

SUBS ARE DUE

Still at the same price of £12 for fell only and £17 if you wish to race on the roads.

Please give this to Claire Duffield
You will be receiving a re-newal notice

ILKLEY MOOR FELL RACE



I started the race quite well managing to get near to the front to avoid some of the barging that went on further back. I was doing well on the first big climb keeping up with Lauren past Cow and Calf Rocks.

I began to struggle a little as the race went up further towards the Pancake Stone and Lauren managed to get away from me. I had managed to get my breath back a little before the steep tricky descent down Backstone Beck where just when I thought I was going well I overtaken at speed by Claire. I managed to keep with her on the downhill section but she was too strong for me on the climb back up the other side.



I didn't see any other Tod Harriers for a bit then Andrew Bibby appeared just behind me on the top of a short steep climb. We proceeded to swap places for about 5 -10 mins he was overtaking me on the uphill bits, I was overtaking on the downhill and flat sections. I managed to lose him on the big downhill section before the last climb and had saved enough to overtake about 10 runners over the last mile,

I even managed a sprint finish so quick Mandy couldn't take a photo. Finished in 156th place out of 400, 52mins 47 seconds, was well happy with my performance, getting some sort of fitness level going now.

Dan Taylor

WANTED

NEW RACE ORGANISER FOR THE HOT TODDY FOR 2010

Shadow Peter this year and learn the ropes with a view to taking over in 2010

Anyone interested let Mandy or Derek know