



TORRIER

JAN 06

AGM

Monday 6th Feb

Hollins Inn Walsden

7pm

Agenda Inside on Mandy's Page



Inside this issue

Grand Prix Fixtures & rules

Pennine Bridleway Relay

MMM results

Entry forms for Liversedge 1/2 marathon & St Annes 10

You must enter these races immediately if intending to run, as they fill up very quickly

Mandy's Page

Pack Runs Wednesday's ON THE ROADS

7PM START

Shoulder of Mutton Mytholmroyd

Bat Runs will be on alternate Weds

**The night after speed
work at Rossendale**



AGM AGENDA

Treasurers Annual Report
Chairman's Report
Revision of subscriptions
Revision of Constitution
Election of Officers

- Chairman Mandy Goth
- Secretary Derek Donohue
- Treasurer Richard Leonard
- Membership secretary Dave Wilson
- Press Secretary Claire Duffield

All above posts are up for re-election nominations and volunteers welcome (Please contact Derek 01422 842510)
The AGM will be followed by a normal committee meeting

NEW MEMBERS

Welcome to new members
Stuart Boulton tells me he hasn't had a mention
Also
Julie Brandwood

Sunday Jan 22nd

Best Estimate

**Kebs (Sportsman's Inn) Long Causeway
Starts any time between 10.30 & 11.30**

Similar distance to last year (5ish?)

You will get your feet wet

**Please bring a wrapped, unwanted, Xmas
present**

SPEED WORK & HILL REPS

Still going to the "track" at Rossendale on alternate Tuesdays. We're definitely starting to see the benefits – Nick Harris their coach is helping us all work on our style

For these sessions meet at Bramsche Square in order to leave at 6.30pm prompt.

Tues 24th Jan – Rossendale
Tues 31st Jan – Lob Mill 7pm
Tues 7th Feb - Rossendale
Tues 14th Feb - Walsden Cricket Club 7pm
Tues 21st Feb - Rossendale

Pennine Bridleway Relay 2005 Sunday February 5th

Team Captain still needed for the Allstars
Volunteers contact Mandy or Derek

Other team Captains.

A- Mark Goldie
B- James Riley
Ladies- Sharon Godsman

Anyone wanting to run in the Allstars let me know and I will pass the names onto the team captain 01422 844936

CHAMPIONSHIP RACES FOR 2006

FELL

SHORT

ILKLEY MOOR	Sun 26 Feb
LIVER HILL FELL RACE	Tues 28 Mar
HADES HILL	Thurs 7 Sep
THIEVELEY PIKE	Sat 23 Sept

Eng Champ

MEDIUM

½ TOUR PENDLE	Sat 11 Mar
ANIVERSARY WALTZ	Sat 22 Apr
LORDSTONE	Sun 21 May
COINERS	Tues 20 Jun

Eng Champ

LONG

ENNERDALE	Sat 10 Jun
HOLME MOSS	Sun 16 Jul
SEDBURGH	Sun 20 Aug
TOUR PENDLE	Sat 18 Nov

Eng Champ

ROAD

SHORT

HELEN WINDSOR 10K	Weds 5 Jul	
RADCLIFFE 6.5	Sun 6 Aug	Trail
ANDY O'SULIVAN	14 or 15 Aug	Trail
ACCRINGTON 10K	Sun 29 Oct	

MEDIUM

LYTHAM ST ANNES 10	Sun 5 Mar	
BLUEBELL TRAIL	Sun 7 May	Trail
BURNLEY FS7	Sun 8 Oct	T.B.C

LONG

LIVERSEDGE 1/2M	Sun 12 Feb
HENDON BROOK	Sun 18 Jun
LANGDALE 1/2M	Sun 24 th Sept

STILL NEEDED ONE ROAD/TRAIL LONG AND ONE ROAD MEDIUM

Ah. The usual raised eye-brows, the annual mutterings, the on-going disputes. Yes, the GP fixtures are out and the e-group is buzzing

One of the least acrimonious selection meetings; but we've done enough to get people complaining.

All English Championship races, bar the one which clashes with the Noonstone are in, and dates for the British kept clear for anyone who intends a heavy season – see, we do take note of what members suggest. Still, we do have some unintended clashes etc. Not much duplication of last year's races but a few old regulars return plus a crop of new races. This year is a great opportunity to get to know Pendle!

As usual the Longs – both road and fell – were the major headache with a bit of congestion mid June for those doing both Ennerdale and Hendon Brook. Baildon is sadly now full so we will need to find a replacement road/trail long. Unfortunately for most there is no 'easy' long fell but they should provide good competition.

Pendle is visited twice by default – needing a good local Medium, (Stanbury clashed with the "guess your time") and those who ran last years Good Shepherd regarded the Full Tour as a better, though harder, race. Two successive years for the Roddlesworth Roller and Radcliffe Trail meant new replacements.

There should be a good turn out for the short fell – all are local and popular, and it will be good to support Rossendale at Liver Hill Fell race

Overall this is probably a tougher series of races than last year – not elitist enough for some but the reason for the GP is to encourage participation in competitions, and to paraphrase the Chancellor, "We commend these races to the club"

FIRST THREE RACES

12 Feb	LIVERSEDGE 1/2M	R L
	Entry form in this issue	
26 th Feb	ILKLEY MOOR	F S
	11.30 am 5m/1260' from Wells Rd, Ilkley (GR115470)	
	£3 on day only	
5 Mar	St ANNES 10	RM
	Entry form in this issue	
11	½ TOUR PENDLE	F M

GRAND PRIX 2006

ESSENTIAL INFORMATION

The way that the Club Grand Prix, Fell and Road Championships are administered must appear extremely complex to new members (that's because it *is* extremely complex!). I'll give a brief synopsis here, but any new members (or confused and senile older ones) wanting a fuller explanation should contact John Crummett on 01706 819417 or who can send you a more detailed version of the points structure.

GRAND PRIX CHAMPIONSHIP (current holder Moyra Parfitt)

Points are awarded as a percentage of the average time of the first three finishers, and your age (if a veteran) and gender is taken into consideration and a handicap allowance is added. Thus, the best runners for their age get the most points. The best qualifying combination of 8 races count (this can be either 4 road/4 fell **or** 5 road/3 fell **or** 3 road/5 fell according to which is the highest score - the computer works it all out). Top ten finishers get trophies and all qualifiers get certificates.

FELL CHAMPIONSHIP (current holder Andrew Wrench)

Points are awarded as a percentage of the average time of the first three finishers but age related handicaps are not used. The fastest runners get the most points. Best 6 scores from 12 races count with at least one from each distance category. Trophies for all gender/age categories.

ROAD CHAMPIONSHIP (current holder Paul Brannigan)

Points are awarded as a percentage of the average time of the first three finishers but age related handicaps are not used. The fastest runners get the most points. Best 6 scores from 12 races count with at least one from each distance category. Trophies for all gender/age categories.

Four of the road fixtures are now chosen from **multi-terrain** events, but exactly the same points are awarded as if they had been "true" road races. It is hoped that this will encourage a better turnout for the Road Championship.

CLUB CHAMPION (current holder Andrew Horsfall)

Awarded on the basis of a runners' single best counters (GP points) from all six categories added up. Only those who have completed at least one race in every category will be eligible. To qualify as "Club Champion" the runner will have to have all-round ability (and/or inclination). It may well be that the Grand Prix Champion and Club Champion turn out to be one and the same person - but let's wait and see.

PRE-ENTRIES

A lot of races are pre-entry especially the English championships. It is important to enter these races early as they do get over subscribed

RULES

We're not really a "rules" club - but there are a few involved here...

You MUST compete in a club vest if you want to score Championship Points.

If you use someone else's number in a race you must inform John Crummett that you have done so before he calculate the scores. Otherwise your performance will not be acknowledged.

DISTANCE CATEGORIES

Fell Race categories are as per FRA guidelines set out in FRA Calendar i.e. Short (S) is under 6 miles; Medium (M) is 6 miles and over but under 12; Long (L) is over 12 miles

Road/Multi-Terrain Race categories: Short (S) is up to and including 10K; Medium (M) is over 10K and up to and including 10 miles; Long (L) is over 10 miles.

CHAMPIONSHIP STATUS EVENTS

Any race which has Championship Status (usually English Championship Fell Races) carries a 9% points bonus to make up for the exceptionally high standard of performance.

TODMORDEN HARRIERS



TODMORDEN HARRIERS CONSTITUTION

Proposed for consideration by AGM February 2006

1. The title of the club shall be:-

TODMORDEN HARRIERS

2. The object of the club shall be:-

- a) To encourage the practice and development of the running disciplines of amateur athletics in particular Fell running, Road running, Cross country running and Trail running
- b) To provide coaching for members and organise competitions
- c) To organise teams to represent the Club in championship and leagues.

3. The club will not have a headquarters but will meet weekly for pack runs at venues to be decided by the Committee.

4. Membership shall be open to anyone over the age of 7 years. Any junior under 18 participating in a pack run must be accompanied by a responsible person over 18. Each applicant for membership must complete an official application form and must be proposed and seconded by club members. The Committee have the right to refuse membership on reasonable grounds.

5 The management of the club shall be vested in the officers of the management Committee which shall consist of President, Chairman, Secretary, Treasurer, Membership secretary, Press Secretary plus any member over 18 attending the Committee Meetings. The chairman will hold a casting vote. Club rules not covered by the Constitution can be changed by majority vote at a Committee Meeting. Any major changes which an officer feels should be put to the membership can be vetoed by any one of the club officers. In this instance an EGM would be called by the Chairman or Secretary within 1 month of the veto.

The Committee has the power to nominate club members to other non-officer roles (eg team captains, kit manager, child protection officer, coaches etc)

All deductions from the Todmorden Harriers Account must be approved by two officers. The finances of the club will be reported by the Treasurer or his nominee at each Committee Meeting. The Committee will decide how club funds are used.

6 Annual subscriptions

The following year's membership subscription for seniors and juniors will be decided at the AGM. The annual subscription is due for payment by members in the month of March. For new members the annual subscription must accompany the application for club membership. Any member joining after December 1st will be deemed to have paid the subscription for the following year. No member shall take part in any club event or be selected to represent the club in any competition unless subs for the current year have been paid.

7 A member intending to resign his membership shall give one month's notice in writing to the Secretary. The membership of any member whose subs fall three months in arrears will be deemed to have resigned from the club.

8 The AGM shall be held in the month of February for the purpose of

- a) receiving the annual report of the officers
- b) receiving the Treasurer's statement of accounts and balance sheet – the accounts will be available for inspection by members.

- c) electing the Committee officers for the ensuing year.
- d) considering any amendments to the constitution.

Any proposed change to the Constitution by a member must be received by the Chairman or Secretary at least 21 days prior to the date of the AGM in order that all members have sufficient notice of the proposal.

At least 14 days notice shall be given to all members of the date and venues and agenda items for the AGM. Each fully paid member at the meeting shall have one vote. Members who cannot attend the AGM through genuine causes can nominate an officer of the club to vote on their behalf. A letter to this effect must be given to the officer. Postal votes will be accepted

9 An EGM shall be called by the Chairman or Secretary within one month of the receipt of a letter signed by at least 12 members stating the purpose of the meeting. At least 14 days notice shall be given to fully paid up members of date, time, place, and subject of any EGM. No other business shall be conducted at such a meeting.

10 The club shall be affiliated to any athletics or sports related bodies that the Committee consider appropriate.

11 All club members must comply with club rules when appropriate and act reasonably and responsibly when representing the club. The officials can call to task any offending member. The officers of the Committee shall, by majority vote, have the power to expel any member found to be guilty of gross misconduct. The disciplinary procedure will consist of:

- (i) a letter requesting the member to attend a disciplinary hearing
- (ii) a disciplinary hearing before 3 club officers (excluding the Chairman) to hear all the evidence, call witnesses as appropriate and where a verbal decision will be issued.
- (iii) a letter to the member confirming the decision
- (iv) a right of appeal to the club Chairman.
- (v) the member may be accompanied by another club member at the disciplinary hearing and appeal if they so wish.

12 Club colours are as follows: white vest or top with diagonal red and blue stripes.

13 The club will pay the fees of members attending coaching courses at the discretion of the Committee

14 This constitution may not be altered nor added to except at the AGM or an EGM convened for the purpose.

Constitution amended in:
1978, 1979, 1988,
February 2006

Signed:

.....
Chairman

.....
Secretary

.....
Date

Minutes of recent committee meetings

5th December 2005

There were six members present.

Matters arising

Affiliation to the BTA (British Triathlon Association) needs to be looked at again. Having looked on their website Derek does not think that club affiliation to BTA brings insurance benefits to individuals; but does it reduce individual subs to BTA?

The setting up of a junior squad is still in its early days. Eileen Miles has expressed an interest in re-starting a junior squad, but coaching qualifications will need renewing, and the club will need to nominate a child protection officer.

Other items

The FRA annual general meeting passed a resolution giving its committee power to withdraw the FRA from UK Athletics in the future if the committee felt such a move was necessary. For now it is business as usual, and race insurance is in place for 2006.

The annual 'do' and prize giving was enjoyed, although there is some debate about the quality and/or appropriateness of the band. The same venue will be booked for 2006, but some changes were discussed. There has been an offer of a band and disco from Mel Sidall's husband, and the band might be better placed between the kitchen door and the entrance.

It was agreed to keep the current structure for all championships in 2006. The sub-committee, which will meet as soon as possible, consists of: Mandy Goth, Jane Smith, Mel Blackhurst, Dave O'Neil, and Jeff Walker.

Richard is looking into the possibility of putting some club funds into a higher interest account. It was agreed that restricted access of up to six months was not a problem.

It was agreed to move the date of the AGM from March to February in order to confirm the level of subs for 2006, and thus allow more time for collecting subs. The next AGM will be held at The Hollins public house on Monday 9th February 2006.

New member

Wayne Morrison (making a welcome return)

9th January 2006

There were eight members present.

Matters arising

It was confirmed that the next annual 'do' will be on FRIDAY 15th December 2006.

Richard has deposited part of the club funds into a high interest account at The Halifax Bank as requested by the committee.

Other items

The NoEAA offered to provide the club with a new electronic timer almost a year ago but it still has not arrived. Derek is in contact with them by email.

The Grand Prix sub-committee set up by the committee last month has met and has decided upon the races for 2006. These will be published in the newsletter.

The committee considered changes to the club constitution suggested by Phil and Mandy. Phil will now re-draft this updated version which will be checked again before being put to the AGM next month.

New member

Julie Brandwood

A.O.B.

Derek is to contact an unattached runner seen recently at the Hot Toddy inviting him to consider joining the club.

Sean Godsman asked if we were interested in the club having some long-sleeved thermal tops made in club colours. These could be worn in winter races without having to wear a club vest. The idea met with favourable interest, and it was suggested that a dark base colour would be preferable to white. Sean agreed to look into this in more detail.

Captains for the Pennine Bridleway Relay so far are Mark Goldie (A) and Sharon Godsman (Ladies). We need captains for a B team and an 'allstars' team.

Committee meetings are open to ALL members and are currently held at The Hollins Inn, Waslden, on the first Monday of each month at 7pm.

The AGM will be held at the same venue on February 6th, followed by an ordinary meeting. The agenda items are: Election of club officers; setting of subs for 2006; and consideration of the updated constitution.

Derek

The Cow S**t Leg

Early on Sunday 11th December there was an explosion and subsequent fire at the Buncefield oil depot down south. This had triggered a reaction in some people to panic buy petrol! Coincidentally, my racing partner Sue's fire-fighter husband had been called out that morning to extinguish a fire in a local Bombay mix factory. Unfortunately, he missed his leg of the Calderdale relay and by now it was lunchtime and Hebden Bridge was bustling with Christmas Shoppers. " They must be stocking up on Bombay mix in case there's a shortage!" laughed Sue.

It was my first time at this prestigious event and the pre-race atmosphere at Wainstalls was exciting. A few A-team runners surged up the Hill, where we were gathered bracing ourselves against the chilly December wind, and handed over the baton to their expectant team-mates.

Once the mass start had been called and the race was underway it wasn't long before we had to stop to queue at a style, which was a feature of the initial stages of the race that we had been warned about. We were soon over the style and suddenly Rhys and Mick, stormed passed us, eliminating us from their slipstream, apparently having just missed the mass start.

We marched up muddy banks, clambered over stone walls and trampled through somebody's back garden, avoiding the washing, (a testimony to the fine December weather). As we crossed over a road, my thoughts turned to my new fell shoes, I wondered whether the road would blunt the studs, as it would have blunted my cross country running spikes, I ran in now over fifteen years ago.

Halfway into the race, we were joined by Phil and Kath's husband. The idea was that as both Sue and I hadn't had time to reeky the leg; they were both to act as guides. The advantage of having the men there was that we effectively had human GPS sat - trackers to tell us where to turn and what to expect from the course. Phil commented on the extent of the mud, exclaiming that the course was "the cow shit leg!" I have the utmost admiration for these two men who had already run one race.

If there was one dramatic moment in the race, it was when Sue pursued a woman who had broken off from following the pack; she gestured to me to follow. " But they are all following the path," I said pathetically alarmed at this display on non-conformity. Rival runners were being slowed down due to the slippery surface of the path. Luckily we overtook those queuing to walk over a narrow bridge, as we fell down the bramble-strewn bank into the icy cold stream grazing face and ankle respectively.

During the closing stages of the race we were back on the road surface, when finally I saw two Todmorden Harriers' vests, stood randomly side by side, like a comedy duo, Mick and Rhys who had already finished. "Two hundred metres to the finish!" they shouted. Sue and I crossed the finish line in less than one hour twenty minutes and were eventually joined by other members of our team who warmly greeted us all. It had been a good race.

Alice Heath

HOT TODDY 2005

It was a few years ago – and I guess a moment of weakness – anyway it does mean I can skip a cold & hilly road race: so I said, yes, I would help organise the Hot Toddy. And that's why I was standing shivering outside the pub, one morning, just two days after Christmas, with a growing crowd gathering around. I'm not usually to be seen banging on pub doors of a morning – honest.

The calling of innkeeper is ancient and honourable, but it's not always a terribly successful one. Since we started at the White Hart in 2000, I don't think we've had the same landlord two years together. So I do tend to go in from time to time, and check they are still expecting us. And that's why I was in there about six weeks ago – just to check. 'You what? Hot Toddy? Whatever's that?'

Mmm. 'Is it not in your diary?' - well, no, it isn't, and indeed there's nothing else in the diary either, the diary's brand new. So, here we go again, I'm quite polished with my description now, as to what we want, delivered through clouds of total incomprehension – why does anybody want to get into a pub at 9 a.m. in order to run half naked around town?

And being the anxious type – some Harriers may have noticed I didn't stay after the Wednesday pack run a couple of weeks ago – I went again to check.

'Who did you make these arrangements with? Oh no, they're not here anymore'. But at least, the diary's still there, and the entry's still in it. Go through the same description again. Yes, yes – that's fine. Open the doors at 9 a.m. Tea & coffee. Unlikely to be worth offering food at that time. Fun Runners back about 11 a.m. Main race competitors coming in by noon. Hungry, thirsty, expecting their Hot Toddy drink. Lost in the mists of time. Secret recipe. Pie & peas please. Please do plenty of veggie pies. Please to collect a number from each runner for their Hot Toddy – I'll pay afterwards, depends on how many numbers you collect. Excellent, thankyou, thankyou, shake hands. Home with fingers crossed. The manager will ring tomorrow to confirm.

So, a week later, I'm there again. No, she didn't ring. Or maybe I was out. Yes, yes, all the arrangements are fine. Great, great, thankyou. See you next week.

It's the Thursday before Christmas and the phone rings. 'Hello is that Peter? It's the manager here'. And – yes, everything is just fine. Looking forward to it. Just one little thing, what with the new licensing regulations and all that. We can't let the public in before 10 a.m. No, I'm terribly sorry, but there's no way round it. We will open up for you at 10 a.m. OK, thanks then, see you next Tuesday.

Bloody hell, what if it rains?

Anyway it didn't. Just a light sprinkling of snow on the pub's outside tables, and no wind. Pleasant day in fact. Load in the Land Rover bulked up by the three chairs I hope Joyce won't miss when the family come down for breakfast. Definite change to the early routine at the pub – no carrying loads up the stairs, stand outside, jump about to keep warm, try to keep the banter going while we wait for the competitors to arrive. And aren't the Harriers wonderful? All these people who said they would come and help, roll up, all cheerful & looking forward to a good day. And the competitors turn up too. And the ink in the bios doesn't freeze. And it's almost 10 o'clock, she'll open the doors in a minute.

So 5 past 10 sees me banging on the pub door. It's not just me, though I am indeed cold. It's all the folks who need to go to the toilet before a race. Last time I banged on a pub door at Christmas is over thirty years ago. It's not becoming at my age.

Door opens – oh, thankyou, thankyou. But it's not to be. 'My cleaner's still cleaning, I'm waiting for the manager'.

We did get in at 10 15. We start the Fun Run a few minutes late to let people get out of the toilets & up to the station. No great harm done. 35 in the Fun Run – a good number. What's this? I've still got one of my instruction sheets in my pocket. Can't have handed it out. Wonder which marshall it's for? Ah – Fun Run marshall at the far end, where the runners have to be turned to come back along the canal to Todmorden. Right. Best get someone there, before the Fun Runners disappear into the mists of Littleborough.

Where the hell is he? Haven't seen him – toilet seat points, I think. Need to talk to Uncle Barry. And a damsel rode to my rescue – or rather, we drove together to Shade as my agitated and incoherent description of where I was missing a marshall was a little difficult to follow. Sorted.

And they all got their goody bags, and nobody fell in the canal, and it was a grand day, and the prizes went down OK, and we even had, as usual, one or two in fancy dress.

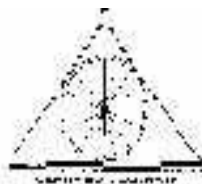
Now for the heaving mass of runners waiting on the car park. Actually, some are still in the toilet – the queue never ended. So again we start a few minutes late.

And they're off. And suddenly it's quite still. And we can do the Fun Run presentation. And I can get all those things out of the Land Rover up the stairs. Thanks to the multitude of helpers. And the microphone works – plugged the correct objects into the appropriate orifices. The registration wallahs say they're enjoying themselves – I think they mean their tiny hands are no longer frozen. Me – after freezing earlier, I'm glad to get a bit of fresh air, and even a bit of exercise. By some fluke manage to watch the winner come in – quite a gap before the next runners come into view. What a run.

The sticky labels don't stick. Not the ones I supplied anyway. Yet we manage an apparently accurate tabulation of results, and the presentation starts by 12 50. I don't know how they managed to get me the results so quickly. I'm of the view that it's partly to do with leaving the computer at home.

Maybe it will have to be a different venue next year? Needs to be central – I want to continue the present Fun Run, it's a good course, off road and safe. But I'll appreciate access at 9, pie & peas for them as wants, and an efficient dispensation of Hot Toddy. Though I was told it actually tasted very good. By a Fun Runner – how did she manage to get some?

Peter Ehrhardt



NORTH OF ENGLAND
PERMIT NUMBER

Roberttown Road Runners Present
The 11th

British
Association
of Road
Runners
Membership No 5 9
Results grade

NORTH OF ENGLAND
PERMIT NUMBER

LIVERSEGE HALF MARATHON

COMPLETE  RUNNER
www.completerunner.co.uk

PLEASE NOTE
THERE WILL BE NO ENTRIES ON THE DAY

SMK SPORTS
RUNNING SPECIALISTS
WEBBATE, CLECKHEATON
01274 169969

Run Under U.K. Athletic Rules

on
Sunday 12th February 2006

Race Starts at 12 Noon

Start and Finish on Roberttown Common

Changing and Race HQ in Roberttown Community Centre
First Aid Cover Male and Female Changing Mile Marked
Refreshments Spot Prizes Drinks Station
Due to the Nature of the Course - Sorry no Wheelchair Entries

FOR MORE INFORMATION PHONE ROBERT KNAPP ON 01274 242594 or Michael Childs on 01924 400125

PRIZES

1st 5 Men	1st 5 Ladies
Male Vets	Female vets
3 over 40	3 over 35
3 over 45	3 over 40
3 over 50	2 over 45
2 over 55	2 over 50
2 over 60	1 over 55
2 over 65	1 over 60

1st MALE and 1st FEMALE TEAM
(3 TO COUNT)

Long Sleeved T/Shirt to all Finishers

ENTRY FEES

£7.00 Attached £9.00 Unattached

RACE LIMIT 500

NO ENTRIES ON THE DAY

Please make Cheques Payable to Roberttown Road Runners

Entries to:-
Michael Childs, 12 Lincoln Grove,
Roberttown, West Yorks. WF15 7NE

Please enclose a stamped addressed envelope
9 x 6 for number, directions and information.

WWW.ROBERTTOWNROADRUNNERS.CO.UK

Please enclose a stamped addressed envelope 9x6 for number, directions and information.

ENTRY FORM

First Name

Surname

Address

.....

Post Code

Tel No

UKA Club

North of England Membership No.

Male/Female Age

Date of Birth

MINIMUM AGE FOR THE HALF MARATHON IS 17

DATA PROTECTION:- All names will be held on a computer for
result purposes only and will not be passed on to any third party

I Declare that I am an amateur as defined by U.K. Athletic rules. I certify that I am fit to run and
understand that the organisers will in no way be held responsible for any injury or illness during the event.

There's a whole lot of Nuttin' going on

One nutter strikes up conversation with some other nutters.

“Who'd a thought 30 years ago we'd still be running? In them days we'd be happy just t' do a marathon.”

“Aye, hardest we could manage was marathon in't bare feet”

“And drinking own piss - there were no drinks stations in them days, only a cardboard box int' middle of road.”

“Marathon! Us'd to dream of a marathon. We hadt' make do with Ironman”

“When I say Ironman, we had to swim in the Artic, cycle thru desert and run across the Himalayas”

“You were lucky. At least you had a saddle on't bike. We had no saddle, no chain and only one wheel. And no one to coach us on t' transition.”

“You had it easy! We had to set off a day late, without any sleep, swim thru shark infested water, had our legs bitten off, had to carry the bike that we didn't have over the cycling stage, run the marathon backwards AND then do a 24 hour shift in't mill to finish before we started”

“Luxury. We had to do the Amsterdam marathon, the Connemara Ultra, Nice Ironman, the London marathon, 6 Trigs, Comrades 56 mile and Honolulu triathlon without a break; and whilst running round had to write a report for the Torrier – on a proper old fashioned typewriter, not one of them fancy lap-tops.”

“But you try telling that to runners today – all they think about is doing t' Tour du bleedin' Mont Blanc. Bloody nutters!”

DO NOT believe any of this. DO NOT be seduced into unreasonable and unnatural practices because of a few drinks and some pretty pictures of sheep. DO NOT go to www.darwinawards.com

DO NOT ignore the fact that you will have your personal Everest to climb. It takes incredible effort and stupidity to make the dramatic ascent from the bottom of the Toilet Seat Table to the top in only 44 hours. But it is a challenge, can be done.

DO NOT find yourself thinking this is easy, that I've plenty of time to do it in. DO NOT think that the cut off time is an hour later than it is. DO NOT attempt to do an 80 minute race in 40 minutes. DO NOT get lost in an airport departures hall. DO NOT put yourself through all this stress and panic and then pull out of the event (but you CAN buy the T-Shirt)

If you think Rohypnol Rhys is plausible - then YOU ARE A NUTTER.

Contributions

Keep them coming please pass on to Mandy or Andrew Bibby

**LANCASHIRE FIRE A.C
AND WESHAM ROAD RUNNERS**

15th ULTRAFIT ST ANNES 10 MILE

(inc. F.S.S.A.A. Road Race Ch/ship) (Under UKA Rules: Permit No:)

SUNDAY 5th MARCH 2006

START 14.00 Hrs

- ENTRY FEES:** a) £5.00 for Members of Affiliated Clubs
b) £7.00 for non members of Affiliated Clubs
Entries on the day £1.00 extra. Cheques payable to "Lancs Fire A.C."
SAE not required. Numbers collected on the day - (Closing Date: Day before the Race)
- MINIMUM AGE:** 17 and over on the day of the race
- COURSE:** Officially measured 10 miles flat - one lap
- CHANGING AND REFRESHMENTS** Available at St. Annes Fire Station, St. Andrews Road North, St. Annes.
Very limited shower and toilet facilities
- NUMBERS AND ENTRIES ON DAY** St. Annes Fire Station : 12.00 to 13.40 hours
(No entries after this time)
- PRIZES:** Individual M/F & All Vets Cats. Teams Male (4)/Fem.(3) : Details in Programme
- FURTHER ENQUIRES:** Dave Waywell (01253) 357637 or Neil Morris (01253) 302524

Name Tel No: M/F

Address D.O.B. Age on Day

..... Club/Brigade

Post Code Lancs Fire Posting

DECLARATION: - Please enter me for the above race. I accept that the organisers shall not be liable for any injury or illness to my person as a result of taking part, nor for any loss of property. I am medically fit and I am an amateur, as defined by UK:athletics rules.

Signed Date NOEAA Number

PLEASE SEND YOUR ENTRIES TO:
DAVE WAYWELL, 114, ASHFIELD ROAD, BLACKPOOL, LANCASHIRE, FY2 0EN

Off Use Only

Data Protection : If you do not wish any details to be passed on to a third party, including other running related organisations, tick this box.