

Grand Prix news – several dates changed!!

Half way through the year already, and half way through the Grand Prix as well. The competition is hotting up, but there's still time to qualify, even if you haven't yet done a single GP race this year.

First important bit of news is that several GP race dates have changed. The Radcliffe 6.5 trail has now been replaced by the Radcliffe 5 trail, which is now on Thursday August 10th (application form in this Torrier). Thieveley Pike fell race is now on Sep 30th, not Sep 23rd as was originally announced. And the Stainland 7 has also apparently changed its date, though the new date is not yet up on Stainland Lions' website.

What's coming up next? If you fancy a short road race, your opportunity comes next Wednesday, when Halifax Harriers are running their Helen Windsor 10K at 7.30pm. This starts at the Greetland sports club in Rochdale Road, Greetland. There's an application form at the back of this Torrier with a closing date of – er – June 28th, the day this Torrier comes back from the printers. Whoops.

The next fell race is on Sunday July 16th and it's the well-known local(ish) Holme Moss organised by Holmfirth Harriers. This has featured in our GP in the past, and if you're looking forward to getting in a long fell race without having to slog over the Lakeland fells, just be warned that this can be tougher than you might think, particularly if the weather is hot. The race is 16 miles with 4000 feet of climbing and covers the moorland near Black Hill, Holme Moss and Crowden. A map of the route is on holmfirthisharriers.com/INFHolmeMoss.htm.

Here's some more information from the organisers:

Registration, the Race Start and the Race Finish are all near the parking area on the east side of Brownhill Reservoir (115056) about 2 ½ miles south west of Holmfirth and ¾ mile off the A6024 Holme Moss/Woodhead road towards Yateholme.

- From the Start (on the road near the car park) take a walled track up past Registration and the side of Ridings Wood and Crossleys Plantation to Check Point 1 (131046). A short track then leads onto open moorland. The course then descends steeply to the bottom of Ramsden Clough, crosses the stream which feeds Ridings Wood Reservoir and climbs Twizle Head Moss. The 'edge' path leads to the parking area on the A6024 at Holme Moss. A short way along the road to the left is a drinks station (096036). Please note that the course between Check Point 1 and Holme Moss passes over private land. This section will be well flagged and runners MUST follow the marked course and are asked NOT to train over this section prior to the Race.
- Leaving the drinks station, drop directly down to Heyden Clough, cross the stream and climb to the top of Tooleyshaw Moor to Check Point 2 (085031). The course now follows a path over White Low, West End Moss and Hey Moss and down to the drinks station and Check Point 3 at Crowden (071996).
- From Crowden take a track up the valley to the right of Crowden Brook. Cross the footbridge and climb slowly looking for the flagged path to the right. Follow the flagged path which ascends steeply to the top of Bareholme Moss and Check Point 4 (067013).
- Descend steeply to Crowden Great Brook and take the steep climb to the top of Laddow Rocks and Check Point 5 (056014). Turn North and follow the Pennine Way to the Trig Point and Check Point 6 at Black Hill (078047).
- From Black Hill the course passes Heyden Head back to the parking area at Holme Moss and the last Check Point (7) (098038). Now on the final leg, climb over the fence and descend the moor to the track in Holme Woods. Follow the track to the Finish.

By the way, there's £150 to be won if you can come in in a time under two hours. The current record is 2:00:05 set by Ian Holmes in 1996. (More importantly, you'd also get lots of GP points if you could pull this off...)

To enter, use the standard FRA entry form, and send it with £4 payable to Holmfirth Harriers to Russell Bangham, 11 Hill House, Cartworth Moor, Holmfirth, Huddersfield, HD9 2RL (£4.50 on the day).

The Radcliffe 5 trail race on Thursday evening August 10th starts at 7.15pm from the Mason Arms, Sion St, Radcliffe. There is a limit of only 200 for this race – so get your application form in now!

The Sedbergh Hills race on August 20th is the next English championship. No pre-entry. £5 on day.

Walshes

As most of you are aware George Barrow can obtain, for members, Walsh fell shoes at significantly reduced prices. He normally carries a small stock of 'Trainers' and has these with him when attending any pack run. He can also obtain other types such as Boots, Racers, Raids and Ultras, on a sale or return basis. He currently has the following which will be returned to Walsh shortly if no one is interested in them.

PB Boot Size 11, Racers Size 9 & 10.5, Raid Size 8.5 & 9

Anyone interested in any of the above should contact George on drgeorgebarrow@btinternet.com or by phone on 01706 229758. All the shoes are priced at £35, except the Boots which are £40.