

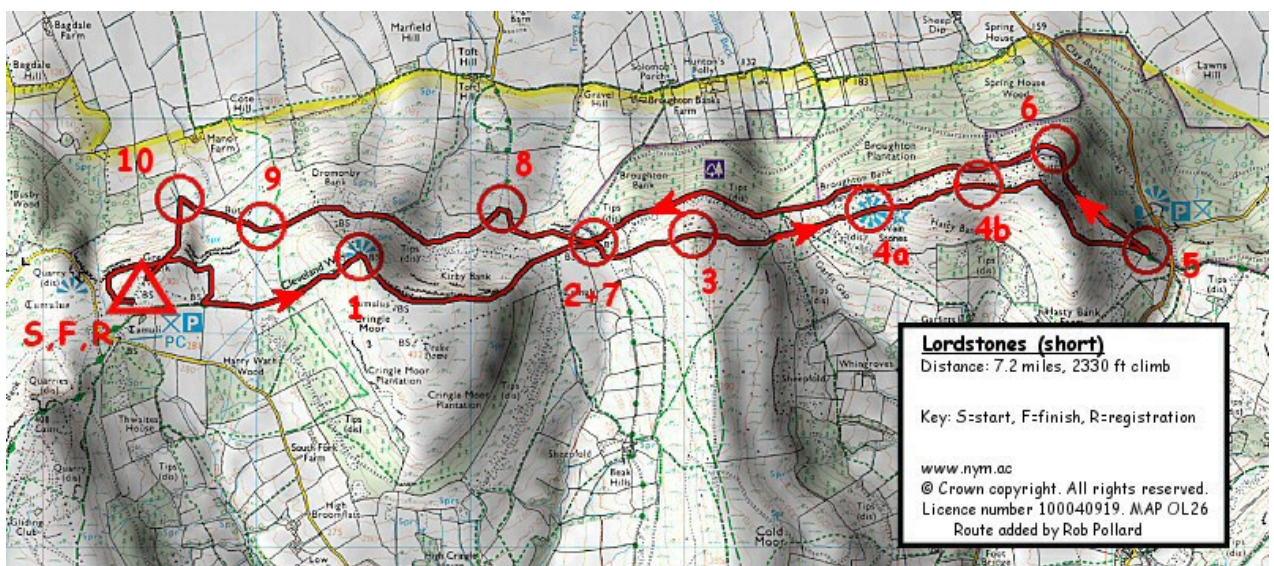
## Forthcoming races in the club Grand Prix

The Grand Prix heads off to the relatively unknown pastures (or rather hilltops) of north Yorkshire on Sunday 21<sup>st</sup> May, for the **Lordstones/Wainstones** fell race. This is an 8 mile race which crams in over 2000 feet of climbing. This is an English Championship race this year, so if you haven't already booked in you may be too late (at time of writing this, the website [www.nym.ac](http://www.nym.ac) didn't say that they were full up, though). The course is described by the organisers like this:

Registration and Start are situated closely together right next to the Café. The route will start with a 1 Km clock-wise loop of the field then ascend Cringle Moor to Surprise View which is the first check not that you will see the view at this stage. We do not visit Drake Howe but follow the Cleveland Way along Kirby Edge and down towards Broughton Bank at 546,034. Now ascend Cold Moor which deserves its name, to the highest point 551,035. Next descent is before the ascent to Wainstones 560,036. You must continue along this ridge to the top of White Hill 567,036. At this point there are some alternative descents to the style at 572,034.

From here the route heads NW and follows the edge of the forest to 567,038 before turning WSW then continues to follow the edge of the wood until it ends at 545,035. Next descend following a well defined path in a northerly direction to a gate at 542,036. Now ascend a little gully in a SW direction towards lower Kirby Bank Tips 536,035. Pick up the old miners path to a style at 530,035.

Now you need to navigate to the re-entrant near the fence and stream at 526, 037. Now to finish you have to ascend Green Bank on any appropriate route to the finish near a large clump of trees just beyond the height mark '301'. Well I hope that is clear as mud as you will no doubt be covered in it should it be wet!



After Lordstones comes **Ennerdale** on June 10th, which we've talked about at length in the last two Torriers. A weekend later, Sun 18 June, sees the **Hendon Brook** half marathon, which starts at Hendon Brook school in Nelson. Get those road shoes out. Application form in this Torrier.

Then just two days later we've a short local fell race to enjoy, the Coiners. This is 7.5miles and 1100 feet from **Mytholmroyd** community centre. If you're relatively new to the club, this could definitely be a good fell race to have a go at – with the bonus of nice Grand Prix and fell points to be had for your effort.

Thereafter we've a Wednesday evening 10K, the **Helen Windsor**, on July 5th. This is arranged by Halifax Harriers and is a circuit of quietish roads around Greetland and Barkisland. The entry form isn't yet up on the Halifax Harriers website, [www.halifaxharriers.co.uk](http://www.halifaxharriers.co.uk). More next issue.

## Road races up to end of June.

Sunday 21st May-10.30am.Sandal Castle 10k.Starts from Pugneys Country Park,Denby Dale Road,Wakefield. 95% trail. It is possible to enter on the day.

Sunday 21st May-Chester 1/2 marathon.Pre-entry.Undulating course.

Sunday 4th June-Blackpool full and 1/2 marathons-9am.Must pre-enter.Course is completely flat so good for a P.B!

Sunday 4th June-Roberttown 7.11am.Very hilly (part of race on Liversedge 1/2 route).Race limit 200 but entry on day allowed.

Thursday 8th June-7.30pm.Full Bronte 5-Old Sun Inn,Haworth.

Sunday 11th June-Harewood House Chase 10k.10K scenic route inside grounds of Harewood estate.Ladies-10am,Men-10.30am.Closing date for entries-28th May.

Sunday 18th June-Freckleton Half Matathon,near Preston.2PM.This was in last year's grand prix and it was a very hot day!! Flat and fast so again good for a P.B!

(also Hendon Brook-In Grand Prix,details elsewhere in the Torrier.)

Sunday 25th June-Manchester City 10k,9.30am.Expensive to enter at £14,closing date 20th June.

More details can be found on [www.results.net](http://www.results.net)

- Mel.

## Forthcoming fell races

Sat 10<sup>th</sup> June: The Carnival BS 5.8 miles/1150ft, 3:00pm, Calder Holmes Park, Hebden Bridge. Better ask Andrew about this one...

Sun 11<sup>th</sup> June: Stacksteads Fair Fell Race BS 3.5 miles/850ft, 1:00pm (also junior race at 1:05pm) Part of Stacksteads country fair. Almost guaranteed to be cakes on offer!

Sun 11<sup>th</sup> June: Knowl Hill Fell Race BM 6 miles/1300ft, 11:00am, The Brown Cow, Edenfield Road, Norden. The last race in Rochdale Harriers annual three day event (See [rochdaleharriers.co.uk](http://rochdaleharriers.co.uk) for details).

Tue 13<sup>th</sup> June Waugh's Well AS 4 miles/1000ft, 7:15pm, Bleakholt Animal Sanctuary, Edenfield (GR 808186) Cracking little race. Tussocks, deep troughs, and a mad last descent.

Sat 17<sup>th</sup> June: Buckden Pike 4miles/1500ft 2:30pm

Buckden Village Green, Near Skipton (GR942774)

A little bit of a drive but worth it. A classic of its kind.- Colin