

## Forthcoming Grand Prix races

The racing season is coming to an end, but there are still four more races in our club calendar, so there's still time to claw your way up the tables.

The two road races left are good ones. The **Accrington 10K** is on Sunday October 28<sup>th</sup> at 10am. Registration starts at 8.30am at Highams playing fields, which are in Thorneyholme Rd, Accrington (off Queens Rd, near the Victoria hospital). There's a map of the course available at <http://www.accrington-road-runners.co.uk/>. Application form at the back of this Torrier, or you can also sign up online from the website.

A week later on Sunday Nov 4<sup>th</sup> (10.30am start) the **Through the Villages race** is a curiously precise 8 miles and 781 yards. This is an old favourite with many Tod road runners. Starting and finishing at Dresser's Arms, Wheelton, the race goes around the major roads of Wheelton, Brinscall, Abbey Village, and Withnell. Application form with this Torrier.

Two weeks later, on Sunday November 18<sup>th</sup>, there's the final trail race of the season (trail races counting of course towards the road championship as well as the Grand Prix). This is a **short (5k) trail race** along tracks in wooded areas which may once upon a time have been mining areas, near Tyldesley, Greater Manchester. An easy end to the road running champs. Entry form later on in this Torrier.

We've already had eleven fell races in the Grand Prix, and – had Thieveley not been cancelled purportedly because of foot and mouth (Cliviger being pretty close to Surrey) – we'd have had the fell champs all wrapped up by now. But Thieveley was cancelled, and your committee has therefore decided to replace it with the twelfth and final fell race on Sun December 2<sup>nd</sup>. This is the **Gravy Pud 5** (where for they get these names?), a 5 miles/1000' race down in the northern Peak District. Race starts at 11am, from the Bull's Head, Tintwhistle (GR 024973 on the Dark Peak OS map). The race is combined (it says here) with a cake competition, so come on this could be your chance to win the V50 Victoria Sponge competition. More details from the website which goes by the name of [northernboyslovegravy.co.uk](http://northernboyslovegravy.co.uk). It sounds sufficiently unusual even by fell race standards to be worth checking out... and it could give you those all important final points just in time for the prize giving a few days later.

## CALDER VALLEY SCORE EVENT

Hello to our friends from Tod and elsewhere,

We're going to have our annual 3-hour score event on Sunday Nov 18<sup>th</sup>, from our house (Trough Farm, Stocks Lane, Luddenden HX2 6SR) SE046269.

You (and anyone else from your clubs) are more than welcome. There will be food afterwards and its a good, friendly low-key event.

It'll cost £5 (including food and pre-printed maps) and starts are any time between 9:30 and 10:30. Under 18's will have to run with a senior.

Please can you let us know if you're thinking of coming so that we can do enough maps and food.

E mail [watchcave@hotmail.com](mailto:watchcave@hotmail.com)

Hope to see you soon!

Bill & Anne Johnson (01422 881312)

### Jenny Greenwood Massage Therapist

is offering Sports Massage for Runners

Including Soft-tissue release, Stretches, & Trigger-Point Release

Pre-event, post-event, and maintenance treatments

£20 for half an hour, £32 for an hour. (special price for Tod Harriers)

If possible it is best to book one hour for your first appointment to allow time for assessment-plus-massage. Hebden Bridge. Telephone 07815 917746

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