

Forthcoming Grand Prix races

With the cancellation of the Stainland 7, the next GP race will be the **Great Langdale half marathon** on Sun 24th Sep (entry form in last Torrier). Langdale may be more often the venue for fell races, but club runners who've done this half in the past say it's an excellent race, well worth the journey. The race starts at 11.45pm near the New Dungeon Ghyll hotel in Langdale. (There's also a marathon which starts at 11.30pm – no GP points, only toilet points if you get into the wrong race). Families note: 2 km fun run starts at 11am. Entries close on 15th September and there's a maximum field for both main races of 500.

Almost on our doorstep, the **Thieveley Pike fell race** is on Sat 30th Sep just across the watershed in Holme Chapel, Cliviger. Ladies race 2pm, men's race 3pm. The route is new: details below have come from the Clayton website.

Start in the field (SD 875285) opposite the Church Hall (Registration) & next to the Ram Inn. After a circuit of the field, the Race follows the Burnley Way/Pennine Bridleway under the railway to 870287. Turn left through an iron gate & scramble up a steep, rough bank, sticking close to the fence. This section is not a right of way. At the top of the climb, continue uphill (SW) to a ruin (864283). Through the gate, across the dip in the field to the obvious gate opposite & to the gate in the bottom left hand corner of the next field (862279). Run parallel to the wall to another gate which leads onto a track. Go downhill over the cattle grid (865277) & turn right into the valley. Cross the stream to climb the slope opposite heading towards an obvious wall when you emerge onto the open moor (865274). Follow the wall to the summit of Thieveley Pike (873272). Take the obvious path north (downhill) to Dean Scout & a gate (874278). Turn left to follow the overgrown path to Black Clough. Cross the stream & head upward through two stiles to a gate at a wall corner (865282). Run along Stone House Edge to the ruin (864283) and turn right (north-ish) to run downhill (not the way you came up!). After about a quarter of a mile of rough moorland, there is a metal gate in the wall to your left. Go through this and straight down to the Burnley Way/Pennine Bridleway (867287). Turn right along the Burnley Way, skirting Scout Farm through 3 gates and re-trace your route back to the field. The finish is next to the prominent chestnut tree at the top of the field. NB: Some of the new route is not on rights of way or open access land. The future of the race may be jeopardised if you stray from permitted routes.

The **Burnley Fire Station 7** will take place on Sun 8 Oct, starting at – where else – Burnley Fire Station at 11am. Even if you've not done this race before, it's likely to feel familiar, as it includes a lot of the roads we run on when we meet at the Queen in Cliviger. An application form is with this copy of the Torrier.

Replacing the Stainland 7 is the **Derwentwater 10** on Sunday 5 Nov. This 'challenging course' (their words, not mine) is organized by Keswick AC and is now in its 47th year. Starts from Keswick School, Crosthwaite, which has changing and shower facilities. The club suggests you use a standard race entry form (£5 entry needs to be sent to Alan Ritchie, 132 Scotby Rd, Scotby, Carlisle C14 8BJ, cheques payable to Keswick AC). Or there's a cut down entry form on www.keswick-ac.org.uk/roadraces2006.pdf.

Forthcoming road races – info from Mel Blackhurst

Here are the details of forthcoming road races

Sunday 17th September-Mileta 10K 11am.Previously 10miles but now shortened so you can get to the pub quicker!From Princess Mary Athletics Stadium.£6 and £1 more on the day.

Thurs 21st September-Ron Hill 67 Birthday 5k Road Race from the Falcon Inn.6.30pm.£3.50 on the night.

Sunday 24th Sept-Great Langdale 1/2 and full marathon-part of this year's Grand prix and mentioned in the Torrier previously.Need to pre-enter!

Garstang 1/2 marathon 11am.Starts from Garstang Sports and Social club-£7 to enter,can enter on the day.

Sunday 1st October-Kirkstall Abbey 10k road race 10am.£6.50 and £1.50 extra on the day.

Sunday 8th October -Main event-Burnley road fire station 7-well organised race on a familiar running route,mentioned elsewhere in the Torrier.

Harewood House 10 mile trail race-10.30am.In the grounds of the estate.£6 and £2 on the day.

Gin Pit 5 11am.Previously in the Grand Prix but response was very mixed.

Further details as desired on uk.results.net