

## Latest News from Telford Harriers:

**Xmas Do** - The Club Xmas Do, planned for 6th December at Horsehay HQ, has been cancelled due to unforeseen circumstances. We are working on a replacement and hope to have some kind of social function in January 2009.

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**Cross Country** - The Ladies' and Men's teams are doing well in the North Staffs League; both occupy 3rd position in their respective leagues. The Birmingham / Midland Ladies League began recently with the famous Senneleys Park race and although our numbers were down we still managed impressive performances all the way down the field. We have 2 North Staffs and 3 Birmingham League fixtures left this season, they are open to runners of all abilities and are free (..we even arrange transport to many). If you're not running, you will be made more than welcome as a supporter. Why not give it a go - and become part of the club's success story?

### Recent results:

4/10/08 North Staffs 1 - Lyme Valley Park Wet & Windy - hilly, grassland course.

**ladies:** 14 Michelle Clarke 21.31; 23 Jane Staite 22.43; 26 Jean Turner 23.01; 33 Lisa Watkins 23.48; 37 Emma Dobson 24.04; 60 Grace Hough 25.36; 70 Jenny Senior 26.44; 81 Deb Hugh 28.23; 94 Jan Glover 30.34; 109 Lyn Rathbone 35.27; 111 Cynthia Lewis 38.04

**men:** 25 Jamie Anderson 38.14; 27 Mark Griffiths 38.17; 37 Nick Thomas 39.49; 38 Marc Gadsden 39.50; 105 Andy Sedgley 44.50; 109 Andy Davies 45.13; 115 Jon Mahoney 45.49; 134 Alan Jenkins 47.43; 137 Roger Barlow 48.02; 151 Dave Fitton 48.42; 166 Jon Pierce 49.51; 170 Mike Owen 50.12; 171 Jeff Wright 50.13; 176 Martin Skehan 50.50; 178 Daron Fincham 51.06; 203 Mike Sprason 57.32

18/10/08 North Staffs 2 - Park Hall Dry, breezy, little warmer than last time out. Hilly course over mixed terrain.

**ladies:** 14 Michelle Clarke 22.06; 22 Jane Staite 23.16; 32 Jean Turner 24.06; 33 Emma Dobson 24.17; 40 Lisa Watkins 24.35; 48 Jess Harvey 24.58; 62 Sara Rex 25.32; 81 Alison Larwood 27.03; 89 Deb Hugh 28.00; 117 Cynthia Lewis 36.58

**men:** 25 Jamie Anderson 40.01; 32 Mark Griffiths 40.28; 45 Nick Thomas 41.42; 118 Andrew Davies 46.31; 134 Anthony Pinson 48.09; 140 Jonathon Pierce 48.46; 149 Alan Jenkins 49.29; 176 Roger Barlow 51.10; 183 Darren Fincham 51.52; 189 Simon Rex 52.46; 197 Darren Windle 53.48; 215 Mike Sprason 57.13; 224 Spencer Clarke 60.32

25/10/08 Midland Ladies/ Birmingham League, Senneleys Park Showery, very windy, cool. Slightly muddy

**ladies (6k):** 103 Emma Dobson 31:03; 110 Sandra Eaton 31:24; 137 Grace Hough 33:03; 161 Debbie Hugh 36:11; 172 Cynthia Lewis 45:32

**men(10k):** 186 Jamie Anderson 37:38; 211 Mark Griffiths 38:17; 299 Nick Thomas 40:18; 366 Marc Gadsden 41:57; 473 Andy Sedgley 45:02; 505 Jon Pierce 46:26; 522 Alan Jenkins 47:11; 561 Tim Smith 49:00; 578 Daron Fincham 49:29; 609 Rob Day 52:00; 631 Mike Sprason 57:11

**Remaining Dates:** check the web site for regular updates <http://www.telfordharriers.co.uk/crosscountry.html>

**15/11/2008** North Staffs League (3 of 4), Stafford Common (Men & Ladies)

**22/11/2008** MCAA 7m (men) 5m (ladies) open race, Leicestershire

**6/12/2008** Birmingham League Div 3 (2 of 4), Droitwich (Men )

**6/12/2008** Midland Ladies League (2 of 4), Leamington (Ladies)

**13/12/2008** North Staffs League (4 of 4), Westwood School Leek (Men & Ladies)

**2009:**

**9/10/1/2009** Provisional Date for Shropshire AA County Cross Country - Lilleshall

**17/1/2009** Birmingham League Div 3 (3 of 4), Nuneaton (Men)

**17/1/2009** Midland Ladies League (3 of 4), Coventry (Ladies)

**24/1/2009** Midland AA Cross Country Championships, Berry Hill Mansfield

**14/2/2009** Birmingham League/ Midland Ladies League (4 of 4), Stafford Common

**21/2/2009** ECAA National Championships, Parliament Hill London

**7/3/2009** CAU Intercounties, Wollaton Park Nottingham (for those selected to represent the County)

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**Ironbridge Half Marathon** - The 2009 race date is Sunday 22nd March, and entries are already being taken online. We have a number of printed forms available and would appreciate it if you would take a few with you when you go to your next race. We are also looking for helpers on the day and would prefer club members to help rather than run the event. If you do hope to run the event we would appreciate it if you could provide a helper in your place.

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**Track Training** - We have regular track training in place for cycling and running. The cycling takes place on a 1km track at Sundorne, Shrewsbury together with Oswestry Olympians and the running takes place at Telford Athletics Track (pay individually) where we share the session with Wrekin RR. Next dates are 29/10 for cycling and 31/10 for running; times are 7-8pm for both. all standards are again welcome, we try and tailor the sessions to suit.

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**Speedwork** - coaching Tuesday sessions

Tuesday sessions seem to be going well and are well attended - look out for schedules for November/ December very soon.

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## New Race:

Mad Jack's Five - promoted by Shrewsbury AC. 9th November 2008. A 5 mile MT race start & finish in the grounds of Attingham Park, on old A5 between Wellington & Shrewsbury. Hosted by Attingham Park - 11am Start - Prizes to usual categories. Entry on day only £7.00. Includes free parking and entry into Attingham Park grounds for families & spectators.

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## Fell Race Winter Series Fixtures:

Sunday 2nd November WREKIN WRECKER – 11.00 am. AM 8m/ 2400'  
Sunday 7th December - CARDINGTON CRACKER – 11 am. AM. 9m /2600'  
Sunday 8th February - LONG MYND VALLEYS RACE 11.30am. 11.5m/5000'  
Saturday 7th March - CARDINGMILL CANTER – 1.00 pm.  
Sunday April 2009 - WREKIN FELL RACE - 11.00am. AS 5.5m/1700'

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## Selected Race Results:

Stretton Skyline 19 miles 4450' - 7 Nick Thomas 2.49.08; 39 Steve Bajic 3.21.30. 91 finishers - pure pleasure, pencil in for next year.

Nick Howells memorial race montgomery - 18 Steve Bajic 33.30 - 73 finishers

Meerbrook15k Leek Staffs. 21st September tough very hilly course!!!! - Grace Hough 1st W55 12th lady overall. 78 mins. Pete Hough Team manager 2 pieces fruit cake and 2 pints of real ale

Kinver Rotary 10k - Sunday 28th Sept only 1 Harrier. 7th Nick Thomas 39.58 (1st MV40) - A hilly road race, a bit like the Wenlock Olympian RR. Plenty of cakes at the finish.

**Badger Bite** - rain, mud, puddles, mud, lakes, more mud: Jamie Anderson 24:17; Bruce Gregory 27:11; Richard Commander 28:47; Rob Cherry 29:05; Roger Barlow 29:42; Jonathan Pierce 30:14; Dave Arnold 32:31; Robert Harding 36:22; Colin May 41:58

CARSINGTON DUATHLON- Sun. 5th Oct 5K Run ; 30K cycle ; 5K run - However , the weather was so awful we may as well have jumped in Carsington reservoir first and called it a triathlon, but , in the spirit of great adventure - Harriers on tour again to the Peak district - not known for the sunniest of weather ! Daron Windle - great performance on the bike- 1hr 50 total time; Jean Turner - ( i really need carbon fibre) 1.57

Breidden hills race 12/oct 7m/2300' 15 Nick Thomas 1.04.37; 43 Steve Bajic 1.16.24; 55 Andrew Davies 1.19.28; 67 Jeff Wright 1.23.00; 76 Jean Turner 1.24.37; 88 Daron Windle 1.32.32; 90 Sandra Eaton 1.32.51; 97 Alison Larwood 1.38.53; 104 finishers - Ant was also there.

Bells of Pattingham 19th Oct - Jamie Anderson 45:16; Andrew Davies 49:53; Richard Commander 52:32; Jane Staite 52:40; Robert Cherry 52:45; Jean Turner 56:03; Tim Smith 57:36; Emma Dobson 58:02; Jessica Harvey 59:19; Kerry Richardson 59:30; Philip Palin 59:46; Dave Arnold 60:01; Alan Jenkins 60:02; Daron Windle 60:36; Sue Foster 60:36; Andy Wilkinson 63:22; Robert Harding 65:04  
Tim Merreywether 65:07; Jane Tucker 67:49; Colin May 74:11

Snowdonia marathon 25 oct - Weather was just right, lots of driving rain and gale force winds. 89 Michelle Clarke 3.27.53 gun time 3rd in cat 78 3.26.35 chip time; 235 Steve bajic 3.46.29 gun time 233 3.45.12 chip time; 739 Jim Rounsley 4.34.52 gun time 738 4.33.34 chip time - 1133 finishers

Halloween Hellraiser 9miles cross country run - 9 miles. Jane Staite 69 mins Alan Jenkins 75 mins. A great run, first time it's been staged. Try it next year.

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**Volunteers** - The club is looking for volunteers to help in taking runs out on club nights, to help with beginners, to help with cross country, to organise relays and other teams, and many other jobs. If we dont get people to help, the club suffers as a result. You may be just the person we are looking for !! You can help by contacting a member of the club committee. Remember, more people = less jobs for all.

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**And finally** - Hopefully this newsletter has been useful. We haven't published one during the Summer months but hopefully we can get back on track now. If there is anything you want to see or any contributions you have then please get in touch. Apologies if you are no longer a club member and have received this in error, we are updating our distribution list following the recent AGM.  
Thanks Alan