

Forthcoming championship races & local races

Good Shepherd Classic

15m 2000' Grade BL

CHECK POINTS

O S - Outdoor Leisure map 21

The Starting line is at Dauber Bridge **008254**

Follow route up through Spring Wood partially flagged to GR 993249 then by navigation to **Stoodley Pike Checkpoint 1 - 973242**

From Stoodley Pike proceed to **Southside of dam on Withens Cough Reservoir Checkpoint 2 - 985230**

Continue to **Washford Bridge Checkpoint 3 - 993213** (Flagged into checkpoint from about 997217)

Continue across moor to **Cloven Stone Checkpoint 4 - 983219 (clip)**

Follow drain and Pennine way (north) then drop down to **London Road**

Checkpoint 5 - 964236

Ascend to **Stoodley Pike Checkpoint 6 - 973242**

Descend Stoodley Pike (Pennine Way North) to stile at about 980243 and follow flags and signs (the route is flagged from this point) via Sunderlend Pasture, Stony Royd,, High Green, Spa Wood and Road Crossing 008243 to **Robin Hood Rocks Checkpoint 7 - 011242 (clip)**

Follow path along escarpment above Robin Hood Rocks and paths through fields above Hathershelf Scout Wood and descend to Road Crossing at 025254. Cross road and follow footpath into far end of Good Shepherd car park **Finish -012259**

NB - route from check point 7 is flagged and marshalled to the finish.

All flagged sections must be followed. and gates closed. Failure to do this could jeopardise future races.

Langdale Horseshoe Fell Race – a very brief description

Start & finish at Old Dungeon Ghyll, Langdale
Checkpoints at far end of Stickle Tarn, Thunacar Knott, Esk Hause, Bowfell, Crinkle crags, Pike of Blisco & cattlegrid on road above the National trust campsite.

If anyone would like any more accurate details then see me (Mandy), Dave Wilson (knows all the best shortcuts) or ask around at pack runs.

We will be doing a recce at some point so if interested get in touch – if the mists down it helps to know where you are going.

LOCAL RACES

ROAD

September-

Sat 10th Castleton show 10k-1pm

Sat 10th Trafford 10k-9.30am

22 Sept-Ron Hill 67th birthday-5km.

Littleborough 6.45pm.

Sun 25th-Garstang 1/2 11am

Sun 25th Mileta 10mile Cleckheaton 11am

& Royal Manc Childrens' hosp 1/2 same day

October

-2nd October- Burnley fire station 7- 11am

Macclesfield 1/2 marathon 10am

Selby 1/2 marathon 11am

9th October- Liverpool 10k 10am(good mass start race with chips,this year will be my fourth time!)

Harewood 10 mile trail race

10.30am.

30th October(Sun)-Accrington 10k-10am

Holmfirth 15-10.30am.

All details on ukresults.net

FELL

Thursday September 8th

Hades Hill . AS. 7pm. 5m/1200ft

Taylor Street, Whitworth.

Organised by Tod Harrier and all round good guy, Derek Clutterbuck.

Saturday September 24th

Thieveley Pike. AS. 3pm. 4m/1000ft

Holme Chapel-in-Cliviger.

Short, fast race on familiar Toddies ground. For those unable to do the 'Good Shepherd'.

Saturday October 1st

Autumn Leaves. CM. 11.30am. 10m/1250ft

Kiln Green Church, Diggle, Saddleworth.

Well-organised race, partly on trails, partly moorland.

Sunday October 9th

High Brown Knoll. BM. 11:30am 6.5m/1050ft

Mytholmroyd Community Centre.

Familiar terrain, but with a navigational section on t'tops to add a bit of flavour. Organised by Allan Greenwood.

Allan's announced his intention to step back from race

organising next year, so get the races in while you can!

Tuesday October 23rd

Withins Skyline. BM. 1.30pm. 7m/1000ft.

Penistone Hill Country Park, near Haworth.

One of Dave and Eileen Woodhead's (in)famous

Penistone races. Everyone should do at least one of these

races every year! Well flagged and friendly.

Sunday October 30th

Race you to the Summit. BM. 11:30am. 4m/800 ft

Summit Inn, Todmorden Road, Summit, Littleboro'

Way back in the mists of time someone accepted a bet to

run from the old 'Gale' pub to the 'White House' and

back in under 30 minutes. Can you do it? Another Allan

Greenwood organised race.