

# GP RACES

**WHITTLE PIKE (Eng Champs Sat Aug 20th ) 4.5miles and 1400' of climb.**

## Getting there.

Most people will come through Rawtenstall. Take the Bacup Road and just past the lights/shopping area of Waterfoot turn right up the no through road to Cowpe village.

You might come from Rochdale or Todmorden via Bacup. Head for Rawtenstall and just after the rocky/woody stretch known as The Glen about 3 miles west you will into Waterfoot; turn left.

There are no facilities in Cowpe, apart from the Buck pub and the School hall we will use on race day. There is on street parking and on race day we will have off street parking.

## Route description South Pennines map No. 21

The route will be flagged and marshalled on the day.

The race starts at Cowpe playing fields on the road. 838207

Run up the road about 200ms and turn right up a track towards the waterworks which bends and heads SW very slightly up hill to 839202

At the top of the lane there are houses on your right and a five bar gate to your left. Go straight ahead and over the stile. There is a path which twists to the right and goes over a stream by a bush. Here turn sharply to your left and head steeply uphill. There is no path.

You are heading towards the wall 838200

Follow the path to the left of the wall, crossing a stream part way up until you come to a path and a five bar gate. Turn right through the gate and follow the track, again to the left of the wall. The path will level at 827204 and will shortly meet the quarry road coming in from your left and going down the hill to your right. Cross straight over and the path will curve round to your left and then begin to drop with an old tram way just up to your left and some quarry workings ahead of you. Turn right down a wide rutted track for 25 ms and then bear left/easterly across open moor land with tuft grasses. Ignore any footpaths on the map and there are often none on the ground. Stay high/contour and you will pick up a path as it gets very boggy near a wall corner.

Here bisect the corner and head down hill, again no path, crossing a broken down wall until you hit a good path. Turn right and follow down to FB 817199. Cross the bridge and turn sharply uphill following, what is now, a path.

As the hill crests and 25 ms before the wall cut across to your left and cross the stream, turning immediately right across a wall and then quickly left, another stream and head to the left of a slight ridge – there is a path. After a few hundred ms the path fades and it is all turfs heads and you need to head up hill to your right,

crossing a drain towards Whittle Pike on a bearing about 170. (I've never used a bearing.)

Whittle has a cross on top but even on a good day you can't see it until you are almost there. Ref. 824189

Turn back on yourself and follow the path on about 45 down hill until you hit the culveted stream just above the reservoir. (This used to be an open walled stream for those with long memories.) Go right up the stream bed for 50ms and then steeply up hill to your left on a ridge crossing the slight gully part way up and going gradually to your left. As the climb levels off you will see the wide track ahead. (Rossendale way.) On reaching the track go left for 50ms. 829194

Just before the path dips and turns left you will see a gully ahead of you with a rough path and a wall on the left side. (You may want to follow the path you were on for another 50ms to Waughs well and a drink.)

Follow this gully path for 50ms slightly uphill and it will steepen as it gets towards the quarry working and turns right up a rough shaley area. After a short little climb you will drop over the top onto a grassy area. Turn left and follow the path to the right of the wall for 500 – 600 ms, heading roughly north, dog legging at the end but continuing in the same direction.

Here you will rejoin the route up from the start. Retrace your steps.

In case you joined the route elsewhere than at the start here is the route to the finish. Carry straight on for a few yards onto a broad path. It will curve round to your right and after about 150ms you will come to a big wide quarry path. 831202

Cross diagonally to your right. (Do not turn right and into the quarries.) Go down hill south easterly with a wall on your left on a good runnable path, until you hit a five bar gate. Go through and immediately sharp left and follow to the right of the wall again down an increasingly steep descent, crossing a boggy stream. After another 150ms come away from the wall and head steeply downhill and to your right towards a bushy tree. Get onto the path just to the left of the tree and just before a small stream. Follow the path a few yards and you will see a fence to your left to the right of the back of some houses. Cross the stile here. You will see a big wide track just ahead and to your left. Go down this for about 400ms and it will then turn right and drop onto the road in Cowpe. Turn left on the road and the finish is at the top of the first fields you come to on your left which have a wide car access path and a playing field/bmx bike track.

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# GP RACES

**Sat Jul 2nd ERRINGDEN MOOR**

Cat B 8m/1900ft  
1.00pm

from Mytholmroyd community centre £3.00 entry on the day only

**Sun Jul 24th WAGGON & HORSES 10**  
Entry form with this issue

**Tue Aug 2nd CROW HILL**

Cat B 5m/1000ft  
7.30pm from Mytholmroyd community centre £3.00 entry on the day only

**Sun Aug 7th CLIVIGER 6**

Entry form with this issue

## English Championship Results

We think Wasdale is the critical race and getting five runners (male) and three ladies could improve our positions significantly .

Individual Results for the Championships so far are

### Mens

Open

29<sup>th</sup> Andrew Wrench

31<sup>st</sup> Chris Smale

44 Jon Wright

47 George Ehrhardt

Vet 40

Chris is 4<sup>th</sup>

26<sup>th</sup> Andrew Horsfall

V60

15<sup>th</sup> Richard Blakeley

V70

2<sup>nd</sup> Derek cluterbuck

### Ladies

Moyra is leading the over 60 ladies

Ladies V40

20<sup>th</sup> Kath Brierley

28<sup>th</sup> Jane Smith

Full results on [www.fellrunner.org.uk](http://www.fellrunner.org.uk)

## Race Reports

Races reported recently in the local press

### Buttermere Sailbeck Horseshoe Fell Race

It was another trip to Cumbria last Sunday for the 19 Todmorden Harriers who took part in the Buttermere Sailbeck Horseshoe Fell Race.

The 9.4 mile race, as well as being one of the medium length races in the club's fell championship, is a counter for the English Championships, so both individual and team prizes were at stake.

With 4650 feet of ascent, beginning at the blow of the whistle in Buttermere village, the arduous race was guaranteed to sap the competitors' energy and leave them aching for days afterwards.

Runners were faced with relentless climbs, undulating ridge runs and steep descents as they battled to tick off the five checkpoints at Ard Craggs, Rigg Beck, Causey Pike, Eel Crag and Whiteless Pike. Fortunately the weather, although extremely windy in places, remained clear, affording splendid views around the whole of the horseshoe.

Bingley Harriers' champion Rob Jebb gained the victory once again, crossing the line in 1.23.39 and shaving several minutes of his own course record, set last year on a slightly altered course.

George Ehrhardt was the first Todmorden Harrier home, finishing in 21<sup>st</sup> place out of a field of 374 runners. This placing, together with those of team mates Chris Smale, Jon Wright, Andrew Wrench and Andrew Horsfall, allowed Todmorden Harriers to take 6<sup>th</sup> place in the men's teams.

Moyra Parfitt, putting in another notable performance for the local club, is on course to become the country's LV60 fell racing champion after she scooped first prize in her category for the second time in the series.

### Geoff Doggett Memorial 5K

A large number of Todmorden Harriers arrived in Littleborough on a cool and sunny Tuesday evening to support the Geoff Doggett Memorial 5K, organised by prolific road promoter Andy O'Sullivan MBE.

The well organised race, which is a counter for the club's 2005 road championship, started from Littleborough town centre on a circuit which skirted the side of Hollingworth Lake.

Paul Brannigan was first Harrier home, finishing in 14<sup>th</sup> place in a field of 147 runners. First Todmorden lady was Sarah Glyde, who crossed the line in 67<sup>th</sup> place.