



# TORRIER

APR 05

## THE FLOWER SCAR NEEDS YOU

Marshals and funnel crew still needed for the  
Flower Scar Fell Race  
**Saturday April 9th 11.00am**  
from the Hare & Hounds, Burnley Road,  
Todmorden

If you are available to help then please contact  
Jon Wright on 01706 810967



## SUBS ARE DUE

£ 11 FOR THOSE WHO DO  
NOT WISH TO RUN ON THE  
ROADS

£13 IF YOU WISH TO ROAD  
OR TRAIL RACE

CHEQUES PAYABLE TO  
"TODMORDEN HARRIERS"

Send to Dave Wilson  
923 Rochdale Road  
Walsden  
Todmorden OL14 6UF

**This weekend**  
**Sunday 3<sup>rd</sup> April**  
**Uncle Barry's**  
**GRAND PRIX HANDICAP**  
Start times in this issue

### FORTHCOMING GRAND PRIX FIXTURES

If you have not done so already then you must enter  
Grizedale trail race which is pre-entry only, also  
Buttermere Sailbeck which is an English champs.

- |    |               |  |
|----|---------------|--|
| RM | Sun Apr 10th  | GRIZEDALE FOREST TRAIL 10<br>Entry form in last issue or on<br>website<br>Pre-entry only |
| FM | Sat Apr 16th  | WARDLE SKYLINE<br>Cat B 7m/1000ft<br>Full details inside                                 |
| FL | Sun May 8th   | BUTTERMERE SAILBECK<br>(Eng Champs)<br>Cat A 9.4m/4250'<br>Entry details inside          |
| RS | Tues May 17th | Geoff Doggett 5k road race<br>5k<br>Littleborough<br>Entry form inside                   |

# Grand Prix Info

## STOP PRESS ENGLISH CHAMPS

### Positions after the Fiendsdale Fell Race

Tod men 7<sup>th</sup> overall

Tod Ladies 10<sup>th</sup> overall

Moyra Parfitt was 1<sup>st</sup> lady in the  
V60 category

An excellent result considering that the first race of the season always has the best turnout.

Keep up the training and we want to see you all at Buttermere. Also if we can get a good team out for Wasdale then we stand to improve our position dramatically.

## THE 3<sup>RD</sup> GREAT GRIZEDALE FOREST TRAIL RACE

Entry form available on [www.boobydoo.co.uk](http://www.boobydoo.co.uk)

THE MOST SCENIC TRAFFIC FREE 10 MILE  
(APPROX) FOREST RAIL IN THE COUNTRY.

SCENIC UNDULATING COURSE ON FOREST  
TRAILS WITH FANTASTIC VIEWS.

START AT GRIZEDALE VISITOR CENTRE,  
SATTERTHWAITE, NR HAWKSHEAD, CUMBRIA

Start time 12.00 noon – Sunday April 10th

### TODMORDEN HARRIERS



### Wardle Skyline

**Saturday April 16<sup>th</sup> 7m/1000'**

Start Wardle Square, Ramsden  
Road, Wardle (GR912171)

£3 Entry on day only

The race starts from Wardle  
Square and heads up the lane to  
Watergrove Reservoir, once on the  
top of the dam wall you head left  
we think onto the top of Brown  
Wardle, over to Middle Hill, Hades  
Hill and Rough hill.

From Rough hill it is downhill all the  
way to the King Bill at Shore.

From Shore to turn sharp right and  
head back up the lane to Wardle.

### TODMORDEN HARRIERS



### Buttermere Sailbeck Horseshoe Fell Race

**AM 9.4m/ 4650' Sunday May 8<sup>th</sup> 1.00pm**

£5 to organiser by April 30<sup>th</sup> (cheques payable to  
Jack King) No entry on the day

Jack King, 4 Mayo St, Cockermouth, Cumbria  
CA13 0BY Tel 01900 828226

Website [c-f-r.org.uk](http://c-f-r.org.uk).

#### Please car share.

Start Buttermere village GR 176170

CP1 Ard Craggs GR207198

CP2 Rigg beck GR228203

CP3 Causey Pike GR219209

CP4 Eel Cragg GR193204

CP5 Whiteless Pike GR181190

Buttermere Village GR176171

The race starts with 2 minutes of uphill on the road before dropping  
off onto a narrow path which follows the line of Sailbeck. After  
crossing Swinside Gill it's a steady climb up onto Knott Rigg  
followed by a fast undulating ridge to Ard Craggs.

It's a fast descent off Ard Craggs steep at first then becoming more  
gradual as you cross over Rigg beck and down the path to CP2.

Then the fun starts the steep climb up to Causey Pike following a  
small trod up through the heather. Once on the ridge it's a steep  
rocky path up onto the summit of Causey Pike CP3.

From here it's another 2 miles and 700ft of climbing until you reach  
the high point of Eel Crag CP4. (This section is on a good path  
and easy to follow).

From Eel Crag it's mainly downhill apart from the climb to Whiteless  
Pike (compass bearing needed if misty). From Whiteless Pike it  
really is all downhill to the finish.

This is one of my favourite Lake District races, very tough but very  
runnable with fantastic views.

# Mandy's Page

## **Pack Runs Wednesday's Back on the fells**

**6.45pm start  
for April only**

**Apr** – Shepherd's Rest, Lumbutts  
**7.00pm start**

**May** – Kebs (Sportsman's Inn)  
Long Causeway

**Jun** – Hare & Hounds (Lane Ends)  
Old Town, Hebden Bridge

**Jul** – Moorcock, Littleborough

**Aug** – Stubbing wharf  
Hebden Bridge

**Sep** – Hollins Inn, Walsden  
6.45 pm start this month only

## **Speed Work**

**Tuesdays**

Evening races are now starting so we will attempt to get to the following

### **Bunny runs**

3m/300' from the Guide Inn 1.5m south-east of Keighley (GR 065386 on OS sheet 104)  
£2 on night only

All finishers receive a Cadbury's crème egg.

Tues April 5<sup>th</sup> Bunny Run One 7pm

Tues April 12<sup>th</sup> Bunny Run Two 7.15pm

Tues April 19<sup>th</sup> Bunny Run Three 7.30pm

Tues April 26<sup>th</sup> Bunny Run Four 7.30pm

Tues May 3<sup>rd</sup> Bunny Relay 7.15pm

3 Legs 2.5m/250'

## **AGM**

**PRESIDENT** At the recent AGM Eric Stuttard was unanimously elected as President. Eric is a founder member of the club and still takes an interest in the club albeit from the side lines.

**Chairman** Yours truly took over as chairman as Ray did not want to stand again.

**Ladies Captain** Kath & Jane volunteered to be joint ladies captains.

**KIT** Jane will now be keeping the kit ( as John is unable to get to pack runs). We have vests, polo shirts etc. She can be contacted on 01706 818663.

The following remain the same:

**Secretary** – Derek Donohue

**Treasurer** – Richard Leonard

**Membership Secretary** – Dave Wilson

**Press Secretary** – Claire Duffield



### **THANK YOU**

We would like to say a big thank you to everyone who sent cards, gifts and good wishes following Alex's arrival,

Love,

Claire, Colin and Alex.'

We would like to thank everyone for the Early Learning Centre vouchers and all your good wishes for Tom. We have spent some of the vouchers on a ball pond/paddling pool and a DVD of nursery rhymes, which is more for our benefit rather than Tom's, as I'm sure he is getting fed up with our limited repertoire of Baa Black Sheep and Humpty Dumpty. Tom is doing really well and loves getting out and about. He will be coming along to watch you all at races very soon.

Love

Helen and Neil

### **COMMITTEE MEETING**

**MONDAY 4TH APRIL**

**7PM**

**STAFF OF LIFE**

## **Chain Gang**

**Mondays**

**6.30pm**

**One hour ride**

**Starting at Dale St Car park  
(near Mario's)**

# RESULTS – FELL & ROAD & GRAND PRIX

## Wadsworth Trog

13/2/2005	3.01.02			
	Time	Adj time	GP Pts	Fell Pts
Jon Wright	3.17.36	3.17.36	95.2	95.2
Andrew Horsfall	3.21.22	3.15.38	96.1	93.4
Shaun Godsman	3.32.17	3.32.17	88.6	88.6
Chris Smale	3.37.16	3.29.08	89.9	86.5
Jeff Walker	3.44.58	3.44.58	83.6	83.6
Jane Smith	4.07.17	3.15.45	96.1	76.0
Richard Leonard	4.12.52	3.52.03	81.0	74.4
John Lee	4.31.16	4.11.25	74.8	69.3
Rhys Watkins	4.33.33	4.33.33	68.7	68.7
Kay Leigh	4.35.51	3.46.42	82.9	68.2
Rachel Skinner	4.49.32	4.21.39	71.9	64.9
Peter Ehrhardt	5.02.22	4.03.42	77.2	62.2
Mandy Goth	5.06.48	4.12.08	74.60	61.3
Richard O'Sullivan	5.09.05	4.51.59	64.4	60.8

## Radcliffe Trail

27/2/2005	1.06.33	1.12.07	1.12.48	
	Time	Adj time	GP Pts	Road Pts
Andrew Horsfall	1.15.52	1.13.42	95.6	92.9
Paul Brannigan	1.20.16	1.17.59	90.4	87.8
Jeff Walker	1.22.39	1.22.39	85.3	85.3
Mark Anderton	1.26.30	1.22.14	85.7	81.5
Jim Duffy	1.34.20	1.34.20	74.7	74.7
Colin Duffield	1.36.55	1.36.55	72.7	72.7
Sarah Glyde	1.38.31	1.29.02	79.2	71.6
Richard O'Sullivan	1.38.44	1.33.52	75.1	71.4
Lynne Griffiths	1.39.30	1.21.47	86.2	70.8
Peter Ehrhardt	1.41.44	1.25.40	82.3	69.3
Mandy Goth	1.42.17	1.24.52	83.1	68.9
Nigel Hanson	1.42.43	1.34.03	75.0	68.6
Moyra Parfitt	1.44.25	1.12.54	96.7	67.5
Melanie Nicholls	1.46.35	1.36.19	73.2	66.1
Anne Fox-Kelly	1.48.39	1.25.46	82.2	64.9
Julia Holt	1.49.11	1.34.54	74.3	64.6
Derek Clutterbuck	1.49.29	1.18.18	90.0	64.4
Greg Parkin	1.50.02	1.50.02	64.1	64.1
John Newby	2.21.55	1.42.49	68.6	49.7

## Roddlesworth Roller

13/3/2005	29.54	32.09	32.4	
	Time	Adj time	GP Pts	Road Pts
Sean Willis	33.51	33.51	93.3	93.3
Paul Prescott	35.35	35.35	88.8	88.8
Paul Brannigan	36.23	35.21	89.4	86.8
Jeff Walker	38.04	38.04	83.0	83.0
Dave Collins	38.53	35.20	89.4	81.3
Kevin Booth	40.58	40.58	77.1	77.1
Keith Parkinson	41.12	36.50	85.8	76.7
Lee McClusky	41.38	38.25	82.3	75.9
Jerry Dodd	41.52	37.26	84.4	75.5
Jim Duffy	42.53	42.53	73.7	73.7
Colin Duffield	43.32	43.32	72.6	72.6
Richard O'Sullivan	43.48	41.38	75.9	72.1
Mel Blackhurst	43.56	38.11	82.7	71.9
Sarah Glyde	44.09	39.54	79.2	71.6
Rachel Skinner	44.42	40.24	78.2	70.7
Ray Poulter	44.59	37.53	83.4	70.2
Moyra Parfitt	47.30	33.10	95.3	66.5
Nigel Hanson	47.46	43.44	72.2	66.1
Ann Fox-Kelly	48.15	38.05	82.9	65.6
Dave O'Neill	49.42	45.51	68.9	63.6
Laura Wright	50.16	45.26	69.6	62.9
Derek Clutterbuck	51.31	36.51	85.8	61.3
George Barrow	53.48	42.45	73.9	58.7
John Newby	62.48	45.30	69.4	50.3

## Fiendsdale

19/3/2005	1.15.48	1.18.40	1.19.29	
	Time	Adj time	GP Pts	Fell Pts
Andrew Wrench	1.25.11	1.25.11	99.8	99.8
Chris Smale	1.26.22	1.23.08	102.2	98.4
Jon Wright	1.26.47	1.26.47	97.9	97.9
Shaun Godsman	1.31.18	1.31.18	93.1	93.1
Andrew Horsfall	1.32.57	1.30.18	94.1	91.4
Mark Goldie	1.35.51	1.35.51	88.7	88.7
Jeff Walker	1.38.33	1.38.33	86.3	86.3
George Ehrhardt	1.39.22	1.39.22	85.5	85.5
Paul Brannigan	1.46.30	1.43.28	82.2	79.8
Kevin Booth	1.52.43	1.52.43	75.4	75.4
Jim Duffy	1.56.00	1.56.00	73.3	73.3
Jane Smith	1.59.29	1.34.35	89.9	71.1
John Crummett	2.00.49	1.36.13	88.3	70.4
Ray Poulter	2.02.30	1.38.44	86.1	69.4
Rachel Skinner	2.03.53	1.51.57	75.9	68.6
Rhys Watkins	2.06.39	2.06.39	67.1	67.1
Moyra Parfitt	2.13.53	1.28.07	96.5	63.5
Sarah Glyde	2.14.08	2.01.13	70.1	63.4
Peter Ehrhardt	2.14.35	1.47.11	79.3	63.2
Mandy Goth	2.14.58	1.49.36	77.6	63.0
Barry Chapman	2.29.52	1.59.21	71.2	56.7
Dave O'Neill	2.35.32	2.21.19	60.1	54.7
Derek Clutterbuck	2.47.44	1.49.26	77.7	50.7

## Contributions

We are always looking for someone to write reports on the races. Please send to Mandy or Andrew Bibby.

# Race Reports

## Races reported recently in the local press

### Radcliffe 12

The Todmorden Harriers' Grand Prix moved on to the Radcliffe 12 mile trail race last Sunday. The event proved popular last year and was therefore included the club's calendar for the second consecutive year, this in itself is a testament to the quality of the race route and efficient administration.

The course route makes its way through the old industrial heartland of the area now landscaped into nature trails and riverside walks before finishing on the old Bury canal

Despite snow in the Calder Valley on race day the nineteen travelling harriers were greeted with crisp sunshine when arriving in north Manchester for the start of the race. Although despite these ideal conditions the ground remained very heavy and slippery due to recent rain, causing more than one harrier to 'come a cropper' in the mud.

The race was won in record time by Michael Aspinnall of Lancaster and Morecombe AC. Andrew Horsfall led the local club home making a rare foray from the fells to finish in ninth position and first veteran 40. Other notable performances came from Derek Clutterbuck who scooped the veteran 70 prize and a host of Todmorden ladies who seem to be fashioning themselves into a force to be reckoned with, although on this occasion no team prizes were awarded.

### Roddlesworth Roller

There was another bumper turnout for the third race in the 2005 Todmorden Harriers Grand Prix last Sunday. The Roddlesworth Roller is a six-mile trail event run from Abbey village, near Chorley. Its' an aptly named course, continually rising and falling as it rolls along woodland trails, stone tracks and minor roads.

The wind which often whistles around the course dropped slightly this year making for perfect early spring running conditions and allowing fast times. This year's winner, Neil Tattersall of Pendle AC shattered the course record by over a minute to finish in 29.54, nearly three minutes ahead of his nearest challenger.

First Harrier home was Sean Willis, finishing in seventh place with a time of 33.51 despite turning an ankle on a slippery woodland descent. He was followed by Paul Prescott who clocked 35.35 on his return from a lengthy spell sidelined due to injury. Last years Club Champion, Paul Brannigan was third local man home in 36.23.

Todmorden Ladies enjoyed another successful day with Melanie Blackhurst (86<sup>th</sup>), Sarah Glyde (88<sup>th</sup>) and Rachel Skinner (94<sup>th</sup>) making up the fastest ladies team. Melanie Blackhurst also scooping the ladies V35 prize.

### Fiensdale

Last Saturday, 23 Todmorden Harriers made their way to the Trough of Bowland for the Fiensdale fell race which had been selected as part of the club's Grand Prix championship. The race was also a counter for the English Fell Running Championships, so the travelling locals were competing with the cream of fell running over the 9 mile course which took in 2600 ft of climbing.

The race is noted for its emphasis on the competitors' ability to choose the correct route and to navigate around the remote checkpoints, in past years simple navigational errors have cost many front runners dearly. This year proved no exception as several fancied runners became confused by the difficult terrain and lost vital minutes getting themselves back on the right track after errors.

This year the large field of 400 runners taking part also proved to be a factor with some runners failing to get off to a good start and finding themselves unable to overtake other runners on the narrow moorland tracks.

The men's race was won in fine style by reigning national champion Simon Bailey of Staffs Moorlands AC in a time of 1:15:48, almost three minutes ahead of his nearest challenger, Rob Hope of Pudsey and Bramley AC.

Sally Newman of Calder Valley Fell Runners won the women's race in a time of 1:34:54, finishing 101<sup>st</sup> overall and establishing her claim to be many people's favourite to take the ladies' national title this year.

Todmorden Harriers were led home by Andrew Wrench (32<sup>nd</sup>) in a time of 1:25:11 with Chris Smale and Jon Wright hot on his heels in 41<sup>st</sup> and 43<sup>rd</sup> positions respectively. First Todmorden lady over the line was Jane Smith in 291<sup>st</sup> position overall. Moyra Parfitt scooped the first prize of first in her FV60 category.

## GRAND PRIX HANDICAP 2004

Last Name	First Name	Est Time	Handicap	Start Time
Newby	John	88 00	none	11 00 00
Smith	Jim	88 00	none	11 00 00
Hargreaves	Brian	88 00	none	11 00 00
Poulter	Pat	80 00	08 00	11 08 00
Collier	Pat	78 00	10 00	11 10 00
Kite	David	76 00	12 00	11 12 00
Dowling	Jeanette	72 00	16 00	11 16 00
Howarth	Paula	72 00	16 00	11 16 00
Chapman	Barry	71 00	17 00	11 17 00
O'Neil	David	70 00	18 00	11 18 00
Abdy	Louise	70 00	18 00	11 18 00
Holt	Julie	69 00	19 00	11 19 00
Smith	Trevor	69 00	19 00	11 19 00
Clutterbuck	Derek	69 00	19 00	11 19 00
Fox-Kelly	Anne	68 30	19 30	11 19 30
Wright	Laura	68 30	19 30	11 19 30
Nicholls	Melanie	68 00	20 00	11 20 00
Wright	Laurence	68 00	20 00	11 20 00
Porter	Jennifer	68 00	20 00	11 20 00
Wilson	Helen	68 00	20 00	11 20 00
Goth	Mandy	67 30	20 30	11 20 30
Richardson	Francis	67 30	20 30	11 20 30
Parfitt	Moyra	67 00	21 00	11 21 00
Roberts	Sue	67 00	21 00	11 21 00
Page	John	67 00	21 00	11 21 00

Last Name	First Name	Est Time	Handicap	Start Time
Marshall	Peter	67 00	21 00	11 21 00
Ehrhardt	Peter	66 30	21 30	11 21 30
Wilson	David	66 30	21 30	11 21 30
Griffiths	Lynne	66 00	22 00	11 22 00
Hanson	Nigel	66 00	22 00	11 22 00
Brierley	Kath	65 30	22 30	11 22 30
Southwell	Phil	65 30	22 30	11 22 30
Crummett	John	65 00	23 00	11 23 00
Poulter	Ray	65 00	23 00	11 23 00
Skinner	Rachael	64 30	23 30	11 23 30
Lee	John	64 00	24 00	11 24 00
Glyde	Sarah	64 00	24 00	11 24 00
Blackhurst	Melanie	63 30	24 30	11 24 30
O'Sullivan	Richard	63 30	24 30	11 24 30
Duffield	Colin	63 00	25 00	11 25 00
Duffy	Jim	62 30	25 30	11 25 30
Parkin	Greg	62 30	25 30	11 25 30
Watkins	Rhys	62 00	26 00	11 26 00
Hodgkinson	Neil	62 00	26 00	11 26 00
Smith	Jane	61 30	26 30	11 26 30
Richard	Alison	61 30	26 30	11 26 30
Blakeley	Richard	60 30	27 30	11 27 30
Leonard	Richard	60 00	28 00	11 28 00
McCluskey	Lee	59 00	29 00	11 29 00
Bibby	Andrew	59 00	29 00	11 29 00

Last Name	First Name	Est Time	Handicap	Start Time
Hodgson	Phil,	58 30	29 30	11 29 30
Howarth	Roger	58 00	30 00	11 30 00
Booth	Kevin	58 00	30 00	11 30 00
Emerson	Eric	57 30	30 30	11 30 30
Roberts	Martin	57 00	31 00	11 31 00
Galloway	Simon	57 00	31 00	11 31 00
Ritchie	Duncan	57 00	31 00	11 31 00
Donohue	Derek	56 30	31 30	11 31 30
Anderton	Mark	56 30	31 30	11 31 30
Collins	Dave	56 30	31 30	11 31 30
Bamford	Dion	56 00	32 00	11 32 00
Goldie	Mark	55 30	32 30	11 32 30
Anderton	Simon	55 00	33 00	11 33 00
Walker	Jeff	54 30	33 30	11 33 30
Crowther	Ben	54 30	33 30	11 33 30
Godsman	Shaun	53 00	35 00	11 35 00
Brannigan	Paul	52 00	36 00	11 36 00
Whittem	Alex	50 30	37 30	11 37 30
Horsfall	Andrew	50 00	38 00	11 38 00
Prescott	Paul	49 30	38 30	11 38 30
Wright	Jon	48 30	39 30	11 39 30
Willis	Sean	48 00	40 00	11 40 00
Ehrhardt	George	47 30	40 30	11 40 30
Wench	Andrew	47 00	41 00	11 41 00
Smales	Chris	47 00	41 00	11 41 00

These are the times that have been calculated from the Grand Prix 2004 results. If your name is not on the list and you wish to run the Handicap, speak to me and I'll sort you out a time. The course is the same as last year's, starting from the Mason's Arms on Bacup Road on Sunday, April 3<sup>rd</sup>, 2005. Please arrive at least 15 mins before your start time. If you're not running then please help as marshals, time keepers etc. are needed but please arrive before 11:00am. Food will be on sale in the pub after the Handicap, provided by Jed's Kitchen, and it comes highly recommended (Ukrainian origins). There is no charge for entry to the Handicap.

Have a good day,

**Uncle Barry**

# Wadsworth Full Trog

*Saturday, 12 February 2005*

Never again.....I think you know what I mean.....

Us lads in the toilets were commenting that the air was 'a bit fresh', but it was not half as fresh as the air outside. Howling a gale it was. Thankfully it wasn't raining.

I think we all know, or can visualise, what a Trog through miles of peat bogs is like - particularly if it had rained heavily the night before.

For the first half the wind was blowing straight at you. I found it hard to get into any rhythm. When you could run the wind was so strong it wore you out quickly. Of course everyone else seemed to cope okay, including Bill my mate from Shropshire.

Numerous people overtook me. I did have an occasional triumph but was soon overtaken shortly after. Clearly I had over indulged on the food and beer during my 10 day break in China. I was definitely losing position.

I was also getting cold. This came as no surprise given the conditions – some quoted -15°C on the tops. However, the Trog has numerous good tracks where its possible to get some speed up and warm the body. Although the further I went around, and the more knackered I got, the harder it was to get warm. I was getting uncomfortably cold just after passing Cock Hill on the way back. My feet had lost their feelings, and my legs were getting heavier.

Of course by now, as well as the gale, it was raining hard.

I found 'The Trog' path. Happily, ignoring all the runners around, we set off in what seems the wrong direction only to bend back on course and claim a few positions.

With my renewed vigour I am just about to tick off another runner. I move out, trip, and do a belly flop into a pool of water. I was just about coping with the cold. I knew I had to keep moving or I'm in big trouble. Hypothermia was knocking on my door.

That was then. Now I'm completely wet. Cold water was getting everywhere as I wallowed in the pool of water. I now have a problem. I haven't been this cold for many, many years.

To cap it all it started to hail.

Local knowledge is advisable for this race, so it says. Thankfully, the week before, I had been shown the route home. As hard as it was, I knew that every step was in the right direction – not a drop of wasted energy. Ironically after my successful navigation from Cock Hill we seemed to have picked up a few stragglers. From there on it was simply one foot in front of the other to the end.

Thanks to the Toddies team that showed me 'The Trog' path, and thanks for the hot soup at the end.

No thanks should be mentioned to the guy that introduced that stupid 'down the hill and back up again' bit at the end. Although the notorious running round the cricket pitch at the end was a joy as Phil's 'secret weapon' kicked in a bit too late.

Thanks also to Bill, my 'partner' for the day, for not cracking his normal set of 'jokes', for his family size pack of flap-jack, and more importantly for his company.

.....well not until the next time.

Rhys, Full Trog, Watkins

Andems Runners assisted by Rochdale Harriers present

## The Geoff Doggett Memorial 5k Road Race

(UK Athletics Laws Permit Number )

**Tuesday 17<sup>th</sup> May at 7.15pm**

**Falcon Inn, Church Street, Littleborough (A58 Halifax Road)**

Andems Runners are staging the 2<sup>nd</sup> annual memorial race in memory of Geoff who dedicated his life to athletics. **Proceeds to Springhill Hospice, Rochdale Children + COCP UK.**

### Entry Fee:

- £3 to club runner, £5 unattached, £2.50 to U/18's & O/65s.
- £1 extra on the night.

Cheques payable to Andems Runners GDR.

Post entry to Andy O'Sullivan MBE, 40 Crowshaw Drive, Rochdale, OL12 0SR.

Enquiries to 01706 750620 or [andems.runners@virgin.net](mailto:andems.runners@virgin.net)

RRC measured course (certificate number 96/045).

Full Prize List – Prize For Every Finisher – Well Marshalled – First Aid.

Free Refreshments & Orange Drinks on Bar After Race.

**Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Sex (Y/N):** \_\_\_\_\_

**Club:** \_\_\_\_\_

**UK Athletics Registration Number:** \_\_\_\_\_

**Telephone Number:** \_\_\_\_\_

**Address:**

\_\_\_\_\_

\_\_\_\_\_

I accept that the organisers cannot be held responsible for any loss, injury or damage incurred before, during or after the race. I enter at my own risk. I am physically fit and am an amateur as defined by UK Athletics laws.

**Signed** \_\_\_\_\_ **Dated** \_\_\_\_\_

(By parent or guardian if U/18)