

LOSTOCK NEWS

October, 1998

3 Shires Takes Its Toll

THREE SHIRES FELL RACE - Saturday 19th September 1998.

Double championship points for the three hardy soles who tackled this "proper" fell race on a very hot Saturday. The thought of eleven miles and 4000ft of climbing

"You should do the 3 Shires it's a really enjoyable race"

In the Lake district did not appeal to many club members. I was sweating just handing out water to all and sundry at Blea tarn. Some said I was out of order in not reaching the "Three Shire Stone" with drinks, but I had to check-out the B & B's at Elterwater and it

was up-hill coming back.

Now for the scores on the doors. Alan Jones showed his strength (lots of bike work) in this longer and more demanding race finishing in 163rd place with a time of 3:05:20 beating second claimer Ian Smith !! Leo Pollard (a sprightly sixty-year old running in a blue vest) was next 215th in 3:31:12, followed quite closely by Dave (not seen him for most of the season) Gibbons in 224th, time - 3:35:18. "Just pleased to get around" and totally knackered was Robin Hurst in 230th - time 3:42:40. Alan and John made it to the pub again !! Robert Green (Achille Ratti) did quite well finishing 29th in 2:16:43.



Robin and Alan were that tired they had to hold each other up at the end!!

Sunday 20th September 1998.

Having accepted an invitation to stay overnight as a guest at the Achille Ratti hut on one of the warmest week-ends of the year, I was made most welcome. Freda cooked me tea and Rob/Leo dragged me to the pub after a refreshing shower. Walking

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3 Shires Takes Its Toll (cont.)

In the Langdales at 11.45pm in the pitch black is most invigorating!

The men's dormitory was as per usual: Picadilly Circus would have been quieter, plenty of snoring, trips to the toilet and exuberant flatulence. Nevertheless, nobody minded when I gave Leo a good morning kiss and Freda cooked me food again.

Finding a Sunday newspaper was difficult but accomplished - Villa still top!

We then had some children's races on the back field with lots of medals and lollipops. Next the Achille Ratti handicap fell race. Now this was a real sod after a night out. The sun was out, lots of uphill, loads of downhill and not much in-between. Rob won again (boring) but after waiting for Leo to show me the correct line, I showed him the way home. Achille Ratti have a very strange custom of awarding prizes then taking them back again - but it was only a lollipop.

Leo re-built the dry-stone wall that fell down (accidentally) and the rest of us returned to the pub (yet again) for prizes and refreshment.

An excellent week-end and one to be tried. Who needs a ten mile road race in downtown Horwich when you can be in the Lakes?

Competitor's View

Now when Leo said "You should do the 3 Shires it's a really enjoyable race." What did he mean by enjoyable?

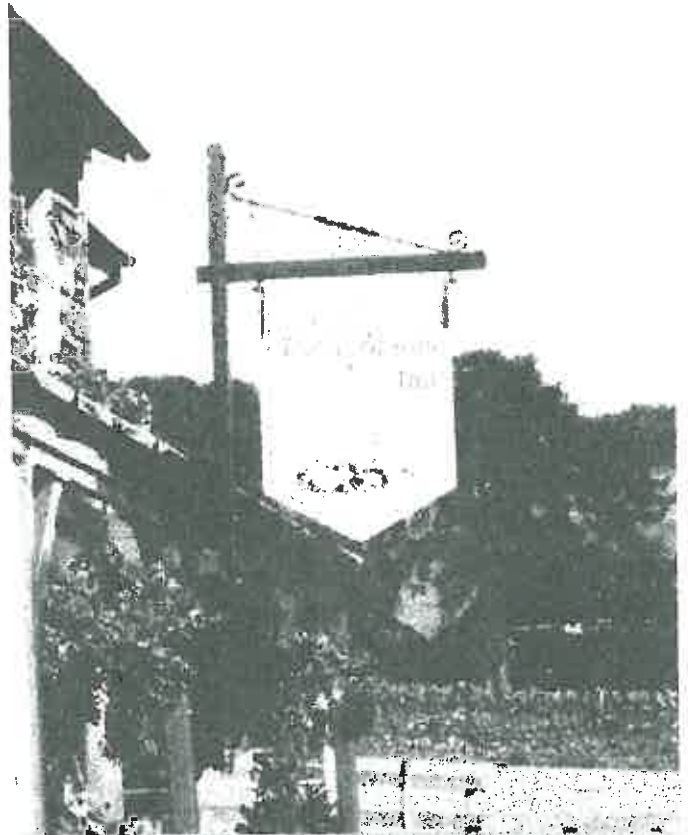
Enjoyable in the sense you would laugh and joke the whole way round? - I think not!

Enjoyable in the sense you could jog round and enjoy the scenery? - a little!

Enjoyable in the sense that maybe three weeks after the race after recovering from the whole

aching, painful, muscle pounding, sweat producing trip you might look back and think look what I achieved? - definitely.

This race, I kid you not, is one of, no, the most



The beginning of the end!!

awful experience of fell running I've ever had or likely to. This is not a race you do every year. This is a race you do once then tipex it out of every fell running calendar there after. Well done to everyone who finished in front of me - the whole field nearly, but I can safely say I will not be experiencing this race again. Having said that next year I'd like to go up and watch the anguish and pain on the competitors faces.

It'll bring a smile to mine!

Too Hot To Handle Horwich 10?

Warm September days we normally welcome, with a cool breeze to help us on our way. But as we live in England we only have the extremes! Sunday the 20th September was hot. It was hotter than hot, even Arabs would have found refuge in the shade! And what do we do - well 8 fool hardy Lostockonians, 1 of them being completely foolish, we decided to run the Horwich 10! In true Lostock style we all had our excuses on why we would run badly: Stewart - recovering from bad back; Norman - "I'm going to have a bad 'un today!"; Ken - I'm still hungover; John - It's too hot for me today; Robin - I did the 3 Shires yesterday; Gill - bandaged leg and Doctor's note to prove it; Heather - I'm just going to take it steady; Idris didn't have an excuse to his credit which really shows how pathetic the rest of us were. Anyway the tough course which includes two climbs of the notorious "Brasley" hill was

completed by all 8 athletes. First home with no signs of his bad back was Stewart finishing in 34th place and 1hr:05min:55secs. Norman's bad run meant he finished in a superb time of 1:09:46, 51st place. Ken's hangover produced a cracking run, 1:17:09 and 81st. John did, as predicted, suffering in the Horwich sunshine to record 86th place and 1:17:46. Robin finished his torrid weekend by attaining 103rd place in 1:21:44. Heather did well to finish her first ever 10 miler in 119th with a time of 1:25:26, well done. Maybe a flatter course would have been a better idea. Gill did struggle with her leg, but this didn't stop her from producing a sprint finish to just pip Idris, finishing in 131st with 1:30:15 and 132nd with 1:30:24 respectively. Well done to Idris who picked up 1st prize in his age category, and a final well done to everyone who ran. The blokes got 7th team!

Wes in Star Billing

As though starring in Lostock News wasn't fame enough, our young budding athlete Wes Jones got a mention in Athletics Weekly.

Latest news has it that both Jones have appeared in the latest issue as well.

Never mind, at least the Athletics Weekly will never reach the standards set by our little Newsletter.



Long Ago But Not Forgotten

May may seem a very long time ago, but for some this is how long you've waited to be in Lostock News, for that I'm truly really sorry.

The Liverpool 10K which took place on Sunday the 20th May. 9 Lostock runners strove to complete the course along with a field of thousands. Heather was the first home in

178th position in a great time of 50'53". Next home was Gill Caldwell, the first Lostock vet, in 262nd position and a time of 52'57". Just two and half minutes behind Gill came Diane Green, coming home in 412th position with a commendable time of 55'32". From the results the next two Lostock runners must have been battling it out all the

way round. Just nine seconds separated Sheila Anderton and Kathleen Johnson, finishing in 639th and 659th with times of 58'37" and 58'48" respectively. Christine Smith and Carole Boardman carried each other round for a time of 60'23", finishing together in 817th place. Well done to you all, and sorry for taking so long to mention it.

Middleton Cross Country

Once again its race day and we're treated to glorious sunny weather. Hopwood Hall the venue, which means a wash every lap in the stream. It was very pleasing to see 11 Lostock vests brandished at the start of the particular races. The ladies went first with Chris Jones showing the long rest has done her good, finishing in 23rd place with a time of 28:04. Next home after being kept up by the baby on the previous evening, no not Geoff, was Heather recording a respectable time of 30:30 and positioned in 38th. The final Lostock runner smiled from ear to ear all the way round, so Jackie has started her Lostock career in fine style. Many miles of happy running

ahead! Jackie attained a creditable 61st place in a time of 34:21. Next the "men". Rob and Stewart battled out the first place for Lostock, with Rob narrowly edging it. They finished in 36th 34:33 and 43rd 35:05 respectively. The third runner home, running his maiden race this year was Keith, who used sly tactics to dispose of Robin's pursuit by using a tree branch to knock Robin over, this trick decided the final positions with Keith gaining 132nd with 40:01 and finishing 30yds in front of Robin who recorded figures of 135th with 40:13. Dave produced the performance of the day by coming home in front of John Smith. Dave's lighter frame and weeks of specific training obviously have paid huge dividends. Dave said after the race, "John was a

little to close for comfort so I'll have to go away and do some extra training!". Anyway their statistics were 155th in 42:10 and 163rd in 42:30 respectively. Alan competing in his 14th race for Lostock this season came home in a reasonable time of 44:37 placing him 182nd, Alan's quote after the event, "Is anyone going for a drink?" - That says it all really. And finally or should I say not? was Mark who clearly had a lot left in the tank as his sprint finish showed. Mark saw off the opposition to finish 192nd in 49:35. So all in all the X country season has got off to a great start. We look forward to seeing more Lostock runners at Rochdale next month.

Lostock Dominate Fell Running Weekend

This a headline you don't normally see. 6 determined Lostock runners traveled to Elterwater, via 4 pints at Ings, to attend this year's fell running weekend - Norman, Gary, Mark, Robin, Nick and Barry. Our navigation started off very poorly as Mark, Robin, Gary and Barry failed to find the basic map skills exercise and proceeded straight to the Britannia for another 4 pints! Bed 12 o'clock.

Next morning we were awoken at 6:30 am to go for our early morning run. Ego's out, Barry, Gary and Norman kept with the fast runners as the rest of us trailed a long at a comfortable pace behind. We decided to keep our skills well hidden.

Saturday was glorious with the sun shining and my group walking everywhere instead of running. I never broke sweat all day, unlike the others who were sweating like pigs every time they passed me.

Now Saturday night is the night orienteering, which always seems to bring out the best in Lostock runners due to the VDT that is wasted by doing the event. This year was no exception, out of the 13 pairs who did the course the positions and times were as follows:

1st Robin and Barry 34 mins

2nd Norman and Nick 51 mins

3rd Mark and Anne 54 mins

6th Gary and Derek 58 mins

Needless to say we were also first in the pub.

Standings So Far

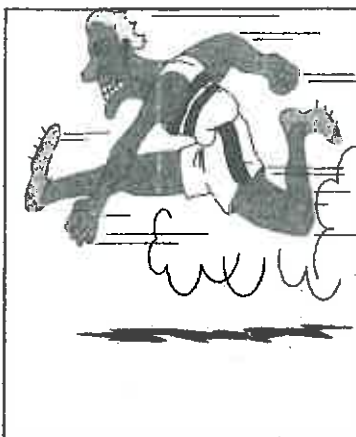
The standings are finally up to date with the inclusion of the Liverpool 10K results, we now have 24 members who have worn the green and black of Lostock at some point this year. To those people thank you for supporting us. Now with just 5 races to go, at last one championship has been won. Gillian Caldwell has been crowned women's vet road champion - Congratulations. Norman Copeland and Stewart Jones both have commanding leads in their respective championships and Heather needs one more run to capture her title.

As for the fell championships they are still wide open. Alan Jones took a firm grip on the super vets fell championship with what looks to be an unassailable lead, whereas things are still up in the air in the senior championship with Neil missing the 3 Shires. Things won't be crystal clear until the end of November at least!!

As for races Robin has taken a slender lead over Alan by just a single race thanks to 2 races in 2 days.

From now on we will be posting final standings for individual championships along with standings for the cross country races which began at the beginning of the month. Remember you only have to do 3 out of the 4 races to be in contention for the X country championship.

So good luck to you in the remaining 5 fell and road races left, and hopefully we'll have a great turn out in the X country races.



As of 10th	October	Number of Races	X Country Points	Road Points	Fell Points	Overall
Gary	Gibbs	4	0	24	8	32
Robin	Hurst	15	8	64	74	86
Stewart	Jones	7	9	59	0	40
Robert	Green	1	10	0	0	0
Wesley	Jones	8	0	48	30	69
Dave	Rogerson	4	7	25	0	25
Neil	Sale	5	0	0	49	40
Keith	Whalley	1	10	0	0	0
Norman	Copeland	11	0	70	39	79
Idris	Evans	5	0	37	0	30
John	Garnsey	8	0	23	40	56
Alan	Jones	14	9	50	73	85
John	Smith	11	10	44	47	74
Kenneth	Workman	6	0	50	0	35
David	Gibbons	1	0	0	16	16
Heather	Smith	11	10	70	30	70
Gillian	Caldwell	8	0	80	0	40
Christine	Jones	1	10	0	0	0
Jackie	Charlton	1	9	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	1	0	8	0	8
Carole	Boardman	1	0	8	0	8

Lostock Dominate Fell Running Weekend (cont)

After closing time we proceeded back to the Youth Hostel where Gary was lucky enough to get a full massage off one of the ladies - Jammy so and so. Photo provided at a price! Bed 2 o'clock.

After people complaining about our noise last night it was no surprise that only Norman got up for the early run on Sunday morning. We then went back to the common to discuss with Ken the fact that they'd placed one checkpoint in the wrong place - we won. Then to the Silver Howe Chase. An individual event with individual fortunes.

Mark was happy to find all the checkpoints and stroll in with 12th place and a time of 2hrs 2mins. Mark was rightly pleased and the course really boosted his confidence Norman wasn't so lucky - confidence destroyed after losing a checkpoint for half an hour, he's undecided whether to do the Karrimor and was really hacked off with 13th place and a time of 2 hr 7 mins. Only 11 of the 29 competitors actually broke 2 hours which shows what a tough event the Silver Howe Chase is. Nick who couldn't read a book never mind a map before the weekend was chuffed to little mint balls with his performance. He managed to find all the checkpoints with little

trouble and his improving fitness meant he finished 10th in 1 hr 41 min. Next in was Gary who only missed out on a better finish because he watched every one else rather than trusting his compass and lost valuable time and energy running up a hill. His map reading improved and resulted in 1 hr 34 mins, better than last year and good enough to finish 7th. Barry would also have done better if he'd worn glasses. He spent an amazing 5 minutes stood next to a checkpoint, 20 yards to be exact, without actually seeing it. At the same time he was turning the air blue, before the stone structure actually jumped up and hit him so he knew where it was - sad but true. He also kept the Lostock tradition up by following a woman in at the finish to gain 6th place and a time of 1 hr 31 mins. As for Robin, I know you're not going to believe this so I'll keep it brief, I won in a time of 1 hr 8 mins - no cheating, no kidding!

There will be another course on in April so we'll fill you in with the details when we get them. The course was extremely enjoyable and very helpful, so if you can't tell your arse from your elbow when you're up on the fells and looking at a map this is a MUST!

Races For End of October/November

Another month and more races to talk about. After a three week break from races we have one every weekend for the next five weeks. Hence November weekends are a little bit busy what with 2 X country races, 1 road and 1 fell, but here are those important dates for your little diaries.

25th October	Road Race	Burden	10 K
1st November	Road Race	Through The Villages	8½ miles
7th November	X Country	Rochdale	At most 6 miles
14th November	Fell Race	Tour of Pendle	14 miles 4250 ft
21st November	X Country	Salford H	At most 6 miles

IF YOU ARE STUCK FOR TRANSPORT PLEASE ASK SO WE CAN MAKE ANY ARRANGEMENTS NECESSARY

Tour of Pendle - Entries must be in by the 7th November. See Neil or Robin for details.