

AUTUMN EDITION 2009.

CROSS COUNTRY RACES FOR 2009/10. We are putting on two cross country fixtures this winter, on November 14th we host the third fixture in the North Staffs c. c. league, where we need Harriers to put up the course, marshal the event, and take down the course, we will be starting at 9am, with the first race starting at 12-30, so please if you can help come along, many hands make light work, don't forget take the tape off the stakes before collecting them.

On the 30th January it is the big one, we have the pleasure of hosting the Midland championships, this is a big event, we have to put out a lot more stakes and tape, we have to cater for over 1000 runners, so we need more help on the catering, we will be there at first light approx 7-30am, so please keep the 30th January free, any help will be gratefully received, whether it is putting up the course, marshalling, help on car parking or helping in the catering tent, thank you in advance.

HARRIERS CHALLENGE 2009. With six races left, there is everything to go for, remember three of the races, are the North Staffs cross country races, it was nice to see so many of slower Harriers at Newcastle, hoped you enjoyed the experience, in spite of the weather.

Christmas Disco 2009. The Christmas disco where the London marathon club places are drawn, will be held in the Odd Fellows hall, on Saturday December 19th from 7-30pm, cost of tickets £7-50, the Odd Fellows hall is in the main street, next to Super Drug and Tipping street.

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, see 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, see Ed Smith that they are meeting, and from Castlefields and Burton Manor for a road runs of 90 minutes upwards, see Mike Jones to see if we are meeting and from where, ring 01785 600108, ask for the sheet, of where and when the runs are.

STAFFS KNOT 2009. The Staffs Knot had 494 pre entries, so the no entries on the night worked, although we had a record number of Harriers running, we also had plenty of helpers, so the night went well, the blip was the amount of the runners that got caught, by the front of the race on the short lap, so we will change that for next year, so a very successful night and a big thank you to everybody that took part.

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 15th, 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.

In this years leagues, we have not done to well, with only six Harriers up for a prize, but you never know, with two races to go, it is possible for one or two Harriers to sneak in under the wire.

I don't think any male Harrier will win a group prize, but group M, Karen Davies should take 2nd place,

In the age groups we are doing a bit better, the M55-59 group, Paul Douglas will win, with Eddie Smith taking 3rd place, the M60-64 John Leese will finish 4th and like wise Mike Jones will finish 4th in the M65-69.

In the ladies age groups, Chris Skellern will finish 2nd in L45-49, with Karen D Murray, Karen Davies and Trentham's Rosemary Wilson fighting over 3rd place, in the L55-59 Judith Colman is assured of 2nd place and Gillian Cauldwell will win the L70 plus, in her last season in the North Staffs.

So lastly, this is a plea, for more Harriers to join the North Staffs road runners leagues, there are going to be an extra men's and ladies league, so more chances to pick up

a trophy, and if you want to improve your times, there is nothing better than running the NSRRA races, you only have to run 12 out of 20 races, and it will increase your mileage, if you want to run longer races up to marathon, running the NSSRA will help you to do this.

Annual Dinner and A. G. M. 2010.

A. G. M. will be held on Tuesday evening after training on January 26th.

The Annual dinner again this year will be held at the Polish club on Friday night February 26th, and the price will be £13-00 for members, £17-00 for everybody else.

Calendars for 2010.

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 2010.

You should all know if you are in next years London marathon, the draw for the three club places will be held at the Christmas disco on December 19th, held this year at the Odd Fellows hall, 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.

CLUB KIT. Jane Bisiker has plenty of club kit, vest @ £10, shorts @ £10 and the new yellow running top, good for running in the dark nights, and you advertise Stafford Harriers, again it is @ £10.

THE FUTURE OF THE HARRIER.

Do we need the Harrier in its present form, since taking over in 1992, so much has changed, the Harrier was the only document to get information to the membership, now we have the Harrier web site, which gives out news instantly, not like the Harrier which comes out every 3 months, we also have the world wide web, where you get results, race entry forms, and there is more races you can enter on line.

So I want some feed back from you, and I do mean you, if I don't get any, then I will presume that the Harrier has had its day, and I will stop producing it.

The answers I'm looking for, do you want me to carry on as it is, do you want a shortened version, for instance, do you want all your race times and positions, do I need to include pages like the race diary page, race challenge page, PB page, the running routes and when they are run etc.

I know the first cry will be, what about the Harriers that have not got access to the internet, I don't how many there is, so can I produce less, all these questions, and I need some answers, so please, either email on michael.jones833@ntlworld.com, or write me note, but please send or give me something, don't just talk to me, your written notes are better way of letting me know your feelings, so I can come to right decision.

WINTER TRAINING RUNS AND SPEED SESSION 2009/10.

ROUTE ONE. Fairway on to river path to Civic offices, main street, through centre of Stafford, Foregate, Eccleshall road, Crab lane, Stone road, Rowley street, Marston road, Astonfields, Sandon road, Corporation street backs.

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

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

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

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

ROUTE THREE. ST. Leonard's, Fairway, Hatherton street, Corporation street backs, Astonfields, Common road, Beaconside, Stone road, to Goal Square, through main street to civic offices, along river path to club.

SHORT RUN. From Astonfields Common road, Marston road, Gaol road, town centre, to civic offices, along river path, back to the club.

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

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

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

LONGER RUN. Wildwood ring.

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

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

LONGER RUN. Circuit of the Meadows.

ROUTE SEVEN. ST. Leonard's, Dartmouth street, Cull avenue, Weston road, Westhead avenue, Corporation street backs, Astonfields, Marston round, Rowley street, Eccleshall road, Holmcroft road, Stone road, Co-operative street, Astonfields, Sandon road, Prospect road, Tithe barn road, Westhead avenue, Cull avenue, Tixall road, Dartmouth street and back to the club. Total 6.2 miles.

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

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

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

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

ADDITIONAL RUN. Castlefields village 1.2 miles.

ROUTE NINE. Down Fairway, Hatherton Street, Corporation street backs, Rangers football club, Marston road, Rowley Street, Stone road, Crab lane, Eccleshall road, Foregate, through centre of Stafford, to civic offices on to river path back to the club.

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

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

SHORT RUN. Left at Milford road.

LONGER RUN. Wildwood ring.

ROUTE ELEVEN. Fairway, Hatherton street, Corporation street backs, Sandon road, Beaconside, Weston road, Cull avenue, Tixall road, Avon rise, Tixall road, Dartmouth street back to the club.

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

ROUTE TWELVE. Fairway, on to river path to civic offices, main street to Goal square, Foregate, Stone road, Beaconside, Common road, Astonfields, Corporation street backs, Hatherton street, back to the club.

SHORT RUN. Down Co-operative Street, to Rangers, Corporation Backs, Hatherton street, back to the club.

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

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

LONGER RUN. Wildwood ring.

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

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

LONGER RUN. Castlefields estate.

ROUTE FIFTEEN. Fairway, Dartmouth street, Cull Avenue, Westhead avenue, Tithe barn road, Prospect road, Sandon road, Astonfields, Marston road, Co-operative street, Stone road, Holmcroft road, Eccleshall road, Foregate, Goal square through main street, on to river path, to the club.

SHORT RUN. From Marston road, past Jail through town, onto river path.
LONGER RUN. Up Stone road, left down Crab lane, left along Eccleshall road.

ROUTE SIXTEEN. ST. Leonard's, Lichfield road, Wolverhampton road, Park Street, Friars road, Newport road, Sundown drive, Oxleathers pub, Westway, Wolverhampton road, Silkmore lane, Queensville bridge, ST. Leonard's back to club.

Extra, from Queensville island, around the Meadows

SHORT RUN. From Newport road left down Westway.

TUESDAY 13TH OCTOBER. ROUTE ONE.

SPEED SESSION. 6 X 800M TECHNOLOGY PARK 1 lap.

THURSDAY 15TH OCTOBER. ROUTE TWO.

TUESDAY 20TH OCTOBER. SURPRISE, SURPRISE, ALL WILL DO SPEED SESSION.

THURSDAY 22ND OCTOBER. ROUTE THREE.

TUESDAY 27TH OCTOBER. ROUTE FOUR.

SPEED SESSION. MARLBOROUGH AVENUE LOOP.

THURSDAY 29TH OCTOBER. ROUTE FIVE.

TUESDAY 3RD NOVEMBER. ROUTE SIX.

SPEED SESSION. 12 hills Avon rise.

THURSDAY 5TH NOVEMBER. ROUTE SEVEN

TUESDAY 10TH NOVEMBER. ROUTE EIGHT.

SPEED SESSION. 4 X 1200M ROWLEY BANK

THURSDAY 12TH NOVEMBER. ROUTE NINE.

TUESDAY 17TH NOVEMBER. SURPRISE, SURPRISE ALL DO SPEED SESSION.

THURSDAY 19TH NOVEMBER. ROUTE TEN.

TUESDAY 24TH NOVEMBER. ROUTE ELEVEN

SPEED SESSION CASTLEFIELDS 8 X 600m @ Castlefields.

THURSDAY 26TH NOVEMBER. ROUTE TWELVE

TUESDAY 1ST DECEMBER. ROUTE THIRTEEN.

SPEED SESSION HILLS. 8 Hills @ Technology Park.

THURSDAY 3RD DECEMBER. ROUTE FOURTEEN

TUESDAY 8TH DECEMBER. ROUTE FIFTEEN

SPEED SESSION. 5 x 1000m @Castlefields 1 loop.

THURSDAY 10TH DECEMBER. ROUTE SIXTEEN

TUESDAY 15TH DECEMBER. SURPRISE, SURPRISE, ALL WILL DO SPEED SESSION.

THURSDAY 17TH DECEMBER. ROUTE ONE

TUESDAY 22ND DECEMBER. ROUTE TWO

SPEED SESSION HILLS. 4 X 1200M KNOWLE ROAD.

SUNDAY 20TH DECEMBER. Christmas Handicap.

SUNDAY 27TH DECEMBER. WHEATON ASTON 10K Enter Early.

FRIDAY 1ST JANUARY Bare Wrist 5 miler 11-15 start.

TUESDAY 5TH JANUARY ROUTE THREE.

SPEED SESSION 8 X 600M @ Castlefields to 2ND roundabout.

THURSDAY 7TH JANUARY ROUTE FOUR.

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 GIVE TO A HARRIER THAT IS COMING TO THE NEXT TRAINING RUN.

Race calendar, PB Tables, Club Age Records and lots more are all available on our Club website:

www.staffordharriers.org

RACE REPORTS.

Shugborough relay 2 miles.

Harrier Young Guns. 31st open men's team.

1 st leg Gary Hemming	13-21
2 nd leg Brian Denham	12-56
3 rd leg Kenton Sharpe	13-31
4 th leg Jason Littlewood	12-47
Total	52-35

Skelly's Heroes. 2nd open Ladies Team

1 st leg Chris Skellern	13-33
2 nd leg Liz Stanyer	14-29
3 rd leg Caroline Stark	14-57
4 th leg Lucy Earnshaw	13-36
Total	56-35

Hollinshead Crew 2nd mixed open team

1 st leg Chris Hollinshead	10-55
2 nd leg Sally Gray	12-15
3 rd leg Adela Arnold	14-19
4 th leg Tom Hobbins	11-27
Total	48-56

Chit's in Charge 16th mixed open team

1 st leg Jenney Addison	14-22
2 nd leg Kim Preece	17-46
3 rd leg Kellie Lee	18-17
4 th leg Dave Chittem	16-23
Total	1-06-48

Scotch Mist 11th men's vet's 160 team

1 st leg Joe Atherton	12-54
2 nd leg Keith Skelton	12-40
3 rd leg Mark Bentley	13-15
4 th leg Michael Harris	13-10
Total	51-59

Nigel's Lot 20th men's vet's 160 team

1 st leg Andy Bourne	13-32
2 nd leg Tim Hough	13-24
3 rd leg Craig Baxter	14-16
4 th leg Nigel Addison	14-35
Total	55-47

Carson Cowboy's 17th mixed open team

1 st leg Justin Harrison	14-22
2 nd leg Jo Carson	17-09
3 rd leg Paul Wilson	20-01
4 th leg Sarah Johnson	16-35
Total	1-08-07

Murray & co 6th ladies vet's 160 team

1 st leg Jane Bisiker	15-59
2 nd leg Karen Murray	17-17
3 rd leg Karen D Murray	16-40
4 th leg Tracy Gee	14-45
Total	1-03-47

Still Running 3rd ultra vet's 240 team

1 st leg Chris Howe	19-00
2 nd leg Graham Williams	15-46
3 rd leg George Singh	17-18
4 th leg Frank Evans	18-40
Total	1-10-44

Stafford Harriers junior 1 3rd mixed under 64 years

1 st leg Sophie Cartmail	14-41
2 nd leg Lauren Gee	19-42
3 rd leg Nathan Sabin	12-32
4 th leg Sam Watts	14-06
Total	1-01-01

Stafford Harriers Junior 2 4th mixed under 64 years

1 st leg Will Sammons	14-33
2 nd leg Emily Scott	16-56
3 rd leg Ellie Baxter	15-06
4 th leg Alex MacKay	16-33
Total	1-03-08

Stafford Harriers Juniors 3 6th mixed under 64 years.

1 st leg Joe Cartmail	17-20
2 nd leg Sarah Holiday	17-07
3 rd leg Megan Caddick	17-21
4 th leg Ellie Stanyer	17-43
Total	1-09-31

Stafford Harriers junior 4 5th Boys under 52 year's team

1 st leg Joe Clark	13-46
2 nd leg Jack Salmons	15-04
3 rd leg Curtis Owen	14-22
4 th leg Tom Sabin	12-58
Total	56-10

CITY PARKS 3RD RACE FENTON PARK. 14-7-09.

2K, 11 th Nathan Sabin	7-18	10 th U15	72 Finished.
21 st Tom Sabin	7-55	3 rd U11	
51 st Ellie Baxter	9-11	4 th U11	

5K, 37th Dave Marsden 20-41 82 Finished.

CITY PARKS 4TH RACE HANLEY PARK. 18-08-09.

2K, 8 th Nathan Sabin	7-02	7 th U15	
23 rd Tom Sabin	7-46	4 th U11	
53 rd Ellie Baxter	8-52	5 th U11	78 Finished.
5K, 22 nd Paul Douglas	19-03		
48 th Dave Marsden	21-09		
85 th Lynn Geoghegan	25-09		94 Finished.

Well done to our three juniors, completing the four park races. Unfortunately I do not have their overall finishing positions.

WYE FOREST HALF MARATHON 12-7-09.

Jane Bisiker made her annual trip to the Wye forest, and managed a good run over difficult course, to finish in 135th in a time of 2-03-51 and was 3rd L45, 251 finished.

J C B 5 MILES. 16-7-09.

On a very wet Wednesday evening, nine Harriers toed the line, Keith Skelton was first home on this tough two lap course, in a time of 33-09, other good runs came from Andy Bourne in a PB time of 34-40, Chris Skellern 1st L45 and Gillian Cauldwell 1st L70.

39 th Keith Skelton	33-09	8 th M40	142 nd Rob Proctor	39-09	
54 th Andy Bourne	34-40	PB	232 nd Karen Sabin	44-52	9 th L40
59 th Chris Owen	34-56		263 rd Bill Whitworth	47-08	2 nd M65
72 nd Chris Skellern	35-27	1 st L45	287 th Gillian Cauldwell	50-14	1 st L70
82 nd Tim Hough	36-01	16 th M40	332	Finished.	

TRENTHAM 10 MILES 13TH NSRRA EVENT. 19-7-09.

Over a two lap course, which takes the tough climb up Beech, so fast times not possible, even so Paul Douglas came in a very good time of 65-21 and was 1st M55, with Pete Sarson 68-03 1st M60 and our other winner, was Chris Skellern 75-32 3rd L45.

26 th Paul Douglas	1-05-21	1 st M55	148 th Eddie Smith	1-20-00
42 nd Pete Sarson	1-08-03	1 st M60	162 nd Rob Proctor	1-22-01
71 st Michael Harris	1-10-52		175 th John Leese	1-23-34
78 th Mark Bentley	1-11-33		178 th Graham Williams	1-24-12
82 nd Dave Preece	1-11-54		191 st Helen Smith	1-26-02
86 th John Richardson	1-12-09		195 th Mike Jones	1-26-39
105 th Chris Owen	1-14-28		246 th Gillian Cauldwell	1-44-01
116 th Chris Skellern	1-15-32	3 rd L45	254 th Judith Coleman	1-48-16
134 th Eric Lander	1-17-36		256	Finished.

CHASEWATER 10K 19-7-09 15TH HARRIERS CHALLENGE.

A good turnout of Harriers, running around the Chasewater lake, with Mike Saint-Dunn coming first in a very good time of 39-20, with Jackie Allen the only Harrier to get a PB of 54-42.

10 th Mike Saint-Dunn	39-20	187 th Karen Murray	55-29	
78 th Steve Turner	46-17	226 th Mike Moore	59-10	
124 th Ralph Wedlock	50-32	228 th Rebecca Bostock	59-29	
143 rd Richard Geoghegan	52-09	234 th Stuart Fowlie	59-51	
148 th Jane Bisiker	52-39	235 th Carl Spears	60-05	
151 st Lynn Geoghegan	52-47	236 th Frank Grant	60-16	
160 th Tony Baker	53-09	237 th John Hateley	60-33	
176 th Jackie Allen	54-42	PB	268 th Sara Broome	67-48

289 Finished.

INDIAN QUEEN HALF MARATHON 2-8-09

Tim Hough must like this race, running it for 2nd year running, slightly slower in a time of 1-45-14 finishing in 218th out of 522 finishers

DOVEDALE DIPPER APPROX 26 MILES 2-8-09.

Pete Sarson ran this tough 26 miles, finishing in 21st place in a time of 4-50, 1st M60, 251 finished.

BELPHER RUGBY ROVER 30K 16-8-09.

Pete Sarson does seem to find these tough races, finishing 87th in a time of 2-40-06 out of 323 finishers, and was 1st M60.

MEERBROOK 15K 9-8-09 14TH NSRRA EVENT.

Sixteen Harriers one of the toughest road races in the area, with Paul Douglas taming the hills with a very good time of 1-04-54 and 1st M55.

It is with great pleasure to see John Greatholder running his first race, since injuring his leg in a argument with a car, at the beginning of the year, when he was told his running days were over, and he would walk at best with a limp, and what a race to make your comeback, and it wasn't the up hill he found hard, it was the downhill which slowed him down.

26 th Paul Douglas	1-04-54	1 st M55	217 th Caroline Nichol	1-27-04	18 th Sen.
63 rd Mark Bentley	1-09-32	13 th M45	222 nd Mike Jones	1-28-03	6 th M65
95 th Keith Skelton	1-13-36	14 th M40	230 th John Greatholder	1-29-04	29 th M50
101 st Chris Owen	1-13-59	34 th Sen.	241 st Tony Baker	1-31-38	31 st M50
105 th Chris Skellern	1-14-26	4 th L45	247 th Karen Murray	1-33-23	10 th L40
164 th Eddie Smith	1-20-48	10 th M55	266 th Karen D Murray	1-37-56	13 th L45
174 th Graham Williams	1-21-51	8 th M60	276 th James Thorpe	1-41-41	69 th Sen.
206 th John Leese	1-25-28	10 th M60	291 st Judith Colman	1-56-34	2 nd L55.

STAFFS KNOT 5 MILER 12-8-09 15TH NSSRA EVENT.

What a wonderful turnout, of Harriers, of runners and helpers, thanks to everybody who helped and ran, with our race quite a favourite with a lot of runners. **448 Finished.**

In the race Chris Hollinshead was 2nd most of the race, but got tipped in the run in to finished third in a time of 27-11, Sally Gray winning the ladies race in a time of 32-02.

Other good runs came from Keith Skelton 32-34 PB, Jason Littlewood 35-16 PB, Scott Palmer 43-37 PB, Kim Preece 45-59 PB, Nicky Walker 50-36 PB and Allison Kelly 65-39 PB.

I would like to pay tribute to Gillian Cauldwell, who announced she was retiring from road races, after the Staffs Knot, Gillian has been running for many years, and is a familiar face at many races, running all distances with her late husband, right up to marathon, winning many trophies in the North Staffs Road Runners leagues. She will be missed, and please keep in touch with your friends in the Harriers.

3 rd Chris Hollinshead	27-11	1 st M40	295 th Dave Banner	42-56
34 th Paul Douglas	31-45	1 st M55	307 th Scott Palmer	43-37 PB
39 th Sally Gray	32-02	1 st lady	308 th Amy Yeomans	43-37
47 th Keith Skelton	32-24	PB	309 th Laura Clough	43-39
59 th Mike Harris	33-10		313 th Julia Barker	43-46
61 st Bob Dredge	33-18	2 nd M55	320 th Karen Murray	44-04
64 th Malcolm Mountford	33-24	3 rd M50	324 th Karen D Murray	44-25
68 th Brian Denham	33-26		337 th James Thorpe	44-52
89 th David Clarke	34-36		343 rd Dave Cowley	45-06
93 rd Mark Bentley	34-40		344 th Sally Burns	45-13
100 th Dave Preece	35-10		358 th Kim Preece	45-59 PB
101 st Jason Littlewood	35-16	PB	371 st Karen Sabin	46-50
104 th Chris Skellern	35-21	3 rd L45	374 th Simon Stanyer	46-59
105 th Chris Owen	35-23		385 th Emma Wardle	48-48
166 th Rob Simpson	37-56		399 th Chris Howe	50-27
177 th Graham Williams	38-22		400 th David Timmis	50-29
196 th John Leese	39-04		401 st Fay Ridgewell	50-32
197 th Eric Lander	39-06		402 nd David Trevor	50-35
201 st Andy Bourne	39-09		403 rd Nicky Walker	50-36 PB
202 nd Karen Davies	39-10	4 th L45	409 th Allison Kelly	65-39 PB
203 rd Craig Baxter	39-11		414 th Judith Colman	52-00
204 th Ralph Wedlock	39-14		415 th Gill Holliday	52-13
217 th Richard Geoghegan	39-39		416 th Frank Evans	52-16
228 th Liz Stanyer	39-56		417 th Gillian Cauldwell	52-25
237 th John Greatholder	40-26		424 th Kellie Lee	53-01
240 th Caroline Nichol	40-32		426 th Tracie Wallis	53-04
275 th Lynn Geoghegan	42-02		428 th Helen Holt	53-06
289 th Tony Baker	42-39		436 th Paul Wilson	56-08
294 th Jackie Allen	42-39		447 th Dave Chittem	65-31

STAFFS KNOT 2 MILE FUN RUN 12-8-09.

Fourteen young Harriers ran the measured course of 2 miles, with Nathan Sabin finishing 3rd in a good time of 12-26, with brother Tom next in 9th in a time of 13-30 with Curtis Owen just behind in a time of 13-44.

3 rd Nathan	Sabin	12-26	24 th Elisha	Walker	16-36
9 th Tom	Sabin	13-30	26 th Sara	Holliday	16-57
10 th Curtis	Owen	13-44	27 th Sam	Hough	17-09
11 th Matty	Burdett	13-46	28 th James	Hough	17-10
16 th Sean	Timmis	15-20	30 th Ellie	Stanyer	17-16
18 th Lauren	Gee	15-29	31 st Lucy	Hulme	17-24
23 rd Ellie	Baxter	16-10	44 th Michael	French	22-30

48 finished.

RACE THE TRAIN 15-8-09 16TH HARRIERS CHALLENGE.

Eleven Harriers tackled this hard race, over paths and tracks at Tywyn in mid Wales, and to beat the train, you have run in under 1-45.

No Harriers managed this year with John Watkins first Harrier, in a time of 1-55-08, with Karen Davies beating John Greatholder on chip time by one second.

243 rd John	Watkins	1-55-08	671 st Lisa	Percox	2-21-09
575 th Karen	Davies	2-15-08	815 th Tony	Baker	2-35-16
574 th John	Greatholder	2-15-09	885 th Mike	Moore	2-46-47
641 st Vicky	Lowndes	2-19-25	938 th Stuart	Fowlie	3-03-19
638 th Graham	Williams	2-19-44	949 th Sara	Broome	3-12-49
664 th Jane	Bisiker	2-20-47	959 finished.		

RACE THE TRAIN DOLGOCH CHALLENGE 10K 15-8-09.

Richard Bisiker took easier option, running the 10k, coming in 111th in a time of 1-02-33, out of 130 finishers.

GREAT WARFORD 10 MILES 16-8-09.

I don't know where Great Warford is, but Chris Owen and Eric Lander found it, Chris ran a PB in a time of 1-12-43.

107 th Chris	Owen	1-12-43 PB	202 nd Eric	Lander	1-21-17
-------------------------	------	------------	------------------------	--------	---------

317 Finished.

LEEK HALF MARATHON 30-8-09, 16TH NSRRA EVENT.

Ten Harriers took on the challenge of the Leek half, with stunning views when you have up the many steep hills, the Harriers ran well with Paul Douglas first in and collecting the 1st M55 prize, just behind was Pete Sarson who was 1st M60.

38 th Paul	Douglas	1-31-05	1 st M55	171 st Ralph	Wedlock	1-54-55
45 th Pete	Sarson	1-31-59	1 st M60	186 th John	Greatholder	1-57-04
120 th Chris	Owen	1-46-09		204 th Mike	Jones	2-01-20
132 nd Rob	Simpson	1-48-54		251 st Karen	DMurray	2-15-42

270 Finished.

Wolverhampton Marathon and Half Marathon 6th Sept 09

REPORT BY BERNARD WILKES.

With the rival attraction of the Lichfield 10k, only 5 Harriers made the short trip to Wolverhampton. The course had been changed slightly to help with the start and mile markers were hard to find as they were written on the road.

Chris Owen was our sole representative in the Half Marathon finishing in an excellent time of 1:35:34. 79th open.

Four harriers finished the full Marathon

45 th Mike	St-Dunn	3:19:23	134 th Bernard	Wilkes	3:38:46	5 th M55	
182 nd Karen	Davies	4:02:36	16 th Lady	183 rd Rob	Simpson	4:02:36	25 th M45

306 finished.

LICHFIELD 10K 6-9-09.

Nineteen Harriers of which 13 were ladies, travelled to Lichfield with some success, first home was Pete Sarson 1st M55, second in was John Richardson just behind was Chris Skellern 2nd L45.

Other good runs came from, Jackie Allen 53-30 PB, Carl Spears 55-54 PB and Allison Kelly 65-39 PB

51 st Pete Sarson	40-16	1 st M55	529 th Karen Sabin	57-41
110 th John Richardson	44-02		541 st Tracy Kenny	58-07
112 th Chris Skellern	44-02	2 nd L45	643 rd Sally Liggins	62-36
131 st Ruth Umerah	45-03	5 th L35	644 th David Trevor	62-47
284 th Liz Stanyer	50-10		664 th James Thorpe	63-52
315 th Helen Smith	51-05		677 th Fay Ridgewell	64-45
400 th Jackie Allen	53-30	PB	687 th Helen Holt	65-16
481 st Carl Spears	55-54	PB	694 th Sara Broome	65-28
483 rd Laura Clough	56-01		696 th Allison Kelly	65-39 PB
488 th Simon Stanyer	56-10		779 finished.	

IPSTONES 5 MILES 12-9-09, 18TH NSRRA EVENT.

The Ipstones 5, is a low key event, where everybody enters on the day, mostly North Staffs Runners, and enjoy the Ipstones fate located at the fire station, most enjoyable day in the Staffs Moorlands.

The Ipstones is probably the hardest race start, you will find in the area, with over one mile of climb as soon as you start running, but Paul Douglas made light work of the start, to finished in 34-09 1st M55, George Mafu found it hard, coming from Birmingham, Ipstones must have felt he had come to back of beyond, but George if you had looked up the views were magnificent.

Welcome back to Tracey Gee, her first North Staffs run for nearly two years, a good time.

24 th Paul Douglas	34-09	1 st M55	83 rd Tracey Gee	41-28
37 th George Mafu	35-46		107 th Tony Baker	45-37
50 th Chris Owen	37-17		112 th David Cowley	47-06
74 th Eddie Smith	40-07		123 rd Karen D Murray	48-58
78 th John Leese	40-47		133 rd Judith Colman	55-40

137 Finished.

CLAPHAM COMMON 10K 13-9-09.

Graham Williams, staying in London with his daughter, travelled to Clapham common, running a good 10K in a good time of 48-31, and was 181st out of 505 finishers.

MACCLESFIELD HALF MARATHON 27-9-09.

The Harriers have never run fairly local race in large numbers, and I don't why, with 869 finishers it is a well supported race.

This year their were four Harriers taking part, with Joseph Parkin first home in a time of 1-31-19 just ahead of Keith Skelton and John Watkins.

69 th Joseph Parkin	1-31-19	105 th John Watkins	1-34-56
73 rd Keith Skelton	1-31-57	237 th Chris Owen	1-42-42

869 Finished.

NOTTINGHAM ROBIN HOOD MARATHON 13-9-09.

Tracy Kenny ran her first marathon, getting round in a very reasonable time of 5-11-24 in 1238th out of 1325 finishers.

LAKE VYRNWY HALF MARATHON 13-09-09.

The Lake Vyrnwy half marathon is back, and the Harriers are well represented with thirty one Harriers running, Tom Hobbins having a good run, with a time of 1-22-33, next was Pete Sarson in a remarkable time of 1-25-42 taking the M60 prize.

Other good runs came from, Andy Bourne a PB time of 1-48-10, Liz Stanyer 1-48-14 PB, Caroline Nichol 1-48-14 PB, all three PB'S thanks to Chris Skellern cracking the whip, Sarah Johnson 2-00-08 PB, Karen Sabin 2-04-04 PB and James Thorpe 2-04-57 PB.

51 st Tom	Hobbins	1-22-33	746 th Sarah	Johnson	2-00-08 PB	
77 th Pete	Sarson	1-25-42	1 st M60	776 th Karen	D Murray	2-01-05
197 th Mark	Bentley	1-35-05	788 th Bill	Whitworth	2-01-27	
232 nd Steve	Turner	1-37-11	796 th Clare	Corefield-Carr	2-01-45	
249 th Dave	Preece	1-37-57	809 th Karen	Murray	2-02-06	
302 nd Steve	Cartlidge	1-40-37	843 rd Karen	Sabin	2-04-04 PB	
399 th Ralph	Wedlock	1-45-15	860 th James	Thorpe	2-04-57 PB	
437 th Kirsty	Stevenson	1-47-29	868 th Sally	Burns	2-05-23	
441 st Lydia	Atkins	1-47-39	967 th Ann	Button	2-09-48	
452 nd Andy	Bourne	1-48-10 PB	1097 th Kim	Preece	2-19-11	
453 rd Chris	Skellern	1-48-14	1099 th Chris	Howe	2-19-32	
454 th Liz	Stanyer	1-48-14PB	1172 nd Alison	Kelly	2-31-22	
619 th Lisa	Percox	1-55-15	1190 th John	Hateley	2-35-13	
630 th Tony	Baker	1-55-52	1231 st Kellie	Lee	2-36-50	
732 nd Jacko	Greatholder	1-59-48		1242 finished.		

SUTTON PARK RELAYS 19-9-09.

We managed to get a man's and ladies team out for the autumn version of the Sutton relays, run over 5.847k for the men and 4.315k for the ladies, both teams performing well.

1 st leg Tom	Hobbins	21-20	4 th leg Andy	Bourne	26-54
2 nd leg Paul	Douglas	22-38	5 th leg Eddie	Smith	27-17
3 rd leg Jason	Littlewood	26-07	6 th leg Mark	Bentley	25-04
75 th team out of 85.					
1 st leg Tracey	Gee	19-31	1 st leg Chris	Skellern	18-35
2 nd leg Caroline	Nichol	20-37	2 nd leg Liz	Stanyer	20-43
3 rd leg Helen	Smith	21-07	3 rd leg Karen	D Murray	23-08
4 th leg Jenny	Addison	20-15	4 th leg	no runner.	
45 th team out of 60.					

ANTROBUS CABBAGE CANTOR 10K 20-9-09.

Stuart Fowlie has waxed lyrical about this race, he says it is run on flat local roads in Cheshire, two laps, and then when you finish, you get a goody bag with a tee shirt, plus a cabbage what you are suppose to do with cabbage, I didn't ask, but maybe next years we could go and find out.

Stuart Fowlie 56-49.

THE GREAT NORTH RUN 20-9-09.

Seven Harriers travelled all the way up to the North East, to run the biggest Half in the world, so they say, with Tom Hough first Harrier in a time 1-40-23, next in was Sam Gill in a PB time of 1-47-31.

2,308 th Tim	Hough	1-40-23	13,839 th Tracey	Ireland	2-04-15
4,731 st Sam	Gill	1-47-31 PB	30,237 th Tracie	Wallis	2-36-57
5,067 th Robert	Proctor	1-48-25	30,288 th David	Timmis	2-37-05
12,661 st Jackie	Allen	2-02-10	37,628	Finished.	

WINDSOR HALF MARATHON 27-9-09.

Graham Williams was rubbing shoulders with royalty, with over 4,500 other runners, Graham got round in a time of 1-54-18.

1248th Graham Williams 1-54-18 4630 Finished.

Race Report – Biddenham 10k River Run
27th September 2009

A warm, sunny day and a scenic river route made for an enjoyable day out in the village of Biddenham, just outside Bedford. The course was largely flat and followed the banks of the river Great Ouse, taking a loop through the country park along a mixture of trails and paths. Some narrow pathways and gates, along with a couple of footbridges caused a few bottlenecks around the course and made fast times more difficult to obtain. Fortunately, I was inspired by the presence of my father in the first race of his career to knock more than a minute of my previous best to finish in 54:49, in 155th out 364 finishers.

As the only Harrier home, however, I can only claim the moral victory of first past the post on this occasion! James Thorpe senior, a recent convert to running at the age of – well, let's just say he's a V55, finished in a very encouraging time of 1:00:01 and promptly vowed to go under the hour in the next one. I think we've both got the running bug! The race was won by Simon Jackson of Fairland's Valley Spartans in a time of 37:40.

Report by James Thorpe

CROSS COUNTRY 2009/10.

The cross country season has got off at cracking start, with 20 juniors running the first race at Newcastle, with the Harriers having four teams in either 3rd or 4th place, so well done to all the juniors, and of course if you are in the top three at the end all runners whether you count or not will get a plaque as well.

The ladies got out 14 runners, and were rewarded by taking top spot in division two, so keep up ladies.

The men had 22 men turning out, but we need a few faster men, as we finished in 9th place out of ten, and of course if we stayed there we would be relegated.

For the race challenge, I have worked out your average speed per mile, because the ladies and men do different distances, the ladies ran 3.21 miles, the men did 6-08 miles.

		Time run	ave pace			Time Run	ave pace.
Paul	Douglas	42-08	6-56	Graham	Williams	52-29	8-38
Pete	Sarson	42-21	6-58	Jill	Ross	27-49	8-40
Chris	Skellern	23-33	7-20	Craig	Baxter	53-28	8-48
Mark	Bentley	45-02	7-24	Darren	Bathew	53-29	8-48
Steve	Turner	46-25	7-38	Karen D	Murray	28-44	8-57
Tracey	Gee	24-49	7-44	Mike	Jones	58-33	9-38
Caroline	Nichol	25-27	7-56	Stuart	Fowlie	59-33	9-48
Dave	Marsden	48-21	7-57	Mike	Moore	1- 01-03	10-02
Liz	Stanyer	25-41	8-00	Judith	Colman	34-08	10-38
Eddie	Smith	49-15	8-06	Kellie	Lee	35-57	11-12
Andy	Bourne	51-13	8-25	Sara	Broome	38-09	11-53
John	Leese	51-47	8-31	Frank	Grant	1-13-00	12-00
Jane	Bisiker	27-34	8-35				

ANGLESEY MARATHON.

If you are looking for a Marathon which is well organised, informal and has a relaxed atmosphere, take a look at the Anglesey Marathon. This year it took place on 20th September 2009, a beautiful sunny day. There were approximately 320 runners taking part in the full marathon but there was also a half marathon, 10K, 5K and even children's races. The marathon was chip timed (It only took 10 seconds to pass the starting mat!), and there were 11 water stations, 4 sponge stations plus a free bowl of stew when you finished. The route itself was a bit of a mixed bag. The first half was best described as undulating with a few mild hills giving you a false sense of security. The second half was predominantly a steady, gentle climb but from 21 miles it became a constant hill making the finish the most rewarding sight. The last 5 miles also became a bit hazardous in places with fast vehicles on open roads.

There's not great crowd support in terms of numbers but the locals are friendly and welcoming as you pass through villages. It was a late decision to sign up for this race so no great build up and no chance of injury through over training! We were pleased with completing the Marathon in 4hr 15mins and would recommend the race to other Harriers. Bed and Breakfast available locally – we booked ours just 2 weeks before the race.

Lisa Percox and Steve Cartlidge