

THE HARRIER. **WINTER EDITION 2009.**

SUBSCRIPTIONS 2009.
any committee member.

Now over due, please give renewals to Dave Preece, or

If you have anything for the Harrier, or any suggestions what I can put into the Harrier, please email me on Michael.jones833@ntlworld.com, or telephone 01785600108, mobile 07513531616.

A. G. M. 2009 To be held after training on Tuesday January 20TH, many things to discuss, the committee will be voted on the night, anybody wanting to come on to the committee, please put your name on to the sheet in Mark Bentleys folder, and I want as many votes for runner of year made at the A G M.

Any other business you wish to discuss at the A. G. M. please let me or any other committee member know.

LONDON MARATHON DRAW. The draw took place at the Christmas disco, with 17 names in the draw, the three names to come out are, as drawn out by Lauren Gee, were Eddie Smith, Tim Hough and Graham Williams, the three reserves are John Greatholder, Sally Burns and Rob Simpson

CHRISTMAS DISCO 2008. We had a mix up with the booking, we had to hold the disco on Saturday 27th December, a good turnout, but I think we will go back to the last Friday before Christmas, thanks to Jackie Grant for the excellent buffet.

RACE CHALLENGE 2009. The committee have decided, that this years challenge will include ten road races, eight most popular road races, plus two chosen by the committee, they are the Muller 10K and the Dudley and Kingswinford 10K, ten off road races as chosen by me, so changes can be made if you can give me a good reason, and the four North Staffs cross country races, making a total of 24 races, with the best 12 to count, so please lets have as many entering, free to enter but please only enter if you are going to give it a go.

ANNUAL DINNER 2009. The Annual dinner will be held on Friday February 27th, at the White Eagle club 7pm for 7-30pm start, after last years great success, we have the same caters and disco, please fill the form in the back of this Harrier, early booking is recommended, as last year, we were full.

CROSS COUNTRY 2009. On February 14th we stage the 4th Birmingham league cross country on the common, where we want help in setting up the course in the morning, marshals at 1-45, we have two races, ladies at 2pm, and men at 2-30pm, and then help to take down the course.

RUNNERS OF THE YEAR 2008. As in previous years, you will be able to vote for your runners of the year, three categories Lady, Male and Male or Female veteran runner. There is a sheet in this Harrier, briefly outlining a number of Harrier efforts over the whole of 2008, please read it through, you might not agree with what I have written, the main thing is to vote.

You might decide that it is one performance that deserve your vote, but please give it some thought, talk to other Harriers, then make your decision and vote, then come to dinner and enjoy a good night.

SWEATSHIRTS AND FLEECEES. Bill Whitworth and Jane Bisiker have a stock of Sweatshirts and fleeces for sale, Jane always has a stock of Harrier running vest and shorts, and they will be at the A. G. M.

STAFFORD HARRIERS CHARITY EFFORT. In 2008, our charity run was a little disappointing, a good effort by everybody who took part, but the money raised only paid for the diesel in the mini bus, for 2009 we need some good ideas on where we can raise money.

But we did very well with both the Shugborough relay and the Staffs Knot 5 miler, so we were able to make donations to Katherine house £625, Oak Tree farm project £500 and Greenhall nursery £500, thanks to everybody that took part to make both races a success.

NORTH STAFFS ROAD RUNNERS PRESENTATION EVENING. This years presentation evening, will be held on Friday January 16th, 7-30pm start 8pm, at ST Leonards social club, that's right it is to be held at our club, so no excuses from any prize winners not attending.

I have plenty of tickets @ £6, so come along it will be a good night, you don't have to be a member of the North Staffs to attend, and you might be inspired to join the North Staffs, forms in the back of Mark Bentley's folder.

TRAINING NIGHTS MUSTER RUNS. I have written many times on this subject, but with many new members, it is worth repeating, all training runs have a back marker, with muster points which are read out with the route, when the front runners get to the muster point, they run back to the back marker, that includes you, the only runners that don't run back, are the back marker and the runners at the back, then everybody should stay behind the back marker till we reach the muster point.

WINTER TRAINING RUNS AND SPEED SESSION 2009.

ROUTE ONE. ST. Leonard's, Wolverhampton road, park street, Friars road, main street, through centre of Stafford, Foregate, Eccleshall road, Crab lane, Stone road, Rowley street, Marston road, Astonfields, Sandon road, Corporation street backs. Total 7.00 miles.

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

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

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

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

ROUTE THREE. ST. Leonard's, Fairway, Hatherton street, Corporation street backs, Astonfields, Common road, Beaconside, Stone road, Co-operative street, Rangers football club, Sandon road, Prospect road, Tithe barn road, Westhead avenue, Cull avenue, Dartmouth street and return to ST. Leonard's. Total 6.9 miles

SHORT RUN. From Astonfields Common road, Marston road, Gaol road, town centre, Lichfield road and down ST. Leonard's and back to the club.

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

SHORT RUN. From Cull Avenue Weston road, Westhead Avenue, Fairway to club.

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

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

LONGER RUN. Wildwood ring.

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

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

LONGER RUN. Castlefields.

ROUTE SEVEN. ST. Leonard's, Dartmouth street, Cull avenue, Weston road, Westhead avenue, Corporation street backs, Astonfields, Marston round, Rowley street, Eccleshall road, Holmcroft

road, Stone road, Co-operative street, Astonfields, Sandon road, Prospect road, Tithe barn road, Westhead avenue, Cull avenue, Tixall road, Dartmouth street and back to the club. Total 6.2 miles.

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

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

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

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

ADDITIONAL RUN. Castlefields village 1.2 miles.

ROUTE NINE. Down Fairway, Hatherton Street, Corporation street backs, Rangers football club, Marston road, Rowley street, Stone road, Crab lane, Eccleshall road, Foregate, through centre of Stafford, Newport road, Friars road, Park street, Lichfield road, ST. Leonard's to club.

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

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

SHORT RUN. Left at Milford road.

LONGER RUN. Wildwood ring.

ROUTE ELEVEN. Fairway, Hatherton street, Corporation street backs, Sandon road, Beaconside, Weston road, Cull avenue, Tixall road, Avon rise, Tixall road, Riverway, Lichfield road, ST. Leonard's to club.

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

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

SHORT RUN. Co-operative Street, Stone road through to town, back to the club.

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

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

LONGER RUN. Wildwood ring.

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

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

LONGER RUN. Castlefields estate.

ROUTE FIFTEEN. Fairway, Dartmouth street, Cull Avenue, Westhead avenue, Tithe barn road, Prospect road, Sandon road, Astonfields, Marston road, Co-operative street, Stone road, Holmcroft road, Eccleshall road, Rowley street, Marston road, Astonfields, Sandon road, Corporation street backs, Hatherton street, 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. Leonard's, Lichfield road, Wolverhampton road, Park Street, Friars road, Newport road, Sundown drive, Oxleathers pub, Westway, Wolverhampton road, Silkmore lane, Queensville bridge, ST. Leonard's back to club.

Extra, from Newport road, around Castlefields

SHORT RUN. From Newport road left down Westway.

TUES + THURS WINTER RUNS 2009.

TUESDAY 6th JANUARY.	ROUTE THREE.
SPEED SESSION	8 X 600M Castlefields to 2nd roundabout.
THURSDAY 8th JANUARY.	ROUTE FOUR.
TUESDAY 13th JANUARY.	ROUTE FIVE.
SPEED SESSION.	12 Hills Avon Rise.
THURSDAY 15th JANUARY.	ROUTE SIX.
TUESDAY 20th JANUARY.	ROUTE SEVEN.
SPEED SESSION.	4 X 1200METRES Rowley Bank.
THURSDAY 22nd JANUARY.	ROUTE EIGHT.
TUESDAY 27th JANUARY.	ROUTE NINE.
SPEED SESSION.	6 X ½ mile Technology Park.
THURSDAY 29th JANUARY.	ROUTE TEN.
TUESDAY 3rd FEBRUARY.	SURPRISE, SURPRISE ALL DO SPEED SESSION.
THURSDAY 5TH FEBRUARY.	ROUTE ELEVEN.
TUESDAY 10th FEBRUARY.	ROUTE TWELVE.
SPEED SESSION	12 X 400metres Castlefields.
THURSDAY 12th FEBRUARY.	ROUTE THIRTEEN.
TUESDAY 17th FEBRUARY.	ROUTE FOURTEEN.
SPEED SESSION HILLS.	8 Hills Technology Park.
THURSDAY 19th FEBRUARY.	ROUTE FIFTHTEEN.
TUESDAY 24th FEBRUARY	ROUTE ONE.
SPEED SESSION.	4 X 1200metres Knowle road.
THURSDAY 26th FEBRUARY.	ROUTE TWO.
TUESDAY 3rd MARCH.	8 X 600 Metres Marlborough avenue.
THURSDAY 5th MARCH.	ROUTE THREE.
TUESDAY 10th MARCH.	ROUTE FOUR.
SPEED SESSION.	5 X 1000 Metres Castlefields.
THURSDAY 12th MARCH.	ROUTE FIVE.
TUESDAY 17th MARCH.	ROUTE SIX.
SPEED SESSION	Fartlek session @ R. A. F. Estate.
THURSDAY 19th MARCH.	ROUTE SEVEN.
TUESDAY 24th MARCH.	SURPRISE, SURPRISE ALL DO SPEED SESSION.
THURSDAY 26th MARCH	ROUTE EIGHT.
	<u>START OF SUMMER RUNS.</u>
TUESDAY 31 MARCH.	ROUTE SIX.
Canal to Milford, Brocton, footpath to Walton, Lichfield road.	
SPEED SESSION	ROWLEY PARK.
THURSDAY 2nd APRIL.	ROUTE SEVEN.
Tixall road, Blackheath lane, Within lane, Hopton, Beaconside, Cull Avenue.	
TUESDAY 7TH APRIL.	ROUTE EIGHT.
SPEED SESSION	ROWLEY PARK.
Along river, park, disused railway to Derrington, Doxey, park, back along river.	
THURSDAY 9TH APRIL.	ROUTE NINE.
Canal to Acton Trussell, around Acton Trussell, back along canal.	

SUNDAY TRAINING RUNS.

9am car park above sister Dora's on Milford to Brocton road, for runs on Cannock chase, contact Eddie Smith, for details.

9am from Marquis drive, for a shorter run on the chase, contact Chris Skellern or Brian Langston for details.

9am from Castlefields or Burton manor, for runs on the old railway line or the road, list as follows.

Sunday 12th January	Trig race Milford.
Sunday 18th January	90mins from Burton manor.
Sunday 25th January	90mins from Castlefields.
Sunday 1st February	Alsager 5 miles.
Sunday 8th February	90mins from Burton manor/Stourbridge stagger.

Sunday 15th February	90mins & 2hr 15min from Castlefields.
Sunday 22nd February	90mins & 2hr 30min from Burton manor.
Sunday 1st March	90mins from Castlefields/Cloud 9.
Sunday 8th March	Stafford 20 miles
Sunday 15th March	Stafford half marathon.
Sunday 22nd March	90mins & 2hr 30min Burton manor/Milford 21 miles.
Sunday 29th March	90mins & 2hr 30min from Castlefields.
Sunday 5th April	90mins & 2hr 30min from Burton manor.
Sunday 12th April	Easter Sunday Handicap.
Sunday 19th April	Newcastle 7 miles.
Sunday 26th April	London marathon.
Sunday 3rd May	Uttoxeter half.

RUNNERS OF YEAR 2008.

Mark Bentley. Vet, ran 6 cross country, finished 1st in group one in road race challenge, ran 14 NSRRA events, finished 10th group B, 9TH M40-44, ran two marathons, best 3-19-57.

Paul Douglas. Vet, ran 9 cross country, 1st M55 in North Staffs C. C. ran 13 NSRRA events, finished 10th in group A, and won M55-59 with 600 points, ran three marathons, best 2-58-21.

Mike Saint-Dunn, ran 1 cross country, 2nd in group one in road challenge, ran 12 NSRRA events, finished 3rd in group B, PB'S at 5 miles 29-35, 10K 37-34, 10miles 1-15-45, ½ marathon 1-21-35, 20 miles 2-14-50 and marathon 3-02-33.

Michael Harris. Ran 5 cross country, made marathon debut 3-47-05.

Tom Hobbins. Ran 7 cross country, PB'S at 10K 35-03, half marathon 1-22-16, 2nd in group one in off road challenge.

Chris Hollinshead. Vet, Ran nil cross country, ran PB'S 5miles 26-49, 10K 34-05, 10 miles 55-13, ½ marathon 1-12-06, 20 miles 2-00-20 and marathon 2-40-58.

Jason Littlewood, Ran 5 cross country, PB 5miles 35-19, 3rd junior in first season running as a senior in cross country.

Chris Ross. Vet, Ran 4 cross country, ran three marathon in a time 3-24-26.

Peter Sarson. Vet, Ran 5 cross country, 1st M60 North Staffs C. C. ran 13 NSRRA events, finished 12th in group A, 1st M60-54, ran two marathons, best 3-03-49, 3rd in group one.

Keith Skelton, ran 2 cross country, ran three marathons, PB'S 5 miles 33-34, 10K 41-02, 10 miles 1-10-53, ½ marathon 1-29-24 and marathon 3-27-40.

Eddie Smith. Vet, Ran 10 cross country, and finished in 5th place in road challenge, ran 15 NSRRA events, finished 9th in group C, 2nd M55-59, ran two marathons, best 3-38-51.

Steve Turner. Vet, Ran 8 cross country, Finished in 1st in group two in road challenge, and 1st place in group one in the off road challenge PB 10K 43-16, 10 miles 1-14-00.

Lydia Atkins. Ran 4 cross country, PB ½ marathon 1-49-42.

Judith Colman. Vet, Finished 3rd in group four in road challenge, **Ran all 20 NSRRA events**, finished 5th group W, and 2nd L55-59, PB marathon 5-24-40.

Karen Davies. Vet, Third in group three in road challenge, ran 12 NSRRA events, finished 4th group M, 3RD L40-45, PB'S at 10miles 82-52, 20miles 2-52-15, ran two marathon best time of 3-45-36.

Lucy Earnshaw. Ran 2 cross country, PB'S at 5 miles 37-12, 10K 45-58.

Vicky Lowndes. Vet, Ran 6 cross country.

Karen D Murray Vet, Ran 12 NSRRA events, finished first in group W, 5th 45-49, PB'S 5 miles 42-51, ½ marathon 1-59-00, marathon 4-25-55, 1st in group four of road challenge.

Chris Skellern. Vet, Ran 7 cross country, ran 15 NSRRA events, finished 5th group L, won L40-44, 2nd in group two off road challenge.

Ruth Umerah. Vet, Ran 1 cross country, and finished 7th in group one in road challenge, ran 10 NSRRA event, finished 8th group L, 6TH L40-44.

RUNNER OF THE YEAR VOTING FORM.

Lady runner of the year, _____

Male runner of the year, _____

Veteran runner of the year, _____

CROSS COUNTRY 2008.

Six cross country races run this autumn, with some good performances from the juniors and the men, in the north Staffs c. c. league, the men avoiding relegation by finishing in a creditable 8th, but the ladies only had three out at Leek, so drop down to the second division.

Individually, we had some very good performances, with Tom and Nathan Sabin, winning our first junior trophies, Tom finishing 3rd overall in the under 11, with Nathan finishing 1st in the under 13 and in the under 13 girls Harriet Ward finished 10th, well done to all the juniors that ran, you did the Harriers proud.

The men more than won their fair share of trophies, Paul Douglas 1st M55, Pete Sarson 1st M60, Jason Littlewood in his first season as a senior, finished 3rd Junior, Eddie Smith 3rd M55, Chris Ross 4th M40 and Roy Clay 8th M50.

In the vet team event, the Harrier men did very well, with the best 4 over 50 to count, the Harriers finish in 1st place with 1883 points, in the vets with 6 over 40 to count, we finished 4th with 2544 points.

The ladies had two stars, who completed all four fixtures, Chris Skellern 3rd L45 and Vicky Lowndes 5th L40.

	Newcastle	Park hall	Stafford	Leek	Senneley	Droitwich.
Tom Hobbins		26 th 40-11	43 rd 39-50	36 th 36-26	11 th 38-28	
Chris Ross	46 th 40-23	52 nd 42-00	39 th 39-44	112 th 43-02		
Paul Douglas	74 th 42-36	100 th 45-12	91 st 43-28	89 th 41-16	56 th 43-15	52 nd 48-03
Pete Sarson	81 st 42-58	105 th 45-42	83 rd 42-52	110 th 42-46		42 nd 47-03
Mark Bentley		119 th 46-41	123 rd 45-31	101 st 41-51		58 th 48-42
Keith Skelton			95 th 43-39		73 rd 44-59	
Mike Saint-Dunn			136 th 47-02			
Mick French			149 th 47-49			
Mike Harris		138 th 48-42	159 th 48-25			109 th 53-56
Jason Littlewood	142 nd 48-16	151 st 49-40	155 th 48-14	113 th 45-05	92 nd 47-07	
Steve Littlewood				109 th 42-34		
Steve Turner	135 th 47-52	170 th 50-53	156 th 48-20		99 th 47-36	
Dave Marsden	122 nd 46-12	162 nd 50-24	135 th 46-53			
Eddie Smith	145 th 48-28	182 nd 51-50	178 th 49-55	146 th 47-09		94 th 52-39
Bernard Wilkes			188 th 50-02		108 th 48-43	
Roy Clay	173 rd 50-36	209 th 56-00	194 th 51-53	162 nd 49-35		129 th 58-14
Mick Bradbury	202 nd 57-30	223 rd 59-59		178 th 54-31		
Mike Jones	207 th 64-55			179 th 55-05		138 th 61-23
Ladies.						
Kate Burge	1 st 19-45		3 rd 20-05			
Nina Skilton	18 th 22-05		14 th 22-07			
Ruth Umerah		29 th 23-54				
Chris Skellern	36 th 24-02	41 st 24-39	54 th 25-13	36 th 29-54	3 rd L45	
Vicky Lowndes	61 st 25-41	58 th 25-23	77 th 26-06	52 nd 31-43	5 TH L40	
Lucy Earnshaw		65 th 25-43	73 rd 25-55			
Lydia Atkins		68 th 26-18	63 rd 25-34	53 rd 31-47		
Juniors. under						
Tom Sabin 11yr	6 th 7.26	3 rd 8-26	4 th 7-45	5 th 8-03	3 rd overall	
Danny Woradale 11yr				9 th 8-34		
Josh Arnold 11yr			21 st 10-00			
William Samms 11yr			17 th 9-22			
Joe Cartmail 11yr		26 th 11-14	22 nd 10-10			
Nathan Sabin 13yr	2 nd 12-58	1 st 9-26	3 rd 13-41	9 th 13-33	1 st overall	
Sam Watts 13yr			15 th 14-49			
Sam Lloyd 15yr	18 th 21-18					
Sara Holliday 11yr			26 th 7-35	18 th 10-43		
Ellie Baxter 11yr	18 th 9-19	14 th 8-44	31 st 7-56	16 th 10-05		
Harriet Ward 13yr	19 th 8-30	18 th 9-55	9 th 8-26	13 th 9-41	10 th overall	
Lauren Gee 13yr	23 rd 8-36	22 nd 10-06	18 th 8-58			
Sophie Cartmail 15yr		13 th 11-03	10 th 16-42			

ROAD RACE REPORTS.

BELLS OF PATTINHAM 7MILES, 11TH OFF ROAD CHALLENGE.

19-10-08

Nine Harriers tackled this completely off road race, which is very popular, so if you don't get near the front at the start, you do get held up in the first part, but a very enjoyable and well run race, but if you won't to run it in 2009, enter early as it is £15 to enter on the day.

Steve Turner just managed to keep ahead of the fast finishing Deon Volk, who was making one of his rare race appearances, Chris Skellern was next in just behind Deon, but finished ahead of Nigel Addison.

209 th Steve	Turner	56-42	535 th Mike	Jones	1.07.32
217 th Deon	Volk	56-51	701 st Chris	Howe	1.19.31
230 th Chris	Skellern	57-11	704 th Richard	Bisiker	1.20.16
252 nd Nigel	Addison	57-58	715 th Kellie	Lee	1-22-27
428 th Jane	Bisiker	1.03.29	735 finished.		

LEICESTER MARATHON.

19-10-08

Are marathon numbers going up, with 465 finishers, it does seem so, Pete Sarson is still running well, over fairly flat course, managed a 3-03-49, which got him 1st M60.

36 th Pete	Sarson	3-03-49	1 st M60	298 th Bernard	Wilkes	4-02-09
60 th Paul	Douglas	3-11-32	465 finished.			

SNOWDONIA MARATHON.

25-10-08.

Another race full, well before the closing date, this time the tough Snowdonia marathon, with over 1500 entries well above previous years.

Three harriers managed to get an entry, with Chris Ross just finishing below 3-30, Michelle Rushton-Fox getting a very creditable 3-40 in her first marathon, in her first marathon, with Michael Harris also running his first marathon in 3-47.

88 th Chris	Ross	3-27-24	243 rd Michael	Harris	3-47-05
204 th Michelle	Rushton-Fox	3-40-53	1133 finished.		

EDF ENERGY BIRMINGHAM HALF MARATHON

25-10-08.

A new half marathon in the calendar, which was well supported, but only two Harriers ran, they were Rob Proctor and Justin Harrison.

1167 th Robert	Proctor	1-46-47	4024 th Justin	Harrison	2-09-51
6932 finished.					

DUBLIN MARATHON.

27-10-08.

Five Harriers tackled the 29th running of the Dublin marathon, weather conditions were good, with Dave Preece 1st Harrier in a time of 3-33-26, just ahead of Mark Bentley and Eddie Smith, with Rob Simpson just dipping under 4hr's and Tony Baker just under 4-30.

1625 th Dave	Preece	3-33-26	3632 nd Rob	Simpson	3-58-07
1713 th Mark	Bentley	3-35-13	5776 th Tony	Baker	4-28-28
1972 nd Eddie	Smith	3-38-51	9331 finished.		

FLYING FOX 10 MILES 20TH NSRRAEVENT, 11TH ROAD CHALLENGE.

2-11-08.

A good turnout of Harriers, with Chris Hollinshead making one of his rare race appearances, and having a good run, getting a PB and coming second, and with the race slightly going the wrong way, which meant that the distance was 10.13 miles, so well done Chris, and you never know, with a little more training, you could beat Ben Gamble in 2009.

Other good runs came from, Chris Ross, just ahead of Paul Douglas 2nd M55, Chris Skellern 3rd L45, Karen Davies PB of 82-52 and Rebecca Bostock PB of 99-09.

And finely, well done to Judith on completing all 20 north Staffs races, not many achieve this feat, so come along to the North Staffs presentation evening, at ST Leonards club on January 16th and give all the winners your support, tickets from Mike Jones £6.

2 nd Chris Hollinshead	55-13 PB	1 ST M40	122 nd Chris Skellern	78-52	3 rd M45
17 th Chris Ross	64-28		146 th RalphWedlock	82-12	
21 st Paul Douglas	64-57	2 nd M55	152 nd John Leese	82-52	
55 th Mark Bentley	70-22		153 rd Karen Davies	82-52	PB
57 th Keith Skelton	70-53		173 rd Lew Badger	85-12	
71 st Malcolm Mountford	72-17		198 th Tony Baker	89-48	
81 st Steve Turner	74-00		211 th Bill Whitworth	93-58	
82 nd Michael Harris	74-03		223 rd Rebecca Bostock	99-09	PB
95 th Mike Saint-Dunn	75-45		231 st Mike Jones	103-02	
98 th Bernard Wilkes	76-11		235 th Gillian Cauldwell	105-47	
101 st Eddie Smith	76-45		238 th Judith Colman	107-44	
105 th Robert Simpson	77-09		240 finished.		

SANDON 5 MILES.

16-11-08

A new off road race, around the Sandon estate, with Chris and Maureen Howe, the only Harriers running it.

136 th Chris Howe	54-40	147 th Maureen	Howe	1-02-00
157 finished.				

SUICIDE SIX 12TH OFF ROAD CHALLENGE.

16-11-08.

Eight Harriers ran this race, which I believe has surprise to all runners, they have to cross a river, so they can clean there shoes, very considerate.

Keith Skelton was first in with a time of 45-04, and with all our runners getting under the hour, it can't be to hard.

60th Keith Skelton	45-04	329th Kevin Jackson	55-02
229th Steve Turner	51-34	369th John Greatholder	56-10
296th Chris Skellern	54-07	427th Jane Bisiker	58-28
311th Nigel Addison	54-32	454th Lisa Percox	59-38

658 FINISHED.

CHEDDLETON 10K

29-11-08.

A very popular race, which gets more popular every year, and as Cheddleton is just outside Leek, you know it is not going to be a flat course.

Five Harriers ran, with Dave Marsden first in with a time of 43-37, with Lucy Earnshaw well ahead of John Leese.

104th Dave Marsden	44-12	303rd Dave Cowley	55-41
176th Lucy Earnshaw	48-54	406th Judith Colman	65-56
208th John Leese	50-25	438 finished.	

NEWCASTLE APEDALE DASH 10K, 13TH OFF ROAD CHALLENGE.

7-12-08.

Seven Harriers tackled this very tough 10K, run entirely in Apedale park, although tough, it was very enjoyable run if a little slippery in places.

Pete Sarson was first Harrier in a time of 43-37, with Chris Skellern well in front of Steve Turner and Jill Ross.

27th Pete Sarson	43-37	114th Nigel Addison	59-09
63rd Chris Skellern	48-54	115th Jenny Addison	59-11
100th Steve Turner	56-20	118th Mike Jones	59-33
107th Jill Ross	57-04	162 finished.	

CHRISTMAS CRACKER

21-12-08.

This tough run over the roaches, just outside Leek, was run in reasonable conditions, with Pete Sarson was 3rd M60 in a time 1-08-18 and Steve Turner 103rd in a time of 1-09-43, 413 finished.

56th PETE HODGETTS CHRISTMAS HANDICAP

21-12-08.

What a treat everybody who turnout for the Christmas handicap, ok there was a little mud and water, but the weather behaved it self, mild and dry, but the treat you all missed, as we finished, their was father Christmas with a warm fruit drink and a mince pie for all the finishers and helpers.

Darren Bathew was first in with the ever green Chris Skellern 2nd, we had a good turnout of new members, who seemed to enjoy the run, although some didn't like the mud and water on some parts of the course, didn't they Liz.

			Running time	handicap	net time	number	run	PB
1 st	Darren	Bathew	44.18	12.45	31.33	10		30-24
2 nd	Chris	Skellern	45.47	15.45	30.02	56		27.12
3 rd	Craig	Baxter	46.17	10.45	35.12			1 st Time
4 th	Nathan	Sabin	46.42	14.30	32.12			1 st Time
5 th	Mark	Bentley	46.46	18m	28.46	27		25.34
6 th	Mike	Jones	46.54	10.45	36.09	56		24.39
7 th	Liz	Stanyer	46.55	10.45	36.10			1 st Time
8 th	Michael	Harris	47.00	18.30	28.30	5		26.13
9 th	Jenny	Addison	48.05	14.30	33.35	14		31.01
10 th	Sarah	Johnson	48.12	10.45	37.27			1 st Time
11 th	Rebecca	Bostock	48.33	9.30	39.03	5		36.21
12 th	Clare	Olive	48.35	12.45	35.10			1 st Time
13 th	Brian	Langston	48.53	15.30	33.23	30		28.37
14 th	Andrew	Langston	49.14	12.30	36.44	11		30.28
15 th	Tracey	Gee	50.00	15.45	34.15	15		27.35
16 th	Jason	Littlewood	50.05	17m	33.05	13		27.45
17 th	Karen	Sabin	52.22	10.45	41.37			1 st Time.

LIMP WRIST 2009.

On cold and frosty new years morning, a record 109 runners turned up to run this fun race, where everybody runs without a watch, and tries to run there predicted time, and win some money, some doing better than others.

This year Judith Colman started the year off very well, running her predicted time, so earning an extra £10, with three Harriers having equal time difference of 3sec, they are Sally Burns, Keith Skelton and Steve Turner, all earning themselves £12 each.

Thanks to everybody who helped to make it a very successful day

Pos	No	Forename	Surname	Club	Pre time	Act Time	Diff	
1	202	Judith	Colman	Stafford Harriers	00:50:47	00:50:47	00:00	£20
2	168	Sally	Burns	Stafford Harriers	00:48:20	00:48:23	00:03	£15
2	249	Keith	Skelton	Stafford Harriers	00:32:50	00:32:53	00:03	£12
2	137	Steve	Turner	Stafford Harriers	00:40:40	00:40:37	00:03	£9
5	106	Chris	Hibbert	Manchester Harriers	00:32:30	00:32:26	00:04	£8
5	228	Tracey	Gee	Stafford Harriers	00:40:44	00:40:48	00:04	£7
7	266	James	Thorpe	Unattached	00:46:46	00:46:41	00:05	£6
8	119	George	Pickering	Stone M. M.	00:36:00	00:35:53	00:07	£5
9	260	Vicky	Lowndes	Stafford Harriers	00:39:00	00:38:51	00:09	£4
10	142	Ian	Emery	Wrekin Road Runners	01:08:13	01:07:57	00:16	£3

11	82Anne	Morgan	Chase Harriers	00:47:10	00:47:27	00:17
11	282Lynn	Geoghegan	Stafford Harriers	00:43:48	00:43:31	00:17
13	54Chris	Perrin	Cannock & Stafford	00:31:15	00:31:33	00:18
13	108Les	Hall	Norton Canes R R	00:47:00	00:47:18	00:18
15	134Ross	Weston	Wrekin Road Runners	00:49:30	00:49:49	00:19
15	103Kevin	Uzzell	Stone M. M.	00:34:56	00:34:37	00:19
17	55James	Perrin	Cannock & Stafford	00:32:00	00:31:39	00:21
18	146Russell	Williams	Cheadle R C	00:33:30	00:34:01	00:31
19	279Frank	Evans	Stafford Harriers	00:55:55	00:55:23	00:32
20	105Sara	Broome	Stafford Harriers	00:56:42	00:56:09	00:33
20	229Bernard	Wilkes	Stafford Harriers	00:37:41	00:38:14	00:33
22	245Darren	Bathew	Stafford Harriers	00:38:52	00:39:26	00:34
23	214Jason	Littlewood	Stafford Harriers	00:35:03	00:35:38	00:35
24	199Jack	Bayliss	Triathlon England	00:36:22	00:35:46	00:36
25	211Stephen	Burrowes	Kendal	00:34:10	00:34:47	00:37
26	244Frank	Grant	Stafford Harriers	00:48:00	00:48:39	00:39
27	173Phillip	Cooke	Stone M. M.	00:40:00	00:40:40	00:40
28	107Dave	Constance	Cannock & Stafford	00:32:30	00:31:49	00:41
29	224Eddie	Smith	Stafford Harriers	00:36:10	00:36:52	00:42
30	263Kelly	Lee	Stafford Harriers	00:54:30	00:55:13	00:43
31	197Robert	Simpson	Stafford Harriers	00:40:54	00:40:10	00:44
32	270Lucy	Earnshaw	Stafford Harriers	00:38:41	00:37:56	00:45
32	225Michael	Jones	Stafford Harriers	00:43:33	00:42:48	00:45
34	242Mark	Thompson	Stafford Harriers	00:42:30	00:43:18	00:48
35	253Paul	Martin	Unattached	00:44:51	00:44:02	00:49
35	219Gill	Nowell	Unattached South Cheshire	00:44:50	00:44:01	00:49
37	170Cindy	Morrisette	Harriers	00:48:51	00:47:59	00:52
38	212Mark	Bentley	Stafford Harriers	00:35:00	00:34:07	00:53
39	223Carolyn	Earley	Royal Sutton	00:45:00	00:44:06	00:54
40	198Karen	Murray	Stafford Harriers	00:48:04	00:48:59	00:55
41	84Jo	Jones	Chase Harriers	00:42:30	00:41:32	00:58
42	143Ben	Gamble	Stone M. M.	00:27:45	00:26:45	01:00
43	222Vince	Earley	Royal Sutton	00:44:50	00:43:48	01:02
44	110Jayne	Dickens	Trentham R C	00:32:50	00:31:47	01:03
44	250Barry	Wagstaff	Stafford Harriers	00:57:00	00:55:57	01:03
44	135Tony	Pickering	Stone M. M.	00:32:00	00:33:03	01:03
47	109Sarah	Gardner-Hall	Norton Canes R R	00:37:59	00:36:55	01:04
48	235Lew	Badger	Stone M. M.	00:45:00	00:43:53	01:07
49	175Lydia	Atkins	Stafford Harriers	00:41:07	00:39:56	01:11
50	138Guy	Aartse-tuyn	NSSRA	00:33:30	00:32:16	01:14
50	239Dave	Preece	Stafford Harriers	00:45:31	00:46:45	01:14
52	251Chris	Skellern	Stafford Harriers West Bromwich	00:38:25	00:37:09	01:16
53	204Tom	Rodgers	Harriers	00:36:21	00:37:38	01:17
54	118Mark	Hughes	Trentham R C	00:40:00	00:41:18	01:18
55	140Anne	Williams	NSSRA	00:49:30	00:48:07	01:23
56	208Bill	Whitworth	Stafford Harriers	00:46:04	00:47:29	01:25
57	209John	Millward	Uttoxeter R R	00:35:30	00:34:03	01:27
58	269Pam	Davies	Stone M. M.	00:38:45	00:37:15	01:30
59	252Graham	Cope	Uttoxeter R R	00:35:35	00:34:02	01:33
59	191Kathryn	Roper	Unattached	00:45:36	00:47:09	01:33
61	113Sarah	Hodgson	Wrekin Road Runners	00:53:15	00:51:41	01:34
62	210Andy	Atkinson	Unattached	00:40:00	00:41:38	01:38

63	176	Julie	Sorrell	Stone M. M.	00:52:32	00:50:53	01:39
63	195	Glyn	Wade	Chase race	00:31:00	00:29:21	01:39
65	267	Lisa	Percox	Stafford Harriers	00:43:00	00:41:20	01:40
65	268	Steve	Cartlidge	Stafford Harriers	00:43:00	00:41:20	01:40
67	243	Kim	Preece	Stafford Harriers	00:58:00	00:56:18	01:42
68	194	Michael	Harris	Stafford Harriers	00:35:00	00:36:46	01:46
69	117	Ray	Oldacre	County Officers	00:45:00	00:43:12	01:48
70	83	Peter	Morgan	Chase Harriers	00:49:20	00:47:27	01:53
71	193	Steve	Parker	Unattached	00:35:00	00:33:03	01:57
72	226	Mick	Horsenail	Riversiders	00:41:59	00:39:58	02:01
73	169	Kevin	Allerton	Stone M. M.	00:45:00	00:42:55	02:05
74	284	Justin	Harrison	Stafford Harriers South Cheshire	00:42:20	00:40:14	02:06
75	264	Mike	Cutler	Harriers	00:36:45	00:34:30	02:15
76	262	John	Clemens	Stone M. M.	00:37:00	00:34:34	02:26
77	201	John	Leese	Stafford Harriers	00:41:10	00:38:35	02:35
78	116	Christine	Kilkenny	Cannock & Stafford	00:32:30	00:35:15	02:45
79	53	Mike	Moore	Stafford Harriers	00:51:30	00:48:39	02:51
79	256	Craig	Baxter	Stafford Harriers	00:46:40	00:43:49	02:51
81	115	Tom	Hiatt	Unattached	00:33:36	00:36:28	02:52
82	141	Jon	Aston	Wrekin Road Runners	00:51:02	00:48:07	02:55
83	149	Tom	Johnson	Stone M. M.	00:38:30	00:35:32	02:58
84	171	George	Singh	Stafford Harriers	00:50:29	00:47:29	03:00
85	174	Tom	Hobbins	Stafford Harriers	00:33:22	00:30:21	03:01
86	172	Michael	Bradbury	Stafford Harriers South Cheshire	00:45:03	00:41:59	03:04
87	265	gemma	Cutler	Harriers	00:46:15	00:43:10	03:05
88	139	Stuart	Turner	Stafford Harriers	00:38:12	00:35:06	03:06
89	257	Jenny	Thomas	Michelin	00:49:22	00:46:08	03:14
90	136	Chris	Barlow	Stone M. M.	00:44:10	00:40:42	03:28
91	258	Dave	Thomas	Unattached	00:49:10	00:45:38	03:32
92	230	Graham	Williams	Stafford Harriers	00:42:28	00:38:49	03:39
92	283	Paul	Wilson	Stafford Harriers	00:54:54	00:51:15	03:39
94	145	Graham	Moorhouse	Stone M. M.	00:39:00	00:35:05	03:55
95	192	Kate	Burge	Stafford Harriers	00:35:02	00:31:03	03:59
95	196	Peter	Quine	Serpentine	00:41:30	00:45:29	03:59
97	248	Jill	Ross	Stafford Harriers	00:46:22	00:42:09	04:13
98	114	Brian	Hiatt	Unattached	00:40:02	00:44:23	04:21
99	255	Richard	Nowell	Unattached	00:49:30	00:44:55	04:35
100	261	Scott	palmer	Stafford Harriers	00:39:45	00:44:26	04:41
100	254	Jackie	Nowell	Stafford Harriers	00:47:32	00:42:51	04:41
102	203	Colin	Pheasant	Chase Harriers	00:40:49	00:45:41	04:52
103	144	Nigel	Cotton	Unattached	00:45:00	00:40:02	04:58
104	112	Darren	Taylor	Chase Harriers	00:36:57	00:42:08	05:11
105	227	Lauren	Gee	Stafford Harriers	00:45:45	00:51:10	05:25
106	259	Richard	Lowndes	Stafford Tri	00:39:00	00:32:32	06:28
107	206	Kathy	Ling	Wrekin Road Runners	01:06:30	01:00:00	06:30
108	111	Belinda	Riley	Newcastle A C	00:49:35	00:42:45	06:50
109	200	Wendy	Proctor	NSSRA	00:48:13	00:41:22	06:51

WHEATON ASTON 10K 12TH ROAD RACE CHALLENGE.

27-12-08.

Thirty Harriers managed to enter early, and try and run some of the Christmas excesses off, with Chris Hollinshead finishing 2nd making a habit of this Chris, next was Tom Hobbins in a PB time of 36-19, Paul Douglas 1st M55, Pete Sarson 1st M60 and Sally Gray 2nd lady were the next three Harriers.

Other good runs came from Steve Turner PB of 43-16, Lydia Atkins 49-13, Karen Davies 49-49 and Lisa Percox 51-00.

2 nd Chris Hollinshead	34-05	1 st M40	189 th Lydia Atkins	49-13
12 th Tom Hobbins	36-19	PB	199 th Karen Davies	49-49
30 th Paul Douglas	38-53	1 st M55	200 th Rob Simpson	49-51
43 rd Pete Sarson	40-05	1 st M60	218 th	Lew
Badger	50-37			
47 th Sally Gray	40-23	2 nd Lady	225 th Steve Cartlidge	50-55
67 th Mark Bentley	42-02		226 th Lisa Percox	51-00
83 rd Mick French	43-10		236 th Mark Thompson	51-28
84 th Steve Turner	43-16	PB	237 th Graham Williams	51-37
100 th Eddie Smith	44-35		240 th Justin Harrison	51-51
113 th Chris Skellern	45-15		281 st Mike Jones	54-13
134 th Jason Littlewood	46-12		300 th Lyn Geoghegan	55-36
149 th Bernard Wilkes	46-57		377 th Sara Broome	69-09
164 th Keith Faint	47-51		378 th Paul Wilson	69-09
185 th Deon Volk	49-09		382 nd Kim Preece	70-15
187 th Eric Lander	49-11		383 rd Dave Preece	70-15
387 finished				