

Race Reports

Races reported recently in the local press

Ilkley Moor

Todmorden Harriers kicked off their 2006 fell racing season last Sunday with the ever-popular Ilkley Moor fell race.

Regarded by many as a classic of its genre, the race this year attracted a record turnout of 328 runners, many of whom were participating in the Yorkshire Championships for which the Ilkley Moor race is a counter in 2006.

Lining up among the crowd on a cold and blustery day were 21 entrants representing Todmorden Harriers.

With its steep climbs and rough terrain, the 5 mile course with 1260 feet of climbing has variously been described as “demanding”, “a pure fell race” and “a classic of its kind that deserves its Category A status” (Category A being the toughest class of fell race).

Threats of snow came to nothing as the runners set out to tackle the arduous muddy climb up Backstone Beck to the famous Cow and Calf rock. Several backbreaking climbs and tricky descents later, the runners were heading back downwards, some out-of-control, to the finish line at Wells Road. Chris Smale, competing for the local club, powered home in 12th place, just 4 minutes behind race winner, Ian Holmes of Bingley Harriers.

Andrew Horsfall came in next for the Harriers in 24th position, just 36 seconds and 5 places in front of team-mate Mark Goldie.

Interesting tussles took place between Dave Collins and Nick Wigmore, who were only split by 2 seconds after a thrilling race to the line, and between Peter Bowles and Derek Donohue, who finished with only 8 seconds separating them.

Noon Stone

Snow and black ice were just two of the challenges which lay ahead for runners at this year's Noon Stone fell race.

The event, notorious for being one of the toughest local races due to its 2300 feet of climbing over a distance of nine miles, as well as its tricky navigational section, has often been referred to as “a bit of a beast”.

The heavy snowfall of the previous day fortunately gave way to warm sunshine and clear blue skies, which made navigation easier but was sadly not enough to melt the ice which had formed over the preceding few weeks and which sent a good number of runners skating in all directions on some of the steeper descents.

Fears of a lower than average turnout due to both poor weather and the event clashing with several other races, including the first race of the 2006 English Championships, turned out to be unfounded as an ample field of 112 competitors arrived on the start line at noon.

There was a flurry of excitement before the race began as television cameras turned up to film the event for the evening's news and runners will no doubt have tried to show their

best side as they set off out of Mankinholes to tackle the first climb of the day.

It soon became evident that the winner would be one of the three men who broke away from the rest of the field in the early stages of the race. This leading pack tracked each other for the entire race and, when they appeared over the hill for the final slippery descent, there was hardly anything between them.

The first man down to the finish line was Richard Pattinson of Pudsey and Bramley, completing the race in a time of 75.29, followed only 14 seconds later by Chris Miller, from Harrogate, and another nine seconds after that by Ben Mounsey, representing Stainland Lions.

Unfortunately, the race only managed to attract a handful of female competitors and it was Calder Valley's Jo Smith who used local knowledge to claim the ladies' victory in a time of 90.23.

Todmorden Harriers would like to thank Andrew Horsfall and Dave Wilson for organising this year's race, the Top Brink Inn for providing the race HQ, all those who consented to the running of the race and everyone who helped out.

St Annes 10

The popular seaside road race, the St Annes 10, this year attracted a massive field of 361 runners who were hoping to enjoy a pleasant run along the coast in bright sunny conditions.

Unfortunately, however, the weather turned just as the starter's gun went off and instead competitors found themselves battling against hail and sleet for most of the 10 mile race.

The course, a flat out-and-back route organised by the Lancashire Fire and Rescue Service, followed the coastline for most of the distance and featured a tour of the famous windmill at its turning point.

Todmorden Harriers' ladies enjoyed a couple of successes in the prizegiving, with the 2nd and 3rd veteran 40 awards going to Mel Blackhurst and Mel Siddall respectively.

Carding Mill Canter

The 2006 English Fell Running Championships got underway last Saturday with the Carding Mill Canter held at Church Stretton in Shropshire.

The six race series pits fell runners from all over the country against each other for both individual and team prizes.

The elite Todmorden Harriers men fielded a powerful squad who are looking to improve on last year's 4th place national ranking.

The team who made the journey south found that the Canter is possibly one of the most demanding short races in the entire fell racing calendar, as evidenced by the winner's time of 42.33 over a course of only around four miles, incorporating several steep climbs (1800 feet of ascent) and tough descents of the stunning Long Mynd ridge.

Conditions for the race were perfect, with a little snow remaining from the previous day, but not enough to make a difference for the 232 men and 60 women who turned out to take part.

A number of exciting tussles developed between the local club members, particularly Jon Wright and Andrew Wrench, who battled to the line with only one second separating them. Alex Whitem just managed to hold off team-mate Shaun Godsman by 17 seconds, with a similar time separating Andrew Horsfall and Mark Goldie.

After the results were in, Todmorden's leading five runners, Smale, Wright, Wrench, Whitem and Godsman, were pleased to find they had achieved 4th place, a two place improvement on this stage in last year's competition.

In addition, the Harriers' veterans also placed 4th in their class with a team comprising Smale, Wrench, Horsfall and Collins.

Full Todmorden results were: 22, Chris Smale (48.04); 29, Jon Wright (48.49); 30, Andrew Wrench (48.50); 36, Alex Whitem (49.36); 37, Shaun Godsman (49.53); 62, Andrew Horsfall (51.35); 69, Mark Goldie (51.51); 123, Dave Collins (55.57).

The team are now eagerly awaiting the next race in the English Championships, the Anniversary Waltz at Newlands in Cumbria on April 22nd.

Grand Prix Results

Ilkley Moor				
27/02/06	36.37	37.39	37.5	
	Time	Adj time	GP Pts	Fell Pts
Chris Smale	40.41	38.48	96.3	91.9
Andrew Horsfall	43.01	41.24	90.3	86.9
Mark Goldie	43.37	43.37	85.7	85.7
Nick Wigmore	47.13	47.13	79.2	79.2
Dave Collins	47.15	41.39	89.7	79.1
Simon Galloway	47.44	45.57	81.3	78.3
Deon Bamford	51.23	49.00	76.3	72.7
Peter Bowles	53.26	53.26	69.9	69.9
Derek Donohue	53.34	49.09	76.0	69.8
Richard Leonard	55.45	50.39	73.8	67.0
Jane Smith	57.12	45.17	82.5	65.3
Sharon Godsman	58.01	52.26	71.3	64.4
David Wilson	59.25	52.22	71.4	62.9
Richard O'Sullivan	59.38	55.48	67.0	62.7
John Page	62.29	52.45	70.8	59.8
Stuart Boulton	63.24	57.36	64.9	58.9
Janine Wigmore	64.11	58.00	64.4	58.2
Dave O'Neill	67.18	60.33	61.7	55.5
Tina Smith	69.10	62.30	59.8	54.0
Helen Hodgkinson	72.37	65.37	56.9	51.5

St Annes 10				
5/03/06	51.13	52.57	53.4	
	Time	Adj time	GP Pts	Road Pts
Deon Bamford	68.07	65.14	80.60	77.2
Mel Blackhurst	72.11	62.10	84.6	72.9
Richard O'Sullivan	74.05	69.55	75.2	71.0
Mel Siddall	75.05	62.18	84.4	70.0
Nigel Hanson	77.48	70.41	74.4	67.6
Mel Nichols	78.17	70.45	74.3	67.2
Francis Richardson	81.11	67.44	77.6	64.8
Claire Duffield	82.50	74.51	70.3	63.5

Half Tour of Pendle				
11/03/06	1.04.07	1.07.24	1.07.25	
Andrew Wrench	1.09.55	1.07.55	97.6	94.8
Shaun Godsman	1.12.03	1.12.03	92.0	92.0
Mark Goldie	1.15.42	1.15.42	87.6	87.6
Andrew Horsfall	1.16.29	1.13.37	90.1	86.7
Simon Galloway	1.22.09	1.18.20	84.6	80.7
Ben Crowther	1.25.11	1.25.11	77.8	77.8
Derek Donohue	1.27.05	1.19.55	83.0	76.1
James Riley	1.27.23	1.27.23	75.9	75.9
Keith Parkinson	1.29.08	1.16.54	86.2	74.4
Wayne Morrison	1.37.06	1.37.06	68.3	68.3
Mel Blackhurst	1.38.52	1.25.09	77.9	67.1
Richard O'Sullivan	1.42.08	1.35.34	69.4	64.9
Alice Heath	1.44.46	1.34.41	70.0	63.3
Claire Duffield	1.44.48	1.34.42	70.0	63.3
Sharon Godsman	1.49.29	1.38.56	67.0	60.6
Dave O'Neill	1.51.13	1.40.03	66.3	59.6
Mel Siddall	1.57.31	1.36.30	68.7	56.4

GRAND PRIX TABLES 2006

2006 FELL		Ilkley Moor	Half Pendle			
1	Andrew Horsfall	V40	86.9	86.7	2	173.6
2	Mark Goldie	M	85.7	87.6	2	173.3
3	Simon Galloway	V40	78.3	80.7	2	159.0
4	Derek Donohue	V45	69.8	76.1	2	145.9
5	Richard O'Sullivan	V40	62.7	64.9	2	127.6
6	Sharon Godsman	L	64.4	60.6	2	125.0
7	David O'Neill	V45	55.5	59.6	2	115.1
8	Andrew Wrench	M		94.8	1	94.8
9	Shaun Godsman	M		92.0	1	92.0
10	Christopher Smale	V40	91.9		1	91.9
11	Nick Wigmore	M	79.2		1	79.2
12	Dave Collins	V45	79.1		1	79.1
13	Ben Crowther	M		77.8	1	77.8
14	James Riley	M		75.9	1	75.9
15	Keith Parkinson	V50		74.4	1	74.4
16	Deon Bamford	V40	72.7		1	72.7
17	Peter Bowles	M	69.9		1	69.9
18	Wayne Morrison			68.3	1	68.3
19	Melanie Blackhurst	LV35		67.1	1	67.1
20	Richard Leonard	V45	67.0		1	67.0
21	Jane Smith	LV45	65.3		1	65.3
22	Claire Duffield	L		63.3	1	63.3
23	Alice Heath	L		63.3	1	63.3
24	David Wilson	V45	62.9		1	62.9
25	John Page	V50	59.8		1	59.8
26	Stuart Boulton	V45	58.9		1	58.9
27	Janine Wigmore	L	58.2		1	58.2
28	Mel Siddall	LV40		56.4	1	56.4
29	Tina Smith	L	54.0		1	54.0
30	Helen Hodgkinson	L	51.5		1	51.5

2006 ROAD /TRAIL TABLE			Lytham St Annes 10	Liversedge 1/2 M		Total
1	Melanie Blackhurst	LV35	72.9	74.1	2	147.0
2	Richard O'Sullivan	V40	71.0	70.3	2	141.3
3	Mel Siddal	LV40	70.0	65.5	2	135.5
4	Nigel Hanson	V45	67.6	67.0	2	134.6
5	Melanie Niicholls	L	67.2	63.2	2	130.4
6	Alex Whitem	M		89.3	1	89.3
7	Mark Goldie	M		85.8	1	85.8
8	Deon Bamford	V40	77.2		1	77.2
9	Stuart Boulton	M45		70.3	1	70.3
10	Francis Richardson	V55	64.8		1	64.8
11	Claire Duffield	L	63.5		1	63.5

2006 GRAND PRIX TABLE		Ilkley Moor	Half Pendle	Lytham St Annes 10	Liversedge 1/2M	OPTIMUM POINTS	
1	Richard O'Sullivan	4	67	69.4	75.2	74.5	286.1
2	Mark Goldie	3	85.7	87.6	0	85.8	259.1
3	Melanie Blackhurst	3	0	77.9	84.6	86.1	248.6
4	Mel Siddal	3	0	68.7	84.4	78.9	232
5	Andrew Horsfall	2	90.3	90.1	0	0	180.4
6	Simon Galloway	2	81.3	84.6	0	0	165.9
7	Derek Donohue	2	76	83	0	0	159
8	Deon Bamford	2	76.3	0	80.6	0	156.9
9	Nigel Hanson	2	0	0	74.4	73.7	148.1
10	Melanie Niicholls	2	0	0	74.3	70	144.3
11	Claire Duffield	2	0	70	70.3	0	140.3
12	Stuart Boulton	2	64.9	0	0	74.5	139.4
13	Sharon Godsman	2	71.3	67	0	0	138.3
14	David O'Neill	2	61.7	66.3	0	0	128
15	Andrew Wrench	1	0	97.6	0	0	97.6
16	Christopher Smale	1	96.3	0	0	0	96.3
17	Shaun Godsman	1	0	92	0	0	92
18	Dave Collins	1	89.7	0	0	0	89.7
19	Alex Whitem	1	0	0	0	89.3	89.3
20	Keith Parkinson	1	0	86.2	0	0	86.2
21	Jane Smith	1	82.5	0	0	0	82.5
22	Nick Wigmore	1	79.2	0	0	0	79.2
23	Ben Crowther	1	0	77.8	0	0	77.8
24	Francis Richardsor	1	0	0	77.6	0	77.6
25	James Riley	1	0	75.9	0	0	75.9
26	Richard Leonard	1	73.8	0	0	0	73.8
27	David Wilson	1	71.4	0	0	0	71.4
28	John Page	1	70.8	0	0	0	70.8
29	Alice Heath	1	0	70	0	0	70
30	Peter Bowles	1	69.9	0	0	0	69.9
31	Wayne Morrison	1	0	68.3	0	0	68.3
32	Janine Wigmore	1	64.4	0	0	0	64.4
33	Tina Smith	1	59.8	0	0	0	59.8
34	Helen Hodgkinson	1	56.9	0	0	0	56.9

Race reports.... Race reports... Race reports... Race reports...

10 THINGS YOU OUGHT TO KNOW ABOUT THE LYTHAM ST ANNES ULTRAFIT 10 (or that I wish I had known before Sunday!)

- 1.The start and finish (despite what the entry form says) are not at the fire station but a good 10 minutes walk across the to a car park by the sea front!!.
- 2.The fire station is not on the main promenade road -as advised by no less than 4 locals-but set back in a quiet street surrounded by houses!! I am sure this helps keep the numbers actually registering down.
- 3.When you collect your number you receive your race "MEMENTO" without so much as running round the room!! Yes, that's a first your goody bag at the start!!.
- 4.My "memento" bag contained a variety of delights which kept the boys happy all the way home-snickers bar, caramel finger,banana,2 small cartons of milk and the " piece de resistance" 2 aniseed Fishermen's friends. Any takers (the chocolate did not get as far as Burnley!!)
- 5.The start reminded me of the start of the Calderdale relay, dodging posts and bollards. The start involves running round a small carpark between bollards, which get squashed in the rush.! What's the point.
- 6.The race is pancake flat-I found this very dull and got quite excited when there was one slight rise of perhaps 10 feet as we turned on to the sea front from the Lake.
- 7.Some members of the club could argue that it was a multi terrain event-we ran on sand, mud and a few grassy slopes-my legs really appreciated the change, even if only short lived, from the concrete!.
- 8.Liquid refreshment is limited to one small cup of water at 5 miles! We were expressly asked to abandon the cups there and not throw them at the sea wall!(The sea was as usual keeping a distant profile.)
- 9.The course is fairly traffic free-some small stretches of main road only-but there were certainly plenty of dogs/pushchairs/old people to avoid. I was not sure whether to laugh or cry when an elderly man in an electric buggy offered to pace me!! The locals were certainly all out last Sunday afternoon!!.
- 10.The weather was not kind-very windy and a sleet/hailstorm about half way round did not do much to lift spirits!! A mass of purple legs!!

Still on a positive note all the Toddlies who did the race seemed pleased with their performance. I am now waiting to see if I receive any takers for my Fishermen's friends. - Mel

(ED: Sounds like some toilet points earned here, Mel)

Madness on the Moor!

Can you remember your first time? Well Ilkley Moor Fell race on Sunday 26 February 2006 was mine! Having plucked up the courage to join a running club

back in December my next big step was to complete a fell race. Ilkley Moor I thought. Nice location, not too far from home, 5 miles, just the one for me. I proudly put on my Harriers vest and arrived at the registration area to see the friendly face of Helen Hodgkinson who advised me on such matters at how many layers to wear. Everything was going well until I met my old science teacher at the start line who said "Hello Tina, I didn't know you were into fell running." To which I quickly replied "I'm not! This is my first race". The response was one of sheer amazement and he relied "Oh! You've picked a right one here to start on!".

Panic soon went as we set off on a very narrow starting path where you could hardly manage to walk never mind run. After a steep climb to the Cow and Calf and then up again to the Pancake stone, descending steeply to the footbridge and then rising again on the far side of the beck I decided that I must be mad! I completed the course in 69minutes, really pleased with my first attempt at fell running. It was also confirmed to me that I had picked the best club to run for as the friendly faces of Jane, Stuart, Sharon and others were at the finish line cheering me on. Roll on the next fell!

Tina Smith

**TORRIER DEADLINE
WEDS APRIL 5th**

Keep those articles coming in.

**And remember that your super
soaraway Torrier now accepts
photos too...**

**Email to mandy@todharriers.co.uk or
andrew@andrewbibby.com**

What's coming up soon!



Tod Harriers school photo at Beefy's Nab in last year's GP.

Fell races

Saturday 25th March

Midgeley Moor Race. AS. 5m/1250'

11am from Booth Cricket Club, Booth, Halifax.

£3.50 on day only

Partly navigational race, mainly on heather moorland, on and off paths. Full body cover, map and compass required.

Saturday 1st April

Pendle Fell Race. AS. 4.5m/1500'

2pm from Barley Village Hall, Barley, nr Burnley.

£3 on day only

Tough, steep climb to top of hill, be prepared to get your finger nails dirty! Pleasant descent to valley bottom.

Saturday 8th April

Flower Scar. AS. 4m/1400'

11am from the Hare & Hounds pub, Burnley

Road, Tod £3 on day only

Tod Harriers event. See elsewhere in this issue for further details and marshalling opportunities!!!

Road races

Sunday 19th March South Leeds 5 mile race. 10.30am.

Wilmslow 1/2 marathon. Likely to be full unless pre-entered.

Liverpool 1/2 marathon 11am. Why not join Richard O'Sullivan and me at this well organised event which starts/finishes in Sefton Park.

Wednesday 22nd March First Andy O'Sullivan race of the year. Vera Hirst 5K, Littleborough at 6.30pm.

Sunday 26th March Nearest race I have found- Great Grizedale Forest trail race, Hawkshead 12noon.

Wednesday 29th March- Jon Rhodes memorial 5k, Littleborough at 6.45pm.

Sunday 2nd April Besides Oldham 1/2 marathon (GP), Wilkinson Ackworth 1/2 and Baildon Boundary (open now only to walkers)

Sunday 9th April- Burnley 10k road race Wakefield Hospice city 10k at 11am

Sunday 16th April- Guiseley Gallop 10k near Leeds

Sunday 23rd April- Bolton 10k at 10am. A very dull run round suburbia which I would not recommend!!

Rothwell 10k near Leeds

London marathon- armchair viewing unless you have had a place for months!!

Your selectors this month: Claire & Mel

Those Pennine Bridleway results in full...

	TEAM	LEG 1		LEG 2			LEG 3			LEG 4			LEG 5		
Pos.	Number	Runners	Time	Runners	Time	AggPos	Runners	Time	AggPos	Runners	Time	AggPos	Runners	Time	TOTAL
			Posn		Posn	Gain		Posn	Gain		Posn	Gain		Posn	Gain
1	Bowland FR A	Mick Chippendale	00:58:06	Sean Bolland	01:19:17	1	Chris Reade	01:03:56	2	Neil Shepherd	0:37:23	1	Quentin Harding	01:04:03	05:02:45
	17	Lee Pasco	6	Mike Whyatt	2	5	Richard Mellon	5	-1	Steve Swarbrick	3	1	Steve Sweeney	5	0
4	Todmorden A	Shaun Godsman	00:58:03	Andrew Wrench	01:19:30	2	Chris Smale	01:03:06	1	Nick Wigmore	0:38:47	2	Andrew Horsfall	01:05:22	05:04:48
	13	Sean Willis	5	Jon Wright	3	3	Alex Whitem	4	1	Paul Prescott	7	-1	Mark Goldie	6	-2
22	Todmorden B	Rhys Watkins	01:11:07	Jeff Walker	01:40:00	31	Ben Crowther	01:16:18	27	Angus Barclay	0:42:35	22	Mark Anderton	01:13:40	06:03:40
	15	Lee McClusky	28	James Riley	30	-3	Dean Bamford	25	4	Simon Galloway	17	5	Simon Anderton	18	0
39	Todmorden All Stars	Richard O'Sullivan	01:15:14	John Lee	01:59:08	48	Jeff Anderson	01:21:33	45	Stuart Boulton	0:50:24	43	Neil Hodgkinson	01:24:36	06:50:55
	16	Peter Bowles	33	Eric Wrathall	50	-15	Jim Duffy	37	3	Eric Emerson	32	2	Duncan Richie	40	4
40	Todmorden Ladies	Sharon Godsman	01:17:39	Jane Smith	01:53:49	45	Mandy Goth	01:25:43	47	Moyra Parfitt	0:52:08	47	Kay Leigh	01:22:13	06:51:32
	14	Alice Heath	41	Rachel Skinner	46	-4	Claire Duffield	44	-2	Lynn Griffiths	39	0	Mel Blackhurst	35	7

Tod A team take fourth place

The 5th February the Pennine Bridleway Relay, after being somehow talked into being captain of the A team, I set about picking the team, it was quite easy really – pick the best 10 runners and pray nobody gets injured, it worked.

Early that morning we set off for the start, Shaun Godsman getting us there for 7.25am. I'm sure Shaun thought you could set off as soon as you got there, not to be for him they all had to start at 8.30am. Shaun and Sean Willis had a great start running the 8 miles from Fearn School, Water Foot over the moors to Causeway Road, Todmorden, to hand in 5th position and only 1 min 20 secs behind leaders Clayton.

John Wright and Andrew Wrench then raced off over Leg 2, the longest and toughest leg of 12.5 miles down to Callis Mill Bridge. I'd seen Andrew a few days before the race and he was hoping for the clag to be down, so fellow runners wouldn't be able to follow him, he got his wish, but his other partner Wrighty had other ideas leaving his own trail for runners to follow, having to stop three times for a crap! Nevertheless the two clocked the 3rd fastest time of the day, handing over in 2nd place (A BRILLIANT RUN!).

For leg 3 we had Chris Smales and Alex Whitem who flew over the 9.5 mile route from Mankinholes, the moor over Walsden and on to Calderbrook Road to take the lead and hand over in 1st position. Leg 4 was the 5.5 mile leg skirting from Brown Wardle Hill on to Lobden Golf Club. This had Paul Prescott and Nick Wigmore racing off into the lead, but by the end unfortunately Bowland had knocked them down to 2nd position, leaving Andrew Horsfall and Mark Goldie on Leg 5 chasing after them, and in turn being chased by Clayton and Horwich.

The race for the finish was now on, Horsey and Goldie put in a great run over the eleven mile leg, but could not gold off Clayton and Horwich. The latter overtook them with about only 400m to go, leaving Tod to finish in 4th place. After 47 miles of hard running and with the first four team within two minutes of each other proved what a great race this had been, and I believe with a bit more luck on the day Todmorden Harriers could have WON IT.

Well done to all!

More on the Pennine Bridleway

Peaches and porridge (PB Leg 3)

I'd never classed myself as a runner. I used to run round the block (about a third of a mile) as a kid with my mates and liked to copy 2 Scots on TV at the time, Ian Stewart and Ian McCafferty, especially their fast finish. That the finish in question for this 10 year old was about 30 metres was irrelevant. Also the fact that the local kids I ran with were all 7 or 8 probably explains why I used to win a lot! Entered a cross country at school a year later and finished halfway and I hadn't run competitively since. Roll on over 30 years and I'd started running on my own, just 2.5 miles at a time then 6 months ago was introduced to the club. Couldn't believe how easier and more sociable it was to run with others as well as being able to enjoy the surrounding environment. It certainly beats the A646. I did flirt with Calder valley runners at the beginning too but it was quite obvious Tod harriers drank more!

So after 3 months I did a couple of races and then the call came. Dave Wilson asked me if I'd like to run in one of the teams in the Pennine Bridleway relay. I was really flattered because I'd not been running seriously very long and hadn't thought for a moment I could be considered alongside some of the really fit and experienced members to represent the club. I said yes immediately but was also concerned that Dave may believe I was better than I really am. The last thing I wanted to do was let the side down. Anyhow I had two weeks to prepare and ran as often as I could leading up to the day. And I knew nothing about how a runner or indeed any athlete should prepare for an event concerning their training or diet. That is apart from not having 6 pints and a curry the night before! Fortunately that weekend there was a piece in the Saturday Guardian about how some foods can give your body an energy boost. Mentioned were tinned peaches (in own juice), pasta, porridge and black coffee. I settled on the peaches and porridge although I had no idea how long before running you should consume these propellants. I settled for the morning of the race. Also I knew nothing or indeed what was expected of the teams. I just hoped I was in a good one.

Dave rang and said I'd be running in the Allstars team on leg 3 with Jim Duffy. I felt really chuffed because I thought that sounds like a good team. Mandy and Claire were running the same leg for the ladies team and we recced it together the week before the relay, which was fantastic because we would have got lost. (Jim didn't know the way either).

So the big day arrives and I turn up full of peaches and porridge, met Jim and waited for our leg 2 pair at the changeover. At the start of the leg the Ladies team had about a 3 minute advantage going into Callis wood. I thought we'd catch them up at some stage so Jim and I found a comfortable pace and wondered how long it would be before we saw Mandy and Claire. We knew they were only 2 places ahead. After about a mile and on crossing the river the immediate pair ahead went the wrong way. Jim suggested we'd have to split on them but after about another 2 miles they reappeared in the distance behind us so it wasn't really cheating and certainly wasn't a short cut! We covered another mile or so and still no sign of Mandy and Claire. And then for a while there was no sign of anyone, just me and Jim running along chatting away (we got on great) but with no idea of how we were doing and me just beginning to wonder had we come the right way.

Thankfully we then reached the path that leads down to the Top Brink Inn so I knew we were okay. Still no sign of the girls though. Maybe they'd read the piece in that Saturday Guardian too. We finally spotted them on the climb up to the Shepherds Rest and after about two thirds of the leg managed to overtake. As we passed they asked us to leave the gates open and although not sure if this was race etiquette (I'd always followed the country code) I thought if the chair of the club is asking me it must be alright although I hoped no-one saw us. It didn't matter because we didn't see anyone else at all until we approached the very last gate which was just being opened by the pair ahead who had slowed to a walk. We ran straight through and left it open saying to them our clubmates were just behind and that I didn't normally leave gates open and always followed the country code. Although we were now running away I could feel them staring at me as if unsure what to make of this statement so I shouted back 'in fact I'm really law abiding.' I think this made it worse! One of them glanced at my club vest as if it might explain my behaviour and developed a rather knowing look maybe thinking that all the inbreeding in the valley in times gone by, some traces obviously still remained. I felt like shouting back 'I'm not even from round here' but by that time we were too far away, over the last hill and on the wide, swinging, fast, downhill stretch to the finish where we handed over to our clubmates.

And then suddenly after running over 9 miles including a few hills we were just standing there not really doing very much. Felt a bit weird really. I felt quite tired but also radiant and probably a bit excitable. Fantastic in fact. It was then I realised I was a convert and was already looking forward to next time. I hope I get picked again.

> Jeff Anderson

Even more on the PB...

Ladies team report

One night during a pack run Jane Smith mentioned that we needed a captain for the ladies PBW relay. I didn't put myself forward at that point but I mentioned it to Rachel Skinner to see if she would help me organise it. Things went a bit quiet, nothing more said until I had had a drink in the Masons after another pack run and Mandy asked if I would do it so I thought what the hell give it a go. Picking the 10 ladies was easy enough the pairing up on what leg was the hardest partOh dear poor Shaun he was calling names of the ladies team out in his sleep, I didn't think at the time that I wittering on that much. Even Bert our dog walked out of the room at the mention of the Pennine bridleway relay.

One afternoon Mark Goldie called around and he made me feel better as he was also stressed out (in his words) about his team like me and Rachel and he couldn't decide who to put onto which leg. At this point Shaun put on the kettle and went for a extra long run it was bad enough for him hearing me going on and on but not Mark as well. Mark and I both decided after a few cups of coffee and talking about each others team that it would all come together in the end. Shaun was relieved to hear that, we had a good night's sleep that night

Next day my thoughts were what if somebody gets injured? What if I get start times wrong? (And I did originally) Then I get a call from Kath Brierly, great Kath could run a leg that's leg 2 sortedoh no now that changes it all I would have to run with Rachel Skinner on leg 1, oh I was unsure that this being captain was good for the Blood Pressure. So I Phoned up Rachel and she called up 1 evening with Jeff and a bottle of wine...or 2to finalise the team, all that came out of that evening was Jeffers was totally ass holed and fell into a unconscious state on our settee.

After speaking to Rachel Mandy and Jane I decided I needed to chill out about it and I did and it did all came together in the end despite the team changing a few times. ... it was a great day the ladies team ran really well and the main thing was we all enjoyed ourselves
Would I do it again?.....Shaun hopes not.

Sharon Godsman

Todmorden off to great start in English championship

With the first English championship counter falling on the same day as the Noonstone preparation was not ideal, just getting a team out was in jeopardy, however Tod showed great commitment to the cause and sent down a strong contingent. The race itself was from Carding Mill Valley, Church Stretton, Shropshire. Its classed as a 4 mile race with 1800ft of climb. Well I can believe the 1800ft of climb but if the course is 4 mile then its possibly the hardest 4 mile I've ever ran! Its now Monday night and my legs feel like lead weights!

The race starts with a short road section which leads to the first steep ascent of Cow Ridge. As usual with championship races there is plenty of pushing and shoving with people jostling it out for position, this race was no different- i recall Shaun Godsman pushing Mark Goldie out of the way and running off into the distance like a man possessed battling it out with the likes of Ian Homes and Simon Bailey!!! After the initial climb fast running on tracks, grass and heather take you around the first half of the course over the Devil's Mouth and onto Burway Hill. As you descend to the valley floor you see the views of Stanyeld, Bodbury Ring Roman hill fort and Haddon Hill, unfortunately your next objective is to climb these! At this point running past my car which was parked at the 1/2 way point was a bit disheartening as a lie down on the back seats was most tempting!

After the grueling climbs there's a long, fast descent down Mott's Road to finish through streams into the top car park. Congratulations to Chris Smales - first Toddy back. I heard there was an interesting sprint finish between Jon Wright and Andy Wrench, Unfortunately they was way ahead of me to witness it. The race was won by Tim Davies of the promoting Mercia Harriers in a time of 42.33, with Pudsey and Bramley taking the team prize. Todmorden Harriers results were as follows: (22) Chris Smales, 48.04, (29) Jon Wright, 48.49, (30) Andrew Wrench, 48.50, (36) Alex Whittam, 49.36, (37) Shaun Godsman, 49.53, (62) Andrew Horsefall, 51.35, (69) Mark Goldie, 51.51, (123) Dave Collins, 55.57.

I hear we finished 4th in the team prize, not bad considering the competition, well done to everyone. -
Alex Whittam



Supported by

SMK SPORTS

Not for Shrinking Violets

A MULTI-TERRAIN 10 MILE RACE
Sunday 7th May 2006 at 10.00am

Start at Heath Rugby Club, West Vale, Halifax

Under UKA rules - NoEAA permit applied for

The course incorporates some of the most scenic views within the heart of Yorkshire with a unique river crossing to finish

QUALITY GIFT AND GOODY BAG TO ALL FINISHERS

EXTENSIVE PRIZE LIST, Mens, Ladies, Vets
Changing Facilities Available, Limited Showers

Entry Fees: £8.00 UKA Club Members/£10.00 Unattached
Entries accepted on the day, subject to the race limit (£1 extra).
Postal Entries close on 28th April 2006.

Please send completed entry form with cheque (made payable to Stainland Lions Road Runners) and a stamped self-addressed envelope to:
The Entries Secretary, Bluebell Trail 10, 12 Hebble Vale Drive, Wheatley, Halifax, HX2 8TL Tel: 01422 359232 Email: enquiries@stainlandlions.com
Website: www.stainlandlions.com

Voted in Runners World Readers' Race of the Year 2005
Race Limit of 500 (enter early)

SURNAME.....

FORENAMES.....

Tick as appropriate

Male

ADDRESS.....

Female

POSTCODE.....

AGE ON RACE DAY.....

TEL NO.....

UKA CLUB

MEMBERSHIP NO.....

I hereby declare that I am an amateur according to UKA rules and I am over 17 years of age. I am medically fit to run and understand that I enter at my own risk and that the organisers will in no way be responsible for any injury incurred by me as a result of the race or any loss of property.

Signed.....

Date.....

Minutes of recent committee meetings

6th February 2006: AGM

There were 13 members present

Treasurer's Report

Income: £3680.10
Outgoings: £2782.25
Balance: £1774.05
High Interest a/c: £2000.00

Chairman's Report

Mandy praised club members for taking an active part in 2005; their assistance in organising event, as team captains, etc. has allowed her to take a step back compared with previous years.

2005 was a fantastic year for both teams and individuals, with notable performances from Moyra Parfitt, Derek Clutterbuck, Greg Parkin, Lynn Griffiths, and Andrew Horsfall and Jon Wright on the Saunders.

Todmorden Harriers are now well and truly on the map, as evidenced by the men's A team placing 4th in the Pennine Bridleway Relay, just 2 minutes behind the leading team, and 7th in the Calderdale Way Relay.

The percentage of active membership is presently very high and quite a few members are participating in regular structured training at Rossendale.

Graham Wrench was welcomed as trainer and it was noted that Eileen Miles is hoping to restart a junior section.

Tod's 2005 races were well organised and well attended, with the Hot Toddy being the club's main money spinner. The junior race at the Shepherd's Skyline was well received.

All in all, 2005 was a good, active year and the fantastic camaraderie makes Tod Harriers a pleasant club to be in.

Club Constitution

The Constitution was last revised in 1988.

Phil has revised it in 2006. Major changes were outlined, such as to the minimum age for junior participation and the addition of a disciplinary procedure. However, most of the changes are only minor.

May need amending in future to include junior section details and child protection policy.

The Constitution can be amended at either an AGM or an EGM.

Election of Club Officials

John Crummett proposed a vote of thanks to all club officials for their work in the previous year.

All officials remain as before, there being no new nominations.

Chairman	Mandy Goth
Secretary	Derek Donohue
Treasurer	Richard Leonard
Membership Secretary	David Wilson
Press Secretary	Claire Duffield

6th February 2006: Ordinary meeting

There were 13 members present.

Pennine Bridleway Relay

Good results this year. Teams congratulated and thanked.

Noted that some teams may have gone the wrong way on leg 3 where there are presently 2 route options due to changes being made to the PBW, cutting off a significant section of the route. Simon Anderton proposed that, if the problem is likely next year, we offer to post a marshal on that section of the course.

Thermal tops

Shaun Godsman has had a sample made up in dark blue, with red and blue stripes. A number of each size is to be made up.

AOB

Eric Stuttard, club President, nominated Mandy for Todmorden Sports Personality of the Year 2005.

New members

Tina Smith
Andrew Pooler (1st claim Achille Ratti)
Kirsty Lapiash
Heather Simpson

6th March 2006

There were 11 members present.

Treasurer's report

Balance: £1583.55

Noon Stone

The race was a success, thanks to Andrew Horsfall's organisation and David Wilson's hard work on the day (ably supported by Helen). There were 112 entries, which was pleasing considering the clash with an English Championship race.

New Members

Ashley Wright (Junior)

English Athletics

It was agreed that we should remain affiliated to English Athletics rather than join a newly formed breakaway group.

Race Equipment

Andrew Horsfall wondered if we should find a secure, dry store for all our race day equipment. Race organisers often have difficulty collecting it all together, and then have to store it at home. Richard will look into the cost of self-storage units in Walsden. Derek pointed out that we save a great deal of money by not having a club house, and so the club could justify spending money on storage.

Junior Section

Eileen Miles, a qualified coach, is starting up a junior section after a break of 12 years. Beginning after the Easter holiday there will be two sessions every Monday evening: 5 – 6pm for 6 to 11 yr olds, and 6 – 7pm for older children. The sessions will be at Todmorden High School and will be open to all local youngsters. Eileen is putting a lot of effort into this and deserves our full support. Derek has offered to be the club's nominated child protection officer.

Results

Tod ladies were 1st ladies team in the High Peak Marathon.
Tod men were 4th in the Carding Mill Canter (Eng champs race).

Torrier

There is now a team putting together the Torrier:

Mandy (editor), Andrew Bibby and Claire Duffield.

Club Archivist

Claire Duffield has volunteered to be club archivist and will shortly be asking members to contribute.

Committee meetings are open to ALL members and are currently held at The Hollins Inn, Walsden, on the first Monday of each month at 7pm.

Derek

1ST

LORDSTONES/WAINSTONES RACE (AM)

11.AM. SUNDAY 21st MAY 2006

**8 MILES; 2100' of Climb
on undulating moorland, with
major climbs, including Cringle Moor, Cold Moor, The Wainstones,
Broughton Plantation and Busby Moor**
Start & Registration at Carlton Bank Top :- Lordstones' Café Site (GR 522031).
Prizes to many different categories Male & Female plus Team Prizes.
This is an English Championship Race.
Numbers are limited so Pre-entry essential (First come first served.)

FEES:-

**£7.00 Club & FRA. Members
£9:00 Individuals unattached**

**Cheques Payable to Dave Parry
Send to Dave Parry
Ravensgill Bungalow
Commondale
Whitby
YO21 2HG
Tel:- 01287660309**

Entry Fees are non returnable
Closing Date for Entries:- as soon as the limit is reached!
Encashment of cheque gives confirmation of entry

.....
Entry form;
Full Name.....(Male/Female)
Address.....
.....
.....
.....
.....
.....
.....
.....
Postcode.....
Club (if applicable).....
Age on 21/05/06.....Member of FRA? Yes/ No (Please delete appropriately)

Declaration to be completed by all entrants.
I wish to enter the 2006 Lordstones/Wainstones Race and hereby declare that I am an amateur as defined by UK Athletics Rules. I certify that the organisers cannot be held responsible for any injury or illness incurred to my person during or as a result of my participation in the race referred to on this entry form. I understand that my entry detail may be stored on computer. I must carry the appropriate kit which may be:- Full body cover, compass, whistle, map & emergency food.

Signed.....Date.....

Best Estimate 2006

A small select group of Harriers (and one visitor) enjoyed a pleasant morning's running, excellent food, and company, on Sunday 22nd Jan – the rest of you missed a treat. Not how I would describe the present I was set up to receive, however.

Unlike last year, the weather was fine, there was little wind, the route had been well marked – and here's where the problem arose. Just like last year, there had been vandalism and theft of markers in the region of Strines Clough: but this year the interference was much more extensive. Not a surprise, then, that all runners came in slower than they had estimated – best quote of the day, from the Harrier who made best use of the course, was 'I'd fancied a longer run today in any case'.

One runner did attempt to set off wearing a watch – apprehended by a sharp eyed Harrier. His excuse? – first to set off, didn't realise. And Roger got rid of his dog – presumably means we will have to repeat this event again in 12 months time.

Thanks again to Steve & Claire at the Sportsmans.

Results

	Estimated Time	Actual time	Difference
Gail Sutcliffe	67.21	70.55	3.34
Stuart Boulton	55.30	63.39	8.09
Rachel Skinner	57.23	68.35	11.12
Tina Smith	59.30	70.58	11.28
Roger Haworth	65.30	77.05	11.35
Colin Duffield	54.20	67.59	13.39
Beki Woolley	65.00	81.24	16.24
Jenny Ehrhardt	65.00	81.24	16.24
Jim Smith	64.47	93.36	28.49
Barry Chapman	55.30	99.57	44.27

Come and join us next year – a good day out

RACE PRE-ENTRY FORM

FOR THE

.....ENNERDALE.....

FELL RACE

Please enter me for the above race, I have enclosed a cheque for the pre-entry fee of
£.....8.50..... made payable to 'CFRA' (and also an SAE for further details)

Name.....(block capitals)

Age..... (on day of the race) DOB...../...../..... Male/Female

SENIOR or VET * 40 / 45 / 50 / 55 / 60 / 65 (circle as appropriate)

Club.....

Address.....

.....

.....

Postcode..... Tel No.....

E-mail address.....

Signed.....

Please remember to enclose an SAE if more details or a confirmation is required.

** (Not all CFRA races have the same extended list of vet categories, this is dependent on entry numbers per race.)*

back