUGH AVENUE LOOP.</b>
<b>THURSDAY 30<sup>TH</sup> OCTOBER.</b>	<b>ROUTE FIVE.</b>
<b>TUESDAY 4<sup>TH</sup> NOVEMBER.</b>	<b>ROUTE SIX.</b>
<b>SPEED SESSION.</b>	<b>12 hills Avon rise.</b>
<b>THURSDAY 6<sup>TH</sup> NOVEMBER.</b>	<b>ROUTE SEVEN</b>
<b>TUESDAY 11<sup>TH</sup> NOVEMBER.</b>	<b>ROUTE EIGHT.</b>
<b>SPEED SESSION.</b>	<b>4 X 1200M ROWLEY BANK</b>
<b>THURSDAY 13<sup>TH</sup> NOVEMBER.</b>	<b>ROUTE NINE.</b>
<b>TUESDAY 18<sup>TH</sup> NOVEMBER.</b>	<b>SURPRISE, SURPRISE ALL DO SPEED SESSION.</b>
<b>THURSDAY 20<sup>TH</sup> NOVEMBER.</b>	<b>ROUTE TEN.</b>
<b>TUESDAY 25<sup>TH</sup> NOVEMBER.</b>	<b>ROUTE ELEVEN</b>
<b>SPEED SESSION</b>	<b>CASTLEFIELDS 12x400m @ Castlefields.</b>
<b>THURSDAY 27<sup>TH</sup> NOVEMBER.</b>	<b>ROUTE TWELVE</b>
<b>TUESDAY 2<sup>ND</sup> DECEMBER.</b>	<b>ROUTE THIRTEEN.</b>
<b>SPEED SESSION HILLS.</b>	<b>8 Hills @ Technology Park.</b>
<b>THURSDAY 4<sup>TH</sup> DECEMBER.</b>	<b>ROUTE FOURTEEN</b>
<b>TUESDAY 9<sup>TH</sup> DECEMBER.</b>	<b>ROUTE FIFTEEN</b>
<b>SPEED SESSION.</b>	<b>5 x 1000m @Castlefields 1 loop.</b>
<b>THURSDAY 11<sup>TH</sup> DECEMBER.</b>	<b>ROUTE SIXTEEN</b>
<b>TUESDAY 16<sup>TH</sup> DECEMBER.</b>	<b>SURPRISE, SURPRISE, ALL WILL DO SPEED SESSION.</b>
<b>THURSDAY 18<sup>TH</sup> DECEMBER.</b>	<b>ROUTE ONE</b>
<b>TUESDAY 23<sup>RD</sup> DECEMBER.</b>	<b>ROUTE TWO</b>
<b>SPEED SESSION HILLS.</b>	<b>4 X 1200 KNOWLE ROAD.</b>
<b>SUNDAY 21<sup>ST</sup> DECEMBER.</b>	<b>Christmas Handicap.</b>
<b>SATURDAY 27<sup>TH</sup> DECEMBER.</b>	<b>WHEATON ASTON 10K Enter Early.</b>
<b>THURSDAY 1<sup>ST</sup> JANUARY 2008.</b>	<b>Bare Wrist 5 miler 11-15 start.</b>
<b>TUESDAY 6<sup>TH</sup> JANUARY 2008.</b>	<b>ROUTE THREE.</b>
<b>SPEED SESSION</b>	<b>8 X 600M @ Castlefields to 2<sup>ND</sup> roundabout.</b>
<b>THURSDAY 8<sup>TH</sup> JANUARY 2008.</b>	<b>ROUTE FOUR.</b>

**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.**

**WE HAVE FOUR BACK MARKER VESTS, PLEASE KEEP THEM SAFE, AND IF YOU HAVE IT AND ARE NOT COMING TO THE NEXT TRAINING RUN GIVE IT TO A HARRIER THAT IS.**

## **RACE REPORTS.**

### **Man v Horse Marathon**

#### **Llanwrtyd Wells**

**14/06/08**

***By Mark Bentley***

The annual pilgrimage to Llanwrtyd Wells took place this year on a bright, sunny June weekend, with most of us arriving on the Friday evening, in time for a quick pint at the Stonecroft Inn before moving on to the Neuadd Arms for the free pasta meal. Pete Burns was also down for the weekend in his capacity as official Harrier photographer, as were Mick and Carol Jones and Joan Preece to lend vocal support to us at various points on the route. Most of us were roomed at the Llwyn Celyn guesthouse, the rest of us being variously roomed at the Stonecroft, Neuadd Arms, and other guesthouses.

After the Neuadd Arms it was off to our favourite hostelry, the Belle Vue, just around the corner. The new owners have certainly made their mark since they arrived last summer, the place having been completely refurbished and looking all the better for it. They've even got decking with seats and parasols on it outside now. We stayed until chucking-out time, and made our way home, suitably well-oiled, to bed, in preparation for the big task ahead in the morning.

Saturday arrived, cool and bright, and after the traditional Full Welsh Breakfast, it was down to registration to collect our numbers and tags. So, on to the race, and the sun stayed out but it was cooler than I expected. I decided to take it steady at the start and it paid off handsomely later in the race. Virtually everyone was walking up the first hill at 1 mile; only the foolhardy would try to run up it. There are about four more hills around the course where it's best to walk, and save your energy for the downhill stretches.

I was running slightly behind Dave Preece, Mark Thompson and Eddie Smith for about the first 6 miles, when the first horses started to come past us. I managed to get past Dave, Eddie, and Mark on the stony bridle path up to the open heathland at the top of the bank. I pulled away on the open heathland and did the steep descent to the River Irfon on the other side quite fast. Mick and Carol were there to greet me at the river, Mick announcing that Eddie wasn't far behind.

I took an energy gel at the first checkpoint and decided to press on steadily to the highest point on the course. On reaching the highest point, disaster struck as I dropped my remaining tags on the ground. Having picked them all up and attached them securely to the bracelet, I soon made up for lost time, the energy gel starting to kick in, as I raced across the open moorland to the halfway mark.

I was feeling rather good now, as I sped on across rough tracks and into the forest section to the next checkpoint at 14 miles where various Harriers cheered me on. I could see no other Harriers following me at this point so I knew I'd pulled ahead. I got the second energy gel down my neck along with some water and prepared to assault the last major hill of the race.

Even the runners ahead of me were walking up that hill, and I did likewise, saving my energy for when I reached the top then letting myself power down the other side to the stream. Through the stream I went, with the last 3 miles clearly in sight now, some more downhill stretches with muddy paths until I reached the main road and the water station at the Cambrian Woollen Mill.

Still no other Harriers in sight. "Good", I thought, "at least I'll be first Harrier home!" I took a right into a large field and ploughed on the best I could; my legs were feeling tired now but I did pass a load of people who were now walking. By the time I had reached the top corner of the field there were just over 2 miles to go and I started to feel good again despite the rocky path ahead, followed by some more mud. After the mud, the finish was in sight, I could hear the cheers, and soon I hit the final glorious downhill stretch to the River Irfon.

Pete, Mick, Carol and Joan were all there to greet me and cheer me on to the finish, and this year I didn't fall over in the river! Once out of the river, a final sprint to the finish saw that I was first Harrier home in 3:17, with time to spare as Eddie Smith was next in with a time of 3:24.

He was followed closely by Mark Thompson, then Steve Turner whose calves had been giving him agony. Steve had to lie down in the river at the end to ease the pain and was helped to his feet by Mark Thompson, who ensured he made the final few hundred yards to the finish line.

Next came Dave Preece, who later told me he'd been troubled by back pain throughout the race. John Greatholder and Ralph Wedlock were next in, obviously running as a team, followed by Kevin Jackson who literally threw himself over the finish line in order to break 4 hours (only just!). Bringing up the rear was Tony Baker in 4:29. Harrier's times and positions are given below;

77 <sup>th</sup>	Mark Bentley	3:17:27
97 <sup>th</sup>	Eddie Smith	3:24:40
108 <sup>th</sup>	Mark Thompson	3:26:39
139 <sup>th</sup>	Steve Turner	3:38:32
154 <sup>th</sup>	Dave Preece	3:43:19
174 <sup>th</sup>	John Greatholder	3:53:12
175 <sup>th</sup>	Ralph Wedlock	3:53:13
190 <sup>th</sup>	Kevin Jackson	3:59:58
233 <sup>rd</sup>	Tony Baker	4:29:26

The Horse beat the Man (again) this year, but it was a close-run thing- Dukes Touch of Fun ridden by Geoffrey Allen was home in 2:18:13, just 30 seconds ahead of first individual runner John Farlane of Thames Hare & Hounds in 2:18:43.

After the usual lounging around and soaking up the atmosphere at the finish, it was a short stroll down the hill from Victoria Wells to the Llwyn Celyn for a well-earned shower. When everyone else was ready, we headed down to the beer garden at the Stonecroft for the customary post-race get-together, then on to the Belle Vue for our evening meal.

Several drinks later, in the bar at the Belle Vue, things were starting to turn ugly between two local lads. Steve Turner, who'd had one Magners-on-ice too many, was laughing and cheering them on! For his safety and our safety we managed to calm him down- the last thing we wanted was to be embroiled in a fight with the locals. Fortunately two more locals stepped in and calmed things down between the pair before things could turn nastier.

Dave & Joan, Mick & Carol and Pete decided to have an early night, so Mark, Steve, Eddie and myself headed to catch the live band at the Neuadd Arms. Here, we were joined by Tony and Ralph and several other runners joining in the post-race celebrations. The small dance floor was packed solid and literally flexing up and down as we bopped around to the 3-piece band. Stereophonics eat your heart out! One particularly spirited local had his own take on stage-diving, except he didn't dive at the stage but down the stairs to the underground toilet!

All the local characters were out in force, including Linda the Dwarf who took quite a shine to Tony Baker last year. I remember getting into a conversation with a woman who thought I was South African. Since when does 'Stafford' sound like 'South Africa'?

The locals then got into singing Welsh rugby songs such as 'Bread of Heaven', which we replied to with 'Swing Low Sweet Chariot' and others in a spot of good-natured rivalry, carrying on until it was time to go. A great end to a great weekend.

#### **CITY PARKS 5K SERIES**

		<b>Longton</b>	<b>Tunstall</b>	<b>Fenton</b>	<b>Hanley</b>	<b>overall.</b>
Dave	Marsden	56 <sup>th</sup> 20-00	42 <sup>nd</sup> 19-51	46 <sup>th</sup> 20-15	46 <sup>th</sup> 20-01	2 <sup>nd</sup> M50
John	Leese	99 <sup>th</sup> 21-28	84 <sup>th</sup> 22-16	76 <sup>th</sup> 22-47	92 <sup>nd</sup> 23-18	2 <sup>nd</sup> M60
Kim	Preece				121 <sup>st</sup> 32-19	

## **STONE ST MICHAELS 10K 10<sup>TH</sup> NSRRA EVENT, 8<sup>TH</sup> ROAD RACE CHALLENGE.**

**22-6-08.**

Twenty Harriers this flat fast course, with Mike Saint-Dunn first home in 37-34, Paul Douglas 1<sup>st</sup> M55 and Pete Sarson 1<sup>st</sup> M60 next in.

Other good run came from Ruth Umerah 42-22 PB 2<sup>nd</sup> L40, Lucy Earnshaw 45-58 PB and Rebecca Bostock 55-40 PB.

26 <sup>th</sup> Mike	Saint-Dunn	37-34	170 <sup>th</sup> Eric	Lander	46-43
29 <sup>th</sup> Paul	Douglas	38-19 1 <sup>st</sup> M55	195 <sup>th</sup> Chris	Skellern	47-55
32 <sup>nd</sup> Pete	Sarson	38-38 1 <sup>st</sup> M60	212 <sup>th</sup> Dave	Cowley	48-48
77 <sup>th</sup> Dave	Marsden	41-33	245 <sup>th</sup> Jacko	Greatholder	50-55
85 <sup>th</sup> Ruth	Umerah	42-22 2 <sup>nd</sup> L40 PB	277 <sup>th</sup> Bill	Whitworth	52-36
110 <sup>th</sup> Mike	Harris	43-45	309 <sup>th</sup> Karen	D Murray	54-12
129 <sup>th</sup> Eddie	Smith	44-38	317 <sup>th</sup> Tony	Baker	54-51
148 <sup>th</sup> Bernard	Wilkes	45-23	325 <sup>th</sup> Rebecca	Bostock	55-40 PB
156 <sup>th</sup> Ian	Spencer	45-55	346 <sup>th</sup> Mike	Jones	57-05
157 <sup>th</sup> Lucy	Earnshaw	45-58 PB	385 <sup>th</sup> Judith	Colman	63-53

**408 Finished.**

## **BERRYHILL 10K 11<sup>TH</sup> NSRRA EVENT.**

**1-7-08.**

Fifteen Harriers travelled to Berryhill to run a 10K which is completely off road, on a night which started with a heavy downpour just before the start, with Mike Saint-Dunn still having a good run over a demanding course in a time of 40-18.

Other good runs came from Pete Sarson 1<sup>st</sup> M60, Keith Skelton 42-35 and Chris Skellern 2<sup>nd</sup> L45.

21 <sup>st</sup> Mike	Saint-Dunn	40-18	106 <sup>th</sup> Sara	Connor	49-35
34 <sup>th</sup> Pete	Sarson	42-19 1 <sup>st</sup> M60	119 <sup>th</sup> Graham	Williams	50-48
37 <sup>th</sup> Keith	Skelton	42-35	124 <sup>th</sup> Lew	Badger	52-45
48 <sup>th</sup> Mark	Bentley	44-02	138 <sup>th</sup> Karen	D Murray	56-26
78 <sup>th</sup> Eddie	Smith	46-53	146 <sup>th</sup> Bill	Whitworth	57-58
79 <sup>th</sup> Dave	Preece	47-10	151 <sup>st</sup> Jackie	Nowell	59-09
81 <sup>st</sup> Bernard	Wilkes	47-11	164 <sup>th</sup> Judith	Colman	65-11
102 <sup>nd</sup> Chris	Skellern	48-46 2 <sup>nd</sup> L45	166 Finished.		

## **SHIFNAL STEEPLECHASE HALF MARATHON.**

**6-7-08.**

Fourteen travelled to Shifnal to run this very enjoyable half, with Tom Hobbins having a very good run, finishing in 12<sup>th</sup> place in a time 1-24-06.

This is not a PB course, so when two of our ladies getting PB'S, makes there runs even better, firstly Sara Connor (Houlton) running a good time of 1-49-04, and Sally Burns run, in getting under 2hours for the first time, was the more remarkable, and her time was helped, by Brian Langston, who ran with Sally all the way round.

12 <sup>th</sup> Tom	Hobbins	1-24-06	116 <sup>th</sup> Lew	Badger	1-54-00
47 <sup>th</sup> George	Fox	1-36-50	123 <sup>rd</sup> Graham	Williams	1-57-28
55 <sup>th</sup> Mark	Bentley	1-38-32	128 <sup>th</sup> Brian	Langston	1-59-35
66 <sup>th</sup> Bernard	Wilkes	1-42-26	129 <sup>th</sup> Sally	Burns	1-59-35 PB
86 <sup>th</sup> Michael	Harris	1-45-54	160 <sup>th</sup> Frank	Grant	2-11-27
99 <sup>th</sup> Chris	Skellern	1-47-55	161 <sup>st</sup> Karen	D Murray	2-11-43
106 <sup>th</sup> Sara	Connor	1-49-04 PB	162 <sup>nd</sup> Mike	Moore	2-11-53

183 FINISHED.

## **WYE FOREST HALF MARATHON.**

**13-7-08.**

Jane Bisiker was the lone Harrier to take on the Wye forest half, running a time of 1-59-35, 7<sup>th</sup> L45, and 289 finished.

## **CHEADLE 4 MILES, 12<sup>TH</sup> NSRRA EVENT, 9<sup>TH</sup> ROAD CHALLENGE.**

**13-7-07.**

A good turnout of Harriers, to run this hard 4 mile race, with Paul Douglas running a fast time of 25-00 2<sup>nd</sup> M55, with Pete Sarson not far behind 25-59 1<sup>st</sup> M60, next Harrier was Ruth Umerah 1<sup>st</sup> L40.

Other good runs came from Gareth Paddock 28-17, Chris Skellern 2<sup>nd</sup> L45 and Lucy Earnshaw 30-56.

27 <sup>th</sup> Paul	Douglas	25-00 2 <sup>nd</sup> M55	138 <sup>th</sup> Graham	Williams	31-32
44 <sup>th</sup> Pete	Sarson	25-59 1 <sup>st</sup> M60	139 <sup>th</sup> Eric	Lander	31-35
66 <sup>th</sup> Ruth	Umerah	27-36 1 <sup>st</sup> L40	153 <sup>rd</sup> Lew	Badger	32-17
79 <sup>th</sup> Mark	Bentley	28-11	154 <sup>th</sup> Dave	Cowley	32-27
81 <sup>st</sup> Gareth	Paddock	28-17	160 <sup>th</sup> Tony	Baker	33-02
101 <sup>st</sup> Dave	Preece	29-11	161 <sup>st</sup> Karen	Davies	33-06
107 <sup>th</sup> Jason	Littlewood	29-27	179 <sup>th</sup> Karen D	Murray	35-06
110 <sup>th</sup> Bernard	Wilkes	29-30	182 <sup>nd</sup> Bill	Whitworth	35-39
112 <sup>th</sup> Chris	Skellern	29-32 2 <sup>nd</sup> L45	192 <sup>nd</sup> Rebecca	Bostock	37-14
115 <sup>th</sup> Eddie	Smith	29-51	202 <sup>nd</sup> Gillian	Cauldwell	39-39
130 <sup>th</sup> Lucy	Earnshaw	30-56	203 <sup>rd</sup> Judith	Colman	40-18

214 finished.

## **JCB LAKESIDE 5 MILES.**

**17-7-08.**

Eight Harriers tackled this popular mid week race, with Pete Sarson just ahead of Steve Littlewood, with Tim Hough next in, in a PB time of 34-53.

40 <sup>th</sup> Pete	Sarson	33-15	117 <sup>th</sup> Chris	Skellern	37-51
50 <sup>th</sup> Steve	Littlewood	33-57	150 <sup>th</sup> Graham	Williams	39-16
70 <sup>th</sup> Tim	Hough	34-53 PB	169 <sup>th</sup> Brian	Langston	39-52
93 <sup>rd</sup> Rob	Proctor	36-27	265 <sup>th</sup> Frank	Grant	46-52

321 finished.

## **CROWN CLASSIC 10K**

**17-7-08.**

Three of our fastest Harriers, traveled to Dawley Telford, with Tom Hobbins finishing in 6<sup>th</sup> in a PB time of 36-49.

6 <sup>th</sup> Tom	Hobbins	36-49 PB	25 <sup>th</sup> Keith	Skelton	42-26
23 <sup>rd</sup> Michael	Down	40-44	125 finished.		

## **TRENTHAM 10 MILES 13<sup>TH</sup> NSRRA EVENT, 10<sup>TH</sup> ROAD CHALLENGE.**

**20-7-08.**

Another good turnout, with Paul Douglas first Harrier, in a very good time of 64-03 and 1<sup>st</sup> M55, minute behind Paul, was Pete Sarson 1<sup>st</sup> M60.

Other good runs came from, Kirsty Stephenson 63-25, Robert Proctor in a PB time 76-44, Chris Skellern 4<sup>th</sup> L45 and Karen Davies in a PB time of 83-33.

27 <sup>th</sup> Paul	Douglas	1-04-03 1 <sup>st</sup> M55	163 <sup>rd</sup> Ralph	Wedlock	1-21-16
33 <sup>rd</sup> Pete	Sarson	1-05-16 1 <sup>st</sup> M60	177 <sup>th</sup> Graham	Williams	1-22-37
60 <sup>th</sup> Mark	Bentley	1-09-42	188 <sup>th</sup> Karen	Davies	1-23-33 PB
92 <sup>nd</sup> Kirsty	Stephenson	1-13-25	190 <sup>th</sup> Dave	Cowley	1-23-37
108 <sup>th</sup> Bernard	Wilkes	1-15-11	192 <sup>nd</sup> Tony	Baker	1-23-49
113 <sup>th</sup> Eddie	Smith	1-15-41	219 <sup>th</sup> Bill	Whitworth	1-28-35
122 <sup>nd</sup> Robert	Proctor	1-16-44 PB	228 <sup>th</sup> Karen D	Murray	1-31-12
126 <sup>th</sup> Chris	Skellern	1-17-00 4 <sup>th</sup> L45	251 <sup>st</sup> Judith	Colman	1-43-34
141 <sup>st</sup> Lucy	Earnshaw	1-18-50	256 <sup>th</sup> Gillian	Cauldwell	1-44-45
161 <sup>st</sup> Neil	Oldfield	1-21-04	256 finished.		

## **CHASEWATER CHALLENGE 10K, 7<sup>th</sup> OFF ROAD CHALLENGE.**

**20-7-08.**

Seven Harriers ran this off road 10K, with Dave Marsden first home in 42-47, with Justin Harrison getting a PB in a time of 51-00.

58 <sup>th</sup> Dave	Marsden	42-47	228 <sup>th</sup> Kim	Edwards	56-53
170 <sup>th</sup> Justin	Harrison	51-00 PB	232 <sup>nd</sup> Mike	Moore	57-17
207 <sup>th</sup> Karen	Murray	54-51	248 <sup>th</sup> John	Hateley	59-30
222 <sup>nd</sup> Sarah	Johnson	56-26	294 finished.		

## **INDIAN QUEEN HALF MARATHON.**

**3-8-08.**

Two Harriers must have got bored, while on holiday in Cornwall, they ran the local half marathon, both recording good times, because Cornwall is a very hilly county.

197 <sup>th</sup> Tim	Hough	1-43-24	242 <sup>nd</sup> Rob	Proctor	1-48-00
469 finished.					

## **STAFFS KNOT 2MILE FUN RUN.**

**13-8-08.**

Four Harriers ran this accurate 2 mile fun run, with Lauren Gee having a good run.

18 <sup>th</sup> Lauren	Gee	15-50	37 <sup>th</sup> James	Hough	19-02
36 <sup>th</sup> Sam	Hough	19-01	62 <sup>nd</sup> Cameron	Palmer	24-57
76 Finished.					

## **ULVERSTON SUMMER 10K.**

**13-8-08.**

Here are another two Harriers, running while on holiday, where Tom Hobbins persuaded Lydia to don her trainers, to tackle this 10K, with Tom running well to get a PB time of 35-03.

18 <sup>th</sup> Tom	Hobbins	35-03 PB	176 <sup>th</sup> Lydia	Atkins	52-46
227 finished.					

## **RACE THE TRAIN, 9<sup>TH</sup> OFF ROAD CHALLENGE**

**16-8-08.**

Race the train, is a tough off road race, where the challenge is to beat the train, the time you have to do this year, is sub 1-47-59, only 200 achieve this goal.

502 <sup>nd</sup> Ian	Spencer	2-09-55	552 <sup>nd</sup> Jane	Bisiker	2-14-57
508 <sup>th</sup> Kevin	Jackson	2-10-27	774 <sup>th</sup> Mike	Moore	2-45-43
522 <sup>nd</sup> John	Greatholder	2-11-17	787 <sup>th</sup> Frank	Grant	2-51-16
523 <sup>rd</sup> Karen	Davies	2-11-18	822 finished		

## **STAFFS KNOT 5 MILER, 8<sup>TH</sup> OFF ROAD CHALLENGE. 14<sup>TH</sup> NSRRA EVENT.**

**13-8-08.**

The Staffs Knot 5 miler, started out in 1987, as a ladies only race from MRI, moving to a open race the following year, in 1996 we moved to Marquis drive, not knowing how race numbers would fare, but over the next 13 years race numbers continued to grow, and then we did it, a full house of 500 runners entered, 469 finished, so next year, we will have no entries on the day.

The race was run in good conditions, cool a little rain wind light, perfect conditions for Tom Humphries to storm round in course record of 24-05, with Kate Burge on another come back, winning the ladies race in a time of 30-34 with Clair Newton 2<sup>nd</sup> in a time of 30-55.

Other good runs came from Paul Douglas 1<sup>st</sup> M55, Pete Sarson 1<sup>st</sup> M60, Jason Littlewood 35-19 PB, Darren Bathew 36-51 PB, Lucy Earnshaw 37-12 PB and Karen Murray 44-01 PB.

Full Harrier placings were:

6 <sup>th</sup> Chris	Hollinshead	26-49	279 <sup>th</sup> Justin	Harrison	40-47
22 <sup>nd</sup> Kate	Burge	30-34 1 <sup>st</sup> lady	279 <sup>th</sup> Jenny	Addison	40-47
28 <sup>th</sup> Clare	Newton	30-55 2 <sup>nd</sup> lady	281 <sup>st</sup> Jane	Bisiker	40-50 6 <sup>th</sup> L45
31 <sup>st</sup> Paul	Douglas	31-01 1 <sup>st</sup> M55	288 <sup>th</sup> Tony	Baker	41-06
46 <sup>th</sup> Pete	Sarson	31-42 1 <sup>st</sup> M60	293 <sup>rd</sup> Lew	Badger	41-12
70 <sup>th</sup> Chris	Ross	32-44 6 <sup>th</sup> M40	317 <sup>th</sup> Katy	Ralph	42-20 9 <sup>th</sup> L35
76 <sup>th</sup> Bob	Dredge	33-02 2 <sup>nd</sup> M50	320 <sup>th</sup> Lynn	Geoghegan	42-28
80 <sup>th</sup> Brian	Denham	33-20	321 <sup>st</sup> Stephen	Cochrane	42-30
86 <sup>th</sup> Steve	Littlewood	33-33 6 <sup>th</sup> M50	329 <sup>th</sup> Karen D	Murray	43-01 9 <sup>th</sup> L45
87 <sup>th</sup> Keith	Skelton	33-34 10 <sup>th</sup> M40	331 <sup>st</sup> Esther	Purdy	43-05
93 <sup>rd</sup> Malcolm	Mountford	33-39 7 <sup>th</sup> M50	335 <sup>th</sup> Lisa	Hawkins	43-20
107 <sup>th</sup> Dave	Marsden	34-18 10 <sup>th</sup> M50	348 <sup>th</sup> Karen	Murray	44-01 PB
127 <sup>th</sup> Ruth	Umerah	34-58 3 <sup>rd</sup> L40	356 <sup>th</sup> Bill	Whitworth	44-338 <sup>th</sup> M65
130 <sup>th</sup> Dave	Preece	35-05	361 <sup>st</sup> Dave	Stephens	44-54
136 <sup>th</sup> Jason	Littlewood	35-19 9 <sup>th</sup> U21PB	384 <sup>th</sup> Scott	Palmer	46-28
144 <sup>th</sup> Michael	French	35-41	390 <sup>th</sup> Frank	Grant	46-47
147 <sup>th</sup> Tim	Hough	35-48	401 <sup>st</sup> Amie	Mahal	47-46
156 <sup>th</sup> Kirsty	Stephenson	36-12	412 <sup>th</sup> Gwyneth	Stinson	48-53
158 <sup>th</sup> Eddie	Smith	36-14 4 <sup>th</sup> M55	419 <sup>th</sup> Joanne	Carson	49-46
170 <sup>th</sup> Helen	Finney	36-40	420 <sup>th</sup> Judith	Colman	50-00 7 <sup>th</sup> L55
174 <sup>th</sup> Darren	Bathew	36-51 PB	423 <sup>rd</sup> Gillian	Cauldwell	50-27 3 <sup>rd</sup> L60
176 <sup>th</sup> Chris	Skellern	36-53 2 <sup>nd</sup> L45	433 <sup>rd</sup> Chris	Howe	51-42
187 <sup>th</sup> Lucy	Earnshaw	37-12 PB	439 <sup>th</sup> Allison	Kelly	52-22 5 <sup>th</sup> L50
204 <sup>th</sup> Graham	Williams	37-40 10 <sup>th</sup> M60	456 <sup>th</sup> Andrew	Carter	55-07
232 <sup>nd</sup> Ralph	Wedlock	38-54	456 <sup>th</sup> Nicky	Walker	55-07
238 <sup>th</sup> Vicky	Lowndes	39-05 6 <sup>th</sup> L40	460 <sup>th</sup> Sara	Broome	55-57
246 <sup>th</sup> Simon	Awbery	39-25	461 <sup>st</sup> Kim	Price	55-17
259 <sup>th</sup> Karen	Davies	39-55 9 <sup>th</sup> L40		469 finished.	

### **WROXHAM 5KM.**

**20-8-08.**

The things runners will do when they are running well, Chris Hollinshead went all the way to Wroxham to run a 5K (just over 3miles), in a good time of 16-19 1<sup>st</sup> M40, where the hell is Wroxham.

### **LEEK HALF MARATHON, 15<sup>TH</sup> NSRRA EVENT.**

**24-8-08.**

Sixteen Harriers tackled this very hard Half, with Pete Sarson first home in a time of 1-30-09 1<sup>st</sup> M60, with other good runs from Keith Skelton 1-34-58, Ruth Umerah 3<sup>rd</sup> L40 and Chris Skellern 5<sup>th</sup> L45.

25 <sup>th</sup> Pete	Sarson	1-30-09 1 <sup>st</sup> M60	219 <sup>th</sup> Karen	Davies	1-54-56
54 <sup>th</sup> Keith	Skelton	1-34-58	237 <sup>th</sup> Lew	Badger	1-57-29
101 <sup>st</sup> Dave	Preece	1-42-40	269 <sup>th</sup> Bill	Whitworth	2-03-21
114 <sup>th</sup> Ruth	Umerah	1-43-43 3 <sup>rd</sup> L40	276 <sup>th</sup> Tony	Baker	2-04-45
153 <sup>rd</sup> Chris	Skellern	1-48-51 5 <sup>th</sup> L45	307 <sup>th</sup> Frank	Grant	2-16-07
158 <sup>th</sup> Bernard	Wilkes	1-49-10	321 <sup>st</sup> David	Trevor	2-22-24
184 <sup>th</sup> Ralph	Wedlock	1-51-49	335 <sup>th</sup> Judith	Colman	2-30-56
188 <sup>th</sup> Graham	Williams	1-52-10	336 <sup>th</sup> John	Hateley	2-33-26
		342 finished.			

### **OLDBURY 10 MILES.**

**31-8-08.**

Chris Hollinshead, again proved that he is running well, with a PB time of 55-17, finishing in 2<sup>nd</sup> place, and 1<sup>st</sup> M40 out of 439 finisher's.

### **BELVEDERE 10K.**

**31-8-08.**

Pete Sarson ran a sub forty minute 10K, finishing 1<sup>st</sup> M60, with Natalie Mountford the only other Harrier running.

19<sup>th</sup> Pete Sarson 39-13 1<sup>st</sup> M60 154<sup>th</sup> Natalie Mountford 56-22.

### **WOLVERHAMPTON MARATHON, 16<sup>TH</sup> NSRRA EVENT.**

**7-9-08.**

Just six Harriers tackled this two lap marathon, with Paul Douglas just failing to break 3hr's, with Mike Saint-Dunn making his marathon debut, with a very good run of 3-02-33.

Next in was Chris Ross, just breaking 3hr 30min, with Bernard Wilkes running a solid 3-41, also running was Karen Davies 4-13 4<sup>th</sup> L40, and last Harriers but not least was Judith Colman, running a sixteenth North Staffs race, finishing in a PB time of 5-24-40, knocking over 30 minutes off here PB, and was 2<sup>nd</sup> L55, and got a gold medal in Staffs marathon championships.

19<sup>th</sup> Paul Douglas 3-01-29 1<sup>st</sup> M55 103<sup>rd</sup> Bernard Wilkes 3-41-31  
24<sup>th</sup> Mike Saint-Dunn 3-02-33 180<sup>th</sup> Karen Davies 4-13-17 4<sup>th</sup> L40  
72<sup>nd</sup> Chris Ross 3-29-32 280<sup>th</sup> Judith Colman 5-24-40 2<sup>nd</sup> L55  
293 FINISHED.

### **WOLVERHAMPTON HALF MARATHON.**

**7-9-08.**

Three harriers ran this popular half, with Michelle Rushton-Fox who has joined us as second claim, running a good 1-37-50 6<sup>th</sup> lady, just behind was Ruth Umerah 1<sup>st</sup> L40, with John Hateley our third runner.

145<sup>th</sup> Michelle Rushton-Fox 1-37-50 6<sup>th</sup> lady 1097<sup>th</sup> John Hateley 2-25-47  
166<sup>th</sup> Ruth Umerah 1-38-59 1<sup>st</sup> L40 1261 finished

### **LICHFIELD 10K.**

**7-9-09.**

Nine Harriers ran this well run and popular race, with Pete Sarson the only Harrier to break 40 minutes, finishing 1<sup>st</sup> M55, next Harriers was Kirsty Stephenson in a good time of 44-42 13<sup>th</sup> lady, next was Chris Skellern 5<sup>th</sup> L45, Liz Stanyer also had a good run, getting a PB time of 53-21.

45<sup>th</sup> Pete Sarson 39-11 1<sup>st</sup> M55 414<sup>th</sup> Natalie Mountford 53-41  
127<sup>th</sup> Kirsty Stephenson 44-12 13<sup>th</sup> lady 605<sup>th</sup> David Trevor 1-00-36  
182<sup>nd</sup> Chris Skellern 46-41 5<sup>th</sup> L45 702<sup>nd</sup> Allison Kelly 1-07-30  
246<sup>th</sup> Eric Lander 48-46 703<sup>rd</sup> Sara Broome 1-07-37  
402<sup>nd</sup> Liz Stanyer 53-21 PB 754 finished.

### **GAWSWORTH 10K 14-9-08.**

It is good to see Kate Burge back running races again, and getting a good result, finishing 10<sup>th</sup> overall, and 2<sup>nd</sup> lady, in a time of 40-21, 332 finished.

### **NOTTINGHAM MARATHON. 14-9-08.**

Two Harriers ran the Nottingham marathon, with Keith Skelton running in 315<sup>th</sup> place in a time of 3-39-47 and John Finney in 492<sup>nd</sup> in a time of 3-56-34, 1128 finished.

## **55<sup>th</sup> PETE HODGETTS HANDICAP.**

**11-9-08.**

A good turnout of Harriers, it was nice to see some Monday nighters giving a go, and they seemed to enjoy it.

Jason Littlewood showed his improved form, after knocking over minute off his PB in the Staffs Knot, he won this handicap by 52 seconds from Karen D Murray who ran a PB time 33-07.

Colin Mitchell all so ran a PB of 36-49, just a reminder, you have to run a handicap to get a handicap time to win it, this applies to Harriers who have run it in the past, but have not run it in the last two years, you have to run again to get a handicap time.

1 <sup>st</sup> Jason Littlewood	43-45	16m	27-45	PB	17M
2 <sup>ND</sup> Dave Banner	43-53	6m	37-53	1 <sup>st</sup> time	8.45m
3 <sup>rd</sup> Katy Ralph	44-05	11m	33-05	1 <sup>st</sup> time	13.30m
4 <sup>th</sup> Karen D Murray	44-07	11m	33-07	PB	11.45m
5 <sup>th</sup> Jenny Addison	44-54	13.5m	31.24		14.30m
6 <sup>th</sup> Andrew Carter	45-13	3.5m	41.43	1 <sup>st</sup> time	4.30m
7 <sup>th</sup> Steve Littlewood	45-46	20.5m	25-16		20.15m
8 <sup>th</sup> Colin Mitchell	45-49	9m	36-49	PB	9.30m
9 <sup>th</sup> Tom Hobbins	45-55	22.5m	23.25		23m
10 <sup>th</sup> Chris Skellern	46-00	16m	30-00		15.45m
11 <sup>th</sup> Mark Bentley	46-02	18m	28-02		18m
12 <sup>th</sup> Esther Purdy	46-05	13.5m	32.35	1 <sup>st</sup> time	14m
13 <sup>th</sup> Mike Jones	46-17	6m	40-17		13.30m
14 <sup>th</sup> Eddie Smith	46-40	17m	29-40		16.45m
15 <sup>th</sup> Nigel Addison	46-45	17m	29-45		17m
16 <sup>th</sup> Sara Broome	46-51	3.5m	43-21		3.15m
17 <sup>th</sup> Lydia Atkins	46-53	15m	31-53		15m
18 <sup>th</sup> John Leese	46-56	16.5m	30-26		16.15m
19 <sup>th</sup> Chris Ross	47-05	21.5m	25-35		21m
20 <sup>th</sup> Graham Williams	47-29	14.5m	32-59		14.30m
21 <sup>st</sup> Keith Skelton	48-32	21.5m	27-02		20.30m
22 <sup>nd</sup> Michael Harris	48-47	19m	29-47		18.30m
23 <sup>rd</sup> Lew Badger	50-25	14m	36-25		12.30m
24 <sup>th</sup> Jill Ross	50-26	14.5m	35-36		13m
25 <sup>th</sup> Pete Burns	54-43	11m	43-43		13.15m

## **IPSTONES 5 MILES 17<sup>TH</sup> NSRRA EVENT.**

**13-9-08.**

Sixteen Harriers tackled this hard 5 miler, with myself running a race for the first time in three months, Chris Ross is coming back into form, with a good run of 32-28, Mark Bentley finished one minute ahead of Dave Preece.

Other good runs came from Lucy Earnshaw just 15sec ahead of Chris Skellern, Karen Davies and Karen D Murray both getting good points for the North Staffs team total, although Karen Murray made the run a lot harder, by taking a tumble right at the start, although grazing her leg and hands, in true harrier style, picked herself up and completed the race, then promptly felt groggy, with the first aiders putting her on oxygen, she soon recovered.

19 <sup>th</sup> Chris Ross	32-38	100 <sup>th</sup> Karen Davies	41-59	2 <sup>nd</sup> L40
51 <sup>st</sup> Mark Bentley	36-37	105 <sup>th</sup> Tony Baker	42-42	
59 <sup>th</sup> Dave Preece	37-39	127 <sup>th</sup> Jill Ross	46-54	4 <sup>th</sup> L40
68 <sup>th</sup> Eddie Smith	38-14	128 <sup>th</sup> Bill Whitworth	47-01	2 <sup>nd</sup> M65
75 <sup>th</sup> Lucy Earnshaw	39-12	129 <sup>th</sup> Karen D Murray	47-09	
78 <sup>th</sup> Chris Skellern	39-27	134 <sup>th</sup> Dave Cowley	49-28	
84 <sup>th</sup> Ralph Wedlock	40-01	136 <sup>th</sup> Mike Jones	52-30	
94 <sup>th</sup> John Leese	40-40	140 <sup>th</sup> Judith Colman	54-31	2 <sup>nd</sup> L55

144 Finished.

### **M.C.A.A. ROAD RELAY SUTTON PARK. 20-9-08.**

We managed to get out a ladies and men's team, in this popular relay around Sutton park, with the ladies doing very well against the top clubs from all around England, finishing 33<sup>rd</sup> team out of 60 teams, our men found it very tough, but still did well finishing 71<sup>st</sup> from 80 complete teams.

1 <sup>st</sup> leg Mike	Saint-Dunn	22-16	75 <sup>th</sup>	1 <sup>st</sup> leg Ruth	Umerah	18-11	41 <sup>st</sup>
2 <sup>nd</sup> leg Paul	Douglas	22-44	69 <sup>th</sup>	2 <sup>nd</sup> leg Lisa	Percox	17-57	33 <sup>rd</sup>
3 <sup>rd</sup> leg Mike	Harris	25-26	78 <sup>th</sup>	3 <sup>rd</sup> leg Esther	Purdy	20-31	43 <sup>rd</sup>
4 <sup>th</sup> leg Tom	Hobbins	21-20	68 <sup>th</sup>	4 <sup>th</sup> leg Chris	Skellern	19-23	33 <sup>rd</sup>
5 <sup>th</sup> leg Jason	Littlewood	25-39	69 <sup>th</sup>				
6 <sup>th</sup> leg Steve	Turner	25-52	71 <sup>st</sup>				

### **MEERBROOK 15K 18<sup>TH</sup> NSRRA EVENT. 21-9-08.**

Seventeen Harriers turn up to tackle this very hard 15K at Meerbrook, with two very long climbs, you have to be very fit to get a good time, which Mike Saint-Dunn certainly is, with a brilliant time of 64-59, over five minutes in front of Mark Bentley our next Harrier in.

Other good runs came from Chris Skellern 4<sup>th</sup> L45, Karen Davies 4<sup>th</sup> L40 and Judith Colman who has completed 18 out of 20 North Staffs road runner races, out of 300 runners in the North Staffs, very few complete all 20 races, this year there is just 8 with 2 races to go.

28 <sup>th</sup> Mike	Saint-Dunn	1-04-59	129 <sup>th</sup> Rob	Simpson	1-20-35
54 <sup>th</sup> Mark	Bentley	1-10-12	135 <sup>th</sup> Karen	Davies	1-21-37 4 <sup>th</sup> L40
72 <sup>nd</sup> Dave	Preece	1-13-14	155 <sup>th</sup> Tony	Baker	1-25-59
86 <sup>th</sup> Tim	Hough	1-15-22	184 <sup>th</sup> Karen D	Murray	1-36-34
106 <sup>th</sup> Steve	Turner	1-18-03	185 <sup>th</sup> Bill	Whitworth	1-36-34
109 <sup>th</sup> Chris	Skellern	1-18-25 4 <sup>th</sup> L40	189 <sup>th</sup> Rebecca	Bostock	1-38-48
116 <sup>th</sup> Bernard	Wilkes	1-19-13	197 <sup>th</sup> Frank	Grant	1-48-34
122 <sup>nd</sup> John	Leese	1-19-52	199 <sup>th</sup> Judith	Colman	1-49-43
126 <sup>th</sup> Graham	Williams	1-20-35	203 finished.		

### **MACCLESFIELD HALF MARATHON**

**28-9-08.**

Three Harriers travelled to Macclesfield to run this popular half marathon, with Pete Sarson running a quick time 1-26-26 2<sup>nd</sup> M60.

41 <sup>st</sup> Pete	Sarson	1-26-26 2 <sup>nd</sup> M60	712 <sup>TH</sup> Frank	Grant	2-15-05 3 <sup>rd</sup> M70
398 <sup>th</sup> Karen	Davies	1-50-39	803 finished.		

### **CONGLETON HALF MARATHON 19<sup>TH</sup> NARRA EVENT.**

**5-10-08.**

Only thirteen Harriers travelled up the M6, to run this popular Half, maybe it was the early start, first home was Pete Sarson 1-25-43 (1<sup>st</sup> M60) with Chris Ross 1-29 the only two Harriers to break 1-30.

Other good runs came from Ruth Umerah 3<sup>rd</sup> L40 and Judith Colman 5<sup>th</sup> L55, and completing the 19<sup>th</sup> North Staffs race.

39 <sup>th</sup> Pete	Sarson	1-25-43 1 <sup>st</sup> M60	255 <sup>TH</sup> Karen	Davies	1-47-40 8 <sup>th</sup> L40
72 <sup>nd</sup> Chris	Ross	1-29-37 14 <sup>th</sup> M40	291 <sup>st</sup> Lew	Badger	1-50-20 16 <sup>th</sup> M60
108 <sup>th</sup> Michelle	Rushton-Fox	1-33-08 6 <sup>th</sup> open	312 <sup>th</sup> Ralph	Wedlock	1-52-19 33 <sup>rd</sup> M50
128 <sup>th</sup> Ruth	Umerah	1-35-03 3 <sup>rd</sup> L40	339 <sup>th</sup> Tony	Baker	1-55-04 36 <sup>th</sup> M50
142 <sup>nd</sup> Mark	Bentley	1-36-13 24 <sup>th</sup> M45	371 <sup>st</sup> Jill	Ross	1-57-59 19 <sup>th</sup> L40
161 <sup>st</sup> Dave	Preece	1-39-06 14 <sup>th</sup> M50	445 <sup>th</sup> Judith	Colman	2-25-21 5 <sup>th</sup> L55
208 <sup>th</sup> Eddie	Smith	1-43-27 10 <sup>th</sup> M55	451 FINISHED		

## **BADGERS BITE. 10<sup>TH</sup> OFF ROAD CHALLENGE.**

**5-10-08.**

First time that most of the nine Harriers, had run this four mile off road run, so on a very wet Sunday morning, we set off over course, which had a lot deep puddles, single tracks and included a stile, a corn field just planted, and then finished up the hill we ran down at the start.

But on the whole, most of the runners enjoyed the race, but if you started at the back, you got held badly, well that was my excuse.

75 <sup>th</sup> Steve	Turner	32-13	158 <sup>th</sup> Mike	Moore	39-59
85 <sup>th</sup> Nigel	Addison	32-52	188 <sup>th</sup> Mike	Jones	43-29
100 <sup>th</sup> Steve	Cartlidge	34-19	195 <sup>th</sup> Richard	Bisiker	44-38
101 <sup>st</sup> Lisa	Percox	34-21	208 <sup>th</sup> Sara	Broome	48-01
111 <sup>th</sup> Jane	Bisiker	35-45	216 finished.		

## **ANGLESEY MARATHON**

**21-9-08.**

Chris Ross travelled all the way to sunny Anglesey to run the marathon, in the time of 3-24-26, - 248 finished.

## **ANGLESEY HALF MARATHON**

**21-9-08.**

Wife Jill opted for the easier half running in a time of 2-01-28, - 211 finished.