

Get those GP application forms in!

We've three Grand Prix entry forms with this month's Torrier. First of all, there's the form for the **Bluebell 10** multi-terrain race on Sunday May 7th, organised by Stainland Lions road runners and now in its third year. The Bluebell 10 was in our GP two years ago, and got a strong thumbs up from everyone who ran it. There's a unique river crossing of the Calder to look forward to near the finish.

Two weeks later, on Sunday May 21st, it'll be time to head off to the North York Moors for the **Lordstones/Wainstones fell race**. This is an 8 mile fell race with over 2000 feet of climbing in an area which may not be so familiar to many of us. Because it's an English championship you'll need to get your form in very good time.

Here's some more information about the race from the organisers:

The route starts at the Pybus Scout complex (GR 543039) near Great Broughton, Stokesley. The first section proceeds south along a landrover track towards Kirby Bank. After 500m it bears SE to cross a small re-entrant above the scars. At 544033 the course swings in a westerly direction to CP1 which will be a 'bucket-drop' just to the North of Drake Howe on the main footpath at 538032.

The route now proceeds to the viewpoint at 536033. You will now follow a descent on that dreadful, newly laid, rock path then along a grassy wide track to the road crossing at 523030. CP2 is at the cairn 519026. The route now heads south to the east of the glider station and down to CP3 at Brian's Pond 522007.

You now descend through Barker's Crags to Scugdale Hall (CP4 Ref. 518000). The route now goes east for a few hundred metres before climbing to a point at the top of the moor and south of Raisdale Mill Plantation. (532004). The course now proceeds in an easterly direction along the sunken Mill Lane before heading south across rough pasture above Crossletts Farm, at 541002. You now follow the farm road in a north-easterly direction to CP5 at Stone Intake (543004.)

You must now follow the footpath across the Bull's field until you are on moorland above pasture areas. approx. 546005.

The route now crosses Cold Moor via Three Howes, to CP6 which is at the point where you begin to descend towards the Wainstones climb. (552030.) CP7 is at the top of The Wainstones 560037. This precedes the second 'bucket-drop' of the day at CP8 which is directly north of Hasty Bank Farm at ref. 567030. From here there is a choice of routes to CP9 at the style (571033), above the steps from Clay Bank Car Park.

The route now follows the southern edge of Broughton Plantation, which is a very wide track above Broughton Bank following a general westerly direction to CP10 at the wood corner 546035. After crossing the beck you then continue in a westerly direction for about 200m before descending on the path where you originally ascended.

Finally, you'll find the entry form for the Cumberland Fell Runners Association, which you should use for your entry for the **Ennerdale** fell race on Saturday June 10th. What can we say about the Ennerdale? It's a classic long Lakeland fell race, which almost disappeared from the race calendar three years ago when lack of support meant the race didn't happen. But Ennerdale has bounced back, and this year is in the English championship – which means that it will fill up very soon. You have been warned. If you want an idea of what to expect from this gruelling but rewarding 23-miler (7500 feet of climbing) have a chat on a Weds pack run to some of the club members who've run it before.

(If you decide that Ennerdale is one for another year, Andrew Bibby says that he will be looking for marshals and runners for the Carnival race, a new club race (Hebden to the Pike and back) on the same day linked to HB Carnival).