

Vets 50 team bring home Silver in National Road Relays

All-time 12-Stage team lists

Congratulations Sonya and John

Firstly apologies to you all for the delay in getting out this issue. There have been problems with my printer, which has now been replaced by a vastly superior model! Lots of great contributions this issue, describing a contrast of successes for our teams and a well timed reflection of how we can improve. Read on folks.

Silver for Salford

The British Masters Open Road Relay Championships took place at Sutton Park, Birmingham on Saturday 12th May. On this occasion we had teams running in each age category with a strong Mens Over 50's squad particularly hopeful of doing well. The excellent turn out was due to the determined hard work of the team organisers, Paul Simons, Russ Derbyshire, the vets 60's, who organised themselves, and Julie Laverock. Paul's phonebill, in particular, must be large! So a big thank you to each of you for your hard work. Anyway, on to the running.

Well, let's start with the success stories! Of which there were several. Rachel Jones and Eric Williams recorded the fastest runs of the day in their respective age categories. But of course the relays are a team event and it was the O50's team who produced the best result of the day for the club. Mike Wakefield led the team off with a

good leg in 13.13 min, coming home in a promising 12th position. A strong run and finish by Mike Holmes (16.47 min) moved the team up 8 positions to 4th overall. Leaving Stan Curran with the aim of improving from 4th place before Eric could step up the pressure on higher placed teams with what we hoped would be a fast run. Much to our delight Stan (17.51min) came back in 2nd place overall having gained two places whilst out on the course. Eric disappeared and then reappeared as quick as you like. In first place, 12 seconds ahead of the next team, Telford, and with the equal fastest age group time of the day (a lung bursting 15.57 min). Eric later reported that he thought the course was a little shorter than usual! Russ Derbyshire (17.38min) dug in to maintain our 6 second lead over Telford. So it was all down to Mike Higginbottom to try to hang on to the slender lead and bring the lads their deserved glory. Telford had, however, saved their strongest runner to last and he produced a leg time equal to that of Eric's. Unfortunately Mike couldn't match this performance but produced an excellent run (17.44 min) to bring the team home in second place and winners of well-earned silver medals. It was great to see the medals presented to the team later in the day.

What of the other Salford Harriers teams? The ladies team started well with Rachel's great run in 16.49 min.



Eric Williams, Mike Holmes, Stan Curran, Mike Deegan, Russ Derbyshire and Mike Higginbottom with their team silver medals.

The fastest leg of the day by a lady and of course bringing the team back in first place. Unfortunately Rachel was so fast that Julie Laverock didn't see her finish, having being jostled out of position by several burly male runners and set off slightly late. Nevertheless Julie produced a determined effort finishing strongly before handing over to Tricia Sloan. Tricia stormed round in 19.18 min. making up 19 places. Ruth Bardsley then took on the last leg producing a solid run and gaining a further 34 places to leave the ladies team in a respectable 19th overall.

The men's over O60's team made up of Roland Bowness, Dennis Moran and Frank Murray all ran extremely well finishing in 16th place overall. Dennis has since been inspired to do a few speed sessions on the track so next year perhaps the O60's will be bringing home some medals too. Similarly the mens O40's team, strengthened by the incorporation of three young whippersnappers Alan Norman, Pete Budd and Bob Towell, finished in 19th place overall. Thanks to you all for stepping in as late replacements for injured and ill team mates. Bob later modelled his O40 age category with pride! In addition to the aforementioned young men the O40's team was completed by Dave Lockett, Mark Seed, Dave Townsend, James Jackson, and Paul Birkett.

Once again, well done to everybody that ran, helped to organise, baked cakes (thanks Julie) and supported the day in anyway. Your efforts were really appreciated, I am sure by the club, and the competitors. As we packed away the tent the clouds burst flooding the site but the rain couldn't dampen our spirits and I hope we'll be back next year for more.

Well done also to the ladies team especially Rachel on a great run. Tricia, of course, ran very well too and the team was completed by Julie Laverock (team coordinator and cake maker extraordinaire!) and Ruth (a reluctant runner?) **Paul Birkett**

Still going Strong

Another one of Jim Plant's lads reaching 30 years membership and more reminiscences of yesteryear. I remember listening to Geoff's Doggett & Brownlow going on about their younger days – handicaps, betting, running in pumps – don't think any of our stories came up to the same humour content. Mind you, it goes to show the way that a club like Salford provides links back to its history and that of the sport.

I was one of a group of Manchester Grammar lads encouraged to join by Mark Ediker. The most talented of this group was undoubtedly Garry Crowther. However, I was slightly on my own being 2-3 years older than the other boys but younger than all the seniors. I was usually an individual when competing in the Junior (U20) events. The other difference was that we competed on the track, at that time not quite a Salford Harrier thing to do!

But my memory of my time with the club is of the significant races and the progress the club made in those years. When I first raced as a Senior, the East Lancs X-Country was an event that we struggled to win and competition with local rivals like Bolton or Manchester Harriers was tense. At Blackburn one year as we swept off the final downhill with a lap of fields to cover before the finish, we were very close to winning. Geoff Doggett was in the middle of that field screaming at the top of his voice "Keep calm! Keep calm!" I thought he was going to have a heart attack! I think we lost by a couple of points and we all blamed ourselves for not having got the extra 2 places.

Individually, possibly my best race was my first as a Senior in the Northern X-C at Beverley. The previous year as a Junior at the same event I finished 23rd. As a 1st year Senior, I was 2nd Salford counter in the same position, 23rd. We won silver behind Gateshead, the mighty Gateshead, they had their final counter just in front of me and still had Brendan Foster and Barry Smith to come in for their national team! Joe Lancaster tipped me as a future international. I promptly got ill with flu then had tendonitis and for years after suffered from post-viral syndrome, never to run that well again – the curse of the commentator!

But it didn't stop me being part of two of the greatest races the club have ever been involved in; the first modern win in the Northern 12-Stage in 1984 and then the first win in the National 12-Stage 13 years later. Both of these were the result of meticulous planning by team management, Godfrey Claff for the former and Pete Hague the latter, and nail-biting last leg finishes. 1984 was the club's centenary so to pull off the win on home soil (well, Heaton Park) in the race organised by ourselves was some effort. The race started with a short stage so I was given the job because I was viewed as the one in the team with the necessary pace!!

Pete used to work out all the times of the runners and not just those in his own team. In the run up to the '97 race, he announced that as long as we were less than a minute behind after the 8th leg, we'd win. Guess who was on 8? I know it's not about individuals but it led to a sharp intake of breath for the "weak link" in the team. At the end of my race I was 58 seconds behind the leader, we won by a handful of seconds. Pete knew his stuff. The essence of being a Salford Harrier under Jim's coaching and Geoff's leadership was that you ran for the club in the races that mattered, namely the championships. No questions about whether the surface didn't suit you or it wasn't in your plans. In a time when Olympic 10k medallists and world record holders competed in the big club events and my 31 minute 10k bagged me a 60th position, it wasn't the done thing to do otherwise. **Paul Roberts**

12 Stage Greats

Following the debate about the club's all-time greats for the men's 12 stage I have prepared the following lists, also including the women's 6 stage. You will see that I have added performances of members when they belonged to other clubs. This has taken quite a time to dig out and I expect that I have overlooked one or two times. However, there is plenty of material now for our many selectors to choose their all-time dream team. I have shown all performers with bests of sub-27 minutes and sub-15 minutes in the men's race. The women's race is a fairly new event, commencing in 2000, so there have only been 8 runnings of the race and we have not always participated. A limited number of ladies in the list, therefore, but still very interesting. **Roy Proffitt**

NATIONAL MEN'S 12-STAGE & WOMEN'S 6-STAGE RELAYS. SUTTON PARK.

SALFORD HARRIERS INDIVIDUAL ALL-TIME LISTS.

The National men's relay has been held annually at Sutton Park since 1970 (except 1973). The present course has been used since 1974 and all the times below are on this course.

LONG LEG (5.38 miles).
(Rec: Dave Moorcroft (Coventry) 24.27 (1982)). (Leg number is shown in brackets).

1. Steve Kenyon	25.00 (7)	1982.
Larry Mathews	25.25 (7)	1991.
Kevin McCluskey	25.42 (9)	1996.
Mark Peters	25.46 (7)	1993.
Gary Crowther	25.52 (3)	1986.
Tony Leonard	25.55 (5)	1989.
Stan Curran	25.58 (1)	1980.
Mike Deegan	26.01 (1)	1990.
John Brown	26.06 (1)	1999.
10. Jimmy Newns	26.11 (5)	1993.
Duncan Mason	26.14 (1)	1993.
Malcolm MacBride	26.15 (5)	1983.
John Downes	26.15 (5)	1997.
Martin Cox	26.16 (1)	1997.
Alan Sladen	26.17 (3)	1979.
Billy Burns	26.18 (7)	2003.
Andy Morgan-Lee	26.20 (9)	2002.
Andi Jones	26.20 (9)	2004.
Nick Jones	26.27 (5)	2005.
Nick O'Brien	26.29 (3)	1993.
Eric Crowther	26.32 (3)	2001.
Aiden Walpole	26.37 (1)	1998.
Kevin McGee	26.42 (1)	1988.
Neil Wilkinson	26.44 (5)	1996.
Tony Byrne	26.46 (3)	1977.
Barry Aspden	26.46 (1)	1982.

James Jackson	26.46	(7)	1999.
Chris Winward	26.47	(3)	2004.
Mike Murphy	26.56	(1)	1975.
Ken Chapman	26.56	(3)	1997.
Tony Barlow	26.57	(5)	1990.
Martin Francis	26.58	(1)	1985.
Tomas Abyu	26.58	(5)	2004.
Dave Edge	27.00	(3)	1980.
Pumlani Bangani	27.00	(1)	2007.
Mike Neary	27.04	(5)	1986.

SHORT LEG (2.995 miles).
(Rec: Chris Davies (Telford) 13.23
(2004)).

Eric Crowther	14.12	(2)	1998.
Mark Peters	14.23	(4)	1987.
Aiden Walpole	14.28	(2)	1997.
Neil Wilkinson	14.28	(12)	1997 / (4) 1999.
Alan Sladen	14.31	(2)	1982.
Martyn Cryer	14.31	(6)	2004.
Tim Knibb	14.32	(2)	1990.
John Brown	14.35	(2)	2000.
Gary Crowther	14.36	(2)	1993.
Duncan Mason	14.37	(10)	1997.
Ken Chapman	14.38	(8)	1998.
Andi Jones	14.38	(4)	2005.
Stan Clegg	14.40	(2)	1975.
Barry Aspden	14.40	(4)	1975.
Tony Leonard	14.41	(6)	1987.
Kevin McGee	14.43	(8)	1987.
Mike Higginbottom	14.43	(4)	1994.
Peter Morris	14.44	(4)	1978.
Jimmy Newnes	14.44	(4)	1998.
Lee Dunn	14.46	(2)	2001.
Kevin McCluskey	14.48	(8)	2000.
Paul Roberts	14.49	(4)	1979 / (6) 1984.
Clive Bucknall	14.50	(6)	1993.
Tony Taylor	14.51	(8)	1999.
Peter Haigh	14.52	(2)	1989.
Mike Shackloth	14.52	(10)	1994.
Stan Curran	14.54	(6)	1977.
Ken Woodhouse	14.54	(12)	1993.
Chris Winward	14.54	(6)	2005.
Ian McAllister	14.55	(2)	1991.
James Jackson	14.57	(12)	2000.
Mark Delahunty	14.58	(8)	1995.
Peter Lindsell	14.59	(2)	1976.
Dave Brown	14.59	(2)	1977.
John Wynn	14.59	(6)	1997 / (6) 1998.
Martin Cox	14.59	(12)	2001.

The following were noteworthy times posted by members when they belonged to other clubs.

Steve Kenyon (Bolton)	24.54	1979.
Mark Peters (Bingley)	25.33	1996.
Malcolm Price (Sund.)	25.49	1998.
Nick Jones (Tipton)	25.55	1999.
Frank Briscoe (Herc.W)	25.56	1974.
Nick O'Brien (Stretfd)	25.56	1989.
Lee Dunn (Sale)	26.05	1991.

Ken Chapman (Mizuno)	26.10	1996.
Eric Williams (Sale)	26.15	1985.
James Jackson (Ald.)	26.27	1995.
Darren Daniels (Birch)	26.32	2001.
Matt Shaw (Tipton)	26.34	2004.
Ken Woodhouse (Warr)	26.40	1987
Paul Simons (Shaft.B)	26.40	1995.
Jason Boothroyd (Sale)	26.58	1992.
Kevin McCluskey (Cope)	13.41	1993.
Steve Kenyon (Bolton)	14.21	1981.
Jason Boothroyd (Sale)	14.38	1992.
Eric Williams (Sale)	14.40	1979.
Paul Simons (Shaft.B)	14.44	1992.
Matt Plano (Trafford)	14.49	1997.
Darren Hale (Roth'ham)	14.54	1998.
Nick O'Brien (Stretford)	14.57	1984/ 85/87
Also – Unofficial time trial (!):		
Duncan Mason	14.27	Date N/K.

WOMEN'S 6-STAGE RELAY 2000-2007

Each stage is the short leg of 2.995 miles. (Rec: Helen Clitheroe (Preston) 15.41 (2004)).

1.Bev Jenkins	16.20	(2)	2004.
Lisa Heyes	16-51	(1)	2003.
Rachel Jones	16-54	(2)	2003.
Eve Dugdale	17.39	(1)	2001.
Julie Cook	17.52	(4)	2001.
Sonya Hanson	17.56	(6)	2005.
Trish Sloan	18.00	(6)	2002.
Anne Buckley	18.09	(5)	2002.
Maria Lowe	19.06	(6)	2004.
Sue Selby	19.12	(4)	2002.
Lynn Jolley	19.21	(2)	2002.
Performances by members at other clubs:			
Lynn Jolley (Wigan)	17.37	2006.	
Tessa Walker (Telford)	17.49	2005.	

Race Results

LONDON MARATHON:

Congratulations to all members who completed the course in such trying conditions. A tremendous run by Andi. Close examination of the statistics shows how well he performed. 2nd Briton, nearly 3 minutes up on the next (Gardiner) and only 7 managed to break 2-25-00. Special praise also for Maria Lowe whose 3-18-53 was nearly 5 minutes faster than her 2006 time. The full list of Salford times in the official results are: Andi Jones 2-17-49; Pumlani Bangani 2-28-26; James Kovacs 2-40-37; Mike Holmes 2-51-43; Sean McMyler 2-58-01; Paul Simons 3-13-42; David Williams 3-16-20; Maria Lowe 3-18-53; Dennis Moran 3-30-13; Frank Murray 4-11-50; Tony

Smith 4-24-32; Gerry O'Neill 5-01-33. All men faster than 3 hours and women faster than 3-40-00 appear on national ranking lists compiled by Power of 10 statistics. Similar ranking lists appear for 10K road (better than 35-00 and 41-00) and half marathon (77-30 and 90-00). The website is www1.powerof10.info.

Athletics Weekly printed the London Marathon team result, with Belgrave, Sale and Medway & Maidstone removed from the original list and the results appeared as follows:

1. Thames Hare & Hounds 7-26-10.
2. Salford Harriers 7-26-52.
3. Leeds City 7-35-35.

Belgrave nearly got into the medals, placing 4th in 7-35-54, despite losing over 11 minutes from Miles being replaced by their 4th runner. Again congratulations to our team (Andi Jones, Pumlani Bangani and James Kovacs) on their magnificent result.

Roy Profit

NATIONAL 12 STAGE:

In hotter than usual 12 stage weather, Salford Harriers battled hard with a somewhat depleted team at this year's 12 stage road relays. Proceedings got underway well with Pumlani bringing the Reds back in a strong 12th place with a time of 27 minutes dead. Handing over to Mike Higginbottom on leg two, Higgy ran a creditable 17.49. Luckily for Higgy he was handing over to an inform Tarus who moved us back up the field to 28th placing with a time of 27.19. Rob Hughes on leg 4 ran a solid 15.50 moving us up a further 3 places to 25th by the end of leg 4. Rob was short of time after not knowing he was on leg 4 so had a somewhat reduced warm up time.

Rob handed over to Andi Jones who took the team up 9 places to 16th at the end of the third long leg and fifth leg in total. Andis' time was 26.35 which is slower than he was looking for after the Salford 10k on Good Friday where he ran 29.43. Andi handed over to Hardman who took the team up one more place with a good run of 15.16. Carl handed over to Eric Williams who took the team out on leg 7. Eric ran a solid leg in 30.17, but even Eric would have been thinking of the days when he skipped round the course at Sutton Park in under 26 minutes! Something I can only dream of when we consider an all time 12 stage team. Eric handed over to team captain Duncan, who

himself will tell you he'd run more miles that week than most weeks of this year!!!

Duncan ran a time of 18.36 and returned the team in 22nd place.

Kovacs headed out on the next long leg and returned with a time of 30.31.

Handing over to Billy Martin who held on to 23rd place in a time of 16.29.

James Jackson was in charge of the final long leg stage and returned in 29.45 to leave the team in 22nd place after 11 stages. Handing over to our final leg runner Pete Budd who should be greatly thanked for running the final stage with very short notice. Pete ran a solid leg in 19.52 and we should stand up and applaud him for supporting the team. After all was done we finished a creditable 25 overall. Not our best placing ever, but the best we could do this time round with the runners who wanted to represent our club.

The overall race was won by Leeds City, who deserved to win. They binned their time in the early stages of the race when Tipton were over a minute clear but had clearly front loaded the team. Leeds came through strong with several good runs by team members, but more importantly solid runs by all members.

If we are going to challenge Leeds and the other clubs, who are no better than ours, then we need to be committed to running the Northern and National events and showing the rest of the running clubs we are a force to be had.

Thanks to all the support yesterday. The travelling support we have is amazing. Down the lane to nowhere there were several members of the club cheering you on. In the later stages of the race again members of the club screaming at you to run harder and close the gaps. Without the support many would give up. Don't give up, continue to run. Remember, if Carlsberg did running, they would do it like Salford Harriers.....probably the best running club in the world!!!!

One question I got asked last night was this. Tell me Andi, If Salford Harriers are mainly a road and XC running club, how come you didn't have a womens team out today? How come there were several key men missing from the team? I didn't answer them, probably because I couldn't answer them. Lets get the team spirit back, that obviously Leeds City have and lets get out there and stuff the rest. Leeds have the team spirit as they train together. Lets all get

down the track again. See you all there. **Andi Jones**

25 Salford Harriers & Ac 4:35:19

P Bangani	(12)	27:00
M Higginbottom	(34)	17:49
Tarus Elly	(28)	27:19
Robert Hughes	(25)	15:50
Andrew Jones	(16)	26:35
Carl Hardman	(14)	15:16
Eric Williams	(17)	30:17
Duncan Mason	(22)	18:36
James Kovacs	(23)	30:31
William Martin	(23)	16:29
James Jackson	(22)	29:45
P Budd	(25)	19:52

MANCHESTER 10K:

Some fine running by our ladies in the Manchester 10K. Tess, Estelle and Trish all achieved times which qualify for inclusion in the season's national Power of 10 ranking lists. These can be found on www1.powerof10.info Tessa's PB by a considerable margin of 35.53 makes page 1 of this event's list, Estelle's 39.21 is on page 3 and Trish's 39.57 on page 4. In addition, each athlete has a page showing details of performances which qualify for inclusion in the lists. Just click on athletes on the Home page and then fill in the boxes with surname and first name to get this page.

WARDLE SKYLINE FELL RACE: (7miles/1000ft of climb)

Unusually for a fell race, this one has a handy car park with a downhill run for a warm-up to the registration, saves all the running up-hill for the race. However pre-race shoelace tying, interrupted by Women with a clipboard and petition to sign, gave my excuses (had to get my number for race) and promised to sign it when I returned, good job she had a deck-chair she'd have a long wait!

The start (and finish) is near the Church in the 'main' square in Wardle, (near Rochdale). Decided to position myself in the middle of a pack of about 100 runners, ready for the off. You have to run through the car-park on the way out, knowing how tenacious these canvassers are, I wasn't taking any chances being at the back.

The route then takes you along the bottom edge of Watergrove Reservoir and across the fields and to the first climb up to Brown Wardle Hill. Once on the top began to wonder what all the

fuss with the petition 'No to Wind Farm' was for, reckon it'd be perfect up there, could keep Rochdale in xmas/eid lights all year round. It's a bit up and down after the first hill, reaching the summits of Middle Hill, Hades Hill and then the mid-point and also the highest point of the race - Rough Hill (435m/1425ft). Some of the ups involve a bit of walking for those of us at the back. But I have it on good authority that even the fast ones at the front walk up some hills in fell races – but not in this one.

Conditions underfoot were dry and hard, so despite the wind there were bound to be some improved times on last years' race, which was in less clement conditions. The route was well marked and marshalled and usually there are enough runners in the race that on a clear day there'll always be someone in sight, well unless you're at the front. I did Ruth proud on the last long descent – passed three blokes, but no tall, thin blond bird in sight to beat though. (When you're short and brunette life's hard enough without getting beaten in races as well!!)

A few words of caution to anyone thinking of having a go at this race next year – save a little bit for the last mile. It feels likeoooh at least TEN! You can see the Church in the distance but every step seems like you're getting further and further away. Just as a special treat this year, when finally you think you're nearing the end and you're preparing yourself for the sprint finish for the awaiting crowd, well a couple of timekeepers and recorders, one of the villagers had decided to light a huge bonfire in their back garden, a beacon to guide us in? Just when you need O2 the most, you get a lungful of smoke!

Despite finishing with a bit of a smokers cough, I managed a 5min20s improvement on last years' time. Check the results on www.fellrunner.org.uk/results.htm and see if you can spot a few names you recognise, including one well-known ex-policeman and race organiser extraordinaire.

Running (and walking!) up and down fells seems to be doing some good. Give it a go. **Julie Laverock**

Members News



Hi all, I've just starting proper training around 4 months ago after a long injury layoff/ laziness layoff. We moved up to Aberdeen last September so we have had a hectic 6/9 months, but training is going reasonably well now after such a long layoff. I did run a 10K on 1st April in 35.17 after 10 days training so things are progressing I ran 33.36 at the Aberdeen 10K at the end of May. All the best to everyone and hopefully I will make a team appearance at some point this year! **Chris Winward**



I am sorry to report the death of Paul Staveley. Paul passed away in hospital on the 29th of July after a long battle against stomach cancer. He will be greatly missed. **Hilary Towell**



We have now achieved Clubmark Accrediation and were presented with our framed certificate at the World Trials on Saturday 28th July .

Clubmark is basically aimed towards clubs with children, but we were told that it was necessary that we do this in any event. It is designed to ensure that all sports clubs are run responsibly and to certain standards, it is not just athletics but covers all sports. We had to submit a portfolio outlining everything we do and how we run the club, coaching contracts, licences, constitution etc. It took some time to put together and since submission the first week last year and due to a backlog at UK Athletics we eventually recieved confirmation in February that it had been approved. **Hilary Towell**



Thanks to all who turned up to support the third running of the popular Gravy 6 Trail Race. Tarus won and becomes the first runner to successfully defend a northernboyslovegravy title!!! Well done Tarus. Kerrie Wood, Stockport was first lady home. hope you al enjoyed your day in the village for 'local people'. Don't know how we managed it but it stayed dry for the whole event which amazes me after the last few weeks. Dont forget the Gravy 5 Fell Race Sunday 2nd December. Lovely, tough route on the moors above Tinwistle. A must for all. **Andi Jones**



With regard to the marathon lists in the last issue of the newsletter, I was not aware of Paul Simons's marathon background. He has a best of 2:23:49 achieved when he won the Harrow marathon in 1994. He was a member of Shaftesbury Barnet then so it is an addition to the list of members performing well when at other clubs. Apologies for my oversight? **Roy Proffitt**



Congratulations to Sonya Hanson and her boyfriend John on the birth of their baby daughter.



Congratulations to John Brown on his magnificent achievement of cycling the length of South America. Well done John, nice to see you home in one piece!

Blast From The Past

The club was recently contacted by one of it's past members who had happend upon our ever-improving website(well done Stu) and had noticed out past newsletters. He has kindly provided us with some of his memories, including those through the war-years. Roy Proffitt, for one, I know is interested to read this who states that probably because of the limited activity in the sport during the war and because a lot of the members were away on active service, the normal committee system was suspended and a small emergency committee was formed to take unilateral action on

fixtures and anything else arising. The 1940 Annual General Meeting was held on Saturday 9th November at the Grosvenor Hotel, Manchester with 21 members present. It was at this meeting that the brothers Cliff and Eric Royle and one other were elected to membership. The minute states "That the decisions of the Emergency Committee in electing three new members be confirmed ..." Thus, it appears that they had actually been members of the club for some time prior to this formal approval. This is the last meeting to be minuted before the end of the war so we have no record of what was happening in the club, hence my interest in Cliff's memories. The club suffered a great blow in June 1942 when Harry Hardwick died aged 81. His death was unexpected although he had been receiving medical attention for the previous 2 years. It seems that the club virtually collapsed at this point and was not resurrected until after the end of the war. The next entry in the minutes book is for an Extraordinary General Meeting held at The Red Lion Hotel, Salford on 16th May, 1946. Many of the pre-war runners attended including George Bailey, Harold Doggett and Geoff and Phil Brownlow. This meeting was clearly a starting point for the club's post-war activities

RECOLLECTIONS OF A SALFORD HARRIER

(Past his sell-by but not use-by date)..

Way back in the thirties when I was a schoolboy I used to watch those "Tough men of the Road" Race Walking through Irlam from Liverpool to Manchester, and I vowed that I would do it one day. So in early 1939, when I started work at the age of sixteen, I joined the Lancashire Walking Club. I trained with them on the roads round Pendleton (from the Maypole Pub), and did one or two short races from the Midland Hotel in West Didsbury. Roads were very quiet then even in Salford; far far different than they are today.

It was not long before War started, and this put a temporary stop to almost all non-essential activities. Over the months things did settle down, and a few athletic activities took place of a somewhat local nature. Of course many able bodied men were gradually being drafted into the Forces so interest gradually diminished in may things.. Luckily Dick Smith was not

called up for quite some time, and he helped to keep the club going. However he was also a Member of Salford Harriers and Athletic Club, and he encouraged my Brother Eric and myself to join the Harriers and run Cross Country in the Winter months. This we did for some years although Eric was eventually called up into the Navy.

As we worked on Saturday mornings in Manchester we used to grab something to eat and then go by bus or tram to the venue. From what I remember these were in such areas as Winton, Middleton, Gatley etc. Starts would be from Farms, Pubs, or other buildings; other suitable facilities being sparse. No heating, often no washing facilities (if there were it was cold water in a tin bath), and usually no hot drink afterwards. It was often a case of "taking the mud home".

The weather was very much colder than it is nowadays with events taking place in snow, frost and fog. Courses would be over toughish farmland; ploughed fields, through hedges over (or sometimes in) ditches, but all good fun. Initially one followed paper trails, but such "waste" was not permitted during the War, and I think that sawdust was used in some cases. Much route finding was left to a bit of imagination. It was quite different to the courses now used and shown on T.V. Mostly there were no prizes; one ran for the fun of it. (I do not think I ever won a single prize for running. So what!).

I cannot remember the names of people involved at that time. I think one of the fastest runners was called Clayton, and there were two slim brothers who were top class runners. The person who kept people involved worked for a Cotton company on Market Street in Manchester, and the Secretary at one time lived in Davyhulme. The AGM'S I went to were held at a hotel near Victoria Station.

Eric and I were regular attenders at races over a few years, and ran in one or two East Lancashire Championships; though we were far from the top stream. One year we both won Attendance Medals for turning out in every Saturday Run. (I still have my medal). Regrettably we were not allowed to run in even quite short road events until we reached the age of I think eighteen. Was this good advice

and should it be applied today? Running shoes were not affordable by many and were scarce during the war. We ran in "plimsoles" (also called galoches), and later on in Tennis Shoes.

We did get one bit of publicity. The report on one event in possibly the Gatley area as reported in I think the Daily Dispatch. This was when Eric and I finished second and third to Sydney Wooderson, the Olympic Miler. This was true, but there was a twist to the tale. It was either a two or three lap race held in foggy conditions. After Sydney went through on the next to last lap it became so foggy that the race for the rest of the field was stopped. Unfortunately they forgot Eric and I were still out and we went on to complete the whole course, so apparently finishing in very honourable positions.

After the war my interest in running waned but did not cease, my time being devoted more to race walking, by which time I realized that any athletic success that I could have, little though it may have been, could be in the longer distances

So what did I do after that?

Up to the age of thirty I took part in many long distance walking races; Liverpool to Manchester, Manchester to Blackpool, London to Brighton and the Bradford Walk.

Additionally I achieved my lifetime ambition of becoming a Member of that elite Athletic Club "The Centurions" for walking 100 miles in 24 hours. Actual time 21 hrs 42 mins. I was recently the Guest of Honour at their 95th Anniversary in London.

Eventually I moved to the Lake District where I took up Fell Walking partaking in many distance walking events including; the Four Peaks; Lyke Wake Walk, and the hardest one of all; the Fellsman's Hike. It was a hard walk made very difficult by a heavy fall of snow in the night. It took me just over 28 hours to complete the event. I was not the last to finish. Only 167 out of 291 starters got through that terrible night inside the closing time of 30 hours..

When I was 50 I came back to live in Cheshire and decided I would run a marathon. Was doing quite well when I got injured on some steps. Physio said

I was finished; would never be an athlete of ANY kind again. Bought a bike and started cycling. No problems so decided to join a cycling club as and when I could do 100mile in a day. Did this in the middle of winter and came home shattered. Joined the Weaver Valley Cycling Club and a few years later did a couple of 24 hour Time Trials covering about 350 miles on each occasion.

Still had an inkling for distance running. So from about 55 started running again, joined Frodsham Harriers, and a bit later Helsby Running Club. Over subsequent years I ran a number of half marathons, thirty Marathons, a 50K, a 100k, and the Cheshire Canal Ring (100miles) in two consecutive days.

After the age of 80 I gave up athletic activities; having that day cycled 80 miles and walked 8, but am still walking fair distances in the lower hills. I have a lot to thank athletics for; a great deal of fun and enjoyment, made some fantastic friends, and I think managed to keep in good health. I will always remember the Motto of the Lancashire Walking Club "Health: The First Wealth". How true!. Also the days when I first saw long distance Race Walkers. The LWC celebrates its Centenary this year. Still a long way to go to catch up Salford Harriers. My Best Wishes to Your Club. **Cliff Royle.**

Last Word

A good four months have passed since the last newsletter and due to work commitments it is becoming increasingly difficult to find the time to produce it. I am still very happy to do this but it is looking more like it will be quarterly. There are also probably many races/events/achievements which I have not covered, but are worthy of mention. Unfortunately if I don't know about them they can't be featured! So please keep contributing with race reports and news and don't be shy! If you have completed or have something to say, however small, let me know and I will include it. Much of the stories in the newsletter are taken from the club emails and as such is regurgitated information for many of you, but not for those without computers. Anyway, huge thanks to everybody who has contributed and I hope to see many of you at the summer handicap. **James Williams.**

SALFORD HARRIERS **SUMMER HANDICAP**

THURSDAY 23rd August 2007

Start 7.15pm

for

Men / Ladies / Vets / Juniors
2 Laps of Boggart Hole Clough
(4 miles clockwise)

Start at Oakbank avenue entrance

Prize Giving & Refreshments
at The Bluebell Hotel Moston Lane

Bring A Prize - Take a Prize

