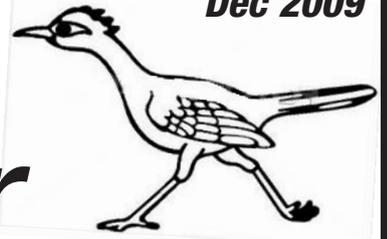




Accrington Road Runner

Dec 2009



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

Price: Worth tuppence ha'penny

In this issue...

Who's who in YOUR committee

By the committee

Adrian gets on his bike

By Adrian

The Holden girls get rings!

Helen Goodwin gets a new job!

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By Graham Morris

Club vest reminder!

If you haven't got one, get one.....

New 2010 diary of events announced

By the committee

Plus much much more!

Accrington success at Lancaster Half Marathon

A good "turn out" of 15 Accrington RR competed in our penultimate road race of the season.

With nearly 700 runners, this very popular half marathon follows a scenic route along the River Lune. The course is classed as "flat and fast" and follows cycle paths and country lanes with the start and finish from Salt Ayre Sports Centre, Morecambe. Normally ideal for fast times, heavy rain the previous day had made the route very wet, this included a 200m section of ankle deep, ice cold water at 8 miles.

We had 3 men in the top 40, Simon had a great run and was our first runner back finishing 4th in his age group. Well done Simon, good to see you're getting back to your best. Graham was 2nd closely followed by Shaun making his debut for the club. We had a number of members running their first half marathons, including Andy and Glenn both finishing in a good time. Julie was our top lady, with Lynn in second. Well done Lynn on this great time in your first half marathon. Michael was chased home by both Jo (PB) & Carole, all within a minute of each other. Well done Jo on the PB. Neville also in his first half marathon finished strong followed by Tom, Helen and Ian. Last but not least Bev, beating her target time by nearly 3 minutes and about 100 other runners.

Thanks to our non-running supporters including Anne Goodwin & Philip Dunn for the photos and chocolates.



L to R: Graham, Simon, Bushy, Lynn, Mick, Jo, Shaun, Tom, Carol, Julie, Glen, Helen, Ian and Nev



First ARR lady - Julie Brady 1:40:12



Bev pleased with her first half marathon time 2:12:04

The scores on the doors...

Simon Bailey	1:21:20
Graham Morris	1:22:17 (PB)
Shaun Livesey	1:22:35
Andy Bush	1:32:35
Glenn Goodwin	1:39:20
Julie Brady	1:40:12
Lynn Huxley	1:43:51
Michael Bowkley	1:45:16
Joanne White	1:45:20 (PB)
Carole Morris	1:45:21
Neville Watson	1:52:11
Tom Battrick	1:54:53
Helen Goodwin	1:55:08
Ian Tomlinson	1:57:36
Beverly MacKay	2:12:04



First ARR man - Simon Bailey 1:21:20

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

Adrian does the Yorkshire 3 peaks - on a bike!

By Adrian Nicholls

Another 1st for me this year – a bit of trundling about on the bike up the Dales taking in 3 sub 3000' hills – how hard could it be? I'll tell ya...

A mass start ensued at Helwith Bridge with 500+ riders heading for the other side of Horton-In-Ribblesdale. The pace on 35mm off road tyres was fast but pretty erratic with heavy braking causing quite a few wheel clashes. Before Selside the route headed up a rough lane which was quite bottlenecked causing a few offs that I saw and enforced dismounts.

By the top of this lane there were a handful of riders starting on puncture repairs as the route headed gradually upward over compacted moor with a few soggy bits thrown in. The gradient started to point a little too northward for riding so by this point the majority of riders were either pushing or carrying. This was just the warm up to the steep section up Simon Fell. I have been in many fell races where this sort of gradient is walked and not run so to walk up it with a 20lb bike on your shoulder just added to the excitement of the day! Due to my 4 month injury I have had little time to prepare from a running point of view so my calves were screaming on the climb and I was a little disappointed not to be bouncing up.

The top brought an undulating ride over mostly dried up peat beds and moor until the last carry up to the summit of Ingleborough over the rocky moonscape plateau. The descent was down the very rocky Swine Tail which was mainly run down before the rideable(ish) ridge to Little Ingleborough where the south east retina detaching descent to Cold Coats began, scattered with puncture repairing riders. The bottom of the track down to Cold Coats was akin to

the last section of a hors category climb in Le Tour with flags, cow bells, cheering and everything!

At last some tarmac and I managed to pick off 15 or so riders before turning off onto Philip Lane just before the Hill Inn. Here the surface slowly deteriorated from broken concrete to steep stone steps by Bruntscar. The shouldered ever steepening climb up to the ridge of Whernside was a killer. Made me chuckle when the sun came out and started beating down and several riders within earshot all moaned 'that's all we *@*% need'!

The climb was hard but the descent was equally so. The 'path' down to ribblehead is littered with rocks, criss-crossed with drainage ditches and has hidden dips and drops. A long, steep section had me pulling on the brakes for a good 2 minutes and my tendons were screaming. When I had no other option other than to let go, my speed went into fast forward and I ended up going over the bars but fortunately landed in some thick reeds by the edge of the path. At last the gradient eased but the surface did not smooth out as I hammered my way down to the viaduct wondering when the forks were going to crack.

It was approaching the road that the 1st Doris eased past me, so as I hit the tarmac I powered forward and passed her as well as a group of 7 or so that did not latch on to my wheel. The pace back to Horton was hot. I eventually came across a few riders that were travelling at a similar pace to me so around 5 of us worked

together until the start of the stony track up past Outerbar & Horton Scar toward the path up to the final summit of Pen-Y-Ghent.

It was about _ the way up here that the lead riders started passing in the opposite direction at suicidal speed including 1 guy



riding with a rear flat at similar breakneck pace. The climb up this rocky path was just about rideable in the lowest gear until hitting the climb up to the ridge which I walked.

It seemed to take an age to hit the last trig before I could have a sit down in the saddle again and head for the finish. My decent off the fell was

embarrassingly slow, partly due to my cramped up wrists due to braking, until I hit the stony lane when I eventually threw caution to the wind and ragged the bike silly over rocks that would have you off in the blink of an eye if you happened hit them at the wrong angle. Back onto the tarmac at last for the remaining 3 miles or so back to the finish line (and the pub). I had a brief draft off a Wheelbase rider but lost his wheel until the Helwith turn off where I managed to catch him back up. The sharp right turn over gravel to the finish line put me off the idea of a sprint for the line so I was content to go over behind him in around 4:19. There have been issues with the chipped timings so results may take a while to come out so unsure of my position but probably mid field somewhere in a time that I sort of hoped for beforehand. More training on steep fells before next year's event may result in a quicker time hopefully? The steepness off the climbs in conjunction with the bike on your back was a bit of an eye opener but at least I know what I have to contend with next time. Also very please that I did not break anything on the bike or myself – that's a result in itself!



Who's who? Committee 2009/10



Paul Jackson
President & Kit



Harry Haseley
Vice- President
& Press & Media



Helen Goodwin
President Elect
& newsletter



Kim Lowes
Secretary



David Mallaby
Treasurer



Sarah Ridehalgh
Social Events &
Road races



Debbie Gowans
Social Events &
Fell races



Graham Morris
Sporting Events
(Relays & X
Country)



David Graham
ARR 10k Race
Director



Mick Leeming
Club Mentor &
New members



Simon Bailey
Website

Life Members

David Heppenstall

Tony Bolton

Jack Winder

Helen gets a new job!!

You have probably noticed that this newsletter looks a little different from previous editions.

The Christmas 'Do'! - A round up of this years 2009 prize winners.....

Road Races Men

Points Champion:
Vet Points Champion:
Most Improved:

Chris Barnes
Graham Morris
Philip Dunn

**Ladies
Points Champion:
Vet Points Champion:
Most Improved:**

Sarah Ridehalgh
Carole Morris
Janet Holden

**Fell Races
Points Champion:
Points Champion:**

Graham Morris
Debbie Gowans

**Road Training
Most Improved Man:
Most Improved Lady:**

Ant Ridehalgh
Paula Taylor

A huge thanks goes to Kim and her family for putting on a great party for ARR!

Nancy and Manny



Carole



Who needs 'X-Factor' ?

2010 marathon places go to....

Julie Brady
Amy Jackson
David Graham

Reserves:
Ian Tomlinson
Philip Dunn



**You know
when you're a
serious runner
when...**

**You rotate your
running shoes more
often than you rotate
your car tyres.**



Mick and Simon

Accrington Road Runner Dec 2009

A local running club for local people..... Price: 10p (includes postage)

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

After years of brilliant service, Nancy Bailey has passed over design of the newsletter to Helen Goodwin. So in future any pics and articles can be sent to Helen via helen_stonehouse@hotmail.com

The AGM and Quiz Night

The Annual General Meeting was held on 14th October 2009 at a new venue - Accrington Cricket Club

There were 35 attendees of which 24 stayed for the quiz arranged by Dave Graham.

Winners of quiz:

1st Geoff Snape, Steve Davies & Kaye Callaghan
2nd Ann & Glen Goodwin Carole & Graham Morris

Thanks to the committee for organising another great night and a special thanks to David for putting together (and hosting) the quiz!



'Blond Bombshells' quiz team



Kaye points out her sore foot



Simon



**You know
when you're a
serious runner
when...**

You drink from a
water bottle at the
dinner table.

The Holden's get rings!!

Congratulations to Sarah Holden who has recently got engaged to the lucky Martin Vernon, whilst on holiday in Italy. Best wishes from everyone in Accrington Road Runners. Do we get invited to the big day??



Best wishes to Sarah and Martin

But she isn't the only one in the family to get engaged! Her mum, Janet Holden also said 'yes' to her partner Peter, when he popped the question on a romantic cruise. Again, best wishes from Accrington Road Runners.



Best wishes to Peter and Janet



Joke Corner

"Hip hop promoter Sean 'P. Diddy' Combs ran the New York marathon on Sunday in 4 hours and 15 minutes," Conan O'Brien announced in early November 2003. "Experts say that this is the first time in history a rapper has worn a tracksuit for a reason."

UK Cross Country Challenge – Sefton Park, Liverpool

By race correspondent Graham Morris

Second race of the Mid Lancs League was incorporated into the UK Cross Country Challenge

This is a national competition with runners competing from all over the UK. Although there were many hundreds of runners, we were only competing against those from the Mid Lancs League.

The ladies race was longer than usual at 8.1km and with 75 runners, our ladies finished a fantastic 3rd overall from 15 teams, beating many from the 1st division and are now top of Division Two.

Sarah was our first lady to finish; she was 3rd overall and is currently the leading lady in the league. Debbie had a great run finishing under 35 minutes and was the 3rd V45 lady. Gretel made her debut for the club and had a great run

finishing seconds in front of Vicci. Although Louise was ill she did offer to run and help the team, but was unable to finish. It didn't help when she fell into the mud on the first lap. (See photo) Well done girls.

Due to illness, injury and clashes with other races we could not "raise" a men's team. Our only representative was Austin; he finished in 57 minutes a fantastic improvement on his first race. Well done Austin.

Thanks to both Chris Barnes and Michael Leeming for traveling all the way to Liverpool to support our runners.



Mud? What mud? Louise puts on a brave face!

Ladies results ...

3rd	Sarah Ridehalgh	30:45
18th	Debbie Gowans	34:26 (3rd V45)
21st	Gretel Jackson	35:17
22nd	Vicci Mousley	35:20

First Cross-Country race of the 2009 - 2010 season

By race correspondent Graham Morris

The first race of this season was at Kendal, on a multi-lap course around The County Showground. The weather was fine and conditions were perfect although the ground was a little hard. With a number of our members unavailable or injured we still had 17 runners competing. (including 5 supporters)

The first event of the afternoon was the ladies race, a 3 lap route of 6.1km.

Despite a week on holiday and falling off her bike; Sarah had a fantastic run easily winning the ladies race. She took the lead on lap two and won by over 30 seconds, the only lady to run under 24 minutes. Well Done Sarah.

Julie also had a good run (in her spikes) and was our second lady, easily finishing in the top half. (Thanks Julie for the home-made cakes).

Nicola made a fantastic return to the club; she finished under 30 minutes in her first ever cross country. Welcome Back Nicola.

Although Kaye has been injured for many weeks and was not fully fit, she ran through the "pain barrier" and also finished under 30 minutes. Nancy only decided to run on the day, she also was recovering from injury. Big thanks to both Kaye and Nancy for representing the club despite not being fully fit, without them we would not have been able to complete a Ladies Team. The team finished 8th overall from 14 teams and 2nd in their division. Well Done ladies.

The men's race was approx 9.7K, (four large laps), our senior men

finished 2nd in the fourth division and our V40 men also 2nd in the second division (7th overall from 17 teams)

Senior Men (First 6 to count) Chris, Graham, Simon, Paul, Geoff & Dave Gaskill

V40 Team - Graham, Simon, Paul & Geoff

V50 A Team – Geoff, David Graham & Jack

V50 B Team – Ged, Steve F & Austin

Thanks to our non-running supporters Ant, Michael L, Louise, Barbara Graham & Cath Gaskill and to everyone that helped on the day, it was a real team effort. How good did we look with our new tent and table of refreshments?!

CROSS COUNTRY STOP PRESS ** We have now acquired a club banner as a further means of raising our profile. Its first task was to identify the baggage tent we used at the Townley Park cross country race. Please look out for it when you are running for the club **

Ladies results ...

Sarah Ridehalgh	23:35
Julie Brady	28:48
Nicola Wood	29:25
Kaye Callaghan	29:47
Nancy Bailey	32:15

Mens results ...

Graham Morris	37:34	Set off too fast, (should know better), lost places on last lap
Chris Barnes	38:28	Great team member, not his favourite racing, scored good points for the team
Simon Bailey	38:56	Wasn't keen to run (still not back to best) but turned up for the team
Paul Wickham	40:25	Strained his ankle on the first lap, but battled on to finish in excellent time
Geoff Biscoomb	42:36	Well done Geoff, for scoring in all three teams
David Gaskell	42:49	Used his experience to set a good pace, finished very strong
Philip Dunn	44:01	Set off too fast but still had enough for a sprint finish. Good time in your first XC
David Graham	44:21	Very consistent always willing to run for the club, good time our 2nd V50
Jack Winder	45:15	Lots of experienced steady run, good points for the V50 "A" Team
Ged Kitchen	45:51	Good solid run, finished just behind Jack
Steve Fish	48:33	Not his favourite type of race, maybe set off too fast but willing to run for the team
Austin McBride	61:34	Would not give up determined to finish his first cross country

Dates for 2010 races...

Sat 16th January –
Lawsons Ground,
Blackpool

Sat 13th February –
Wilson's, Accrington

Sat 6th March –
Hawcoat, Barrow

See Graham Morris
if your interested in
taking part



**You know
when you're a
serious runner
when...**

The number of toes
and toenails you
have is not equal.



London Trip

For all those "lucky" runners that have a place for the London Marathon, Harry will be organizing his usual trip. Cost £120 and includes:

- Travel by coach on Saturday 24th April 2010
- Transport to registration on Saturday afternoon
- Accommodation on Saturday night
- Breakfast on Sunday morning
- Coach to the start of the race
- Return home on Sunday after the race

Further details, contact Harry Haseley
01254 885611

Get ahead Get a vest

**Just to remind
members when
competing in races
under the name of ARR
a club vest must be worn.**

**Plus, for those members watching
and other spectators, they can
easily see you and cheer you on!**

**To get your hands on a vest contact
Paul Jackson on 01254 301495**



Paul Jackson ARR
team kit supplier

Guys 10 *Location: Garstang*

Date: Sun 06/Dec/2009

By race correspondent **Graham Morris**

Last point's race of our 2009 season attracted 21 members. Normally this flat course is ideal for setting good times, but this year due to wind it seemed a little slower, with major puddles to negotiate.

ARR had 8 runners in the top 100. Graham was first to finish but was almost caught at the end by Sarah, winning 3rd place in the ladies race, (32nd overall) and was only 30 seconds behind the 2nd lady.

David making his debut for the club was 3rd; he will certainly be a good prospect for the club next year. Despite illness and injury both Simon and Shaun finished in the top 50.

Martin Bland was 10th in his age group and our 7th runner. Following a weekend of parties Glen recorded a great time in his first 10 mile race, he was closely followed by "much improved" Philip in a PB of under 70 minutes. Well done to you both. Ian our "tri-athlete" specialist was disappointed with his run but still finished in a good time. David

"cruised" around the course in his best time and was 6th in his age group. Julie also looked very comfortable and was our 2nd lady; she was an impressive 18th lady from 123! Philip also making his debut for the club was 12th, followed by Ged who was also in the top ten for his age group. Only 9 seconds separated Carole (5th in age group) and Jo (in a PB), both well under 80 minutes. Louise still struggling with a cold was our 5th lady. Peter showed Janet a 'clean pair of heels' in a PB time of under 90 minutes. Amy also looks a really good prospect, finishing just over 90 minutes in only her 3rd ever race. Well done Amy and Peter. For the second race in a row Beverly beat her target time, she was closely followed by a fast finishing Karen, showing glimpses of her school girl sprinting pedigree.

Thanks to our non-running supporters including Anne Goodwin, Chris Barnes & Michael Leeming.

ARR results ...

Graham Morris	1:00:46 (PB)	3rd MV45
Sarah Ridehalgh	1:01:12 (PB)	
David Sturrock	1:01:24	
Simon Bailey	1:02:50	6th MV45
Shaun Livesey	1:03:51	
Martin Bland	1:07:16	
Glenn Goodwin	1:08:58	
Philip Dunn	1:09:20 (PB)	
Ian Cox	1:10:35	
David Graham	1:11:02	6th MV55
Julie Brady	1:12:08	
Philip Morton	1:13:49	
Ged Kitchen	1:15:37	9th MV55
Carole Morris	1:18:42	5th LV45
Joanne White	1:18:51 (PB)	
Louise Macaulay	1:25:19	
Peter Hoyle	1:29:52	
Amy Jackson	1:30:15	
Janet Holden	1:31:32	
Beverly MacKay	1:39:43	
Karen Jackson	1:40:12	

Calderdale Relay

Last team relay of the year was the Calderdale Way on 13th December. This was the 3rd time we have entered this popular race, which included 120 teams from all the top clubs. The route distance was 50 miles with 12,000 feet of climbing around Calderdale. The race consisted of 12 runners; running in pairs over 6 legs, with the start and finish at West Vale, Halifax. This relay is aimed at running clubs that specialize in "off" road events and as we are "road" runners it is a great achievement we can compete so well. Our A team won a prize for 2nd overall in the race for mixed teams (6 men & 6 ladies in a team).

ARR team results ...

A Team Overall time 7:24
(23 minutes faster than 2008) -40th overall

B Team Overall time 10:01
(37 minutes faster than 2008) -106th overall

LEG 1
Sarah Ridehalgh and Graham 1:27
Glen Goodwin and Ant Ridehalgh 1:41

LEG 2
Debbie Gowans and Andy Bush 1:11
Kim Lowes Jo White 1:40

LEG 3
Gretel Jackson and Nicola Wood 49 mins
Helen Goodwin and Ruth Dawson 1:03

LEG 4
Simon Bailey and Shaun Livesey 1:20
Mark Hammond and Steve Davies approx 2 hours.

LEG 5
Vicci Mousley and Julie Brady 1:12
Karen Jackson and Beverly MacKay 1:44

LEG 6
David Mallaby and Paul Jackson 1:46
Martin Bland and Paul Wickham 1:23

FULL RACE REPORT AVAILABLE ON THE ARR WEBSITE



By race correspondent **Graham Morris**

Diary of events 2010

Jan 16 Sat	Mid Lancs League – Blackpool	Cross Country
Jan 31 Sun	Pennine Bridleway Relay	Team Relay
Feb 13 Sat	Mid Lancs League – Wilsons	Cross Country
Feb 27 Sat	Noonstone - Todmorden	Fell Race (1)
Mar 6 Sat	Mid Lancs League – Barrow	Cross Country
Mar 6 Sat	Half Tour Pendle	Fell Race (2)
Mar 12 Fri	Ten Pin Bowling	Social Event
Mar 13 Sat	Haigh Hall Road Relays	Team Relay
Mar 14 Sun	Trimpell 20	London Training
Mar 28 Sun	Liverpool Half Marathon	Road Points (1)
Apr.....Tue	Hurst Green -TBA	Summer Run
Apr 25 Sun	London Marathon	Major Event
May 1 Sat	Coniston	Fell Race (3)
May Tues	Calf's Head - Worston	Summer Run
May 18 Tues	Stanhill	Fell Race (4)
May 22 Sat	Canal Relay	Social – Event
May 31 Mon	Bowley Hill Race	Social Run
June 4 Fri	25th Anniversary Dinner	Social
June 6 Sun	Longridge Lions 7	Road Points (2)
June 13 Sun	Bradford Millennium Way Relay	Team Relay
June.....Tues	Belthorn TBA	Summer Run
June 24 Thur	Aggies Staircase	Fell Race (5)
June 27 Sun	Sotos 10k Fleetwood	Road Points (3)
July...Tues	Pendle Inn, Barley	Summer Run
July 25 Sun	Moonraker 10K Middleton	Road Points (4)
Aug.....Tues	Waggoners, Burnley	Summer Run
Aug 15 Sun	Worsthorne Moor	Fell Race (6)
Aug 21 Sat	Race to Train – North Wales	Social Run
Sept 3 Fri	Athletics Night – Wilson's	Social
Sept 5 Sun	Sheltmoor	Fell Race (7)
Sept.....Tues	Dog & Otter, Gt Harwood	Summer Run
Sept 19 Sun	Great North Run	Major Event
Sept 23 Thur	Ron Hill 5K, Littleborough	Road Points (5)
Oct.....Wed	AGM Meeting	Social
Oct 17 Sun	Natterjack 10K Southport	Road Points (6)
Oct.....Sat	Mid Lancs League - TBA	Cross Country
Oct 31 Sun	Accrington 10k	Marshals Please
Nov 14 Sun	Preston 10 mile	Road Points (7)
Nov.....Sat	Mid Lancs League - TBA	Cross Country
Dec 12 Sun	Calderdale Way Relay	Team Relay
Dec.....Sat	Mid Lancs League – TBA	Cross Country
Dec.....Fri	Presentation Night	Social
Dec.....Sun	Ribble Valley 10k	Club Race

Summer runs

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.

Championship

The club championships (road and fell) will be determined on results from the “Points Races”. Scores from your best 4 races out of the 7 will count to your final rankings.

Scoring: winner of each race 100 points, 2nd 99 points, 3rd 98 points etc.

Relays

We intend to enter 3 “off road” relays and the Mid Lancs Cross Country League - please ask if you would like represent the club in any of these team events.

Please try and attend some of these races they are club events and need your support.

Event Enquiries:

Social	Sarah Ridehalgh / Debbie Gowans
Road Races	Sarah Ridehalgh
Fell Races	Debbie Gowans
Team Relays	Graham Morris
Cross Country	Graham Morris



You know when you're a serious runner when...

Your pedicure kit includes a pair of pliers.

Summary of ARR events...

Points Races – Road

Mar 28	Liverpool _ Marathon
Jun 6	Longridge 7 Mile
Jun 27	Sotos 10K Fleetwood
Jul 25	Moonraker 10K Middleton
Sept 23	Ron Hill 5K Littleborough
Oct 17	Natterjack 10K Southport
Nov 14	Preston 10 Mile

Points Races – Fell

Feb 27	Noonstone
Mar 6	Half Tour Pendle
May 1	Coniston
May 18	Stanhill
June 24	Aggies Staircase
Aug15	Wosthorne Moor
Sept 4	Sheltmoor

Cross Country Races

Jan 16	Lawson Gd, Blackpool
Feb 13	Wilson's, Accrington
Mar 6	Hawcoat, Barrow
Oct	TBA
Nov	TBA
Dec	TBA

Social Events

Mar 12	Ten Pin Bowling
May 22	Canal Relay
June 4	25th Anniversary Do
Sept 3	Athletics Night
Oct	AGM
Dec	Presentation Night

Team Relay's

Jan 31	Pennine Bridleway
Mar 13	Haigh Hall Road
Jun 13	Bradford Millennium
Dec 12	Calderdale Way

Social Summer Runs

Apr	Hurst Green
May	Calf's Head, Worston
June	Belthorn
July	Pendle Inn Barley
Aug	Waggoners, Burnley
Sept	Dog & Otter, Great Harwood