

2019

Preston Harriers road championship



Championship 2019



Harriers of the 1980's better known for their fast running than their style (left to right); Ernie Topping, Simon Harris, Dave Nicholson, Philippa Walsh, John Casey, Terry Gale, Geoff Orritt, George Andrews, Brian Bolton, Vince Rutland, Rick Curwen,?,Al Jones.

The road championship 2019 will feature a mix of local, beginner, challenging and competitive races over a variety of distances from 5k to half marathon offering something for runners of all abilities and backgrounds the chance to compete for the open and age category championships. So, if you are a 5k speed demon, eat hills for breakfast or a long-distance endurance machine you have every chance of plotting your way to a podium finish.

There are 22 races in the champion and runners need to one run race under each of the 5k, 10k, 10 mile and half marathon categories and three interclub races (excluding Preston) to achieve a league finish in the open, vet-40 and v-50 categories. Vet-60's need to run one race each under the 5k and 10k categories and three races from the interclub championship.

Prizes and points scoring



Laura Conn on her way to finishing first female Preston Harrier at the 2018 Kirkby milers safari 10

In the open male and female categories, prizes will be awards to the top three scoring runners, who have completed the required number of races.

In vet-40, vet-50 and vet-60+ categories only the highest scoring runner will receive a prize.

The following points scoring system will be used; 1st 52pts, 2nd 50pts, 3rd 48pts, 4th 47pts, to 50th & below 1pt.

In the event of a tie, the winner will be whoever has scored the most points from their best three interclub races. Should this still result in a tie, then the winner will be the runner with the lowest total time across their seven highest scoring performances.

2019 Race options

5k



The 5k race is the road equivalent of the 5000 meters and the shortest of the common long distance races. It is a great place to start road racing and free weekly 5k parkruns are available across the globe for those wishing to learn the distance. With Preston's Avenham Park and South Ribble's Cuerden valley playing host to our two most local versions of this great initiative.

The club road records are 13:42 for men, set by John Nuttall in 1995 and 15:45 for women, set by Helen Clitheroe in 2010.

All runners wishing to achieve a league finish in any of the championship categories must complete at least one 5k event.

John Nuttall of Great Britain celebrates winning the men's 5000 metres competition during the AAA Championships in

Birmingham, circa 1996. (Photo by Eileen Langsley/Popperfoto/Getty Images)

Central Lancashire 5k	Competitive, chip timed	Part of the Central Lancashire Grand Prix, this race is a run over challenging course with entries are limited to 400.	February 17 th 2019
Mid Cheshire 5k	Competitive, chip timed	A lightning quick evening 5k set in the heart of the Cheshire countryside. This race hosted the English 5k road champs in 2017 & 2018	April 26 th 2019
Avenham Park 5k	Local, chip timed	A bank holiday, locally organised race event which also incorporates a fun run	May 6 th 2019
Sale Sizzler	Fast, competitive, chip timed	Part of a series of very fast and competitive races that attract a large field.	August 8 th 2019

10k



Manchester, 15.5.11. HELEN CLITHEROE (Gt. Britain) wins the Great Manchester Run women's race. photograph by Mark Shearman.

The 10k is the road equivalent of the 10,000 meters. It is a very popular distance and most weekends you will find a race to do somewhere.

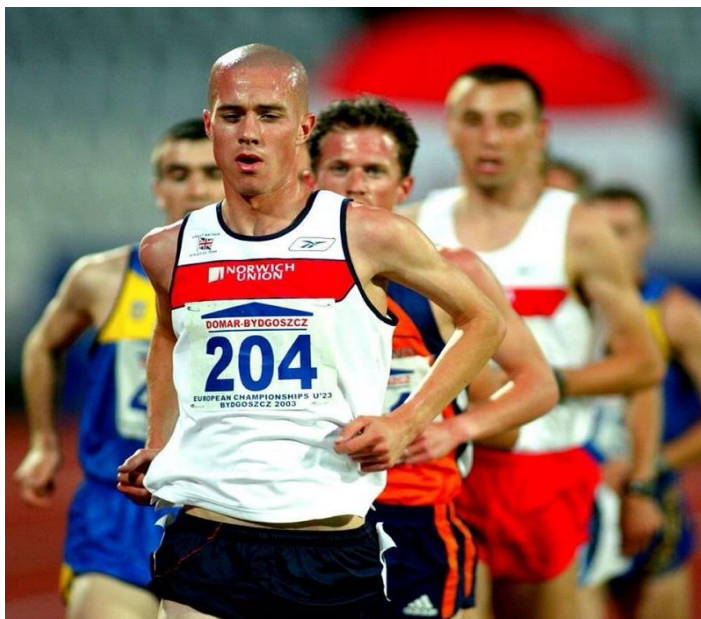
The harrier's men's record currently stands at 29:25 and was set by Adam Sutton in 2004. While the women's record stands at 31:45 and is held by Helen Clitheroe since 2011.

All runners wishing to achieve a league finish in any of the championship categories must complete at least one 10k race.

Helen Clitheroe winning the women's Great Manchester 10k 2011, Photo by Mark Shearman

Ribble Valley 10k	Competitive, chip timed	Incorporating the Northern Athletics 10k Championships, this competitive race run is over closed roads attracting some top runners	December 30th 2018
Blackburn winter warmer	Hilly	A challenging race organised by our friends from Blackburn Road Runners, which often sells out. Early entry recommended	February 3rd 2019
Penny Lane Striders 10k	Flat, Chip timed	Part of the Merseyside Grand Prix, this race offers runners the chance to run a competitive and PB/beginner friendly 10k.	June 23 rd 2019
UK Fast City of Preston 10K	Competitive, chip timed	Back with a bang, Preston's premier 10k race has a new route and new organisers. As local as they get, with this race running through the heart of our city.	September 29 th 2019

The 10 mile



Bydgoszcz, 18.7.03. ADAM SUTTON leads the 10,000m final. photo by Mark Shearman.

The 10 mile is a classic race distance, that is often overlooked by many runners and is perhaps not as popular as it should be. It is the ideal distance for those looking to move up to the half marathon from the 10k and those working on improving their time over the half.

Harriers men's record is 48:05 set by Adam Sutton in 2006, whilst the women's record currently stands at 58:18 and has been held by Helen Clitheroe since 2015.

Adam Sutton competing for team GB in the 10,000 at the 2003 U23 European

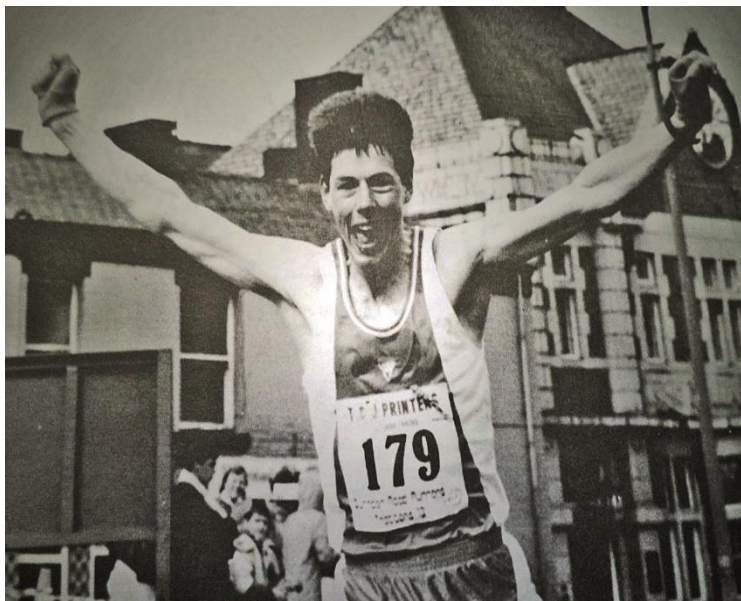
championships. Photo by Mark Shearman.

Runners wishing to achieve a league finish in the open, vet-40 or vet-50 categories must run at least one of the below races;

St Anne's 10 mile	Flat	With an entry limit of 500, this late January, flat 10 mile race offers runners the chance to set a PB and test out how their winter training has gone.	January 27 th 2019
HW Moon Toyota Wigan 10 Miler	Flat	A new race which forms part of the RunWigan festival of running. The course is advertised as flat and it has an entry limit of 450.	March 17 ^h 2019
Calder vale 10 mile	Hilly	A challenging 10 miler that is regular feature in the Harriers calendar.	July 28 th 2019
Kirkby Milers Safari 10 mile	Local	Extremely popular 10 mile based at Knowsley Safari park, which also features a children's fun run. It is run over an undulating course with wide paths allowing for plenty of room to race. No lions.	October 6 th 2019 TBC

In addition to the road championship series, the club also has a 10 mile championship race incorporated into the Preston 10 mile, held each November since 1982. [See here for further details.](#)

The half marathon



A distance used by many as a stepping stone to the marathon, the half marathon is a great distance to race at. Whilst not as fast as the 10 mile or as demanding as the full marathon. The half should not be taken lightly, it requires a good endurance base and good mental strength. If you've not run a 10 mile race ahead of taking on the half, think of it as running two 10k races back to back.

Ian Dandy winning the Trotters Half Marathon, April 1988 in a course record time of 01:08.16

The current harrier's records are 1:06:49 for men, set by Ian Dandy in 1998 and 1:10:57 for women set by Helen Clitheroe in 2011.

Runners wishing to achieve a league finish in any of the open championship, vet-40 or vet-50 categories must run one half marathon.

Inskip HM	Local and flat	A fast beginner and PB friendly race, based a short drive from Preston at HMS Inskip offers an early test of endurance. Entry limit of 500.	January 20th 2019
Darwen Heritage Half Marathon	Hilly	A very popular race described run over what is described as a tough, but beautiful route. Entry limited to 500.	April 7 th 2019
Southport HM	Flat, chip timed	The Southport HM takes runners through the heart of this famous town on a traffic free route, suitable for first timers and those seeking a PB. The event also features a 10k and a family fun 1 mile race.	June 30 th 2019
Garstang HM	Hilly	It wouldn't be a Harriers champs without a trip to Garstang to take on their challenging yet enjoyable HM	September 1 st 2019

Interclub

The Interclub road races series is where Preston Harriers competes against six clubs from the mid-Lancashire area over distances between 4 and 5 miles. Those clubs being; Blackpool, Wyre & Fylde AC, Chorley Athletic and Triathlon Club, Lytham St Annes Road Runners, Red Rose Road Runners, Thornton Cleveleys Running Club and Wesham Road Runners.

For the road championship, all runners must complete at least three interclub races, excluding the Preston Harriers hosted event. Full details of the interclub road fixtures can be found online [\[here\]](#)

The road championship qualifying fixtures for 2019 are as follows;

- Blackpool IC April 3rd
- Lytham IC May 2nd
- Thornton IC June 25th
- Wesham IC July 22nd
- Chorley IC August 14th
- Red Rose IC September 4th

The Harriers have been a dominate force in the league winning both the open and masters category championships multiple times.

Year	Open	Women	Masters	Women 40+	Vet 50	Vet 60
2017	Preston	Lytham	Wesham	Preston	Red Rose	Red Rose
2016	Preston	Wesham	Wesham	Preston	Red Rose	Red Rose
2015	Preston	BWFAC	Preston	-	Red Rose	BWFAC
2014	Preston	BWFAC	Preston	-	Preston	Wesham
2013	Preston	Wesham	Preston	-	Preston	Wesham
2012	Preston	Preston	Preston	-	Wesham	Wesham
2011	Preston	BWFAC	Preston	-	Wesham	Wesham
2010	Preston	BWFAC	Preston	-	Wesham	Wesham
2009	Preston	BWFAC	Preston	-	Wesham	Red Rose
2008	Preston	BWFAC	Preston	-	Wesham	BWFAC
2007	BWFAC	BWFAC	BWFAC	-	Wesham	BWFAC
2006	Preston	Preston	North Fylde	-	Wesham	Wesham
2005	North Fylde	North Fylde	North Fylde	-	Wesham	-
2004	Wesham	North Fylde	Wesham	-	-	-
2003	North Fylde	Blackpool & Fylde	North Fylde	-	-	-
2002	Preston	Preston	North Fylde	-	-	-
2001	North Fylde	North Fylde	North Fylde	-	-	-
2000	North Fylde	North Fylde	North Fylde	-	-	-
1999	North Fylde	North Fylde	Wesham	-	-	-
1998	Preston	Preston	North Fylde	-	-	-
1997	Preston	North Fylde	North Fylde	-	-	-
1996	Preston	North Fylde	Preston	-	-	-
1995	Preston	North Fylde	Preston	-	-	-
1994	Preston	North Fylde	Preston	-	-	-
1993	Preston	Red Rose	Preston	-	-	-
1992	North Fylde	-	North Fylde	-	-	-

Hall of fame

The men's open championship



2018 champion Karl Hodgson

The current men's open launched in 1985 and has been won by 19 different athletes over the years. Geoff Orritt holds the records for the most wins (5) and the longest winning streak (4 years).

1985	Simon Harris	2006	Adam Sutton
1987	Geoff Orritt	2007	Steve Hallas
1988	B Brown	2008	Gethin Butler
1989	Geoff Orritt	2009	Steve Hallas
1990	Geoff Orritt	2010	Garry Pennington
1991	Geoff Orritt	2011	Gethin Butler
1992	Geoff Orritt	2012	Rob Affleck
1993	Mark Crook	2013	Rob Affleck
1994	Alan Metcalf	2014	Rob Affleck
1995	Michael Simon	2015	Gethin Butler
1996	Steve Smith	2016	Richard Smith
1997	Alan Appleby	2017	Simon Collins
1998	David Simpson	2018	Karl Hodgson
1999	Stephen Clayton		
2000	Stephen Clayton		
2001	Colin Shuttleworth		
2002	Stephen Clayton		

The women's open championship



2018 champion Jade Bebbington with dad Ian

The women's open championship has been won by 13 different athletes, with Philippa Walsh and Dorothy Parks sharing the record for the most wins (5) and Dorothy holding the record for most consecutive runs (3).

1996	Philippa Walsh	2009	Liz Abbott
1998	Anne Sweeney	2010	Gema Admas
1999	Philippa Walsh	2011	Emma Essex-Crosby
2000	Jill Beswick	2012	Meanie Hawoth
2001	Philippa Walsh	2013	Carol Spoor
2002	Alison Crook	2014	Victoria Cowling
2003	Philippa Walsh	2015	Dorothy Parkes
2004	Philippa Walsh	2016	Dorothy Parkes
2006	Anne Sweeney	2017	Dorothy Parkes
2007	Dorothy Capstick (now Parkes)	2018	Jade Bebbington
2008	Dorothy Capstick (now Parkes)		

Vet-40 championships



2018 winners Andy Whaley and Vicky Sherrington

For male and female vet-40 category can be a competitive one, with the different titles changing several times. Rob Affleck is the most successful male athlete in the mens category with 3 wins, whilst three different women have won the female title twice; Anne Sweeney, Beverley Mackay and Vicky Sherrington.

Male role of honour

2006	Alan Metcalfe
2007	David Barker
2008	Dave Watson
2009	Mark Lee
2010	Gary Pennington
2011	Gethin Butler
2012	Rob Affleck
2013	Rob Affleck
2014	Rob Affleck
2015	Gethin Butler
2016	Andrew Tranter
2018	Andy Whaley

Female role of honour

2007	Anne Sweeney
2008	Anne Sweeney
2009	Sue Wickham
2010	Beverley Mackay
2011	Beverley Mackay
2012	Susan Clemson
2014	Vicky Sherrington
2015	Helen Boyer
2016	Kari Edwards
2017	Julie Tyrer
2018	Vicky Sherrington

Vet-50 championships



2018 winners Neil McDonald and Sue Wickham

Sue Wickham has dominated the women's vet-50 category with five back to back wins between 2014 and 2018. In male category its Peter Cowling who has been the stand out performer with four back to back wins between 2014 and 2017.

<u>Male role of honour</u>		<u>Female role of honour</u>	
2007	Alan Appleby	2011	Anne Sweeney
2008	Phil Lakeland	2012	Philippa Walsh
2009	Kevin Hesketh	2014	Sue Wickham
2011	Alan Metcalfe	2015	Sue Wickham
2012	Alan Metcalfe	2016	Sue Wickham
2013	Alan Metcalfe	2017	Sue Wickham
2014	Peter Cowling	2018	Sue Wickham
2015	Peter Cowling		
2016	Peter Cowling		
2017	Peter Cowling		
2018	Neil McDonald		

Vet-60 championships



2018 winner Maureen Kirkby

Judith Deakin has dominated the women's the women's vet-60 category with six championship wins, including a five-year winning streak between 2008 and 2012. In the male category, Alan Appleby has been champion three times.

Male role of honour

2008	Alan Appleby
2010	Dave Roberts
2011	Alan Appleby
2016	Alan Appleby

Female role of honour

2008	Judith Deakin
2009	Judith Deakin
2010	Judith Deakin
2011	Judith Deakin
2012	Judith Deakin
2014	Marian Hesketh
2016	Judith Deakin
2018	Maureen Kirkby