



Accrington Road Runner

May 2011



A local running club for local people.....

Price: Worth tuppence ha'penny

We are the CHAMPIONS!

It's official, we have the best squad of ladies in the Mid Lancashire area!

by Graham Morris

They were crowned 1st Division champions in the final race of the season at Skelmersdale.

This has been a truly remarkable achievement only entering the league in 2008, gaining two promotions and finally this season, overall champions.

There was much anticipation for this last event; Blackpool had an outside chance of winning the championship. Unfortunately the race was an anti-climax and we easily beat Blackpool by a total of 20 places. Overall we finished 2nd from 20 teams, just beaten by a very strong Border AC team.

To prove we also have strength in depth our B Team Ladies gained promotion to the 2nd Division, by finishing second in the 3rd Division. This was a

close race, we beat Red Rose Runners by only 10 places to push them into third place. Overall we finished 11th from 20 teams, very impressive for a B team.

Race report - Ladies

Sarah finished outside the top 5 for the first time ever in this league. Unfortunately it was the worst type of course for her, far too muddy and short, although she did finish the season a very impressive 2nd overall in the individual championship.

Nicola was our 2nd lady with her best result of the season, 14th overall and together with Julie 22nd made up our successful A Team. Nicola and Julie finished 13th and 15th respectively in the final individual rankings.

Gretel in only her 3rd race of the season was 24th and our first lady to score for the B Team.

Carole with her best ever result in cross country was second lady to score. Quite astonishing as she had ran 21 miles marathon training the day before. She finished the season ranked 8th overall in her age group.

Lisa was 3rd counter in the B Team; her final ranking was 15th from 42 ladies, very good for her first season in cross country.

Louise made the wrong choice of trainers and really struggled in the muddy conditions.

Well done girls we are very proud of you.

Yet again we had great supporters, Chris Barnes, Chris Black, Michael Leeming and Wilcock family. Special thanks to Jan & Sophie for the delicious cakes.

Race report - Mens

Both the senior men's & V40 men's teams had already gained promotion in their divisions, so the pressure was off. This didn't stop them performing well on the day. The senior men's finished 8th from 18 teams and the V40 men 10th from 21 teams.

Shaun made it a clean sweep of wins finishing our top man in all 6 races. He was ranked 17th overall in the league from over 100 runners, very impressive in his first cross country season.

Graham was second closely followed by Paul Wilcock in his first

race back after injury.

Yet again Andrew Priory performed well improving his result from the previous race. Only seconds behind, and not feeling well was Glen, he also competed in all 6 races and was ranked an impressive 23rd overall in his age group.

Phil Morton had an eventful race, competing in Maxine's vest and at one stage had his shorts around his ankles – don't ask.

Phil Dunn had a good run with his best finish of the season.

Also improving on his Blackpool result, Ant finished just under 40 minutes, great time for this hilly course.

Last but not least David Graham represented the club for the 3rd time this year and finished in front of 30 runners in a respectable time of 43 minutes.

IN THIS ISSUE...

2011 events calenders and the next few months

Race reports

Race photos - you been snapped?

Vest reminder!

10K sponsor required!

Plus much more



A well deserved celebration!

Remember! If it's not in here, its probably on the website... www.accrington-road-runners.co.uk

Bleasdale Fell Race 2011

First fell race of our 2011 season was the Bleasdale Circle - 5 miles with 1250ft of climbing.

The start time was changed to 2pm which proved a great success with a record number of 132 entries. The time change also worked well with the weather, as the morning rain was replaced with sunny but windy conditions for the afternoon race.

The route is a simple horseshoe, starting and finishing at Bleasdale Village Hall. The first mile follows fields and tracks before the very steep climb up Fair Snape Fell to Paddy's Pole Cairn; from here it undulates over the fell to Parlick then a fast descend back to the village through farm land.

Great "turn out" with 9 of our members competing, with three collecting prizes. Chris continued his good form on the "fells" with a comfortable 100 points. His time was an impressive 2 minutes faster than when he last competed in this event.

Graham was 2nd and in the top 10 for his age group.

Equally impressive was Tara, apart from easily winning the ladies race and 21st overall, her time was only 90 seconds off the ladies course record, all this in her first ever fell race.

Following on from his fine performance at the last Cross Country, Andrew proved he is a good "all rounder" and can perform well on all surfaces.

Also in great form on the fells Nicola, she collected her second prize in as many weeks.

Following her great win at Overden Fell Race, Nicola was runner up in her age group and 4th lady overall.



Fiona and Austin

First time in this event for Mark, he finished fast and well under the hour.

Also taking a prize, Steve Davies was 1st in his age group and over 8 minutes ahead of his nearest rival.

Last but not least,

Austin in his first fell race back since breaking his ankle, he showed

great determination to finish this very tough race, well done Austin.

Fiona started the race and completed the first couple of miles but unfortunately she felt unwell and had to retire. She did stay and support us all and help eat Steve's Jaffa cakes at the presentation.

Thanks to our supporters including Chris Black for taking the photos.

Also to Debbie & Brian who "popped up" around the route with advise and drinks. At one stage they both passed Graham on the steep climb, carrying drinks and dressed in full waterproofs and walking boots.



Tara - on her way to winning the ladies category

Vests....

Club Vests - Just a reminder to all our runners regarding the rule on club vests. When competing in any race or event as an attached member of Accrington Road Runners; it is expected you wear (and display) a club vest. This is particularly important when representing the club in team events and in our point's races. The club vest helps advertise and promote the club gives us a presence in races. Club vest are available from Paul Jackson 01254 301495.

Other race photos Blackpool 10k



Chris Black



Graham Morris



Peter and Janet

Results

| | |
|----------------------|----------------------|
| 12th Chris Barnes | 42:18 |
| 15th Graham Morris | 43:54 |
| 21st Tara Kryzwicki | 45:07 |
| 31st Andrew Priority | 46:21 |
| 53rd Nicola Wood | 50:08 |
| 104th Mark Hammond | 58:17 |
| 120th Steve Davies | 64:06 |
| 132nd Austin McBride | 79:02 |
| Fiona Glen | DNF (feeling unwell) |

Running on Empty by Jason Nocera



Liver Hill Fell Race

Report by Paul Calverly

Wow, Tuesday evening was dry for Liver Hill Fell Race!

Even the announcer was surprised – they're not used to such mild weather in Rossendale! This time last year the rain was of such Biblical proportions that the question before the race of what to wear

was a choice between off-road shoes/shorts/vest or swimwear! And the organisers must have considered changing the Fell Race into an aquathlon.

Even on top of the fell it was unseasonably dry, with the going good to soft, though

Dave Mallaby still managed to bury one of his trainers at one point! Perhaps not that surprisingly, given the drastically improved conditions, Glen, Alistair, Mark & I were able to shatter our times from last year.

There was a strong ARR presence with 12 members competing and Lisa Boyle, Ann Goodwin & Harry Hasley supporting. Graham was as formidable as ever, finishing a fantastic 7th

overall to consolidate his position in the ARR Fell championship.

Ever-improving Glen was a blistering 6mins faster and up 23 places on last year to a superb 16th overall.

Debbie returned to the competition with a powerful performance, marvellously finishing as 3rd best lady.

I too smashed just over 6mins off last year's time and was up 20 places to 54th, partly because I avoided a mud-dive this time.

Glen & I had made our Fell debuts in this last year, and this time around it was Ant's turn, and what an impressive start this was – marginally quicker than Glen achieved last year!

Alistair too demolished just over 6mins off last year & was up 18 places. Those Tuesday nights training sessions appear

to be having a big pay-off for us.

Andy Hollas managed to finish with a sprint to hold off a Darwen Dasher.

Mark Hammond took over 2mins off last year's time.

David, returning to Fell Racing for the first time in years, would have done even better if he'd remembered to tie his laces tighter!

Though he recovered to pip Fiona who was recuperating from illness and still managed to finish 5th in her category.

Steve Davies, despite eating his post race meal before the race, continues to set remarkable standards.

Austin, in his brand new Inov-8 Mudclaws, was probably over-kitted on this occasion !

| | | |
|-------|-----------------|-------|
| 7th | Graham Morris | 35:17 |
| 16th | Glen Goodwin | 37:11 |
| 49th | Debbie Gowans | 41:15 |
| 54th | Paul Calverley | 41:43 |
| 70th | Ant Ridehalgh | 43:05 |
| 73rd | Alistair McEwan | 43:17 |
| 90th | Andrew Hollas | 44:50 |
| 108th | Mark Hammond | 46:53 |
| 126th | David Mallaby | 50:54 |
| 127 | Fiona Glen | 50:58 |
| 154th | Steve Davies | 56:52 |
| 161st | Austin McBride | 59:22 |

Brenda Robinson 5K - Littleborough

We had fantastic support from 24 of our members in the first road race of our season.

The Brenda Robinson 5K follows the same route as the Ron Hill 5K, from Littleborough and around Hollingsworth Lake.

With a large number of our members competing the racing was very close and many of our runner's finishing only seconds apart.

Graham was first to finish, but had to work extremely hard to hold off Chris. The margin was only 3 seconds; this could have been so different if Chris hadn't been unwell on the day.

Sarah easily won the ladies race by over 3 minutes and together with Glen was one of only four of our runners

under 20 minutes.

Andrew continued his improvement with a great time in his first ever 5k and was also only 3 seconds behind Chris W.

Following a good run last week, on the fells, Ant returned to the road with another good performance and just "pipped" David G, both under 22 minutes.

One of the performances of the night must go to Louise, she was only one second behind David G and was 5th lady overall from 58 ladies.

Great to see Julia returning to racing and although her training has been aimed at the London Marathon she still finished 8th lady overall and 2nd in her age group.

Both Andrew and David finished in the top half and only seconds apart.

Impressive first race back for Kaye after injury, she was 10th lady overall and 3rd in her age group.

Most improved performance goes to Paula; she was 3 minutes faster than last time she competed on this course.

Second race in a week for David Mal, he also ran on the fells last week, unfortunately this week suffered a calf strain mid way into the race but still managed to finish.

Another great improvement went to Ruth she finished the race really strong and over a minute faster than last time.

Janet came out on top in the "on going" battle with Peter closely followed by Michelle in her first race for Accrington with Helen and Stuart making up our full team.

Thanks to Chris Barnes for his support.

| | |
|------------------|-------|
| Graham Morris | 17:35 |
| Chris Black | 17:38 |
| Sarah Ridehalgh | 18:36 |
| Glen Goodwin | 19:04 |
| Chris Walton | 20:43 |
| Andrew Heys | 20:46 |
| Ant Ridehalgh | 21:52 |
| David Graham | 21:56 |
| Louise McAuley | 21:57 |
| Julia Hartley | 22:12 |
| Andrew Hollas | 22:22 |
| David Smith | 22:39 |
| Kaye Callaghan | 22:48 |
| Tom Battrick | 23:08 |
| Carole Morris | 23:27 |
| Paula Taylor | 23:36 |
| David Mallaby | 24:24 |
| Ruth Dawson | 25:22 |
| Peter Blackledge | 25:48 |
| Janet Holden | 26:17 |
| Michelle Baker | 26:35 |
| Helen Goodwin | 26:44 |
| Peter Hoyle | 26:56 |
| Stuart Keighley | 27:35 |



Carole, David M, Chris Walton (833) no club vest!

“We’re off to be beside the seaside...”

It’s going to be another close finish for our ladies in the Mid Lancs Cross Country League.

Similar to last year, it will go right down to the last race at Skelmersdale on 12th March.

Following our great win on Saturday, we maintained our lead over Blackpool but only by 1 point. This has been a tremendous effort from our ladies. They entered the league 3 three years ago and have worked their way into the 1st division and are only one win away from being overall Mid Lancs Champions, a truly remarkable achievement. Also our B team has a great chance of promotion into Division Two; they just need to beat Southport in the last race.

Blackpool Report

With 8 ladies competing we had just enough for two teams. Tara made a great start and was comfortably leading the race, unfortunately on the last lap she had to pull out due to an Achilles injury.

Sarah finished 2nd overall, only 12 seconds behind the winner, if the race had been any further she would have caught her.

Julie B currently in good form had her best finish of the season finishing 16th overall, closely followed by Gretel in 19th. (Thanks to Gretel for rearranging her

weekend to run for the team). With 3 ladies in the top 20 we finished top team overall on the day. Also having her best finish of the season,

Lisa was 30th and our first lady to score in our B Team.

Louise just coming back from injury and together with Carole made up our B Team which finished 3rd overall in the 3rd division.

Fiona took time out from her Three Peaks training; she finished in 30 minutes and was 55th from 77 runners.

Sarah, Lisa & Carole made up our V35 team to finish 4th overall only 3 places from 3rd. Well done girls great performance.

It’s not all about our ladies, we also have a good men’s team. Both our senior and V40 men have already gained promotion; they are both assured of 2nd place in their divisions with one race still remaining. For the third time this season our senior men’s team finished 2nd on the day in the 4th division, behind a very strong team from Border AC of Carlisle; they were 10th overall from 19 teams. The V40 men

had their best result of the season finishing top team on the day in Division 3 and an impressive 6th overall from 20 teams, beating a number of clubs from the 1st and 2nd division.

Shaun Livesey yet again was our 1st man; he is currently an

impressive 18th for the season in the individual rankings from over 200 runners in the league.

Graham came 2nd and was very closely followed (only 50 seconds) by Glen with his best finish of the season.

Equally impressive, Andrew Priory in his first cross country event for the club, he finished in a great time of 40 minutes and together with Andy Bush (Graham & Glen) made up our successful V40 team.

Philip Morton was our 6th man to count in the senior men’s team. He wasn’t well on the day and finished the race with almost no colour in his face, but soon recovered to

entertain us on the journey home. Paul Calverley has recently made a good improvement and is now a regular in group one, his time of 43: 08 put him as our 7th man. Most impressive finish must go to Ant, he made up 14 places on the last lap to record 44:43. Second race of the season for David Graham, he finished just over 46 minutes. Yet to miss a race this season, Peter Waring still suffering from the effects of a bad flu was just a minute slower. Unfortunately Austin had to withdraw due to injury, which was a shame as he had such a good run last time out at Burnley. Well done to all that competed and to our supporters, particularly to Jan Livesey and Ant for the delicious home made brownies.



Julie B



Ant



Hoodies!

Other photos!

Nicola Steve and Mark in the hills!



Bowling night winners



Pennine Bridleway Relay

Over the years Accrington Road Runners has competed in many relays with much success, each year slowly improving times and positions, but this years Pennine Bridleway Relay will go down as our most successful.

Not only for winning the Mixed Race in such fantastic style, but great team spirit and tremendous support we had from our members. Over half the club, "turned out" on the day to compete or support. At the finish we had more supporters than any other club to cheer in our leg 5 runners and witness a great performance by everyone.

This year for the first time in this event we had 40 volunteers, this enabled us to enter 4 teams. Also for the first time all our teams avoided the mass starts on leg 4 and 5 allowing every pair the chance to hand on the "dibber" to the next runners. All teams finished in great time, this is highlighted with Team 4 finishing only 3 minutes slower than Team 2 last year. Over the years Team 2 has never managed to beat 7 hours until this year, both our Team 2 & 3 finishing in 6:21 and 6:43 respectively. To emphasis our growing reputation the Lancashire Evening Telegraph classed us as candidates for 'club of the day'.

Team 1

With a record number of 109 teams competing we would have to be at our best to maintain our chance of a prize. Many good clubs had entered teams into the mixed category but our main threat would come from last years winners Chorley.

We were given the best possible start by Sarah and Nicola, they finished only 8 second off the ladies course record and more importantly a 4 minutes lead over Chorley putting us 34th overall.

New pairing of Shaun and Chris Black had the task of maintaining our lead on the longest and toughest leg. They did not disappoint, moving us up an incredible 17 places to 21st overall, only missing out on our club record by 3 seconds.

With just a 2 minute lead and very strong pairing from Chorley in pursuit we needed a big performance from Paul Wilcock & Glen on Leg 3. They "battled" well and it was only in the last mile that Chorley caught them, but they had done enough to keep us in contention. Their time "smashed" our club record by 5 minutes and moved us up to 20th overall. For the first time Chorley had the lead, although it was only 30 seconds, our Leg 4 girls had the pressure to keep us in the race.

This was never in doubt with Gretel our lucky mascot (we have never failed to win a prize when she is in the team) and "in form" Julie B, they not only caught and passed Chorley, they gave us a 30 second lead and as usual Gretel was sick as soon as she crossed the finish line. Their time was the 2nd fastest by a ladies pair and beat our club record by almost a minute.

Making her debut in our relay team Tara, she partnered Chris Barnes on the last leg. They totally dominated and never gave Chorley a chance; their fantastic time was the 3rd fastest overall on the day with only the top two men's teams running quicker. This moved the team up 5 places to our best ever finish of 17th overall and more importantly a 3 minute win over Chorley.

This was our first win in this event and a great achievement for a club of our size. Maybe the "writing was on the wall" when it was announced we would be running with race number 1, but we could never have wished for such a brilliant result. In 2006 a really good Pudsey and Bramley team set a course record of 5:40 for a mixed team. For the next 5 years no team had come close to this time; until 2011 when we "smashed" their time by nearly 8 minutes to finish in an incredible 5:32 and 17th overall from 109 teams.

Team 2

Leading off on leg 1 Geoff & Martin, our most experienced men runners in the event with 13 appearances between them. Their time of 1:10 puts them in 3rd place in our list of club records on this leg.

Graham & John Wieczorek took the "dibber" on leg 2; they made up 9 places putting the team 33rd overall.

First time on this event for Lisa, she teamed up with Andy Bush and finished in 1:16; our 6th fastest time on this leg.

Louise and Carole improved their time from last year by almost a minute; their time of 50 minutes puts them 5th overall in our best times on Leg 4.

Bringing home Team 2, Julia Hartley and Jo Hosker in 1:27; Julia ran this leg in 2004 in 1:39, great improvement and in our top 10 times.

Team 2 finished in 6:21 - first time under 7 hours.

Team 3

Also finishing less than 7 hours, Team 3 they completed the course in 6:43.

Alistair and Steve Ball running together for the first time on Leg 1 finished in 1:14.



Leg 2 boys Phil Morton and Paul Wickham moved the team up 9 places in a time of 1:46.

Second year in a row for Ant on Leg 3 and together with Mark Hammond he improved his time by 7 minutes to finish in 1:17.

First time together on Leg 4 for David Mallaby and Jim Donohoe, they ran 0:53 a top 10 club time.

Just coming back from illness Pete Waring partnered Philip Dunn on the last leg and finished in 1:31.

Team 4

The last time Martin King partnered David Gaskell was 2004, seven years on they were back together on Leg 1; their time of 1:13 put them 6th in our list and 6th overall.

First time in the relay team for Andrew Priory, and together with Paul Calverley they had a brilliant run moving the team up 9 places to 51st in 1:44.

Equally as good was Paula Taylor and Mick Bowkely, their time of 1:20 was an amazing 10 minutes faster than last year.

Another good improvement on last year was Amy Jackson; she improved her time by 8 minutes running with Maxine Morton. Well done to both pairings, great improvement.

Sadly our last pairing of Steve Davies and Fiona Glen had a little problem, they got lost; not just a little, but two miles lost! This was the last thing Fiona needed as she was feeling unwell and also carrying an injury from falling off her bike, so Steve wasn't in the good books. Nevertheless they arrived back OK and would have finished in good time if they hadn't taken a detour.

This was a true team effort with four of our club records being broken and the other one equalled. Awesome performance well done! For our course records - see Links / Relays / Pennine on our web site. To all our supporters that helped encourage the team throughout the day and those that helped "ferry" the runners around the course, this included Mick Leeming, Barry Brock, Paul Jackson, Pete Taylor, Jan & Sophie Livesey - many thanks.

Diary of events 2011

| | | |
|--------------|---|-----------------|
| May 15 Sun | Alternative Boxing Day 10K, Leyland | Road Points (2) |
| May 30 Mon | Bowley Hill Race | Social Run |
| June 12 Sun | Bradford Millennium Way Relay | Team Relay |
| June 14 Tues | Eagle & Child, Hurst Green (6.45 start) | Summer Run |
| June 26 Sun | Trawden 7 | Road Points (3) |
| July 5 Tue | Stoodley Pike | Fell Points (4) |
| July 10 Sun | Catforth 10k – Nr Preston | Road Points (4) |
| July 12 Tues | Brittanna, Oswaldtwistle (6.45 start) | Summer Run |
| July 17 Sun | Hurst Green Trail Race | Social Run |
| Aug 7 Sun | Worsthorne Fell | Fell points (5) |
| Aug 16 Tues | Royal, Tockholes (6.45 start) | Summer Run |
| Aug 20 Sat | Race to Train – North Wales | Social Run |
| Aug 27 Sat | Pendleton | Fell Points (6) |

Our social summer runs will commence at 6.30 prompt, followed by a meal. Only fully paid up members will be entitled to the subsidized “pub grub” non members will be required to pay normal prices.

Who's who in ARR 2011

| | |
|-----------------|---------------------------------|
| Helen Goodwin | President & Newsletter |
| Harry Haseley | Vice- President & Press & Media |
| Sarah Ridehalgh | Secretary & President Elect |
| David Mallaby | Treasurer |
| Louise McCauley | Social Events |
| Graham Morris | Sporting Events |
| David Graham | Race Director -10k Race |
| Mick Leeming | Club Mentor & New members |
| Paul Jackson | Kit |
| Simon Bailey | Website |

Welcome New ARR Members

Alex Whittaker, David Walton, Michaela Booth, Graham Cuncliffe, Hilary Dicken, Amanda Parkinson, and Paul Gallagher.

Next 4 Months...

May - The summer run is from the White Hart, Sabden, BB7 9EW. Please note a later start time 6:40pm. Bradford Relay in June. The “alternative” Boxing Day 10K is a re arranged race from Boxing Day 2010. This is a fast, flat & scenic two lap race around Worden Park, Leyland. Starting at 10:30am the entry fee is £7 with £2 extra on the day. Bowley Hill (approx 5.5 miles), this race is part of the Great Harwood Show on Bank Holiday Monday from the Show Ground, opposite Nightingales Garage on Whalley Road. It is not a point's race but support would be appreciated as the race is organised by our vice president Harry Haseley.

June - We have our second team relay, The Bradford Millennium Way, we will be trying to defend our title as Mixed Winners. We hope to enter a number of teams, if interested please let us know. The race consists of teams of 10 runners; running in pairs over 5 legs. We normally enter mixed teams, which includes one lady and one man on each leg. (See web site for relay information and club records). Summer run from Eagle & Child, Hurst Green BB7 9QJ, we will be also having a later start of 6:45pm. Our 3rd road race is the Trawden 7. Starting at the Pavilion, Trawden Recreation Ground, BB8 8RR, Presentation at the Sun Inn, Trawden this is also part of Pendle & Burnley Grand Prix. Entry fee £5 on the day.

July - The Stoodley Pike Fell Race (3.5 miles - 700ft) is a quick dash up and down Calderdale's most famous landmark. The longest established fell race in the area (started in the 1970's). It never fails to get a good crowd, perhaps drawn by the sunny conditions that Todmorden Harriers like to arrange for this event. enter on the night £3.50. Start from The Top Brink Inn, Lumbutts, Todmorden OL14 6JB 7:30pm Fourth road race - Catforth 10k from Village Hall, Catforth, PR4 0HH 10am start. Good idea to pre entry always fills up, entry fee £10, great refreshments in Village Hall after race. Summer run from Brittanna, Haslingden Old Rd, Oswaldtwistle, BB5 3RJ please note later start 6:45pm, usual two routes for all members, social run not a race. Hurst Green Trail Race (5 miles), classed as the most scenic race in the area and is one of the events in the Village Fete. Although it is not a point's race or an official ARR event, support would be appreciated as this is a local race and organised by the village committee, which includes a number of our members. Registration is at the Bayley Arms with the entry fee of £4 also including entry to the fete.

August – 5th Fell race Worsthorne Moor this is also part of the Burnley & Pendle GP and will attract many of our runners. The route is 7 miles with 900' of climbing on a multi terrain course. The start is at 11am at the church on Gorpel Road, Worsthorne BB10 3NH.

Summer run from the Royal Hotel Tockholes BB3 0PA please note later start 6:45pm, usual two routes for all members, social run not a race.

Following last years popular camping trip in Wales “Racing The Train” we hope to arrange a similar weekend. This unique race is in its 28th year and is a fantastic event attracting over 1000 runners. The main race follows a 14 mile “multi terrain” route alongside Talylyn Railway on its journey to Abergynolwyn with runners trying to beat the train. Spectators are welcome and can enjoy watching the race by traveling on the train and shout encouragement as it passes the runners. There is an alternative 10K race for those that don't fancy the full distance. The race is on the Saturday 20th followed by prize giving and evening entertainment. It is your choice whether to travel on the day of the race, but ideally it would be good to stay over night Friday and Saturday. This trip is not being organized by the club and it is your responsibility to enter the race and arrange accommodation, but with a number of our members having tents and caravans we could all meet at a camp site. There are plenty of B&B for those that don't fancy a night under canvas. For those interested it is advised to enter the race and nearer the time we will decide on the camp site. More information <http://www.racethetrain.com/event-description.html> Pendleton Fell Race one of the oldest in the country. It is classed as a “Category A” short race, with 1500ft of climbing over 5.5 miles, start and finish at the village hall, in Pendleton, near Clitheroe. Entry on the day - Great home-made refreshments in village pub!

Running on Empty

by Jason Nocera (www.nichecartoons.com)



Great Hameldon Hill Race May 2011

Third fell race of our 2011 season was the Great Hameldon Hill Fell Race - race distance 6 miles & 1100ft of climbing, with the start and finish at the Peel Park Hotel. With this being also the first race in the Burnley & Pendle Grand Prix and attracted a large field of 180 runners.

The race was well supported with 16 of our members competing, resulting in a number of excellent performances.

Chris continued his great form "off road" with another 100 points and an impressive 13th overall, he could have been in the top ten if he hadn't spent too much time on the

climb conserving his energy by sheltering from the wind behind Graham.

Tara was also very impressive, she was our leading runner overall at the summit, unfortunately on the way down she "winded" herself dismounting a stile and lost a number of places. Despite this she still finished 2nd lady only 11 seconds behind the winner.

Glen was 29th overall and 5 minutes faster than last year and 5th (from 27) in his age group.

Paul had a brilliant run in his first race for Accrington, followed by Geoff; they were 7th and 8th respectively in their age group.

Yet another fantastic run

from Ant, improving again on his last fell race, he never fails to "deliver the goods" in a race situation.

Andrew improved his time by over 2 minutes on last year and was closely followed by Mark who had competed in the Three Peaks Race the previous day.

Ever improving Austin finished just over 70 minutes and beat 5 other runners, 2 more than last time.

Thanks to our many supporters, I counted at least 13 of our members around the course, cheering on our runners.

| | |
|------------------|-------|
| Chris Barnes | 43.12 |
| Graham Morris | 44.12 |
| Tara Krzywicki | 44.35 |
| Glen Goodwin | 45.36 |
| Paul Gallagher | 47.02 |
| Geoff Biscomb | 49.30 |
| Martin Bland | 50.27 |
| Ant Ridehalgh | 50.58 |
| Paul Wickham | 51.01 |
| Nicola Wood | 51.40 |
| Andrew Hollas | 55.20 |
| Mark Hammond | 55.53 |
| David Graham | 61.37 |
| Peter Blackledge | 66.37 |
| Steve Davies | 68.10 |
| Austin McBride | 70.48 |



Glen



Geoff



Ant



Nicola



Runner quotes

"We are different, in essence, from other men. If you want to win something, run 100 meters. If you want to experience something, run a marathon." Emil Zatopek

"A coach can be like an oasis in the desert of a runner's lost enthusiasm." Ken Doherty

10k Sponsors wanted!

Do you know of any local business or organisation that would like to see its name up in lights? ..or maybe on a race memento?!

Our annual 10k race is once again in the process of being organised and we want to find sponsors for the event. If you know anyone we can approach, please speak to Dave Graham for details.



"I believe a healthy employee is a productive employee. So, I'm replacing your company car with a pair of running shoes."

Newsletter feedback required

During a recent committee meeting the subject of this newsletter came up.

As many of the articles/photos are posted on the website, we are questioning if ARR members still want to receive the printed newsletter.

Putting the newsletter together takes time and effort and we feel maybe it isn't required anymore, as all the information is on our website, which is more up to

date and current.

What do you think?

If you still want to receive the traditional style newsletter please let me know. Call me on 07977 110414 or email helen_stonehouse@hotmail.com.

I will discuss all the comments from ARR members with the committee at the next meeting, and let everyone know what we decide to do.

