

CHAMPIONSHIP RACES FOR 2006

FELL

SHORT

ILKLEY MOOR	Sun 26 Feb
LIVER HILL FELL RACE	Tues 28 Mar
HADES HILL	Thurs 7 Sep
THIEVELEY PIKE	Sat 23 Sept
Eng Champ	

MEDIUM

½ TOUR PENDLE	Sat 11 Mar
ANIVERSARY WALTZ	Sat 22 Apr
Eng Champ	
LORDSTONE	Sun 21 May
Eng Champ	
COINERS	Tues 20 Jun

LONG

ENNERDALE	Sat 10 Jun
Eng Champ	
HOLME MOSS	Sun 16 Jul
SEDBURGH	Sun 20 Aug
Eng Champ	
TOUR PENDLE	Sat 18 Nov

ROAD

SHORT

HELEN WINDSOR 10K	Weds 5 Jul	
RADCLIFFE 6.5	Sun 6 Aug	Trail
ANDY O'SULIVAN	14 or 15 Aug	Trail
ACCRINGTON 10K	Sun 29 Oct	

MEDIUM

LYTHAM ST ANNES 10	Sun 5 Mar	
BLUEBELL TRAIL	Sun 7 May	Trail
STAINLAND 7	Sun 3 Sept	
BURNLEY FS7	Sun 8 Oct	T.B.C

LONG

LIVERSEDGE 1/2M	Sun 12 Feb
OLDHAM 1/2 M	Sun 2 April
HENDON BROOK	Sun 18 Jun

STILL NEEDED ONE ROAD/TRAIL LONG

Ilkley Moor Fell Race

Sun 26th Feb

11.30 am 5m/1260'

from Wells Road, Ilkley

GR 115470

£3 Entry on the day only

The Ilkley Moor fell race is presented by Ilkley Harriers each year, normally in February.

Though only 5 miles (the race has previously been advertised as 4.5 miles, but vigorous feedback has persuaded us to remeasure it), it has a demanding course across rough terrain with steep climbs and ascents - it is a **FRA** Category A fell race.

The course starts on a good track just off Wells Road, rising steadily to pass The Tarn. After this, the path narrows and crosses Backstone Beck near the road, then passes up between the Cow and Calf to a wide level path.

A steep climb up to the Pancake Stone is followed by a level stretch back to Backstone Beck, where all that precious height is lost as you plunge downhill on a rough narrow path to the footbridge.

Then you haul yourself right back up the hill on the other side of the beck, before swooping down the Rocky Valley on a stony path.

A stiff climb up the side of the Valley to a large cairn is followed by a long stretch along the skyline above Ilkley on rough terrain.

Through Barmishaw Hole, then turn left (South) for the steady haul (hope the wind isn't against you!) up to the Badger Stone, then right (East) across rough terrain and small paths to the Keighley Gate road.

Leave the road almost immediately after joining it, to plunge down Weary Hill on a good path rejoining the road briefly on the bend before crossing Spicey Gill.

An easy climb on the path through the bracken is followed by a fast traverse, before the final giddy plunge down to the finish!

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HALF TOUR OF PENDLE

CLOSING date 4TH March

Entry form attached

LIVER HILL FELL RACE

TUES MARCH 7TH 5m/800'

7pm Marl Pitts Sports Centre

Rossendale

Entry free No prizes

Anniversary Waltz 11.75m/3600'

Sat April 22nd 11:30 am at Stair Village Hall

Entry is on official form only. With this issue

Enter ASAP as this will fill up

£5 Entry. This includes excellent hot food at the finish. Cheques to be made payable to "W Cliff". Steve and Wynn Cliff, Paddock View, Frolesworth Road, Leire, Leicestershire, LE17 5HJ

This is an extremely exposed route early in the season. On this basis a full kit check will be done at registration, and spot checks at the finish for:

Full waterproof body cover

Map, Compass and Whistle

The route covers the Newlands Valley Horseshoe. The first and final sections of the course will be taped and in addition there will be a number of manned checkpoints as follows:

Start : Stair Village Hall GR 237212

Robinson: GR 202169

Hindscarth: GR 216165

Dale Head: GR 223154

High Spy: GR 234163

Catbells: GR 245199

Finish: Stair Village Hall GR 237212

Results

Liversedge Half Marathon

	Time	Adj Time	GP Points	Road pts
Alex Whittom	82.38	82.38	89.3	89.3
Mark Goldie	86.02	86.02	85.8	85.8
Mel Blackhurst	99.32	85.44	86.1	74.1
Richard O'sullivan	104.59	99.04	74.5	70.3
Stuart Boulton	108.01	99.39	74.0	68.3
Nigel Hanson	110.09	100.04	73.7	67.0
Mel Siddall	112.31	93.28	78.9	65.5
Mel Nichols	116.40	105.26	70.	63.2