

LOSTOCK NEWS

November, 1998

Mud Mud Glorious Mud

There's one thing that's great about cross country - if anyone can tell me what it is I would be truly grateful. It's always windy, cold and muddy. However, that wasn't the case at Springfield Park at the start of the day. Despite all the rain the course was relatively dry. As always happens though when 300+ runners have been round a course it does get churned up and is always muddy when its our turn.

Most courses have their own style, Springfield is no different - it's like a bad fairground ride. You seem to go round and round and round, and you can't get off. AArrrgggggghhhhhh!

You either sprint a lap early and end up dying a death when you realise you've actually got more than a mile left or you don't sprint at all and wonder why all these people are charging past you at a 100 miles an hour.

We must take time out to welcome our new cross country runners to the fold. Sean Moran, of Leigh fame, has decided socialising is more important and there's no place better than Lostock. Robin did have something to say on this matter

after pinching Sean's vest before the race. This was only done because Robin didn't realise he was wearing his own vest already! Sean is really wondering what he's let himself in for. Don't worry Sean this is, I can assure you, normal behaviour for Robin.

Anyway on to the race, as always is the custom at Lostock, Ladies first (unless beer is involved). Controversially, Joanne Lees, was the first Lostock runner home, but as she's not actually a paid up member the points cannot be accredited, I think. So first points scorer in a position of 24th and a time of 25:11 was Chris Jones, well done. The next two really battled it out with the lead changing hands in the last few hundred yards for Heather to take Gill. Both good runs, finishing 54th 28:12 and 55th 28:19 respectively. Jackie once again enjoyed herself, smiling all the way around the three laps to record figures of 36-28- Oops sorry that should read 72nd 30:14.

The creditable performances meant that the Ladies finished 8 out of 14 in the team competition - HOORAY!!

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Mud Mud Glorious Mud(cont.)

Now for the men, new runner, new first finisher. Sean had an excellent run finishing 29th in a time of 33:25. But it wasn't only Sean who was filling up the front places. Rob finished 46th in 34:40 and was closely followed by Stewart, 60th 35:15. Things are certainly looking up for Lostock.

Arnold's return to the fold meant our first vet was in 70th place with a time of 36:17.

Next home claiming victory over Keith (no trees this time!) was Robin, 128th in 39:01. Keith wasn't far behind though, finishing 136th in 39:47.

The Super vets were next. Our humble Chairman once again braving the elements to end the race in 163rd with a time of 41:40 for the 5 lap course. Alan was next despite wearing the wrong number and coming in as W.Jones on the results sheet. His numbers read 189th in 44:05.

Mark Smith once again gained in confidence, finishing 202nd in 51:33. Well done Mark keep up the good work.

A small mention for the team, 9th out of 15. By the way Leigh were 10th!! Good move Sean.

Robin

The 2nd Race of the SELCC series took place on a good sunny afternoon at Springfield Park, Rochdale. There was a reasonable turn out of Lostock runners (13 in all). I would like to welcome the latest addition to the team Sean Moran who has joined us from Leigh harriers. He was first home for Lostock (and nearly lapped me) well done! There was the usual excuses for members not turning up - meetings, too muddy, its Saturday, too cold, bad leg, football on TV - come on support our club and turn out. It was again splendid to see the Lostock Ladies team competing. The next race in the series is at "Boggart Hole", another good course. So please put all the excuses to one side and give it a go.

Through The Villages Race

This was a championship road race event and the turn out was not very good. In fact the numbers were boosted only by the appearance of our two new members Ian & Stephen. If these championships are to succeed they must be supported! This is a hilly 8½ miles race which has been supported by the club for a number of years. Well done Gill who picked up an age group prize and Norman won a spot prize. The weather, as usual for this event - torrential rain at the start, but again it was well supported and I had a good run (life in the old dog yet!). Due to other commitments the post race beer drinking party was small, but

Alan led the way to the "Dressers" (his left leg gave out, but his right arm took the strain). Thanks for Ian and Stephen for supporting us and I hope they continue to do so.

	John Smith	
Stewart Jones	23rd	52:10
Lee Dobson	38th	54:52
Ian Mayall	87th	59:47
John Smith	102nd	1:00:42
Norman Copeland	115th	1:01:24
Steve Haycocks	128th	1:02:29
Kenneth Workeman	138th	1:03:03
Alan Jones	175th	1:07:16
Gillian Caldwell	194th	1:10:14

The Charlotte Slater Memorial Race

This was a well organised and very well supported event over a cracking 4 miles with 800 ft of ascent. The race is organised by the family of Charlotte Slater in aid of a children's cancer charity "The Candlelighters". Charlotte lost her battle with cancer in 1997. There were children's races in all age groups which took place before the main event. There was an extensive prize list, pie and peas and of course a pub close by. The race starts in the village and heads up a narrow metalled lane which soon becomes a cart track before passing through a gate onto the fell. It then drops into a steep sided gully (very, very muddy) before crossing the stream (raging torrent) before clambering up the other side of the gully (again muddy) followed by a short steep climb before crossing a stone wall. Then contouring along side the wall

before turning uphill and climbing the final part across the heather to reach the "trig" point, then looping round and downhill to recross the wall before heading back down over the same route back to the village and the finish. An excellent race and I was very pleased to have supported such a worthwhile cause. Charlotte's dad and two sisters made the presentations. The winner of both the men and women's race not only got presented with the trophies and a bottle of booze, but each won a single bed which had been donated along with many other good prizes. A good day out and perhaps one well worth supporting within our championship next season.

John Smith

AGM

Just a note to remind you that the club's AGM will be taking place soon. Will you please give some thought to any changes that might benefit the club, any ideas for outings or special runs or events that we could organise, or perhaps some very special millennium event, with some fund raising for charity, is there some organisation that you think we should support during millennium year? Help us to keep our little club great.

John Smith



Burdens 10K

A cold, windy, sunny day and 8 followed by Stewart. Stewart's Lostock runners (with 1 first mile was 6'55", obvious spectator - "slaphead" Garnsey) problems. Next home, was John turned up. Stewart and Robin Smith continuing his recent good form. Robin managed a sprint Stewart's 40th celebrations finish at the end, which was (great preparation, not!!). The totally unnecessary and only course was very pleasing to the eye, but unfortunately not my Ken Workman completing his head. Sean Moran making his 2nd appearance was first home, ran Robin extremely close, but

knackered himself out through sheer effort. The ladies who showed their mettle were led home by Gill Caldwell. Then Carole Boardman and Christine Smith both came home in confident style. Thanks to everyone who has supported the road race championship, and congratulations to the winners. Results will follow.....!

Standings So Far

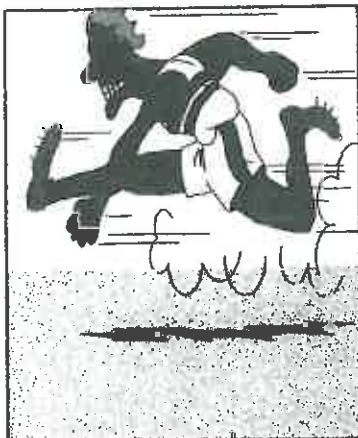
One championship is over and there are only four races left in our other two. Congratulations to Ken Workman, Stewart Jones, Gill Caldwell, Norman Copeland and Robin Hurst who all completed 8 races in the road race championships. I'll leave you to work out who won what.

In the fell championships, there is some disappointment, in the fact that only two runners can now complete the 8 races.

However, this shouldn't discourage club members from joining in and enjoying the delights of fell running with Lostock. If the run isn't enough, the beer and the laughter after in the pub makes it all worthwhile.

The cross country has two events to go and all categories are wide open. With more runners turning out each time our team position is stronger and the competition created within the club is extremely pleasing to see, whatever your standard.

Check out the events later in the newsletter, and come and enjoy the wacky world of Lostock!



		Number of Races	X Country Points	Road Points	Fell Points	Overall
Gary	Gibbs	4	0	24	8	32
Robin	Hurst	17	15	73	74	86
Stewart	Jones	10	17	78	0	40
Robert	Green	2	19	0	0	0
Wesley	Jones	8	0	48	30	69
Sean	Moran	2	10	10	0	0
Dave	Rogerson	4	7	25	0	25
Lee	Dobson	1	0	9	0	9
Ian	Mayall	1	0	8	0	8
Steve	Haycocks	1	0	7	0	7
Neil	Sale	5	0	0	49	40
Mark	Smith	2	12	0	0	0
Keith	Whalley	2	19	0	0	0
Arnold	Melling	1	10	0	0	0
Norman	Copeland	12	0	79	39	79
Idris	Evans	5	0	37	0	30
John	Garnsey	8	0	23	40	56
Alan	Jones	16	18	57	73	85
John	Smith	14	20	64	47	75
Kenneth	Workman	8	0	67	0	36
David	Gibbons	1	0	0	16	16
Heather	Smith	11	10	70	30	70
Gillian	Caldwell	11	10	80	0	40
Christine	Jones	2	20	0	0	0
Jackie	Charlton	2	18	0	0	0
Kathleen	Johnson	1	0	9	0	9
Diane	Green	1	0	9	0	9
Sheila	Anderton	1	0	10	0	10
Christine	Smith	2	0	18	0	8
Carole	Boardman	2	0	18	0	8

Stewart is 40! It's all down hill now!

When some one has reached a land mark in their life it's not like the LOSTOCK NEWS to ridicule and hurt that person. Course not.

Yeah right and here's the evidence. Stewart looking all curly wurly and innocent Did this haircut really used to be fashionable?

Anyway happy 40th Birthday Stewart, and good luck in your running now you're nearly an O.A.P.

Anon



Races For End of November/December

The final month of the year and we only have two race - yippeee! Both are fell races and will help the final championships be decided:

6th December	8½ miles 800ft	Bolton by Bowland
13th December		Dave Staff Memorial Race

So come and get into the Christmas spirit with LOSTOCK! See you there.

An upcoming yearly event is the two lads Christmas and New Year runs. Both start at 10am from the top barn and involve a nice even paced jog up to the top of Two Lads. Once there you can partake in the delights organised for you.

Just as a taster, last year we enjoyed mince pies before Christmas (warm as well) and Haggis and Neaps at New Year. These are washed down with numerous swigs of spirits which will warm the cockles of your hearts. The dates will be made very clear closer to the time.

Constitution To Be Changed

On Saturday 3th of October there was a high turnout of Lostock runners at the Middleton cross country, 11 to be exact. But a very low turnout of Lostock drinkers in the pub at the end. The inebriated slobs which consisted of Robin, Alan, Dave & myself managed to chat and be civil for at least two pints.

On the last cross country race at Rochdale there was once again a high turnout of Lostock runners, this time 13 mad desperate athletes, but an extremely bad turnout of Lostock drinkers, which was Alan & myself.

But that's not all last Wednesday in the Pub at 10.00pm everyone decided to go home early and left me and Alan all alone once more.

To top it all I got a phone call off Alan Partridge (Robin) on his car phone saying that he will get to the Crown hotel at 7.30 to 7.40pm for Stewart's 40th birthday. I got there at 7.30pm and Robin arrived at 8.00pm.

(Ed - this is not my fault it was Arnold's, any undue stress or mental injury caused by my late arrival will be fully compensated for by Arnold. (He doesn't know this yet) I have witnesses to back me up on this too.)

So as a result I wish to propose the following amendments to the Lostock constitution

- (1) That all runners must go to the Pub after the races and consume at least one pint of ale ($\frac{1}{2}$ for Ladies - not sexiest, honest), this is not only to improve Lostock's social standing, but it is clearly traditional.
- (2) People who are late to the Pub on Social events must buy 24 bags of Smokey Bacon crisp. (Ed - why Smokey bacon? Can we not leave it as assorted flavours).

Mark Smith

Clearly Mark has some valid points and I would like to take the step of seconding these proposals at the AGM. If anyone has any feelings against these two sane and heart warming proposals then be there.

**Lostock Xmas Do!!
Friday 11th December
Howcroft Arms
Between 8 -8:30pm**