

KIKI's CORNER

What a good year this has been for Tod Ladies. We all have ups & downs with injuries, but there is always someone in the pub, or out on a pack run who knows what your going through & can give the encouragement and the advice you need to spur you on, especially if you are getting back into training. We now have more female runners than we have had for a long time, and with more prepared to go out and race it's just fantastic. We have performed well this year in the Pennine Bridleway, High Peak Marathon, FRA relay, become more prominent in the local Pennine fell races and have started to venture out into the Lake District to tackle the more challenging routes.

Here is my main point. We have the Calderdale Way Relay coming up in December, and with so many women running so well we need to know who our 12 (or 15 if we count



Some of the girls at Thieveley Pike Fell Race

reserves – we needed 3 last year!) fastest runners are. Not just that, it's a careful balance of matching speed, preferred terrain (road/fell), race experience and route knowledge, although if we prepare early enough we can all be sure to recce legs thoroughly. In order to ensure we can make the best choices for the team we need to get out and race. The **Accrington 10K** is on **Sunday 29th Oct** and the **Shepherd's Skyline** is coming up on the **4th November**, hard though racing is it doesn't half sharpen up your pace, so lets get out and find out what we can do.

Thinking ahead for next year we could have a much more organised approach to the English FRA races. We have a breadth of talent to cope with the short, medium and long fell races. We should be able to have a team for every race if we start to make it a priority. This isn't just for the faster or more experienced runners, it is a really good way for anyone to gain experience, improve navigational skills, pacing and confidence every time you race. You will be surprised at how quickly you improve.

Enough of the competitive stuff now, quite a few females were up in the Lakes recently, allegedly recceing routes but from what I heard glugging yards of wine and being quite raucous, in fact they scared most of the men away with their din, bravo I say if we aren't running we should be out enjoying ourselves. Party on !

KIKI LABUTT

Kiki will be having a regular spot in this newsletter anyone who want s to write to her then do so care of mandy or Andrew.