



TORRIER

THE NOONSTONE NEEDS YOU

FEB 05

Marshals and funnel crew still needed for the
Noonstone Fell Race **Sat 26th February 12.00
noon**
from the Top Brink Inn, Lumbutts

If you are available to help then please
contact
Andrew Horsfall on 01706 818623



AGM

**Monday 7th March
Hollins Inn, Walsden**

The 2005 Annual General Meeting of Todmorden Harriers is on Monday 7th March at 7.00pm at the Hollins Inn, Walsden.

Ray does not want to stand again as chairman but all other current officials have agreed to continue.

Please pass all nominations to Ray Poulter or Derek Donohue before the meeting.

Other positions are Secretary, Treasurer, Membership Secretary, Press Secretary.

It has been proposed that Eric Stuttard be elected as Club president. As one of the founder members of the club Eric still lives locally and takes an active interest in our events.

He would replace John McDonough who no longer lives in the area.

A normal monthly meeting will follow immediately after the AGM

FORTHCOMING GRAND PRIX FIXTURES

First race this weekend the Wadsworth Trog (12/2/05)

If you have not done so already then you must enter Radcliffe trail, Fiendsdale both are pre-entry only and are likely to fill up.

All entry forms and details are on the website in last month's Torrier.

- | | | |
|-----------|--|---|
| RL | Sun Feb 27th
12 mile trail | RADCLIFFE TRAIL 12
Manchester
Entry form in last issue |
| RS | Sun Mar 13th
6 miles | RODDLESWORTH ROLLER TRAIL
Abbey village nr Chorley |
| FM | Sat Mar 19th
Cat A 9m/2600 | FIENSDALE (English Champs)
Chipping, Lancs Recce report in this issue |
| RM | Sun Apr 10th | GRIZEDALE FOREST TRAIL 10
Entry form in this issue
Pre-entry only |
| FM | Sat Apr 16th
WARDLE SKYLINE
Cat B 7m/1000ft
Wardle nr Rochdale | |

TODMORDEN HARRIERS



Mandy's Page

Pack Runs Wednesday's 7pm start

**Wear something
bright and be seen**

Feb -Rake Inn, Littleborough
(At bottom of Blackstone Edge Old Rd)

Mar- Queen , Cliviger

Apr – Shepherd's Rest, Lumbutts
6.45 pm start this month only

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/ Hill reps

Tuesdays 7pm

15th Feb – Walsden Cricket club

22nd Feb – Train with Rossendale
(meet 6.30pm Bramsche Square)
Pyramids of
400/600/800/1000/800/600/400
with 3 minute recoveries

1st Mar – Lob Mill

Last month 8 of us went over to Marl Pitts on a Tuesday night to join in with Rossendale Harriers training session. They have a sandy very muddy track but a proper coach so a good workout was had by us all.

I know those of us who have been doing this training over the winter are now beginning to feel the benefits. So come along and join in.



Apologies & Errata

To Moyra for not putting her as Grand Prix Champion in last month's edition.

Also the club champion is decided on actual points not Grand Prix points.

JUNIORS

It was proposed that children of members have free membership (if they apply) so that they can run as Tod harriers.

There are training sessions for juniors as follows

Junior Sport sessions for the 5-7 year age group at Mytholmroyd Community Centre Mondays 3.45-4.45
£1.50 per session the first session being free.

For the 7+ age group it is Wednesday nights at Calder High School Alec Becconsall of Calder Valley has the details 01422 884623

Mini Mountain Marathon

9th January 2005 By Rachel Skinner

Arriving at the Sportsman at 8.45am, I was relieved that the weather was fine. Yesterday was such a cold wet and windy day. Jeff and I had decided to run as a mixed team as we are both relatively new to navigation and thought at least if we get lost we'll do it together – or we could blame each other! Dave and Colin were sat in the camper-van looking very much the part of Max and Paddy. At 9am we were handed the map and while I was fighting with the wind to put it in my waterproof case, Jeff shouts, "6 looks easy," and legged it off through the car park. We then spent 10 minutes running round a dam looking for the marker until I remembered there is a description of its location....found it!

We ran down Dukes Cut forming a plan of action. Check point 8 looked easy to find, so off we ran down a boggy, slippery field falling over many times. Next we ran/trudged across Heptonstall Moor to Gorple in search of the high scorer's. I watched as Jeff tried to make it across a very slippery boardwalk over a deep bog. I couldn't get across it without falling over, so I chose to go over it on all fours while Jeff laughed at me.

After getting number 16, we chose to collect the markers from Black Moor, the boundary stones on Birkin Clough head, then off to Wether Edge.

We'd collected some big pointers now and we were thinking about the time and getting back. We decided to give the Pike stones a miss, (which I now know was a big mistake), and go off in search for number 12 where we found Uncle Barry and Jim Smith. We then skirted Cant Clough reservoir. This was where Jeff fell waist deep into a watery bog shouting "watch out for this, it's a bit wet!" I scaled the wall and kept dry.

Trying to find the checkpoint in the Rhododendron bushes wasted another 10 minutes, but we eventually found it. We took a bearing to Sheddon edge than had a tussocky run/stumble/crawl up the hill. Sitting on the marker at checkpoint 9 eating my supply of chocolate, Dave Wilson and his dog approached us. He gave us the advice "first rule of orienteering is not to sit on the marker to lead others to it!" Cheers Dave, I'll remember that.

Leaving Sheddon Edge we saw Mel Blackhurst and Andrew Bibby following us – that was reassuring, we must be on the right path! Time is running out at this point so we tried to get a move onto the final planned marker, we should get back to the car park just in time. After Hoof Stones Height, we were legging it off down the hill when I looked back to see how close Mel and Andrew were behind us – but they were nowhere to be seen! Consulting the map, we realised we had taken the wrong path down, so had to run all the way back up the hill. This drained me. I looked at my watch and knew we would definitely go into penalty time!

We finished the challenge in 3hrs 15mins with 30 penalty points taken off, but I didn't care - I had had a great time! The whole event was so well organised and judging by the buzz in the pub everybody else had loved it too.

Why not *try a triathlon* ???!

Having enjoyed Greg's account of his triathlon experiences and previously Mark Anderton's superb "Ironman" efforts in France last year, I decided I'd have a go at a short one "just for fun". It's also helped as a valuable motivation factor whilst having a leg injury to go swimming and cycle training on these dark winter nights

So I wondered if any fellow Tod Harriers wanted to join me in either of these two events

1 Harlech Triathlon (17/04/05)

400m swim (in a pool)
37km bike (scenic ride)
5.5km run (partly on beach)

<http://harlechtriathlon.users.btopenworld.com>

I've already entered this one.

2 Cheshire Triathlon (22/05/05)

500m swim
20km bike
5km run

<http://cheshire-triathlon.co.uk>

Why did I pick these two?.....Mainly because they are weighted against the swimming, which is probably (like many other Harriers I guess) my weakest discipline.

Anyway, it's something different to do. If anyone's interested, go to the websites for more info..... Perhaps we could even enter a Tod team?

Simon G.

Anyone wanting to get in touch with Simon he's on the E-group or can be contacted on 01253 827411

Any contributions to the newsletter gratefully received please E-mail to Andrew Bibby or Mandy

PENNINE BRIDLEWAY RELAY 2005

Forty-nine teams lined up for The Pennine Bridleway Relay on Sunday. In its second year since being inaugurated by Rossendale Harriers in 2004, the race follows the Mary Towneley Loop, the forty-seven mile circular route that forms part of the Pennine Bridleway National Trail. Split into five legs of varying length and height gain this is a tough test of stamina for the five pairs of runners from each team.

As usual Todmorden Harriers were well represented with four teams in different categories. Following on from Todmorden A-team's excellent third placing in December's Calderdale Way Relay they had another storming run against some class opposition. An elite team from Borrowdale won the relay in a time of 4.56.37 and by a margin of nearly eight minutes over 2nd placed Horwich. Clayton demonstrated their strength in depth with 3rd and 4th positions for their Vets-A and A teams respectively. Every runner in the Todmorden A-team put in a gutsy performance to bring them home in 6th place overall in 5.09.27 and only thirteen minutes behind the winners. Individual leg positions were as follows:

	<u>Fastest Time</u>		<u>Todmorden</u>	<u>A</u>	<u>team</u>
Leg 1	56.29	Clayton Vets A	Andrew Horsfall / Shaun Godsman	59.40	7 th
Leg 2	1.21.04	Borrowdale	Andrew Wrench / Chris Smale	1.23.06	4 th
Leg 3	59.44	Horwich	Jon Wright / Alex Whitem	1.02.13	3 rd
Leg 4	35.47	Borrowdale	Simon Anderton / Mark Goldie	39.03	10 th
Leg 5	1.00.40	Pudsey& Bramley	Paul Brannigan / Nick Wigmore	1.05.25	8 th
			Total Time	5.09.27	6th

The Todmorden Vets, Ladies and All Stars teams battled it out a little lower down the order and all had good runs to finish as follows:

Todmorden Vets	6.19.23	25 th
Todmorden All Stars	6.34.51	31 st
Todmorden Ladies	6.51.12	36 th

Fancy a glass of wine?

All Tod Harriers welcome to the book launch of Andrew Bibby's *Freedom to Roam* guide books.

Friday March 4th, 6.30pm- 8pm, Festival shop (opp the Albert), Albert St, HB.

CALDERDALE ATHLETICS DEVELOPMENT GROUP

On Nov 3rd 04 Phil Hodson and myself attended the inaugural meeting of the above group. This meeting had been called as an initiative driven forward by England Athletics and West Yorkshire Sport. Kristine Monaghan (AAA ENGLAND) was the co-ordinator and Chair. Others present were representatives from Calderdale Local Authority, Yorkshire Sport, Halifax Harriers, MJ Athletics, Calder Valley Fell Runners and Todmorden Harriers.

Ms Monaghan introduced herself and explained her role in Eng Aths and how the group would fit into the County regional Network Structure. The session ended with the conclusion that the benefits of meeting on a regular basis to co-ordinate Athletics in Calderdale, would provide long term vision for the sport.

The second meeting I attended was held at Calder High on Wed 26th Jan. K M chaired and was very ably supported by Steph Wolstenholme, Coaching Co-ordinator and Assistant Cub Development officer for West Yorks Sport. This meeting was much more workman like than the first and issues highlighted by the group were Coach Education Courses. The need to identify the number of coaches in Calderdale. Development of Fell Coaches, Development of new coaches to gain experience on the coaching pathway. Also identified were other issues such as the need for communication between clubs and L Authorities, funding for courses and equipment, volunteer development ,recruitment and retention. Other aims and objectives were identified,

- Co-ordinated approach to delivery.

- To identify a vision for the future.

- Begin the planning process for writing a Development Plan.

- Look at key stakeholders and partners who could contribute to above.

- What realistically can be achieved.

- How success can be measured.

The above notes are for your information only and may or may not reflect my own views and opinions. However I do feel that we should be represented as a Club at future meetings as we have a duty to the membership and the Community to explore and take advantage of any benefits that may be forthcoming. I would also point out that from personal experience of Local Authority and “committee” workings (not Tods) I know that many promises made will be broken. As we all are aware most club ambitions will be restrained by financial and personnel factors and the Development group will be no different.

I hope that other members will feel motivated to attend the next forum on Tues 15th March 7.00pm at Calder High. Please don't attempt to shoot the messenger because I will bite!!

Ray

Fiensdale fell race – some advice from Peter E

What a lovely route! And – at checkpoint 5 – I can let you know how to go off course & enjoy more deep sucking peat (ameliorated today by the fact that it was frozen to a considerable depth)

As you know, the grid refs published in the Torrier don't tally entirely with the official ones: in addition, I think the grid ref for check point 4 is a little out. The sheepfold is situated where the wall crosses the river coming down from the waterfalls, so I'd say the checkpoint is a little SW of the grid ref.

I guess it will be a fast & furious start up the road. Presuming a free choice of route, directly you are thro' the gate at Fell Foot, turn right & aim diagonally up the hill – a couple of gullies to cross, otherwise runnable on short grass interspersed with clumps of reeds. After 150 m of climb, a level & eminently runnable path/track to checkpoint 1.

Cross the stile, keeping the NS wall to your left. Follow the wall to wall bend at approx 597460, keep in the same direction for a few yards, and there is a nice narrow path bearing slightly right in a narrow gully. Do not turn right at an earlier faint path, just at the wall bend.

The path (not marked on the OL41 map) takes you somewhat to the right of N to a track running EW at 470. Turn right along this track, and follow it until you see, on the left, at a distance of perhaps 300 metres, a stile near checkpoint 2: cut straight across to the stile (runnable peat, grass, heather) then go left and run the short distance along the NS fence until it reaches the EW fence where there is a stile. (You could cross both fences if you wish – but crossing just the EW fence is quicker). Up to this point much of the heather has been burnt away, and is more easy to cross.

After Checkpoint 2, there is very boggy peat, soon followed by thick heather. Here, I disagree with the info in the Torrier, and suggest getting down to the stream quite quickly. The permissive path on the E side of Bleadale water exists, it's runnable with care from above the waterfall, and it's easily runnable downstream of the cairn.

I suggest a bearing of about 20 degrees from checkpoint 2: today I found myself at the stream above the waterfall, crossed, and got on the path.

I suspect there may be some merit in coming down to the stream a bit lower down, at the river confluence just above the cairn, but obviously I don't know what the heather is like on the top. If you came into the valley between the waterfall and the river confluence you would have a very steep descent to the river. 20 degrees, by the way, has you running towards a big hill in the distance which my lovely companion thought was probably Whernside.

Towards the bottom, the path has the fence just on your left. There's no option but to wade through the two streams to get to Langden castle.

Checkpoint 3 at the building, turn left, go a short distance up the track going west, then follow a footpath sign, path horizontal to the left. No problem following it, a couple of duckboards (slippy with frost today) over the mud, ford the stream again, steady climb S, later SW, going up to Fiensdale Head, narrow, generally runnable. The last bit before the checkpoint, however, involves thick sticky peat: it was frozen today, but otherwise would be quite wet.

More or less due S from the stile at Fiendsdale Head. Steeply down to checkpoint 4 at the sheepfold, then up to the left, initially with the wall on your right, and continuing up the stream. When the narrow stream valley opens out, bear more to the right and continue straight uphill: cross the fence (lots of mini stiles) continuing approx at right angles to the fence, and up to the cairn on Fairsnape Summit.

We were a bit cold & tired, and if at this point you follow our mistake, you can choose to turn sharp left along a path, you can rejoin the EW fence & get back to checkpoint 2, and maybe go round again. This gives the opportunity for lots of muddy peat and slippery enjoyment. However, taking this option may mean you do not achieve the race finishing time you actually deserve.

If you prefer to continue the right way - you may wish to improve your chance of points (and what do points mean?) in the race - then choose a very clear, wide, runnable, gently downhill path (approx SE) which will take you over a fence stile and back to the wall north of checkpoint 1: just keep going, along the wall, then fence, an easy climb up to Parlick & then you can see the finish down on the left. The descent will indeed be awesome: please don't kill yourself on the newly made stone track (slippy if wet) just above Fell Foot – if you've got as far as this, then wait to commit Hara Kiri after you finish.

Remember it's a pre entry.

The distance from home for me was 30 miles, and it took an hour: it will be further for many Tod Harriers, and, on the day, traffic will be a problem, as will be parking. Give yourself plenty of time to travel and park and get to the start, and it would be advisable to share transport.

Peter e (the Fiendsdale fiend).

Checkpoints

- | | | | |
|----|-----------------------|----------|-------------|
| | Start (road junction) | GR602442 | |
| 1. | Wall/fence junction | GR597456 | (use stile) |
| 2. | Fence junction | GR608472 | |
| 3. | Barn (Langden Castle) | GR606502 | |
| 4. | Sheepfold | GR587478 | |
| 5. | Fairsnape Summit | GR591468 | |
| 6. | Parlick Summit | GR595450 | |
| 7. | Finish (Fell Foot) | GR600445 | |

These are the official ones from the race organiser.

Also please try & share cars as parking is very limited.

GRAND PRIX HANDICAP SUNDAY APRIL 3RD

MASONS INN, BACUP ROAD, TOD

Organised by Uncle Barry for all club members. You'll be handicapped according to your performance last year.

“Best Estimate” Sunday Jan 30 05

Apart from a cold wind, conditions were good for this event. From Kebs, round the beacon at Pole Hill, along Dukes Cut & down to Moor Lane, then back along the Pennine Bridleway, reaching Moorcock Road, back to Dukes Cut & along the road to the pub.

It was unfortunate that there is a notorious area on the Bridleway where signs are commonly vandalised: we suffered vandalism, and theft, in the area of Strines Clough, and I'm grateful to those runners who attempted to set this right. Despite this, some runners went well off route as a result. If we were to use the same area next year, then a method of marking the route less susceptible to vandalism will need to be devised.

Results

NAME	EST TIME	ACTUAL TIME	DIFFERENCE
Colin Duffield	55.05`	54.30	0.35
Richard Leonard	57.30	58.23	0.53
Rachel Skinner	57.26	56.04	1.22
Jim Duffy	54.23	56.00	1.37
Jane Smith	60.40	58.44	1.56
Shaun Godsman	46.30	48.42	2.12
Roger Howarth	48.00	50.33	2.33
Jenny Ehrhardt	63.28	60.35	2.53
Neil Hodgkinson`	52.00	54.58	2.58
Jacki O'Neill	73.10	77.03	3.53
Kevin Booth	46.15	50.37	4.22
Ray Poulter	62.12	74.35	12.23
Simon Anderton	37.00	49.43	12.43
Dave O'Neill	58.00	71.23	13.23
Deon Bamford	39.10	53.55	14.45
Mandy Goth	54.02	72.12	18.10
Barry Chapman	55.10	74.37	19.27
Bev Wright	58.24	81.15	22.51
John Newby	70.00	93.20	23.20
Andrew Horsfall	63.09	86.37	23.28
Caite Horsfall	63.09	86.37	23.28
Anne Fox Kelly	85.28	60.39	24.49

Thanks to Steve & Claire at the Sportsmans



Mr Simon Anderton
171 Hollins Road
Walsden
Todmorden
Lancashire
OL14 6QL

14th October 2004

Dear Mr Anderton

Thank you for your recent letter and kind words of support. I agree with you that the performance of our athletes in Athens was inspiring and courageous. It was a privilege to be in Greece watching their achievements and I hope it will make more people at home back our bid to host the Olympic Games in London in 2012.

I appreciate your invitation to join your team to run the Calderdale Way on 12th December. Although I still run regularly, I don't think I will be able to join you. As I hope you will understand, as Chairman of the Bid, I am busier than I have ever been and I will have only just returned from an extensive period abroad on 12th December – it is also Sports Personality of the Year on that evening which I have been invited to.

I am sorry to send a disappointing reply and really appreciate your enthusiasm and support. Keep up the running and good luck in December.

With best wishes.

Yours sincerely
Sebastian Coe

Sebastian Coe OBE
Chairman

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Well, maybe helping out on the funnel at the Noonstone instead, Seb?

From www.ukresults.net

THE 3rd GREAT GRIZEDALE FOREST TRAIL RACE

Sponsored by www.boobydoo.co.uk

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

SUPERB UNDULATING COURSE, RUN ON TRAFFIC FREE, WIDE, WELL SURFACED (not tarmac) MANMADE

FOREST TRAILS WITH FANTASTIC VIEWS (normal road shoes are ideal).

RACE HEADQUARTERS AND START at - THE GRIZEDALE FOREST VISITOR CENTRE,

SATTERTHWAITE, NR HAWKESHEAD, CUMBRIA

START TIME 12.00 noon - Sunday APRIL 10th 2005

Car parking will be at designated car parks close to race H.Q.

If arriving from the North use the Kennels Car Park, arriving from the South use Camp Site Car Park

A drink station at the finish only. Tea & sticky buns for all runners at race H.Q. after running.

There is also an excellent café on site.

Prizes will be awarded to

1st three men, 1st three ladies, 1st vet 40 M & F, 1st vet 50 M & F, 1st vet 60 M & F, 1st vet 70 M & F

Commemorative award for all finishers

.....

ENTRY FORM

Please enter me in the "THE GREAT GRIZEDALE FOREST TRAIL RACE". I will be medically fit to compete in this event.

I understand the distance is approximately 10 miles and run on forest trails with an uneven surface.

The route is not accessible to competitor's motor vehicles. Drink station only at the finish.

Name.....

Address.....

..... Club.....

Telephone.....

E-Mail.....

Male / Female Vet40 Vet50 Vet 60 Vet 70 (delete as applicable)

I am competing in this event at my own risk and will not hold the organizers or their helpers in any way responsible for any

mishap or injury I might suffer in this race. I fully understand the potential hazards of this type of event.

Signed.....

Cheques made payable to B Laycock for £ 9.00 (£10.00 for unattached runners). Entry includes a forest permit fee.

Please mark envelopes "Grizedale Forest Race" and post to:

Boobydoo.co.uk, Copper Beech, Holbeck Lane, Windermere, Cumbria LA23 1LY

e-mail enquiries to jane@boobydoo.co.uk

Please enclose a stamped addressed envelope (min. 9" x 4") for your race number and confirmation of entry.

Further entry forms are available from www.amblesideac.org.uk

NO ENTRIES ON THE DAY