

**AUGUST 2009**  
**BUSY MONTH FOR ROCHDALE HARRIERS**

Apologies for not mentioning all of the many fine performances in August 2009 but here are a few:

Matt Proctor set a new personal best time for 1500m on the track, posting 3 min 57.1 sec. He set another personal best at the Birchwood 10K with a time of 32 min 34 sec, taking 8<sup>th</sup> position in a high quality field of nearly 900 runners. In the same race his brother David posted a season's best time of 33 min 21 sec.

In the Sale 10 mile race, the roles were reversed with David Proctor finishing in an incredible 51 min 59 sec, with Matt just 22 seconds and 2 places behind. David's time was the fastest recorded 10 miles run in the UK by an under 23 this year.

On the hilly Littleborough Lions 5K road race, Chris Hill's regular training session on the track paid dividends. He finished 9<sup>th</sup> overall and led the Rochdale team home with a personal best time of 18 min 27 sec.

Ian Aitchison was 9<sup>th</sup> overall and won the male veteran 50 category at the Radcliffe 5 mile trail race. He averaged just over 6 minute per mile pace to finish in an incredible 32 min 40 sec.

Junior Scott Greenwood got under the magic 20 minute mark at the Reebok Manchester 5K sizzler, posting 19 min 14 sec. Meanwhile Linda Evans clocked 46 min 24 sec in the Saddleworth 6.

Paul Leary was first of four Rochdale Harrier homes in the brutal Sedbergh Fell race with its 6,000ft of ascent. He clocked 3hr 14 min 16 sec, with John Mayall next at 3hr 30 min 32 sec.

At the Two Maurens Brown Wardle Hill race, Paul Leary achieved his highest ever finishing position in any race. Although still recovering from Sedbergh, he took 4<sup>th</sup> position overall with a time of 37 min 48sec, while Anna Blomfield was 3<sup>rd</sup> lady.

At the Golf Ball fell race in Rossendale, John Cook and Nigel Shaw won the male veteran 50 and 60 prizes respectively.