



# TORRIER

## STOP PRESS ENGLISH SEPT 05 CHAMPIONSHIP LATEST

### Todmorden Harriers 4<sup>th</sup> with 27 points

A fantastic turnout at Whittle Pike meant that our men's team finished in second position.

If my calculations are correct this means that we are now in fourth place and only three points behind Dark Peak.

We would need to come second team at Langdale and Dark Peak would have to come lower than 5<sup>th</sup> team for us to draw level with dark Peak and get into Bronze medal position.

You never know !!

Anyone who hasn't entered Langdale & who is hoping to do so rumour has it that it is filling up – so get your entries in ASAP

TODMORDEN HARRIERS



### FINAL ROAD RACE

HOLMFIRTH 15 OCTOBER 30<sup>TH</sup>  
(SORRY FOLKS BUT IT WAS THE ONLY ON AVAILABLE)

In this issue.....

*INFO ON FORTHCOMING EVENTS  
XMAS DO  
PACK RUNS ETC*

*RESULTS & TABLES (IN VERY SMALL WRITING)*

*ENTRY FORMS*

*ARTICLES FROM LOTS OF PEOPLE*

*KEEP ANY CONTRIBUTIONS COMING*

### FINAL FIXTURES

- RL Sun Sep 4th GREAT LANGDALE 1/2 MARATHON  
Entries closing v soon  
Entry form in this issue
  
- FL Sat Sep 24th GOOD SHEPHERD FELL RACE  
Cat B 15m/2000ft Mytholmroyd  
Details & entry form in this issue
  
- FL Sat Oct 8th LANGDALE HORSESHOE  
Cat A 14m/4000ft Langdale, Lake district  
Final English championship
  
- FS Sun Oct 16th BEEFY'S NAB  
Cat B 3m/650ft Oxenhope
  
- RS Sun Oct 23rd GIN PIT 5 TRAIL RACE  
Tyldesley, Greater Manchester
  
- RM Sun Nov 6th THROUGH THE VILLAGES 8.5  
Nr Chorley, Lancs
  
- RL Sun Oct 30<sup>th</sup> HOLMFIRTH 15

# Mandy's Page

## **Pack Runs Wednesday's**

### **Last one On the fells**

**6.45PM START  
SEPT ONLY**

### **Hollins Inn, Walsden**

Back to 7pm for October onwards  
OCT –QUEEN, TOD  
NOV – WHITE SWAN HEBDEN BRIDGE  
DEC – THE RAKE, LITTLEBOROUGH  
JAN – THE MASONS, BACUP RD, TOD  
FEB – SHOULDER, MYTHOLMROYD



## **DATE FOR YOUR DIARY**

**Saturday 26<sup>th</sup> November  
2005**

**Xmas Do & Presentation**

**Todmorden Cricket Club**

Featuring the OWTER ZEDS

**COMMITTEE MEETING**

**5<sup>TH</sup> SEPTEMBER**

**7PM**

**HOLLINS INN – ALL WELCOME**

## **Kit**

Jane Smith is keeper of the kit & bringing it to all pack runs.

We have vests, polo shirts & are selling off Noon Stone T-shirts for £2.

Contact Jane if you want any kit on  
01706 818663



## **WANTED**

### **Team captains for the Ian Hodgson Relay on Sunday Oct 2<sup>nd</sup>.**

As the FRA relay's are up in Scotland we decided instead to enter the Ian Hodgson Mountain relay. This starts & finishes at Brothers water in the Lake District and is a fantastic event. There are 8 members in a team (4 pairs). The legs do involve navigation.

We have managed to get two teams in and need captains for an A team and mixed/vets team. It would be nice to see some different faces volunteering. Anyone who is not sure what to do can be pointed in the right direction.

## **WANTED**

**VOLUNTEER TO GO TO NOEA MEETINGS**

I'M TOLD BY ALEC BECCONSALL OF CALDER VALLEY, THAT WE ARE MISSING OUT ON A LOT OF FUNDING DUE TO OUR LACK OF PRESENCE AT THESE LOCAL MEETINGS.

WE NEED SOMEONE WHO HAS THE TIME TO GO TO THESE MEETINGS, WHICH ARE ALL FAIRLY LOCAL.

Any willing body for either of the above please contact Mandy 01422 844936 or Derek 01422 842510

# TOD CHAMPIONSHIP RESULTS

<b>Erringden Moor</b>				
2/7/05	1.03.29	1.06.16	1.08.05	
	Time	Adj time	GP Pts	Fell Pts
<b>Chris Smale</b>	1.03.29	1.01.07	107.9	103.9
<b>Alex Whittom</b>	1.08.05	1.08.05	96.9	96.9
<b>Shaun Godsman</b>	1.10.58	1.10.58	92.9	92.9
<b>Mark Goldie</b>	1.11.16	1.11.16	92.5	92.5
<b>Dave Collins</b>	1.13.27	1.05.24	100.8	89.8
<b>Jeff Walker</b>	1.17.27	1.17.27	85.1	85.1
<b>James Riley</b>	1.23.27	1.23.27	79.0	79.0
<b>Richard Leonard</b>	1.26.16	1.19.10	83.3	76.4
<b>Peter Bowles</b>	1.27.27	1.27.27	75.4	75.4
<b>Jane Smith</b>	1.27.48	1.09.30	94.9	75.1
<b>Mel Blackhurst</b>	1.28.18	1.16.03	86.7	74.7
<b>John Crummett</b>	1.28.47	1.10.42	93.3	74.3
<b>Sharon Godsman</b>	1.32.46	1.23.50	78.7	71.1
<b>Peter Ehrhardt</b>	1.33.29	1.14.27	88.6	70.5
<b>Dave O'Neill</b>	1.44.04	1.34.33	69.7	63.4
<b>Derek Clutterbuck</b>	1.55.02	1.15.03	87.9	57.3

<b>Wagon &amp; Horses 10</b>				
24/7/05	52.42	53.35	53.5	
	Time	Adj time	GP Pts	Road Pts
<b>Andrew Bibby</b>	71.24	63.50	83.6	74.8
<b>Colin Duffield</b>	75.37	75.37	70.6	70.6
<b>Peter Ehrhardt</b>	82.39	68.58	77.4	64.6

<b>Crow Hill</b>				
2/8/05	30.06	30.44	10.3	
	Time	Adj time	GP Pts	Fell Pts
<b>Andrew Wrench</b>	30.06	29.15	104.7	101.8
<b>Chris Smale</b>	30.44	29.35	103.5	99.7
<b>Alex Whittom</b>	31.09	31.09	98.3	98.3
<b>Shaun Godsman</b>	32.39	32.39	93.8	93.8
<b>Mark Goldie</b>	33.52	33.52	90.4	90.4
<b>Andrew Horsfall</b>	34.14	32.57	92.9	89.5
<b>Jeff Walker</b>	35.06	35.06	87.3	87.3
<b>James Riley</b>	37.25	37.25	81.9	81.9
<b>Andrew Bibby</b>	38.26	33.29	91.5	79.7
<b>Kevin Booth</b>	40.25	39.16	78.0	75.8
<b>Colin Duffield</b>	43.00	43.00	71.2	71.2
<b>Sharon Godsman</b>	44.00	39.46	77.0	69.6
<b>Dave O'Neill</b>	45.18	41.10	74.4	67.6
<b>Peter Ehrhardt</b>	45.50	36.30	83.9	66.8
<b>Derek Clutterbuck</b>	50.05	32.40	93.7	61.2
<b>Nigel Hanson</b>	52.37	46.51	65.4	58.2
<b>John Newby</b>	64.52	42.57	71.3	47.2

<b>Whittle Pike</b>				
20/8/05	38.09	38.19	38.2	
	Time	Adj time	GP Pts	Fell Pts
<b>George Ehrhardt</b>	40.19	40.19	103.5	103.5
<b>Chris Smale</b>	41.11	39.39	105.2	101.3
<b>Andrew Wrench</b>	41.12	40.02	104.2	101.3
<b>Jon Wright</b>	42.08	42.08	99.0	99.0
<b>Alex Whittom</b>	43.55	43.55	95.0	95.0
<b>Mark Goldie</b>	45.38	45.38	91.4	91.4
<b>Andrew Horsfall</b>	45.45	44.02	94.7	91.2
<b>Jeff Walker</b>	46.16	46.16	90.2	90.2
<b>Dave Collins</b>	46.20	41.16	101.1	90.0
<b>James Riley</b>	52.31	52.31	79.4	79.4
<b>Andrew Bibby</b>	52.45	46.00	90.7	79.1
<b>Richard Leonard</b>	55.37	50.32	82.6	75.0
<b>Jane Smith</b>	56.01	44.21	94.1	74.5
<b>Phil Hodgson</b>	56.40	50.28	82.7	73.6
<b>John Crummett</b>	57.06	44.56	92.9	73.1
<b>Kath Brierley</b>	57.42	47.25	88.0	72.3
<b>Peter Ehrhardt</b>	59.50	47.39	87.5	69.7
<b>Rachel Skinner</b>	60.36	54.46	76.2	68.8
<b>Dave O'Neill</b>	64.32	58.38	71.1	64.6
<b>Mandy Goth</b>	64.49	52.38	79.3	64.4
<b>Derek Clutterbuck</b>	68.24	44.37	93.5	61.0
<b>Moyra Parfitt</b>	68.54	45.21	92.0	60.5
<b>Gail Sutcliffe</b>	71.53	64.58	64.2	58.0
<b>Julia Holt</b>	72.19	62.17	67.0	57.7
<b>Jenny Ehrhardt</b>	76.24	69.03	60.4	54.6

<b>Cliviger 6</b>				
7/8/05	33.42	34.38	34.5	
	Time	Adj time	GP Pts	Road Pts
<b>Paul Brannigan</b>	36.17	35.00	98.3	94.8
<b>Jeff Walker</b>	39.14	39.14	87.7	87.7
<b>Kevin Booth</b>	41.19	40.08	85.7	83.3
<b>Colin Duffield</b>	44.47	44.47	76.8	76.8
<b>Rachel Skinner</b>	46.24	41.56	82.0	74.1
<b>Nigel Hanson</b>	47.38	43.16	79.5	72.2
<b>Eric Wrathall</b>	48.55	44.06	78.0	70.3
<b>Claire Duffield</b>	50.55	46.01	74.8	67.6
<b>Julia Holt</b>	51.18	44.11	77.9	67.1
<b>Dave O'Neill</b>	51.34	47.35	72.3	66.7
<b>Derek Clutterbuck</b>	51.39	36.27	94.4	66.6
<b>John Newby</b>	62.46	44.53	76.6	54.8

All contributions gratefully received; if anyone would like to write about any race please send them to me. Either E-mail at [mandy@todharriers.co.uk](mailto:mandy@todharriers.co.uk) or hand them to me at pack runs.

Cheers  
Mandy

## 2005 ROAD/MT TABLE

			Roddlesworth Roller	Cliviger 6	Gin Pit 5	Jeff Dogget 5K	Grizedale Forest 10	Leyland 10	Wagon & Horses 10	Thru The Villages	Radcliffe Trail	Freckleton Half	Langdale Half			
1	John Newby	V70	50.3	54.8		52.9	53.4	49.1			49.7			6	<b>310.2</b>	Q
2	Paul Brannigan	V40	86.8	94.8		89.0	92.9				87.8			5	<b>451.3</b>	X
3	Keith Parkinson	M50	76.7			80.1	82.7	79.2				79.3		5	<b>398.0</b>	X
4	Colin Duffield	M	72.6	76.8		73.7			70.6		72.7			5	<b>366.4</b>	X
5	Sarah Glyde	L	71.6			74.4	75.9	70.3			71.6			5	<b>363.8</b>	X
6	Jeff Walker	M	83.0	87.7			86.2				85.3			4	<b>342.2</b>	X
7	Moyra Parfitt	LV60	66.5			65.7	70.4	62.0			67.5			5	<b>332.1</b>	X
8	James Duffy	M	73.7			74.5	79.1				74.7			4	<b>302.0</b>	X
9	Nigel Hanson	V45	66.1	72.2			68.1				68.6			4	<b>275.0</b>	X
10	Julia Holt	LV35		67.1			64.0				64.6	61.6		4	<b>257.3</b>	X
11	Rachel Skinner	L	70.7	74.1			75.1							3	<b>219.9</b>	X
12	Richard O'Sullivan	V40	72.1			71.3					71.4			3	<b>214.8</b>	X
13	Lynne Griffiths	LV45				68.4	71.1				70.8			3	<b>210.3</b>	X
14	Melanie Nicholls	L				70.2	71.0				66.1			3	<b>207.3</b>	X
15	Peter Ehrhardt	V55					72.9		64.6		69.3			3	<b>206.8</b>	X
16	Mandy Goth	LV40				65.5	69.0				68.9			3	<b>203.4</b>	X
17	Anne Fox-Kelly	LV45	65.5				69.4				64.9			3	<b>199.8</b>	X
18	David O'Neill	V45	63.6	66.7		66.8								3	<b>197.1</b>	X
19	Derek Clutterbuck	V70	61.3	66.6							64.4			3	<b>192.3</b>	X
20	Andrew Horsfall	V40				88.1					92.9			2	<b>181.0</b>	X
21	Kevin Booth	M	77.1	83.3										2	<b>160.4</b>	X
22	Lee McCluskey	V45	75.9			76.9								2	<b>152.8</b>	X
23	Andrew Bibby	V50				72.6			74.8					2	<b>147.4</b>	X
24	Peter Bowles	M				72.6						63.5		2	<b>136.1</b>	X
25	Claire Duffield	L		67.6		61.7								2	<b>129.3</b>	X
26	Sean Willis	M	93.3											1	<b>93.3</b>	X
27	Paul Prescott	M	88.8											1	<b>88.8</b>	X
28	Mark Anderton	V40									81.5			1	<b>81.5</b>	X
29	Dave Collins	V45	81.3											1	<b>81.3</b>	X
30	James Riley	M				79.4								1	<b>79.4</b>	X
31	Duncan Richie	M				79.3								1	<b>79.3</b>	X
32	Richard Blakeley	V60				76.5								1	<b>76.5</b>	X
33	Jerry Dodd	V50	75.5											1	<b>75.5</b>	X
34	Melanie Blackhurst	LV35	71.9											1	<b>71.9</b>	X
35	Eric Wrathall	V45		70.3										1	<b>70.3</b>	X
36	Ray Poulter	V55	70.2											1	<b>70.2</b>	X
37	Mel Siddal	LV40				68.6								1	<b>68.6</b>	X
38	Charlie Boyce	M				68.0								1	<b>68.0</b>	X
39	Sharon Godsman	L				66.5								1	<b>66.5</b>	X
40	Barry Chapman	V55					64.2							1	<b>64.2</b>	X
41	Greg Parkin	M									64.1			1	<b>64.1</b>	X
42	Laura Wright	L	62.9											1	<b>62.9</b>	X
43	George Barrow	V60	58.7											1	<b>58.7</b>	X

For those who can't remember a quick summary of the rules

In the road and fell you need to complete 6 races and this must include one from each category.

For the GP to complete you must complete 8 races. You must have a minimum of 3 races in your worst discipline

eg 3 road/5 fell, 4 road/4fell or 5 road/ 3 fell. These can be at any distance, but the club champion must complete one at each distance in both road & fell

## 2005 FELL TABLE

		Edale	Crow Hill	Whittle Pike	Beefy's Nab	Fiensdale	Wardle Skyline	Sail Beck	Erringden Moor	Wadsworth Trog	Duddon Valley	Good Shepherd	Langdale			
Christopher Smale	V40	98.4	99.7	101.3		98.4	100.2	96.9	103.9	86.5				8	590.0	Q
Jonathan Wright	M	96.0		99.0		97.9	98.4	96.4		95.2	74.8			7	582.9	Q
Shaun Godsman	M	96.4	93.8			93.1		87.5	92.9	88.6	74.8			7	552.3	Q
Andrew Horsfall	V40	89.6	89.5	91.2		91.4		89.9		93.4	74.8			7	545.0	Q
Jeff Walker	M	84.7	87.3	90.2		86.3			85.1	83.6				6	517.2	Q
Jane Smith	LV45			74.5		71.1	75.2	68.4	75.1	76.0	63.0			7	440.3	Q
Richard Leonard	V45			75.0			74.8	72.4	76.4	74.4	58.8			6	431.8	Q
John Crummett	V55	72.1		73.1		70.4		72.8	74.3		66.5			6	429.2	Q
Rachel Skinner	L	69.4		68.8		68.6	72.9	68.0		64.9				6	412.6	Q
Peter Ehrhardt	V55	66.8	66.8	69.7		63.2	67.8	64.3	70.5	62.2				8	403.8	Q
Mandy Goth	LV40	63.4		64.4		63.0	67.4	66.8		61.3	56.5			7	386.3	Q
Andrew Wrench	M	99.3	101.8	101.3		99.8	99.2	95.3						6	501.4	X
Mark Goldie	M	88.6	90.4	91.4		88.7	90.9	73.3	92.5					7	453.9	X
James Riley	M	75.8	81.9	79.4			78.1		79.0					5	394.2	X
Dave Collins	V45			90.0			84.7	80.7	89.8					4	345.2	X
Moyra Parfitt	LV60	64.7		60.5		63.5	68.3	60.2						5	317.2	X
David O'Neill	V45		67.6	64.6		54.7	65.0		63.4					5	315.3	X
Derek Clutterbuck	V70	61.3	61.2	61.0		50.7			57.3					5	291.5	X
George Ehrhardt	M			105.5		85.5		99.5						3	290.5	X
Alex Whitem	M		98.3	95.0					96.9					3	290.2	X
Paul Brannigan	V40					79.8	89.3	78.2						3	247.3	X
Andrew Bibby	V50		79.7	79.1			74.2							3	233.0	X
Kath Brierley	LV40			72.3			76.0	71.7						3	220.0	X
Melanie Blackhurst	LV35	69.8					73.5		74.7					3	218.0	X
Sharon Godsman	L		69.6				65.8		71.1					3	206.5	X
Martin Roberts	V45						87.8	83.5						2	171.3	X
Kevin Booth	M		75.8			75.4								2	151.2	X
Derek Donohue	V45						82.5	68.5						2	151.0	X
James Duffy	M					73.3	76.5							2	149.8	X
Colin Duffield	M		71.2				70.0							2	141.2	X
John Lee	V45						71.1			69.3				2	140.4	X
Sarah Glyde	L					63.4	72.6							2	136.0	X
Rhys Watkins	M					67.1				68.7				2	135.8	X
Richard O'Sullivan	V40						71.0			60.8				2	131.8	X
Barry Chapman	V55					56.7	62.9							2	119.6	X
Sue Roberts	LV40							61.9			56.5			2	118.4	X
Julia Holt	LV35	59.2		57.7										2	116.9	X
Keith Parkinson	V50						79.4							1	79.4	X
Richard Blakeley	V60	76.0												1	76.0	X
Peter Bowles	M								75.4					1	75.4	X
Phil Hodgson	V45			73.6										1	73.6	X
Ray Poulter	V55					69.4								1	69.4	X
Kay Leigh	LV40									68.2				1	68.2	X
Anne Fox-Kelly	LV45						68.2							1	68.2	X
Lynne Griffiths	LV45	67.4												1	67.4	X
David Wilson	V45										58.6			1	58.6	X
Nigel Hanson	V45		58.2											1	58.2	X
Gail Sutcliffe				58.0										1	58.0	X
Jenny Ehrhardt				54.7										1	54.7	X
Trevor Smith	V60										54.6			1	54.6	X
John Newby	V70		47.2											1	47.2	X



## 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](http://ukresults.net)

### FELL

#### Thursday September 8<sup>th</sup>

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

Taylor Street, Whitworth.

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

#### Saturday September 24<sup>th</sup>

**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 30<sup>th</sup>

**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.*

# **IRONMAN FRANCE- NICE 19<sup>TH</sup> JUNE 2005.**

## **3.8k swim, 180k bike, 42.2k run.**

### **Introduction to my Report.**

I have included this section within my report to help you understand how it has been written, why it was written and any other information that will help you understand some of the comments.

You may note that I try to write with my heart to enable the reader to understand my thoughts and feelings at the time. I have to admit that writing this report is hard-work due to the emotions felt. The last report I did was comical in places, and I tried to inject a little humour (well I thought so!). I make no apologies that this report is very serious, very emotional and heart felt.

### **The motivation**

*I have a list of things I want to do unwritten in my head. One of which was an Ironman Triathlon. The distances involved just blew my mind, and for a recent non-sporting background, I decided it would be the ultimate goal for me.*

*My next race report will be as a full Ironman. I have no doubts. I have no fears.*

*Nice, France, 19<sup>th</sup> June, 2005 is the venue and date.*

The comments above were in my last report and summed up the motivation behind my entry to IRONMAN FRANCE 2005.

### **IRONMAN RACE.**

I decided I would enter the Ironman race in France as it was a place that my family and I could get too easily. It was to be held in Nice, which is a fantastic place to get to and stay in. My coach Richard was also entering the race which would help with training, and I do actually like France.

Nice had held a classic Long Distance event for a long number of years, and was renowned as one of the hardest bike rides in any Triathlon event. As I may only ever do one Ironman event in my life, I decided I may as well make it as hard as possible (fool!).

### **The training.**

Richard and I devised a training plan that would focus completely on the course at Nice. Any events I raced prior to Ironman (IM) would also be focused on practising for the day itself.

There are a number of things to consider for a long distance endurance triathlon, and all of these needed to be included in my training: - Strength, technique, endurance, feeding, hydration, and the mental aspect as well.

I decided to do the majority of my long distance cycling in France. This may seem extravagant, but with a coach based there and Ryanair offering low fares I had to take advantage of the Pyrenees and the good weather. Nice has over 1600mts of ascending to complete, so my training needed to focus on this part.

I was using a periodisation training plan that started by building my technique from about November 2004, went into endurance over the early months of 2005, then into race speeds, followed by endurance at race speed (between 15-20hours training per week) and finally tapering 5 weeks out from the event.

As the IM event would take me between 12-14hours, my heart rate would be low on the day, and I needed to build my leg strength to compensate for this on the bike. I got to the stage of riding at around about 15-20beats lower than I had ridden before but without losing any speed. My target heart rate was still to be determined for the race as we got closer to June.

The best decision in my race preparation was to go to Nice prior to the event and ride the full course. I needed to see whether the gearing on my bike was low enough, and I did not want any shocks on the day. I am so glad we made this decision. The course was very hilly with

a 25km continuous climb at one point, but the gradients were not as hard as I had expected. This helped with my mental preparation as I now knew how hard to race, how hard it would be, and also how I needed to pace myself.

Prior to the race I went on the TRI-PRESTON training weekend in the South lakes. This included lots of open-water swim sessions, some running and a great bike ride. I noticed quite quickly that my heart rate would be well over my target, but I needed to know how strong I was. I rode with the fast group who were definitely trying to drop any weak members of the group. But I kept up, and even started to drop other riders. I struggled on Kirkstone pass, but mainly due to the low heart rate I had trained at for 8months. But what inspired me most was how strong I was at the end. A great number of Tri-Preston were much faster than me, but after 50miles I came into my own and was able to stay with 3 of the strongest riders (I was riding nearly flat out though, and I don't think they were). I felt great after this.

In May I raced an Olympic distance race in the South of France (1.5k swim, 42k bike, 10k run). This event was ideal as it had a steep climb on the bike course (done twice), and the run was very undulating so would replicate the pain I knew I would feel in Nice. I loved this event. I did not have the top end speed, and my swimming was actually slower than before, but I went harder than I should and still managed one of the fastest 10ks I have ever done. My strength on the bike really pleased me, and showed that the training had been perfect. I was ready, I felt good, and I had taught myself to get about 2500 calories in whilst riding long. Bring it on!

Now I started to taper for the race. This meant that I eased off on the distances, but upped the effort for 3 weeks, then with 2 weeks to go I eased off on everything. I went to Nice about 4 days prior to the race to be able to really relax and enjoy the build up without stressing.

### **Race.**

#### **Psychology**

This section is here because I will refer to it in the race description below. With one week to go to the race I decided to look at info on t'internet regarding "The Psychology behind Ironman". Most of the information I found was from American sites, and I thought at the time how "Americanised" it was. Rubbish I thought! How wrong can you be?

The other information I found regarded "pacing". This was great advice. I will refer to this again in the report below. If you are ever going to consider a long distance event of any type, this information is invaluable.

***THE DAY BEFORE THE RACE WE HAD TO "RACK" OUR BIKES IN THE TRANSITION AREA. THE TEMPERATURE SHOWN ON MY ON-BIKE COMPUTER WAS 102<sup>0</sup>!! BEAR THIS IN MIND WHEN READING BELOW.***

#### **The emotion starts here!!!!!!**

#### **Swim 3.8k.**

The swim was held in the Nice bay. The swim was to start at 630am, and we had been awake for hours to try and get fuel on board. Now I stood on the cobbled beach with 1400 other competitors. It already felt hot. There was a carnival atmosphere, added too by the TV crews and massive crowds. I remember standing on the beach looking left and right at other competitors whilst the speakers blasted out U2s "Beautiful Day". That feeling will be with me for ever. It feels like a dream. I can hear my heart beating inside my head. I am totally focused and as ready as I will ever be. You can only work with the tools you have on the day. I knew that and I knew I would finish this race. The Hooter



blew. The site of 1400 people getting into the swim together can not be described in words. I felt so proud of myself and the effort I had put in. Let me at it!

The swim was 2 laps with a beach run in between. I had already decided I would swim easy because 10mins lost here would not affect my finish position but going too hard may affect whether I finished or not! I swam the first lap, and would reminisce later that I never actually felt relaxed or strong. I had definitely not done anywhere near enough swimming in my training! But I was never worried about it either. After the first lap I exited the water to walk around the stand. The crowd was massive, and the atmosphere electric. I think I even smiled at this point.

On lap 2 I noticed how weak and tired I felt. I knew I should have done more long distance swims, but the water was really warm too, wearing a wet-suit is not ideal. I finished the swim in 1 hour 16mins 37 sec which was about 6 mins slower than I expected. I was still not worried though.

#### **Bike: 180k.**

The pacing strategy I had read and decided upon was a slow build-up strategy. It worked like this: - Break the whole bike (and run) into manageable chunks. Only focus on that part of the race. Then focus on the next "chunk". I had decided to ride the first 30miles easy working out my feeding and hydration strategy, 30 to 60miles would be where I would determine my race pace, 60 to 90 would have an higher heart rate and 90miles to the end (112miles) would be dependant on feel. My goal was to finish the ride feeling like I could have gone 30mins faster. That would set me up for the run.

As soon as we started the ride I noticed how hot it was, and decided my race time today was irrelevant. I did not check my computer as I was only focused on my heart rate. My heart rate was at about 120-130bpm (very easy), but I was being overtaken by loads of people. I knew that my strongest discipline is the actual pacing. I always finish stronger than I start. So I presumed I had got it wrong, or more likely, they had all gone too fast. With a long distance event you have a plan and you stick to it. I did. The people going passed included riders I just KNEW were not as strong as me. I could tell by their technique.

I also knew that if I went too slowly for 30miles or even 80miles I could speed up at the end. I told myself "let them go, it's a long day and we have a run after this". Within 40miles I knew I had got the pacing right. I started to overtake athletes that had flown passed me after 5ks. We were now on the 25k climb, and my strength was paying off. My heart rate was still only at 140bpm max. I was controlling myself, and my pace. One English guy who had flown passed me was now picked off at ease, I exchanged some words of encouragement, and he then accelerated again. Around the next corner I again overtook him, he could not even talk. He was never seen again.

The ride was so hot. When descending (which I do very well and fast) there was no breeze. The air blowing in your face at speed was like a hairdryer (at the Windsor triathlon on the same day, 20 athletes ended up in hospital due to de-hydration). This was what dictated my race pace. I went easy as I knew it was going to be a killer.

On a long distance bike ride (or any event actually) you have what I describe as peaks and troughs. You go through low points where you feel rough. You teach yourself to ride/run through them, because just round the corner is a high (well, not as low) point. I have trained against this so did not worry when I went low after 55miles. What did surprise me was how difficult it was to get out of this low. I never actually felt "good" for the rest of the ride. There were numerous people abandoned at the side of the road, people asleep as their bodies just shut-down. But I was focused and it never once worried me.

I overtook most of my athletes on descents. I was never overtaken once and really enjoyed this part. The training in the Pyrenees had paid off!

The feeding and hydration is obviously the key to these events, and I ate every 20mins, drank every 15mins and collected loads of standard water on the circuit. I drank an electrolyte drink I had used in all my training and had encountered no problems with. This made sure I had no sodium shortages through taking on board too much fluid.

Towards the end of the bike there was a nice flat section of about 10km. I got on to my tri-bars and just pushed with a strong pedal technique. Here I felt good and strong, but I was on auto-pilot. I overtook about 15/20 people on this section and it motivated me to keep on pushing to the end.

I can honestly say I never actually enjoyed the bike section. I usually do, and I had hoped to ride strong but to smile as well, it was just too hot to enjoy and my training and endurance got me round. I finished the bike in 6;48;25 and I did not care about the time.

My average heart rate was 138bpm, which was 7 or 8 below my target and I know I could have gone 30mins faster, but how would that have affected my run?

***WHEN I FINISHED THE RACE I CHECKED MY COMPUTER. THE MAXIMUM TEMPERATURE ON THE BIKE WAS 111°! THE AVERAGE FROM 6AM THAT MORNING HAD BEEN 88°!***

***Run: 42.2k. YOUR BODY WILL GO MUCH FURTHER THAN YOUR MIND.***

*My training planned by Richard had involved loads of bike-run sessions. I would ride a 75-90mile bike quite hard, then jump off and run 8-12 miles. This was the most valuable training I had ever done.*

I started the run feeling good. I had loads of sun-cream applied by the helpers before I started, and I set off feeling ok. My legs were sore, but I have had them feel worse. The run was a 4 lap affair, straight down the Promenade des Anglais and back again (8 lengths) I used these lengths as my "chunks" to start. There were two feed stations on the run, but passed in each direction thus offering four chances to feed. I also had gels in my pocket. My target heart rate was 155bpm. I set off at about 156-160, but felt ok at that and as though I could go all day.

The first lap went well. I ate a gel and drank some energy drink at each station. I ran the whole lap and never once walked. I think this was where I had problems. I felt better than I had on the bike, and was glad to be running. I now think this made me run harder (only very slightly) than I should have done. When your body is stressed trying to keep you cool, trying to make your legs move, and just running it decides that it cannot use extra energy to digest food.

Because I ran about 5 beats higher on the first lap than I should, my body stopped digesting food. I got real bad stomach cramp. But the brain is a strange thing. I actually had to stop to physically throw up. I was sick at the side of the road for about 1min. then I stood up, wiped my mouth and carried on running!! Amazing.

On the next 2 laps this happened 2 more times and I visited the toilet 3 times also. My stomach was in bits.

This was where my American Psychology helped. I had read that you start to have conversations with yourself when you are on the run. I did! I was convinced that my stubbornness would make me finish. That thinking to myself "I will finish, I will not be beaten" would be enough. I was wrong. I really started to question my motivation behind this stupid event. If I gave up, who would care? Actually I was never going to give up, but I knew I could walk a lap with dignity, which was something I did not want to do when I started. If I walked once, I would have lost my incentive not to walk. I would have walked to nearly the end (loads did), does this make sense? My mind

started to answer the questions I had asked "you have sacrificed so much to train for this event; you have missed friends, family, beer, nights out (even pork pies! What?) and loads of sleep for this. That's why you must carry on". It helped me continue. But the key was something I worked out for myself during lap 2. **YOUR BODY CAN GO MUCH FURTHER THAN YOUR MIND!** I even worked it out. If you did not eat for 7 days you will live but your mind starts to crave food every 4 to 5 hours.

Half way round lap 3 I started to break the run into smaller chunks. I ran from one feed station to the next, walked through it whilst drinking 2 glasses coke (watered down) poured 2 glasses of, now warm, water over my head and then ran on. Repeat.

This breakdown worked. I started to speed up. I felt strong again. My body was no longer trying to digest food as I was not eating. The coke gave me an instant spike in energy.

At the same time I started to overtake runners with the same wrist bands on as myself. You are given a different coloured wristband at the end of each lap. I focused on one individual and my leg speed. Overtake, and repeat. Focus on my technique. Only 5km to go, lets speed up slightly. Feeling good and strong. Can't feel any pain now.

500mts to the finish. I had run the whole marathon. I crossed the line and just felt numb. I felt relief and a great sense of achievement, but did not feel elated. My run time was 4:41:58, giving an overall time for **IRONMAN FRANCE 2005 of 12hours 47mins.**

I can honestly say that I did not enjoy the race. It was hot, and even though I expected it to be hard, I was amazed at how hard it was. A guy who had done Lanzarote Ironman the year before (advertised as the hardest Ironman) in 12hrs30 actually finished this event in over 13hours 45mins. It was a killer, but I know they can only get easier.

### Conclusion.

The next day I was over the moon. 1400 people started the triathlon but over 300 dropped out. I had finished, I felt ok at the end even though the medical tent had numerous people on drips.

The mental side was much harder than I expected, and I know I would have finished but my extra mental strength saved me at least an hour on the run. The pacing was crucial, I got the bike perfect for my first IM in such heat. I know I can do one of these in under 12hours now. I wish I had run easier on the first lap and speeded up as I had on the bike, but I have something to improve on if I ever do another event.

***I cannot explain in writing the sense of achievement I feel. I feel so proud of myself. You may even call it arrogance. I don't care. At the end of 2000 I struggled to run 3 miles or ride 15miles. Now I had done the unimaginable to me- swum 3.8k, rode 180k, and run 42.2k in temperatures up to 111°.***

There is one thing I have to bear in mind after this event. I have to keep reminding myself after 6 weeks of inactivity. I have lost my focus, and my motivation. But I am, and always will be, **an IRONMAN!!!!!!!!!!**

*Thanks once again to Richard my coach and his family, Mark and Ian who have trained with me. And to Mark and Leigh Ann for visiting Nice to watch the event. But mainly thanks to me for been so determined, so focused and so intense. I apologise to all the people I ignored in this period.*

Greg Parkin



SUNDAY SEPT 18<sup>TH</sup>

5.30 AM FROM HEBDEN BRIDGE  
CO-OP CAR PARK

APPROX 25 MILES

SIX TRIGS - Sun Sep 18th

This autumn's chance to undertake the Six Trigs (Hebden Bridge-Hebden Bridge via Hoof Stones Height, Boulsworth summit and High Brown Knoll) is on Sunday Sep 16th. About 25 miles (but who really knows or cares?) This year's run guaranteed pleurisy-free. An early start: 5.30am at the HB Co-op carpark, to allow for a little gentle limbering up before dawn breaks (the sun should come up somewhere around the Bride Stones). Late breakfasts available afterwards at Andrew Bibby's, who can also give more details to any 6 Trig neophytes out there thinking of giving it a go (01422 844026).

Commemorative teatowels unfortunately out of stock this year.

# So is it a very popular race, then?

The Athol & Breadalbane Highland Games, Saturday August 13<sup>th</sup> 2005. More kilts per square metre than I have ever seen, despite three years in Edinburgh in my youth. Shots being put, hammers flying, pipe bands playing, Scottish girls – and boys – dancing, cabers being tossed, kiddies racing, the lot.

I was in Scotland for a week's hols with the rellies. Like many of us I am in the habit of looking in the FRA calendar for nearby fell races – and, this time of year, I expect one or more each evening to choose from. Not so in Scotland.

For a start, they're not (most of them) in the FRA handbook. Ah well, there's always the web. And, jolly good, about eight races to choose from. Trouble is, we're off to Argyll, 40 miles south of Oban. The races are in Aberdeenshire. Or the Outer Hebrides. Difficult to pop over for the evening. There's just one that fits the bill – local (only 120 miles drive to get there) and it's on the Saturday at the end of the holiday. I can go on my way home. The Aberfeldy hill race. That's near Pitlochry. And there's a telephone number.

I really like those answer machines – don't you? Even better when there's a pleasant Scots voice, telling you she's not there at the moment. I'd figured that out.

The brother in law had driven up from Dorset. In a Land Rover. With a trailer behind him, bearing his day boat. A three day trip. My sister never complained (I didn't hear her, anyway). And he was quite resigned when we had six days in succession with never a breath of wind. Still, the boat looked nice, reflected in the still water of the sea loch.

I went up a hill called the Cobbler, accompanied by various startled greetings from walkers I met. I remember hearing 'You're moving fast' (didn't hear any more of that one, obviously), 'Are you in training for something?' and 'Would you mind carrying me down?' – this from a 25 year old with a large rucsack. As there was a Munro next to the Cobbler, I did that too.

We went to Iona, and then we saw Sea Eagles. And Golden Eagles. And other birds too numerous to mention. And I had a run on the tourist tracks through a forest – then tried my own routes. Which took rather longer.

And all the while I was calling the Highland Games number. A bit complicated – mobiles didn't work where we were. One day I drove 16 miles just to hear the lady.

So I guess I shouldn't have been surprised that the rellies thought it might be a really significant race. And eventually I did get through – on the Friday. To hear that the race started at 3 p.m. – good – plenty of time to get there then. And she wasn't sure how long it was – maybe 5 miles? And how much of a climb? 'Oh I don't know, perhaps up from 300 feet to 1000 feet'. So I thanked her, and the next day I had my pre race breakfast, muesli and toast. And then more toast for my elevenses. And when it got to 10 a.m. I said my good byes and thank yous and set off. And I got to Aberfeldy at 1.30 p.m. I'd had my hair cut on the way – that took a while.

It's not a big town and it advertises itself as Scotland's first Fair Trade town. So I soon found the Games ground, and then I found the car park and paid the Boy Scouts £1. And by now I hadn't much more than an hour to spare so I

hurried to the entrance and paid for my ticket. And asked whether that included the race entry. The lady thought for a bit and concluded it most likely did. Where to register? I should go to the secretary's tent on the far side of the ground.

That took me past the cows and through all the horses, and I found the secretary, in his shed. Certainly, I could still enter the race. I just needed to speak to the fellow with the microphone.

I wasn't too sure about this, not liking to interrupt the flow of information (imagine getting through to the announcer at Burnsall) and hesitant about crossing the ropes and walking to the middle of the ring, but there you go. Through the rope. To the centre, ask the man; and I was given a blank sheet of paper. To write my name on. And anything else I thought they might like to know about me. So I wrote down my club, my address, and my vet category. And was told that was it. No mention of a race number. Yes – they would start at about 3 o'clock, right there in the ring, there was plenty of time 'That's more than an hour off, it'll nearly be tomorrow'. Banks of portable toilets, so that's O.K., then back to the car park and get changed. A bit of a run round the car park. Back to the ground. Back to the toilets. Almost three o'clock – best get to the start.

Back into the ring. A dozen men, one woman, me. 'We'll give you the briefing in a minute'. Pipers still playing, people dancing, hammers being thrown. Why do they go the right way, away from the crowd? How much is their insurance? When I comment that this is a small field for a fell race, the reply is 'This is pretty good, some years there are only six'. Then another chap appears. And a round stone about 3 feet across. We move out of the way – he picks up the stone, carries it about 60 feet before he leaves go. And returns with his feet intact. Then he lines up to join us for the race.

At last we're off. One circuit of the ground, the spectators applauding all the way. Out onto the road, over the river, overtake one (the stone carrier), up the wood, overtake another, along a wall, out into the open and through several fields to the accompaniment of stampeding fence breaking cows, down a track, through the golf course, lose a place, back over the bridge and onto the ground. Another circuit, desperately trying to catch up again, further sustained applause, but no success. And they record your time, then ask your name & write it down. Approximately, in my case.

And I wasn't last – winner 28 mins 28 sec, 2<sup>nd</sup> 31 something, me 39 minutes 57 seconds. I was really pleased. But no prizes, and no points.

While we'd been away, lots more people had carried the stone. Many of them a lot further. I did consider it. But no more.

And – no, it isn't such a very popular race.

**“The old order changeth, yielding place to new ... and you’ll remember with advantage  
what deeds you did this day!”  
(Tennyson, Shakespeare, Rod)**

**THE SPECTACULAR GREAT LANGDALE MARATHON  
& ½ MARATHON ROAD RACES**

Heart of the Lakes

**Sunday 4th September 2005**



**LANGDALE**

Start times: Marathon - 11.00am ½ Marathon - 11.15am

**New Venue**

*Both races will start and finish near the Sticklebarn Tavern / New Dungeon Ghyll Hotel, Great Langdale near Ambleside. There will be FREE off road parking near the start/finish area and changing marquee. Hot and cold food available. There will be a commemorative medal, a certificate AND t-shirts for finishers in the Marathon, and a certificate and t-shirts for the half marathon finishers. Results service, Mile markers, drink stations and the St John Ambulance service and sweep vehicle !*

**Entry Fee: Marathon - £13.00, ½ Marathon - £10.00  
(Unattached runners plus £2.00)**

*There is a RACE LIMIT of 500 entrants*

Generous Prize List  
\*UK Athletics Permit Applied for\*

**The closing date is:**

Thursday 31st August 2005

**NO LATE ENTRIES OR ON THE DAY**

Join an Elite Band of Brothers and Sisters and become part of Lakeland Folklore!



Please cut along the dotted line (I don't need the top bit!).



**ENTRY FORM**

(Please use BLOCK CAPITALS)

Marathon  (tick)

½ Marathon  (tick)

Surname..... Christian name.....

Address.....

.....

Telephone Number..... Club.....

Age on Race Day..... Sex M / F

D.O.B..... N of E Reg No.....

Cheques are to be made payable to **LANGDALE MARATHON**. Please send a **LARGE S.A.E.** to receive your race number before the day. Race numbers and more details will be sent nearer the date.

**PLEASE SEND YOUR COMPLETED ENTRY FORM TO: - Rod Berry, Far End, Endmoor, Kendal, Cumbria, LA8 0EW. Tel: 015395 61798\* Please book accommodation very early, it's going to be 'chocker'! \* those who know how my dad can talk, please think before you phone! Maria Berry.**

**I take part in the event at my own risk and will not hold the organisers responsible for any loss, injury or sickness arising from my taking part, and in the unlikely event of the race not taking place, the organisers may not refund all or part of my entry fee & will do everything to ensure the safety of myself & other road users during the race**

**SIGNED..... DATE .....**

# Comrades Ultra, 89km (56mile), South Africa

Thursday 16<sup>th</sup> June 2005 – Youth Day

It is said that the Comrades race is a journey that will change your life. I think this is true. The organisers promote the race as 'The Ultimate Human Race'. This is also likely to be true. What is for certain is that the race was 80 years old this year, and it is the oldest ultra run in the world – a real classic.

Imagine being at the end of the race, in a large stadium waiting for the runners to come in. I had finished just under 3 hours ago. The atmosphere is electric. Everyone is standing, everyone is cheering, everyone is clapping. There are 60 seconds before the final cut-off time. A chap is staggering towards the finish line. He'll easily make it, but we all cheer him along just in case. Then on the opposite side a lady enters the stadium. She also is struggling. She's got 30 seconds now. She only has to go 50 metres. She can barely stand. She staggers forward. She's got 20 seconds now. She can make it. The crowd are all shouting. The noise is deafening. She's got to make it. She's got 10 seconds now. She's not going to make it. My eyes are swelling up. I try to shout encouragement but you try to shout and cry at the same time.

The whistle blows. She collapses a few metres in front of the finish line. The paramedics are there helping. She goes home with nothing - absolutely nothing. She has been on her feet for 12 hours, covering 89km. How cruel can that be ? There were still people entering the stadium - all too late. I was so sad. Even now I swell up with the images of this day. Yet they all seem to shrug it off saying they will try harder next time. At least they got to the finish – thousands don't.

A couple of hours earlier a man falls in front of our eyes – again just metres from the finish line. Other runners nearby grab him – one at each leg/arm. The man isn't light. They struggle. They can hardly walk themselves. They have also been on their feet for almost 10 hours. They too have completed 89km. One of the runners drops a leg. The whole party collapses. They pick man up again. They are metres from the finish line. They drop him again. Other runners join in. Everyone is completely knackered, but they make sure that the man gets across the line before the 10 hour time. This is what The Comrades is about.

The race is run between Pietermaritzburg and Durban. Consider it a mountain road that leads down to the sea. Each year they change the direction. This year was known as the 'downhill run', although believe me there are plenty of uphill sections, and the downhill sections send a jarring pain up your legs. To cap it all the downhill run is some 2.5km longer to compensate for the 'ease of it all'. Some believe the 'uphill run' is better – I can relate to this.

It was a difficult race to pace. I completed the race within 9 hours 31 minutes (finish position of 3926 out of approx. 13000). The distance is so far that conservation of energy is the key. The first half should be done as slow as possible – even then you're probably going too fast. My half way time was 4 hours 20 minutes which was too fast, in hindsight.

Two thirds in to the race, I was walking uphill and running the downhill/flat sections. Towards the end I was walking the uphill, and alternating running and walking on the downhill/flat sections.

I was so knackered to the end I didn't know whether I would have enough energy to run around the stadium track at the end. 1km from the finish I decided to walk just to make sure. Had I not been there I would find this hard to believe: 5 minutes from the finish and I'm walking. I wasn't the only one. Indeed I seemed to pass loads of people quite happy to walk to the finish some 10 miles from the finish.

Weather wise, I understand the conditions were the best for several years. The sun was out providing a temperature of about 18°C, but there was a slight breeze. To avoid the full effects of the midday sun the race starts in the dark. Thankfully I was able to wear my black bin liner for the first 15 or so miles until the sun came up. It gets cold at night – this is their winter.

It is said that every South African should do the comrades run at least once. I can understand why. One section I teamed up with another lad. I couldn't speak his language He couldn't speak mine. We both pushed each other along, one lamp post to another. Without question this is the hardest race I've completed – but the comradeship was on every hill, around every corner, right next to you.

On reflection I realise that 'The Ultimate Human Race' is a play on words. Initially I thought it was the ultimate race you could run, now I think, they mean the race that unites the human race – the ultimate comrade.

What about the journey ? I think you need to go to South Africa and meet the comrades for this, but I know my journey has only just started.

*Rhys Watkins*

A pleasant, but tough, end of season fell race over woodland paths, moors and rough fell

# GOOD SHEPHERD CLASSIC FELL RACE

15 miles 2000ft

Saturday 24<sup>th</sup> September 2005  
For route details see below

10.30 am at Good Shepherd Centre, Mytholmroyd GR 013258

**Registration from 9 am** at Good Shepherd Centre  
Bar, Toilets and Changing facilities available ( no showers)  
There is some parking at the Centre  
but overflow parking is usually available nearby at Mytholmroyd Community Centre

Please send the entry form below to  
**Kay Pierce**  
2 The Brook, Mytholmroyd, HX7 5 ED  
along with £5 entry fee or entry on day

*All proceeds after expenses will go to Rainbow House in North East Poland which is an orphanage for children with severe disabilities.*

Refreshments are available



## ENTRY FORM

Full Name: \_\_\_\_\_  
Age: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Post Code: \_\_\_\_\_  
Car Reg. No\_: \_\_\_\_\_  
Phone No\_: \_\_\_\_\_  
Club: \_\_\_\_\_

Category (please tick as appropriate)

Male: V40  V50  V60  V70

Female: LV40  LV50

I understand that this race is held in accordance with the FRA Rules and Safety requirements of the FRA. I am aware the organiser's information and requirements in connection with this race. I accept the hazards involved in fell Running and acknowledge that I am entering and running this race at my own risk. Other than the organiser's liability for causing death or personal injury by negligence I confirm that I understand the organiser accepts no liability to me for any loss or damage of any nature to myself or my property arising out of my participation in this race.

Signed.....

Date.....

# Duddon Revisited

It may seem slightly illogical to choose the Duddon Valley fell race as my first GP race of 2005. At 20 miles with 6,000 feet of climb, it does require a certain commitment, but it has many desirable features – it's in the Lake District, it follows a superb, totally logical route, it ends at a pub, and it represents great value for money. I had done it before, about 3 years earlier, and enjoyed it immensely. On that occasion the sun shone and sunburn was the main problem I encountered – apart from the usual one of getting up and down the hills.

It also fitted well into my calendar; the LAMM followed two weeks after, then a trek along the Corsican GR20 two weeks after that. It was time to test out my fitness, which had been generally deficient for most of the year.

The weekend started off well. John and Cath had booked some places in the Rucksack club hut at High Moss, situated in an idyllic spot, just a mile from the Event Centre in Seathwaite. Cath also promised a communal meal on the Friday night, an excellent incentive for arriving early. So that evening ten Harriers with 3 children sat down to a fine feast; much carbo-loading and suitably moderate (for Tod) drinking took place. It was a beautiful evening, warm sunshine, and we all looked forward to a fine day on the hills.

It was not to be. During the night the weather changed, the rain came, and the wind blew. The mist in the morning had descended to the valley floor. T-shirts were discarded, thermals and waterproofs pulled out.

A decision to drive to the car park at the start was unanimous. The rain had eased off as we entered the crowded village hall, for registration. The officials had been surprised by the size of the entry, and had run out of forms, and electronic dibbers.

We eventually started fifteen minutes late. I was still without dibber (“just shout out your number, lad”). The first couple of miles was flagged, a gentle climb through the forest. I had a plan to take this bit slow and easy. I was certainly slow, but I didn't find it easy. At the fell gate, before the steep climb up Harter Fell, most of the field had disappeared into the mist. From this point on there are no flags, but there is a good path up to the summit. Mandy and Sue were just in front, and we all ended up at the summit checkpoint together.

We all three stayed together for the next leg, down to Hardknott Pass, and up to Hardknott summit, the second checkpoint. The descent from the summit is a bit tricky, especially as the visibility was about ten yards. Mandy and I picked a route, and Sue agreed. It was about right, but as we dropped into Mosedale, below the mist, most runners were disappearing up the other side. There were not too many behind us.

Mosedale beck was in good spate, and combined tactics were prudent to cross it. The rain was getting heavier, and colder. Before the summit of Little Stand I stopped to put on my gacoule. Mandy and Sue disappeared into the mist – I was on my own now, relying on memory, the advice of John Crummatt the night before, and map and compass to find my way around.

From the summit of Little Stand the best route heads for a waterfall, which I homed in on by sound, then follows a fine trod all the way to the Three Shires Stone.

The rain had eased, and this was the pleasantest section of the race.

Cath was waiting at Three Shires, with food and drink, and encouragement. What a welcome sight! Mandy and Sue were about five minutes ahead. I had actually got ahead of several runners, but only because they had got lost.

It was homeward bound then, on more familiar territory, and I felt in good spirits after the refreshment. The slog up to Swirl How is the last tough climb, and does go on a bit, with several false summits emerging from the mist – especially if you go over the Carrs, as I did. Towards the top the wind became fiercer, and the rain came down harder. It was cold, and hard to believe it was June. The marshals at the top were having a really miserable time.

The route from Swirl How to Dow Crag is usually straightforward but high and exposed. Today it was a pretty dreadful leg, buffeted by the wind and driving rain. I joined up with two other vets for the climb from Goats Hause up to Dow. We were probably bringing up the rear by then, and it seemed sensible to stick together, and pool resources, so to speak.

I chose a good route through the rocks from Dow, and the others followed. Crossing the Walna Scar road, I was confident we were going to finish. The penultimate checkpoint on White Pike appeared soon after.

One of our trio knew the route off White Pike, which needs prior knowledge to avoid the quarry. He also seemed confident he knew the route to Caw, our last checkpoint. However after a short while it became obvious we were off route. We both knew there was a wall to follow, but no wall had appeared. It was time to put aside memory, and pull out the map. I decided on a safe bearing to hit the wall directly, and it soon loomed out of the mist. We were back on course, with only a few minutes lost, unlike Richard L, who lost half an hour on this leg.

Caw is a stiff climb to end with, and we were past the cut-off. No time to dawdle about. The (amazingly) cheerful couple at the summit were a very welcome sight. They were probably pleased as they could go home then.

The final descent to the stile over the fell wall is not straightforward. We decided on a gully a short way back from the summit, which had been well trodden. It gave a good route down, and one of our trio shot off ahead. However, with the stile in sight, he inexplicably veered off course, and I reached the stile ahead of him, so managed to finish third from last.

On a good day, the finish field behind the Newfield Inn is a delightful place to take refreshment, but today the bar was more attractive.

In the evening Cath again provided a great feast, but this time the drinking was more serious, and carried on at the pub until late. What an excellent weekend.

# WASDALE FELL RACE

Its January 2004, its cold, damp and after a lot of persuasion I'm stood in the Masons car park awaiting my first pack run. Having run only a little by myself before this is a daunting night. After running for what seems like an eternity I begin chatting to another new runner Mark Goldie, and we both come to a similar decision that to run at the pack runs and maybe a few local races would do us and to get any better was not an issue. B\*ll\*\*cks!! It didn't take too long to be bitten by the bug.

Several months later after lots of talk at the pack runs of getting as many club members at the English championships, I started the task of sending off my pre-entries to the various races, really just to see what it was all about. Enter first, think later, not a smart move I thought as I got confirmation of my entry into the Wasdale fell race.

As never having been to Wasdale before it was a bit of a shock to see the "hills" that surrounded the valley, which was probably the most scenic area I have ever seen before.

After a couple of nights of restless sleep under canvas (mainly due to Sharons digestive gases) and about 10lbs of porridge I find myself walking up to start line.

I start to run through the list in my mind, drink, have I got enough?  
Food, is it the right type?  
Will I be too warm with my underwear on?  
My mind starts to wander.

We are at last ready to go and the reality of it all begins to set in, it must be 25 degrees and I am about to attempt 21 miles and 9000 feet, maybe I should hide in the nearby ferns and say I missed the start! Too late we are off and I'm dragged off up the path by 250 other runners. Having been known to set off a little quick in some fell races I purposely set off very steady with only completion on my mind. The first climb up to Illgill is steep enough and this is only the beginning. As I reach the summit I get a chance to have a quick look around, what spectacular views of the race route greet me and worry me!

The first checkpoint comes up and then a descent into Greendale, which I find surprisingly hard at such an early stage in the race. The run through Greendale is relatively flat and shaded as we run under trees, a nice break from the sun. Even better was the drinks station at the foot of the climb to

Seatallan, where I catch my first sight of the great Joss Naylor, very inspiring.

The ascent to Seatallan begins on a well-walked path but soon changes to wet boggy grass, which is a slight relief for my hot feet. Soon this climb is over and there is now a little downhill and level running and plenty of streams where I drink and soak my hat.

Then the climb up to Pillar where somewhere around here I take an unnecessary climb, which I was warned about before the start, the only consolation is that I am not the only one as several runners follow me, to whom I am very apologetic too. We drop down too Blacksail now and my disgruntled followers decide it better to chance their own luck and vanish into the distance, a wise move.

A slight shudder as I see Kirkfell but soon realise that we are contouring around it via a much welcoming stream. As we round Kirkfell the imposing mound of Gable comes into sight, I know we are not contouring this one. At its base I take a quick glimpse upwards, it seems from here like a nearly vertical wall of shale and rock, surely even goats would struggle on this!!

After what seems like an age I reach the summit and the final paths can be seen so spirits lifted I head off down to Styhead pass where I meet welcoming faces but not welcoming comments about having only one more climb to do but it is only the highest mountain in England! Phil Hodgson does not get my vote as club morale officer!

The next path is easy underfoot but long and here I start to feel surprisingly refreshed and start to pass a few people on my way up to the summit of Scafell. From here I feel like I have a new pair of legs until I reach the final descent at Lingmell where I instantly find out what a steep descent can do to you at this stage in a race, I must have looked like I'd had 10 pints coming down this part, but as it levelled out I began to regain control of my legs.

Crossing the finish line was a feeling to remember, and I don't think I came down to earth for a few days. It puzzles me as to how something so demanding can be so rewarding, it is probably why I have become so addicted to the sport.

Next year I hope to be stood on the start line again and hopefully there will be more Toddies stood there to experience what I did at the finish line (no not Jon Wright throwing up)

Shaun Godsman



THIS IS RUMOURED TO BE NEARLY FULL OR EVEN FULL IF YOU WANT TO ENTER GET  
THIS OFF ASAP

ENTRY FORM

LANGDALE HORSESHOE FELL RACE

SATURDAY 8<sup>th</sup> OCTOBER 2005

STARTS – 11:00 am – 14m 4000ft

FROM THE OLD DUNGEON GHYLL HOTEL, GREAT LANGDALE.

£5 (CHEQUES PAYABLE TO "AMBLESIDE A.C.") TO JONATHAN FISH, NUTTALL HOUSE, 79 MAIN ST,  
WARTON, CARNFORTH, LA5 9PJ BY 1st OCTOBER - NO LATE ENTRIES - NO ENTRY ON DAY

LIMITED TO 400 RUNNERS - SAFETY PINS NOT PROVIDED

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\*\*\*\*\* LANGDALE HORSESHOE FELL RACE - ENTRY FORM \*\*\*\*\* RACE NUMBER \_\_\_\_\_

FULL NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

PHONE NUMBER \_\_\_\_\_ VEHICLE REG \_\_\_\_\_

CLUB \_\_\_\_\_

CATEGORY (tick as appropriate)

Male \_\_\_\_\_ Junior \_\_\_\_\_ Intermediate \_\_\_\_\_ V40 \_\_\_\_\_ V45 \_\_\_\_\_ V50 \_\_\_\_\_ V60 \_\_\_\_\_ V70 \_\_\_\_\_

Female \_\_\_\_\_ Junior \_\_\_\_\_ Intermediate \_\_\_\_\_ LV40 \_\_\_\_\_ LV45 \_\_\_\_\_ LV50 \_\_\_\_\_ LV60 \_\_\_\_\_

I understand that this race is held in accordance with the rules and safety requirements of the FRA. I am aware of the organiser's information and stipulations and I accept that any injury occurring to me during the course of the race is in no way the responsibility of the race organiser. I am over 18 years of age.

SIGNED \_\_\_\_\_  
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