

Championship Races

WADSWORTH TROG BL Sat 12th Feb 2005

(Pre- Entry by 7th Feb)

Race Preview

This is the first race of the Todmorden Harriers Grand Prix 2005. And what a tough one to start with. The twenty- mile figure of eight course, much of it on rough terrain, includes 4000 ft of ascent. It is not a fixed course; you must visit the 14 checkpoints (see entry form) but your route in between is up to you. For much of the course the best route is pretty obvious. You can always follow the stud marks or someone who seems to know where they're going, but one or two sections are worth recceing before the event, (in particular the moor from Cock Hill to High Brown Knoll via the Winny Stones).

ce starts from Old Town Cricket Club and takes paths and tracks up to High Brown Knoll before the headlong he tussocks to Upper Dean Head Reservoir. After climbing steeply back onto the moor it takes a direct route as a useful guide for those not confident on their compass bearings) across the bogs to Cock Hill. Another drop to Halfpenny Hole Clough, followed by the swamps of Grain Slack take you to the Old Road. Despite heading south to Top of Stairs this could be described as one of the easier bits. Next, the leg sapping bogs over Oxenhope Stairs finally give way to the welcome relief of the paved path down to Walshaw Dean Upper Reservoir. A good track and over High Rakes to Walshaw before the long drag up the fields to the tussocks of Shackleton Knoll. Now over Lumb Falls, back up to the Old Road and retrace your steps across the swamps to Cock Hill. This is where the recceing pays off as you follow a cunning little trod to High Brown Knoll and overtake all those runners wandering the moors in the clag. Take the best route to the bottom airshaft above Back Clough (several options available still debating which is the quickest - definately worth a recce.) and then squelch up the path to the good running Stone Edge to the Sheep Stones trig point. Now you're heading for the finish. You can see it. It's downhill all the way here's a sting in the tail. Not content with having made you run across miles of bog and swamp the route now descends of the way into the valley before a final killer climb back up to Old Town. And they make you run round the cricket ground. It's not surprising that this race is also known as 'The Beast.' But what a feeling of achievement you get when you finish. Don't miss it – you'll love it - well certainly when you're stood in the Cricket Club bar afterwards.

Saturday 12th February 2005

Organised by Calder Valley Fell Runners

Starts: Half Trog 10:00 Full Trog 10:10

From the 'Old Town Cricket Club, above Hebden Bridge'

The race will take place over rough terrain

north of Hebden Bridge and the route could be extremely difficult in adverse weather conditions. Navigation skills are required although some sections will be flagged.

Kit Check at start.

Correct Map, Full Body Cover, Compass, Whistle, Hat, Gloves and a Bit of food.

(See FRA guidelines)

I will disqualify all who fail the kit check.

Please bring the correct kit.

South Pennines 1:25,000 map

Checkpoints

Start	000283	Walker Lane
1	009304	High Brown Knoll Trig
2	022307	Dean Head Dam
3	011327	Cock Hill A6033
4	995320	Haworth Old Road – barn
5	004338	Top O'Stairs
6	982354	Withins ruin
7	969336	Walshaw Dean Res.
8	975314	Walshaw
9	985316	Shackleton Knoll
10	995313	Haworth Old Road – FP
11	011327	Cock Hill A6033
12	009304	High Brown Knoll Trig
13	015278	SheepStones Trig
14	998277	Wood End – bridge
Finish	998285	Old Town Cricket Club

Entry Fee £5.50 (includes refreshments).

Cheques payable to 'CVFR'

Entries by 7th February to Jez Wilkinson, 2 Stable Cottages, Hallas Lane, Cullingworth BD13 5BU

Send name address club & category (male/female V40/V50/V60)