



*The girls at Great Whernside fell race, Oct 6<sup>th</sup>*



## **STOP PRESS**

**Change of Grand Prix race: Gravy Pud 5 replaces cancelled Thieveley fell race. Details inside.**

**CONGRATS TO A- TEAM ON 7<sup>th</sup> PLACE AT IAN HODGSON RELAY. AND CONGRATS TO CHRIS PRESTON (FIRST LADY IN MONTRAIL ULTRA SERIES) AND PHIL HODGSON (1<sup>ST</sup> vet 50)**

# Mandy's Page

## PACK RUNS WEDNESDAYS ON THE ROADS

7PM START

OCT - QUEEN, TODMORDEN

NOV-SHOULDER OF MUTTON  
MYTHOLMROYD

DEC - MASONS, BACUP RD, TOD

JAN - WHITE SWAN, HB

Bat Runs will run most Weds -  
details inside

## CHRISTMAS DO

Friday December 14<sup>th</sup>, at  
Todmorden Cricket Club

Live music!

Full details out soon.

## NEXT COMMITTEE MEETING

on Monday November 5<sup>th</sup>,

7pm, Queen hotel, Tod.

**COME ALONG TO DEBATE  
POSSIBLE CHANGES TO  
2008 GRAND PRIX**

(If you can't make the meeting, let  
Mandy or Derek know your  
opinions)

## NEW MEMBERS

Welcome to new members:  
Sarah Warburton, Paul Cotton, Jane  
Collyer, Nick Barber

## INTERVAL TRAINING & HILL REPS

Every Tuesday, 6.30pm, at Tod High  
school.

**ORGANISER NEEDED FOR MINI  
MOUNTAIN MARATHON, EARLY  
JAN. See Mandy.**

## CALDERDALE WAY RELAY

Sunday December 9th

4 teams entered

A team captain: Shaun Godsman

B team captain: Andrew Bibby

Ladies: ? captain wanted, Kath will  
help

Mixed: Mandy Goth

Keep the date! We'll looking for  
strong performances this year.  
Contact one of the team captains if  
you can run.

## 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 4th (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 18th, 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

On Reflection  
4 Commercial Street  
HX7 8AJ

## **THE CLUB CHAMPIONSHIPS (A Personal View by John Crummett)**

From a few e-mails I have received recently there seems to be feeling in the club that the present club championships appear moribund and that we need a change in format to attract more participation. I do not propose wholesale change, just a slight tweaking.

After attending the 2007 race selection meeting I realised that because of the way we chose the races for the 'Grand Prix' this had a detrimental effect on the composition of the Fell & Road Champs. I consider the two latter competitions to be the ones to measure a runner's prowess in each of the disciplines and should take pride of place over any other. It is possible to qualify for the GP by running only 8 short races. Hardly compares with say the Wasdale or Coniston 14 road race ?

FACT (a) It was decided at an earlier meeting that there will be two separate selection panels (Fell & Road) who will choose races for the appropriate championships and if there is a conflict of dates between a fell and a road race these will not be changed and members will have to decide which race to do.

FACT (b) All English Fell Championship races, if appropriate, will be included in the Todmorden Harriers Championship (this was approved by committee two years ago).

There are those among us (myself included) who think there is, at times, not enough commitment to compete as a team. Let's face it not many members would win individual medals, but if we pulled together we have a good chance of a team prize ! Open, Vet(40) and Ladies are all in with a shout. But if we are not committed enough it has been hinted we could lose members.

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**My proposal is minor, namely, to reduce both the Premier Championships (i.e. Fell and Road) from 12 races to 9.**

**The Fell championship to include ALL 6 English races + 3 other 'A Class' races (1 AS, 1 AM, 1AL)**

**The Road championship to consist of 9 quality races (3 short, 3 medium and 3 long).**

**In order to qualify for the Tod. Champs you would need to complete 6 out of the 9 races. (as is the case at present namely, 1 from each category + 3 others).**

This would ensure that you would have to do some 'English' races and therefore you would be helping **YOUR CLUB - TODMORDEN HARRIERS**. Let's make a commitment.

The 'Grand Prix' to include the 18 Fell & Road races as mentioned above plus 6 other (i.e. 1 short, medium & long **road** and 1 short, medium & long **fell**). These extra races to be local & low key to, I hope, attract new and novice runners to take part. This is the same number (i.e. 24) of races as now. You would have to run 8 out of the 24 to count. There is no change here.

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These comments and proposal are solely my own and have not been discussed at any committee meeting.

**THERE WILL BE A MEANINGFUL DISCUSSION ON THE FORMAT OF THE CHAMPIONSHIP AT THE NEXT COMMITTEE MEETING (QUEENS HOTEL , MONDAY NOVEMBER 5<sup>th</sup> at 7pm).**

Be there and have your say as a decision to change to another format or remain as status quo will be made. If unable to attend please send a proxy or send your contributions the Secretary (Derek Dohohue) or Chairperson (Mandy Goth) before the meeting.

## Championat de Canigou

It's 4.30 am Sunday, my trusty Nokia squawks into life to tell me to get out of bed. Forty five minutes later and there is a knock on the door, as expected its Chris. Having only spoken to him on the phone he looks just like most other Vet 60. Grey, No 2 haircut and thinner than a matchstick with the wood shaved off. Come to think of it most Vet 50's look like that.

He explains that on the way we are going to pick up his son in law, Jeremy, who did the race last year in eight hours. Jeremy turns out to be built like I am but has yet to accrue the same level of life experiences as he is only thirty five.

Having arrived at the start it would seem that the whole of France has entered the Championat de Canigou, 31kms(20 miles) and 2200m (7220ft) of climb. There are eight hundred runners and all their helpers and hecklers. Having changed into our running kit we did our last part of race prep by having a coffee in the café, I could not resist a croissant nor indeed the second one. Jeremy and I decided that starting at the back would be a good idea. A great plan as it turned out as they all sprinted away from the start and left us behind. Thoughts of just what am I doing here crossed my mind, I took stock of what was going on. Seven o'clock in the morning, already about twenty degrees with a forecast of thirty two degrees, the summit of Canigou was ten miles away and well over a mile higher. Never mind I have my camelback full of disgusting chemicals, GO gels and some secret tablets recommended by Rhys.

As Jeremy had said once the initial sprint was over we would start catching people up, which is what happened. The French technique apparently is to go fairly steady on the way up and fly down the other side. I decided on a plan of trying to overtake someone every hundred meters or so. As it turned out it was a bit ambitious but by the first drinks station I had overtaken 82, which only left 717 to go. The drinks stations are exactly like any road run in UK, water, glucose drinks, cake, raisins, salt tablets, watermelon and obviously a choice of red, white or rose. Strangely I didn't see anyone drinking the wine.

The day got hotter but as we were climbing it didn't feel like it. After about five miles I decided that I could go a bit faster than Jeremy and set out to catch some more frenchies. Obviously the more you catch up it becomes progressively harder to catch the next one so by the time I started the grade 4(whatever that means) climb to the summit I had lost count of my French scalps but guessed I was about 450<sup>th</sup> at the summit. The view from the water station at the summit was awesome, with all the by now normal fare but the watermelon was nearly frozen, as were the marshals.

The vast majority of other runners now began a banzii descent down the other side of the mountain, not the safest method of descent for an alarming number of my fellow competitors. But at least I wasn't losing too many places. Although being down instead of up the descent was exactly the same as the climb, hard and, often rocky with exposed tree roots and big steps to jump.

With five kilometres left I met a young mademoiselle walking, on enquiring if she was OK she said she was tired, we then had a little discussion about who was most tired and decided we should help each other along to the finish. I can now do a very encouraging "Allez". With about 2 kilometres some guy at the side of the road gave her some serious verbal which I was about to react to when Sandra( first name terms in less than 3k's) said if we really try her father thought we could do it in less than six hours. So we pushed each other all the way to a fantastic finish in the village where everybody was cheering everybody who finished. We both beat the six hour mark by a few minutes, 499<sup>th</sup> out of 800.

Then there was the party in the park, brilliant.

- Stuart Bolton

Need any new kit?

**MOUNTAIN WILD**

Crown St Hebden Bridge

are still giving Tod Harriers 10% discount for anything bought in the shop. Possible bigger bulk discounts.



## Triathlon News

Now that the triathlon season is over (yes we are wimps we don't brave the freezing temps), I thought I'd give you a run down of some of the significant events this year.

First there was a mad rush to qualify for the world championships in Hamburg and all the events booked up fast, I managed to enter the last qualifier in Pugney's, Wakefield and got through.

The race in Hamburg, Sept 1<sup>st</sup>, was full of difficulties, firstly the Alster, a river with huge brown inner city lagoons, made up the swim course which ran under 3 long narrow dark bridges, at not a pleasant 13 degrees. It felt like a very long 1500 meters, two hefty German women helped to haul us out at the end.

A long run into transition then the bike course swept through loops of the cities red light area, negotiating tight bends and turn around points. One of our team came off and broke her shoulder, the ambulances kept whizzing up and down picking up the pieces. I coped ok with just one near death experience.

The run was flat, which for some reason I find harder than hills, but was well supported so I felt encouraged to push for most of the 10k. A nice touch is the tradition of flag distribution on the run into the finish, so I managed a bit of a wave, before collapsing in a heap.

I did the race after a nasty 9 day gastric virus (couldn't eat or train for 9 days before the race), but



*Lynne at the world championships in Hamburg*

tried my best to ignore it and finished in 49<sup>th</sup> place, only a few minutes down.

In August teams from Calderdale Tri entered the national triathlon relays in Nottingham, in the women's team, 3 of the 4 were Tod Harriers, Sarah, Jennifer and me. We came 16<sup>th</sup>, brilliant for our first time.

Simon had a great race in Antwerp's middle distance event, 1.2k swim, 50 mile bike, 13 mile run, though couldn't find where he came, sorry Simon.

Sarah came in first woman, at the Pendle tri, Sept 16<sup>th</sup>, amazing as it was her first individual event, so expecting great things next year!

Then I raced in Bala, also on Sept 16<sup>th</sup> a qualifier for the world champs in Vancouver next year. It was a stormy day with 20mph winds making the lake seem like a rough sea. I seem to do well in adverse conditions and had a great race coming in 3<sup>rd</sup> place with my fastest time to date and managed to qualify again.

So now I aim to join in with a few fell races through the winter and try not to get injured in the process, this year it was my knee, the year before my foot. It's much more hazardous out on the fells.

*Lynne Griffiths*

(Sorry I've missed a lot of races out, perhaps there should be a 2<sup>nd</sup> edition.)

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## Forthcoming Fell Races

*By Colin 'not much to say for himself this month' Duffield*

Sunday 21st October 11:30am

**Withins Skyline** BM 7 miles / 1000ft

Penistone Hill Country Park, Near Haworth.

*Popular, well fagged,[well flagged? – ed] and generally muddy. No doubt followed by the usual chaotic prize giving with random amounts of chocolate being chucked around the room. Best wear some kind of helmet.*

Sunday 8<sup>th</sup> October 11:30am

**Race to the Summit** BS 4 miles / 800ft

Summit Pub, Summit, Near Littleborough

*One of Allan Greenwood's races, and he generally puts on a good do. From the main road up to the White House and back via Chelburn Reservoir. Short, frantic, and fast.*

Saturday 3rd November 1pm

**Shepherds Skyline** BM 6.25 miles/ 11500ft

Shepherds Rest Inn, Tod

*A Batman production. All manner of marshalling and general admin jobs available if you ask him nicely. The weather's always warm and sunny and the ground's always dry. Would I lie to you?*

## Forthcoming road races

*From Mel Blackhurst*

Sunday 14th October-10.30am **Gin Pit 5**.Trail race from Miners Welfare Club,Gin Pit Village. £8 on day.

Sunday 21st October 11am-**Waddington 10k** Road Race,near Clitheroe.A scenic route on quiet, undulating roads.

Sunday 28th October 10am -**Accrington 10k**,In our Grand Prix so more details elsewhere.From Highams Playing Fields,Thorneyholme Road.£6 to pre-enter,extra £1.50 a day.

Sunday 28th October 10.30am-**Holmfirth 15**.A tougher option than Accrington and no road points!! The route is an undulating two lap course,taking in" the last of the Summer Wine "sights!

Sunday 4th November-Another chance to qualify for the road championship! **Through the Villages 8.4 miles** 10.30AM. Details elsewhere in the Torrier.£6 and an extra £2 on the day.

Sunday 4th November 10.30am **Guy Fawkes 10** from Ripley Village,Harrogate.Best to pre enter as very popular.

## ***And another thing...***

<p>The nights are getting darker, the fell are getting wilder, and there's a cold wind up the Mankinholes. This means that it's the time of year when more and more organisers are going to start specifying kit requirements. Best bet is keeping everything in your car and then you won't be caught out.</p>
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# TODMORDEN JUNIORS NEWS LETTER

Welcome back to training after the summer holidays. We hope you are all fit & well and raring to go.

Congratulations to Ailsa on becoming Athlete of the Month in July.

## Results

### TURN SLACK

1	Jack Crummett	Todmorden	8.39
2	Hannah Shaw	Darwen Dashers	10.14
3	Jay Connor	Todmorden	10.34
4	Skye Wilson	Todmorden	11.56
5	Jake Hurst	Todmorden	12.12
6	Joshua Stansfield	Rosendale	13.52
7	Ailsa Wilson	Todmorden	17.17
8	Lily Morgan	Todmorden	18.58

We would like to thank Alec Becconsall, John Crummett, Dave Wilson and Graeme Wrench for helping to plan & run the fell race at the last moment (30 mins to go) as Organiser had forgotten there was a race on.

### Widdop Fell Race

Calder\_Valley Fell Runners send their sincere apologies to all runners and parents for any distress caused by a marshal removing a flag on the course. This caused the runners to take the wrong route and in some instances meant that instead of running 1 mile they ran 2.5. They are aware of their shortcomings and hope it will not happen again. (A full explanation can be found on the CVFR web site)

### English Junior Championship

Don't forget the last race on the year takes place at Lantern Pike next Saturday (Sep 15<sup>th</sup> from 11am). This is race in conjunction with the Sheepdog Trials at Little Hayfield, Derbyshire.

### Extra Coaching

If some of the older runners (13+) would like extra interval training then Graeme Wrench is more than happy to invite you to his Tuesday sessions at the High School (7-8).

There are plans also to hold X-country training sessions after school at Tod High. See PE staff for details.

Next Races in the Junior Championship are

Oct 21st (L) CURLY WURLY 10.30 from Penistone Hill, Haworth

Nov 3th (L) SHEPHERDS SKYLINE 12.00 from Shepherds Rest, Todmorden



## **Todmorden Harriers Committee**

### **Points raised at the July meeting**

1. It was agreed that we should send a cheque for £125 to cover the invoice from the Assheton Arms in Downham. Derek has sent a letter to B&S Coaches asking claiming this amount.
2. Those who have not paid their subs for 07/08 are no longer members and will not receive a Torrier.
3. Low turnout at the Carnival race and the demise of the Flowerscar race were discussed. Dave O'Neil asked if they could be linked with the Stoodley Pike race to make a 3-race series. The calendar is almost saturated, so maybe the Hebden race could move to a mid-week slot. It was agreed that Andrew Bibby and Rachel Skinner would be approached to ask what they think.
4. One new member was approved: Kevin Coughlan
5. The resignation of Jon Wright was discussed at some length. Jon wants to move on because he feels there is little commitment to gaining team championship points. The difficulty of Todmorden being able to turn out an 'elite' team for every English Championship race was discussed. It was felt that we need to put more effort into motivating our top runners for team events, but that at the same time we are limited by having a relatively small number of first class runners from which to draw. It was agreed that Mandy and others would get in touch with Jon to try to persuade him to stay on. Derek is to write to him formally.
6. Andrew Horsfall once again pointed out how difficult it can be to get enough marshals for a race. The same loyal people turn out every time for the Noon Stone. It was agreed that we should try to get some of the newer members to marshal, initially perhaps 'shadowing' an experienced marshal.

### **Points raised at the August meeting**

1. Jon Wright has decided, after some consideration, not to leave the club after all. He is hopeful of better things next year.
2. How do we encourage more people to turn out for GP races? Colin suggested organising 'away-days' such as day trips to the lakes.
3. The club website needs updating, including a junior section. Mandy to speak to Keith.
4. At races do we sell ourselves enough? In general do we celebrate our achievements? Do we have membership forms on hand? Colin has offered to produce a poster to take to races.

## Recent Press Reports

If anyone's got an hour or so spare on Mondays and have always harboured a burning desire to take over this job, you may just be in luck. Have a word with either me or Mandy and we'll explain the ins and outs, up and downs etc. - Colin

### Pilgrim's Cross/Norbreck Castle 5k

#### ***Harriers Walk Away With Athletics Prizes (Press date 29/09/07)***

As the summer racing season continues, Todmorden's athletes have been continuing to make their mark, both on the fells and on the road.

At the recent Pilgrim's Cross Fell Race in Rossendale, Tod's star men Shaun Godsman and Andrew Wrench both walked away with prizes.

In a sizable field of 160, Godsman finished second after being narrowly denied a victory by Horwich's England International Darren Kay. Wrench finished in 39.33, just over a minute behind his club mate to take the prize for first veteran. Elsewhere in the race other Harriers were in attendance with Simon Anderton running well to cross the line in 65<sup>th</sup> position in 49.03, just over three minutes and 30 places in front of Keith Parkinson, with Peter Ehrhardt following in 59.12.

Away from the fells, a duo of Todmorden's Veteran 60s travelled to Blackpool to compete in the Norbreck Castle 5k and came away laden with prizes. Bohuslav Barlow headed the field as 1<sup>st</sup> V60 in a time of 23.38, whilst Ian Stansfield took the 2<sup>nd</sup> V60 prize in a time of 32.12.

### Blackshawhead/Andy O'Sullivan/Ben Nevis

#### ***Records Tumble as Weather Kind to Fete Fell Race (Press date 05/09/07)***

The 2nd Blackshawhead Fete Fell Race took place last Saturday under sunny, dry skies, which were a striking contrast to conditions in last year's event which was buffeted by howling gales and waterlogged ground. The better weather drew an improved entry, with 82 runners starting the race, ready to tackle the route which climbs to the bleak summit of Standing Stone Hill before returning to the fete field via the Pennine Way over Heptonstall Moor.

One consequence of the better weather, was new course records for both the men and the ladies. The men's being set by winner Jonathan Hare of Halifax Harriers whose time of 36.44 saw him clear of second man Chris Smale of organising club Todmorden, Smale however did have the consolation of taking the veterans prize. The new benchmark for the ladies was set by Lisa Lacon of Holmfirth who stopped the clock at 41.43.

In the spirit of the village fete, prizes were also awarded to the first locals to cross the line. Heptonstall resident Simon Bourne, who runs for Dark Peak Fell Runners, went home with the local men's title, whilst Badger Lane's very own Paula Haworth earned the local ladies' prize by finishing in a time of 56.55.

After the race, organisers Sarah and Andy Glyde thanked all those who helped with the planning and administration of the event, including the Fete committee, the local landowners and the course marshals.

The day after the Blackshawhead Race, many of the Todmorden runners who helped stage the race travelled to Rochdale to compete in the Andy O'Sullivan's Trail 5k. The race was organised to celebrate Andy's 25th year of organising races and drew 180 competitors to the mixed terrain route around Whittaker and Rakewood.

A dozen Todmorden runners were amongst the starters, as the race had been selected as a counter in the club's 2007 Championship and precious ranking points were up for grabs.

First Todmorden athlete home was Richard Blakeley, who finished 30th in a time of 35.28, missing out on the veteran 60 prize by just two seconds after being pipped by Rochdale's Dave Schofield.

First Todmorden lady was Kerry Edwards, who continued to build on her promise by finishing 5th lady in a time of 36.36.

Further a field, a group of Harriers took the high road to Ben Nevis to compete in the annual mountain race. In tricky and wet conditions, the first Todmorden finisher was the in form Jon Wright, who finished 10th place in a time of one hour and thirty nine minutes, seven minutes adrift of race winner Ian Holmes who completed the course in one hour and thirty two minutes for a remarkable 6th win. Next Todmorden runner home was Alex Whitem in 13th position, he was followed by club mate Andrew Horsfall making a welcome return from injury in a time of one hour and fifty nine.

### Lake District Mountain Trial/Yorkshireman

#### ***Ali and Phil Fly the Flag in the Lakeland Hills (Press Date 13/09/07)***

Press date Two very different tests of stamina occupied local athletes last weekend, one in the Lake District, whilst the other was closer to home.

Firstly, The Lake District Mountain Trial is a long established event, which asks competitors to navigate over notoriously tough courses of up to 20 miles on the high Cumbrian Fells.

In the men's event first Calderdale man home was Todmorden's Jon Wright in a highly credible 15th position in an event weighted towards local Lake District runners, winner Jim Davies having made the short trip from Borrowdale to complete the course in 4 hours and 12 minutes. Next Tod man home was Phil Hodgson also showing fine form by finishing in 42nd place, just missing out on the prize for the first veteran 50.

Shortly afterwards first Calder Valley men arrived home, with Jonathan Emberton finishing in 49th place, followed by Phil Scarf in 58th.

Next local man was Harrier Richard Leonard in 114th, he was followed by two club mates who are veterans of the event, John Page in 128th and John Crummett in 132nd.

In the separate ladies' event Todmorden's ever improving Ali Richards showed her prodigious ability in this kind of event by finishing in 7th place in a field packed with quality, her time of 4 hours and 20 minutes just 20 minutes behind winner Karen Nash.

Next Calderdale lady home was another Todmorden runner who consistently rates highly in Lakes' events, Jane Smith, who crossed the line in 16th place. Calder Valley were represented by Jackie Scarf, who came home in 22nd position.

Whilst these athletes were proving their credentials as mountain experts, others were proving themselves 'Yorkshiremen' on the byways around Keighley as runners competed in the Yorkshireman Half and Full Off-Road Marathons.

The twin race routes take runners from moor land bogs to hard tracked bridleways and paths, as they wind around the picturesque Craven countryside in the events fast becoming regarded as classics of their kind. This year conditions were perfect and this was reflected in fast times throughout the fields.

In the full marathon attracted 120 hardy souls to the solo section, and a further 40 to the pairs event, the solo competitors included Todmorden's Stuart Boulton who crossed the line in 75th place with a time of 4 hours and 56 minutes, and Claire Duffield who completed in 5 hours and 17 minutes placing her as 11th lady.

In the half marathon it was Calder Valley who dominated with Ben Mounsey and Jo Waites both scoring emphatic victories for the second year running.

Elsewhere in the field, Richard O'Sullivan and Mel Blackhurst flew the flag for Todmorden, and although detailed results are unavailable at the time of writing, both completed the course in good style.

## Langdale Half Marathon/Good Shepherd/High Peak 40

### *Race Hots Up for Club Crown (Press date 28/09/07)*

Todmorden Harriers' club championships are a step nearer to reaching their conclusions after the two most recent counting races.

On the roads, Mel Blackhurst has tightened her grip on the ladies' title by a fine run at the Langdale Half Marathon, in which she recorded a time of 1.48.27, giving her a position of 105th from a field of over 300. Other Harriers who made the journey to Cumbria for the notoriously tough event were Pete Robinson who finished just 4 seconds in front of Blackhurst, and Stuart Boulton who came home in 1.57.02.

In the club fell championships, Shaun Godsman continues to set the pace after a fourth place at the Good Shepherd Fell Race in Mytholmroyd. Godsman finished the race in 1.59.05, some ten minutes behind winner, Karl Gray of Calder Valley.

In the ladies' championship, Ali Richards moved a step closer to the title after finishing second lady in the Mytholmroyd race in a time of 2 hours and 33 minutes, retaining her lead over a host of challengers for the end of year shield. Other notable Tod performances in the Good Shepherd came from an in-form James Riley who finished in 29th position, and Andy McFie, returning after a short break from competitive running to cross the line in 35th.

The Fell Championships will now go down to the wire with the final two races, the Great Whernside Race, which is also an English Championship counter, and the Race to the Summit, held at the end of October.

In the national arena, Todmorden's ultra distance athletes continued to make waves with fine performances at the High Peak 40 Mile Race. The race starts from Matlock before touring the trails and tracks around the Peak District, and was chosen as a counter for the Montrail UK Ultra Running Championships.

Starring for Todmorden was distance queen Chris Preston who comfortably saw off the opposition to take first place in a high quality field, finishing in a time of 7 hours and 3 minutes, almost half an hour clear of her nearest rival.

Fellow Harrier Phil Hodgson, took the veterans 50 prize in a time of 6 hours and 53 minutes, and joined her in the prizes.

These results leave the duo both likely to win national plaudits at the year's end, with Preston second in the ladies' national rankings and Hodgson first veteran man.

### **BATRUNS: THE BATS are BACK !**

There will be an offroad **Batrun** every Wednesday from the packrun pub at 7.00pm. Join us for track and trail and moorland frolics if you hate the tarmac and love the mud as much as we do. Don't forget your headtorches and reflective tops.

The **Annual Halloween Bat Haunting** will go from the Queen in Tod on **Wed 31<sup>st</sup> Oct** to the eerie summit of Bridestones. Scary masks compulsory !

The **Annual Bat Stoodley Pike Firework Extravaganza** will go from Shoulder of Mutton, M'royd on **Wed 7<sup>th</sup> Nov** at 7.00pm. Don't forget to bring your biggest and loudest fireworks. (and a lighter!). If you haven't yet witnessed Ben C. attempting to set fire to his beard, or experienced being chased round the Pike by a fizz bang rocket, this is the outing for you.

**The Caped Crusader**



Astley & Tyldesley Road Runners present  
PERMIT PENDING

# GILL PIMBLOTT MEMORIAL 5KM & 1 MILE FUN RUNS

ALL PROCEEDS GO TO DR.HARLAND AT THE ABC FUND  
FOR THE FIGHT AGAINST BREAST CANCER

MINIMUM AGE 15 YEARS OLD FOR 5KM

Well Marshalled Course

Venue: Miners Welfare Club, Gin Pit Village, End of Ley Road,  
Off Princes Avenue, Tyldesley, Gtr Manchester, M29 7DW

**SUNDAY 18TH NOVEMBER 2007**

**Fun Run starts at 11.30am**

*5KM starts at 12.00 NOON*

*Entries £4.00 Attached*

**Entries £6.00 Unattached  
(£1.00 extra on the day)**

***FUN RUN £2.50 (£3.00 on the day)***

MEDALS TO ALL FINISHERS IN BOTH RACES

**ENTER ONLINE @ WWW.UKRESULTS.NET**

*Entries (S.A.E) to: Gill Pimblott Memorial 5KM, 24 HIGHFIELD  
AVENUE, ATHERTON, MANCHESTER M46 9LU*

*CLOSING DATE: MONDAY 12TH NOVEMBER*

*CHEQUES PAYABLE TO: "ASTLEY & TYLDESLEY ROAD RUNNERS"*

*email: [astleyrunners@yahoo.co.uk](mailto:astleyrunners@yahoo.co.uk)*

**CONTACT: SHAUN MORAN After 3pm 01942 740710**

ENTRY FORM - GILL PIMBLOTT MEMORIAL 5KM

NAME..... 5KM \_\_\_\_\_

ADDRESS..... FUN RUN \_\_\_\_\_

..... AGE \_\_\_\_\_

..... SEX \_\_\_\_\_

POST CODE.....TEL..... CLUB \_\_\_\_\_

Please enter me for the above event, I accept & certify that I am medically fit to run & understand that the organizers will in no way be held responsible/liable for any injury, loss or damage of my property during the event.

DISCLAIMER SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**24th Sweatshop THROUGH THE VILLAGES' RACE**

**8 MILES 781 YARDS (8.45miles) approx. OPEN ROAD EVENT sponsored by Dressers Arms , MIZUNO and S|W|E|A|T|S|H|O|P**

Held under UK Athletics Laws Permit 06/7614  
 Organised by Heapey and Wheelton Village Hall Committee  
 Course certificate of accuracy: NCAA/89/96

**SUNDAY  
 4 NOVEMBER 2007  
 AT 10.30 AM.**



**Venue** - Starting and Finishing at Dresser's Arms , Wheelton, going around the major roads of Wheelton, Brinscall, Abbey Village, and Withnell.  
**Course** - An accurately measures scenic, undulating course. Well marshalled, mile markers.  
**Prizes** - in excess of £1,000. Medals to all finishers. Minimum guaranteed prizes  
 First 6 home, first 4 women, first vet in most categories. ***NB the veteran prizes will be increased proportional to the number of veteran pre entries.*** First two teams, first vet team , first social club( strictly U/A) - three to count.

Course record: 42m 47secs  
 Rich Archer 1990  
 Man University AC

Only ONE MAIN prize per runner  
**PRIZES ARE DEPENDENT UPON THE NUMBER OF PRE ENTRIES**

Veterans cannot run in both Open and Vets Classes.

Entry Fee                               **£6.00 Members of Affiliated Clubs, £8.00 Unattached Runners.**  
 Closing date                           **Entries to Terry Dickenson, 58 Millbrook Close, Wheelton, PR6 8JY**

by 25 October 2007. Enclose SAE for Number and course description

**Maximum entry for 2007 - 400**  
**MINIMUM AGE 16 YEARS ON DAY OF RACE**  
**NOTE LATE ENTRIES ON THE DAY £2.00 SURCHARGE**

\*\*\*\*\*  
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**Entry form S|W|E|A|T|S|H|O|P Dressers' Through the Villages' Race 2007**

Name \_\_\_\_\_ Address \_\_\_\_\_

UKA Club \_\_\_\_\_ NoEAA number \_\_\_\_\_

Telephone number \_\_\_\_\_ Male / Female \_\_\_\_\_ Post Code \_\_\_\_\_

Social Club (Unattached only ) \_\_\_\_\_ Age on Race Day \_\_\_\_\_ DOB / / .

I enclose large SAE plus    **£6.00 ( UKA ) / £8.00 (U/A)** made payable to: "Heapey and Wheelton Village Hall Committee"    add an additional 50p if you require results.    Total enclosed £ \_\_\_\_\_.

I declare that I am an amateur to BAF rules and I do not hold the organisers liable within those rules.  
 Signed \_\_\_\_\_ Parent / Guardian if under 18    Date \_\_\_\_\_

**MINIMUM AGE 16 YEARS ON RACE DAY**

# CHAMPIONSHIP RESULTS

## GOOD SHEPHERD

22/09/2007 1.48.30 1.52.55 1.57.52

	Time	Adj Time	GP Pts	Fell Pts
4 Shaun Godsman	1.59.05	1.59.05	95.0	95.0
29 James Riley	2.26.22	2.26.22	77.3	77.3
35 Andy McFie	2.29.30	2.29.30	75.6	75.6
40 Dave Collins	2.31.15	2.11.54	85.7	74.8
42 Andrew Bibby	2.32.06	2.08.24	88.1	74.4
45 Ali Richards	2.33.00	2.18.16	81.8	73.9
61 Mel Blackhurst	2.39.59	2.14.39	84.0	70.7
67 Richard Blakeley	2.45.08	2.03.35	91.5	68.5
68 Sharon Godsman	2.45.09	2.29.15	75.8	68.5
69 Jane Smith	2.45.16	2.07.32	88.7	68.4
102 Dave Wilson	3.01.25	2.36.32	72.3	62.3
106 Richard O'Sullivan	3.03.25	2.48.19	67.2	61.7
108 John Page	3.04.03	2.31.54	74.5	61.4
109 Stuart Boulton	3.04.03	2.45.34	68.3	61.4
114 Ben Crowther	3.13.55	3.13.55	58.3	58.3
116 Louise Abdy	3.15.13	2.34.32	73.2	57.9
117 Elise Milnes	3.28.56	2.45.23	68.4	54.1
118 Moyra Parfitt	3.28.56	2.12.55	85.1	54.1
121 Derek Clutterbuck	3.52.03	2.26.56	77.0	48.7

## Andy O'Sullivan's

02/09/2007 27.07 28.40 28.5

	Time	Adj Time	Rd Pts	GP Pts
30 Richard Blakeley	35.28	28.11	100.1	79.5
40 Keith Parkinson	36.29	31.49	88.6	77.3
42 Kerry Edwards	36.36	33.05	85.3	77.0
49 Alan Mellor	37.22	31.11	90.4	75.5
52 Peter Robinson	37.38	36.34	77.1	74.9
53 Sarah Glyde	37.40	34.02	82.8	74.9
83 Stuart Boulton	40.37	37.11	75.8	69.4
92 Nigel Hanson	41.25	37.02	76.2	68.1
96 Paul Brannigan	41.50	39.46	70.9	67.4
103 Peter Ehrhardt	42.25	34.44	81.2	66.5
117 Dave O'Neill	45.04	40.57	68.9	62.6
126 Derek Clutterbuck	45.56	31.31	89.5	61.4

## LANGDALE 1/2

16/09/2007 1.17.52 1.20.59 1.21.44

	Time	Adj Time	GP Pts	Rd Pts
103 Peter Robinson	1.48.23	1.45.18	76.2	74
105 Mel Blackhurst	1.48.27	1.31.42	87.4	73.9
184 Stuart Boulton	.57.02	1.47.09	74.8	68.5

## GREAT WHERNSIDE

06/10/2007 28.4 28.6 29.4

	Time	Adj Time	GP Pts	Fell Pts
28 Jon Wright	33.36	33.36	94.3	94.3
71 Dave Collins	38.10	33.17	95.1	83.0
108 Simon Anderton	41.57	37.44	83.9	75.5
25 Alison Richards	42.08	38.05	83.2	75.2
110 Lee McCluskey	42.16	37.15	85.0	74.9
31 Kath Brierley	43.33	34.55	90.7	72.7
126 Andrew Bibby	44.25	37.30	84.5	71.3
42 Sharon Godsman	45.33	41.10	76.9	69.5
50 Mel Blackhurst	47.13	39.44	79.7	67.1
156 Jeremy Godden	48.59	44.04	71.9	64.7
60 Sue Roberts	49.17	40.01	79.1	64.3
61 Moyra Parfitt	49.30	31.30	100.6	64.0
67 Paula Haworth	51.56	46.01	68.8	61.0
72 Helen Hodgkinson	58.21	52.44	60.1	54.3
172 Derek Clutterbuck	58.30	37.03	85.5	54.1

## 2007 ROAD /TRAIL TABLE

			Helen Windsor 10K	Andy O'Sullivan	Calder Vale 10	Bluebell 10	Leyland 10	Liversedge 1/2M	Radcliffe 12	Ackworth 1/2M	Langda1/2M			
1	Melanie Blackhurst	LV40	75.0		74.9	73.1		75.7		76.3	73.9	6	<b>448.9</b>	Q
2	Stuart Boulton	M45	68.5	69.4		66.7		68.2	68.4		68.5	6	<b>409.7</b>	Q
3	Sarah Glyde	L	76.4	74.9	72.3	72.1			73.3			5	<b>369.0</b>	X
4	Derek Clutterbuck	V75	57.4	61.4	61.4	57.9		60.5	59.5			6	<b>358.1</b>	Q
5	Andrew Bibby	V50	78.1		76.8	75.9		76.1				4	<b>306.9</b>	X
6	Jeff Anderson	V45	75.5		75.4			72.1	72.9			4	<b>295.9</b>	X
7	Peter Ehrhardt	V60	67.6	66.5	68.9			68.9				4	<b>271.9</b>	X
8	Dave Collins	V50	86.8			85.3			85.6			3	<b>257.7</b>	X
9	Moyra Parfitt	LV60	64.8			60.2	58.4		63.1			4	<b>246.5</b>	X
10	Keith Parkinson	M50	80.8	77.3					80.4			3	<b>238.5</b>	X
11	Paul Brannigan	V40		67.4		82.4				85.2		3	<b>235.0</b>	X
12	Richard Blakeley	V60		79.5		72.0			76.2			3	<b>227.7</b>	X
13	Alice Heath	L			72.0	72.3				70.5		3	<b>214.8</b>	X
14	Claire Duffield	L	70.6				64.6		64.0			3	<b>199.2</b>	X
15	Andy McFie	M							83.5	84.9		2	<b>168.4</b>	X
16	Kerry Edwards	L		77.0	75.6							2	<b>152.6</b>	X
17	Peter Robinson	V40		74.9							74.0	2	<b>148.9</b>	X
18	David O'Neill	V45		62.6		57.4						2	<b>120.0</b>	X
19	Alex Whitem	M							97.0			1	<b>97.0</b>	X
20	Christopher Smale	V40					88.7					1	<b>88.7</b>	X
21	Greg Elwell	M								83.1		1	<b>83.1</b>	X
22	Simon Anderton	V45				80.5						1	<b>80.5</b>	X
23	Derek Donohue	V45				79.2						1	<b>79.2</b>	X
24	Peter Bowles	M				76.9						1	<b>76.9</b>	X
25	Alan Mellor	V55		75.5								1	<b>75.5</b>	X
26	Rachel Skinner	L						70.5				1	<b>70.5</b>	X
27	Jennifer Porter	LV40				69.0						1	<b>69.0</b>	X
28	Nigel Hanson	V50		68.1								1	<b>68.1</b>	X
29	Lynne Griffiths	LV45				66.8						1	<b>66.8</b>	X
30	Melanie Niicholls	L				64.8						1	<b>64.8</b>	X
31	Mel Siddal	LV45							60.8			1	<b>60.8</b>	X
32	Charlotte Woodhead	L							60.8			1	<b>60.8</b>	X
33	Michael Hennigan					58.2						1	<b>58.2</b>	X



## 2007 GRAND PRIX TABLE

			Midgley Moor	Paddys Pole	Thieveley Pike	Great Whernside	Stanbury	Fairfield	Turnslack	Weasdale	Edale Skyline	Duddon	Kinder Trog	Good Shepherd	Helen Windsor 10K	Andy O'Sullivan	Accrington 10K	Gill Pimblott Mem	Calder Vale 10	Bluebell 10	Leyland 10	Thro' the Villages	Liversedge 1/2M	Radcliffe 12	Ackworth 1/2M	Langda1/2M	OPTIMUM POINTS		Qualified?
1	Dave Collins	12	94.8	94	0	95.1	95.3	95.9	99.1	97.8	0	0	97.8	85.7	97.1	0	0	0	0	95.4	0	0	0	95.7	0	0	774.1	Fell	Q
2	Moyra Parfitt	10	0	94.9	0	101	96.8	90	0	101	0	0	0	85.1	95.3	0	0	0	0	88.4	85.8	0	0	92.8	0	0	759.3	Fell	Q
3	Andrew Bibby	9	0	0	0	84.5	88.3	0	0	90.8	0	0	86.4	88.1	88.9	0	0	0	87.3	86.3	0	0	86.6	0	0	0	702.7	Equal	Q
4	Derek Clutterbuck	11	89.8	88	0	85.5	0	0	82.7	0	0	0	0	77	83.7	89.5	0	0	89.5	84.3	0	0	86.9	85.4	0	0	698.9	Road	Q
5	Melanie Blackhurst	12	0	0	0	79.7	81.7	0	85.9	0	0	70.9	83.3	84	88.7	0	0	0	87.8	85.7	0	0	88.7	0	89.4	87.4	695.2	Road	Q
6	Peter Ehrhardt	10	0	84.2	0	0	82	79.6		86.3	71.6	66.2	0	0	82.6	81.2	0	0	84.2	0	0	0	83.4	0	0	0	663.5	Equal	Q
7	Stuart Boulton	14	0	70.1	0	0	0	69.9	72.4	72.9	67.1	66.2	71.3	68.3	74.8	75.8	0	0	0	72.8	0	0	74.5	74.7	0	74.8	591.2	Road	Q
8	Richard Blakeley	6	0	0	0	0	93.1	0	101	0	0	0	0	91.5	0	100	0	0	0	90.7	0	0	0	95.9	0	0	571.8	X	X
9	Alice Heath	7	0	77.7	0	0	0	76.1	0	0	75.6	0	82	0	0	0	0	0	79.7	80	0	0	0	0	78	0	549.1	X	X
10	Paul Brannigan	6	83.6	87.9	0	0	89.6	0	0	0	0	0	0	0	0	70.9	0	0	0	86	0	0	0	0	89	0	507	X	X
11	Shaun Godsman	7	103	99.2	0	0	0	97.3	99.1	101	88.7	0	0	95	0	0	0	0	0	0	0	0	0	0	0	0	499.2	X	X
12	Andrew Wrench	5	0	100	0	0	0	0	99.7	100	93.3	0	103	0	0	0	0	0	0	0	0	0	0	0	0	0	495.6	X	X
13	Jonathan Wright	5	0	97.5	0	94.3	0	0	0	96.7	99	98.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	486.4	X	X
14	David O'Neill	7	68.6	68.2	0	0	68.1	0	67.5	69.4	0	0	0	0	0	68.9	0	0	0	63.1	0	0	0	0	0	0	473.8	X	X
15	Martin Roberts	6	92.4	95	0	0	90.8	91.8	94.6	96.6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	470.4	X	X
16	Kath Brierley	8	90.9	0	0	90.3	88.3	84.1	93.7	95.6	83.7	72.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	458.8	X	X
17	Jane Smith	8	91.2	90.5	0	0	82.4	88.3	93.1	90.2	0	88.8	0	88.7	0	0	0	0	0	0	0	0	0	0	0	0	453.8	X	X
18	Mark Goldie	8	92	90.1	0	0	89.8	88.7	91	87.8	78.2	75.6	0	0	0	0	0	0	0	0	0	0		0	0	0	451.6	X	X
19	Keith Parkinson	5	89.5	0	0	0	0	0	86.1	0	0	0	0	0	91.9	88.6	0	0	0	0	0	0	0	91.4	0	0	447.5	X	X
20	Alison Richards	8	0	86.7	0	83.2	84.4	84.3	0	88.1	78.3	80.2	0	81.8	0	0	0	0	0	0	0	0	0	0	0	0	426.7	X	X
21	Sarah Glyde	5	0	0	0	0	0	0	0	0	0	0	0	0	84.6	82.8	0	0	80	79.8	0	0	0	81.1	0	0	408.3	X	X
22	Sharon Godsman	8	81.4	79.8	0	76.9	79.7	76.8	80.8	81.9	0	0	0	75.8	0	0	0	0	0	0	0	0	0	0	0	0	403.6	X	X
23	Derek Donohue	5	0	87.5	0	0	80.3	0	0	0	76.4	73.1	0	0	0	0	0	0	0	85.9	0	0	0	0	0	0	403.2	X	X
24	Sue Roberts	8	79.2	78	0	79.1	78.2	77.4	79	80	0	67.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	395.5	X	X
25	James Riley	8	0	0	0	0	77.8	64.9	81.5	79.5	73.2	69.7	79.2	77.3	0	0	0	0	0	0	0	0	0	0	0	0	395.3	X	X
26	Jeff Anderson	5	0	0	0	0	77.1	0	0	0	0	0	0	0	81.2	0	0	0	80.5	0	0	0	76.9	77.8	0	0	393.5	X	X
27	Louise Abdy	5	72.6	72.3	0	0	0	72.4	73	0	0	0	0	73.2	0	0	0	0	0	0	0	0	0	0	0	0	363.5	X	X
28	Claire Duffield	5	0	0	0	0	69.7	0	0	70.7	0	0	0	0	78.1	0	0	0	0	0	71.4	0	0	70.8	0	0	360.7	X	X
29	Phil Hodgson	4	0	0	0	0	87	0	92.8	0	88.3	90.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	358.9	X	X
30	Alex Whittem	4	0	93.8	0	0	0	64.9	94.6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	97	0	0	350.3	X	X
31	Andy McFie	4	0	86.2	0	0	0	0	0	0	0	0	0	75.6	0	0	0	0	0	0	0	0	0	83.5	84.9	0	330.2	X	X
32	David Wilson	4	0	0	0	0	75.5	0	0	0	0	76.1	76.1	72.3	0	0	0	0	0	0	0	0	0	0	0	0	300	X	X
33	Jeremy Godden	4	79	56.3	0	71.9	68.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	276.1	X	X



## 2007 FELL TABLE

			Midgley Moor	Paddys Pole	Thieveley Pike	Great Whernside	Stanbury	Fairfield	Turnslack	Weasdale	Edale Skyline	Duddon	Kinder Trog	Good Shepherd			
1	Shaun Godsman	M	102.9	99.2				97.3	99.1	100.7	88.7			95.0	7	594.2	Q
2	Mark Goldie	M	92.0	90.1			89.8	88.7	91.0	87.8	78.2	75.6			8	529.8	Q
3	Dave Collins	V50	82.7	82.0		83.0	83.1	83.7	86.4	85.3			85.3	74.8	9	506.8	Q
4	Jonathan Wright	M		97.5		94.3				96.7	99.0	98.9			5	486.4	X
5	Andrew Wrench	V40		96.3					95.0	95.4	89.8		98.6		5	475.1	X
6	Alison Richards	L		78.3		75.2	76.2	76.2		79.6	70.7	72.4		73.9	8	459.4	Q
7	Kath Brierley	LV45	73.8			72.4	71.7	68.3	75.1	76.6	67.9	58.8			8	437.5	Q
8	Sharon Godsman	L	73.6	72.1		69.5	72.0	69.4	73.0	74.0				68.5	8	433.2	Q
9	Martin Roberts	V45	82.3	84.6			81.7	81.8	84.3	86.0					6	419.0	Q
10	Jane Smith	LV45	70.4	69.8			63.6	68.1	71.8	69.6		68.5		68.4	8	418.5	Q
11	Melanie Blackhurst	LV40				67.1	69.5		72.3			59.6	70.1	70.7	6	409.3	Q
12	James Riley	M					77.8	64.9	81.5	79.5	73.2	69.7	79.2	77.3	8	395.3	Q
13	Stuart Boulton	V45		63.0				62.9	65.1	65.6	60.3	59.6	64.2	61.4	8	382.2	Q
14	Sue Roberts	LV40	65.1	64.1		64.3	64.3	63.6	64.9	65.0		55.5			8	379.1	Q
15	Andrew Bibby	V50				71.3	75.3			77.5			73.8	74.4	5	372.3	X
16	Peter Ehrhardt	V60		65.4			64.5	61.8		67.1	55.6	51.4			6	365.8	Q
17	Moyra Parfitt	LV60		60.3		64.0	61.6	57.2		64.0				54.1	6	361.2	Q
18	Phil Hodgson	V50					76.7		80.9		77.8	79.2			4	314.6	X
19	David O'Neill	V45	61.1	60.7			60.6		60.1	61.8					5	304.3	X
20	Louise Abdy	LV45	58.2	58.0				58.0	57.8					57.9	5	289.9	X
21	Derek Donohue	V45		79.5			73.0				69.4	66.4			4	288.3	X
22	Alice Heath	L		70.2					68.8		68.3		74.1		4	281.4	X
23	Derek Clutterbuck	V75	56.9	55.7		54.1			52.4					48.7	5	267.8	X
24	David Wilson	V50					65.9					66.4	66.3	62.3	4	260.9	X
25	Alex Whittam	M		93.8				64.9	94.6						3	253.3	X
26	Paul Brannigan	V40	79.7	83.8			85.4								3	248.9	X
27	Jeremy Godden	V45	71.0	50.7		64.7	62.0								4	248.4	X
28	Christine Preston	LV40					74.7				67.8	72.1			3	214.6	X
29	Richard Blakeley	V60					69.7		75.2					68.5	3	213.4	X
30	Andy McFie	M		86.2										75.6	2	161.8	X
31	Keith Parkinson	V50	76.4						73.5						2	149.9	X
32	Neil Hodgkinson	M		73.5			70.8								2	144.3	X
33	Richard Leonard	V45					74.0					63.7			2	137.7	X
34	Ben Crowther	M					76.8							58.3	2	135.1	X
35	Claire Duffield	L					63.0			63.9					2	126.9	X
36	Peter Bowles	M					78.9								1	78.9	X
37	Jimmy Jackson	V40		78.1											1	78.1	X
38	Simon Anderton	V45				75.5									1	75.5	X
39	Lee McCluskey	V45				74.9									1	74.9	X
40	Rhys Watkins	V40									73.3				1	73.3	X
41	Peter Robinson	V40							73.0						1	73.0	X
42	Jeff Anderson	V45					71.5								1	71.5	X
43	Rachel Skinner	L								71.1					1	71.1	X
44	John Preston	V40									69.4				1	69.4	X
45	Kerry Edwards	F								69.4					1	69.4	X
46	Jennifer Porter	LV40					65.8								1	65.8	X
47	Lynne Griffiths	LV45					65.7								1	65.7	X
48	John Lee	V45											62.7		1	62.7	X
49	Richard O'Sullivan	V45												61.7	1	61.7	X
50	John Page	V50												61.4	1	61.4	X
51	Paula Haworth	L				61.0									1	61.0	X
52	Mandy Goth	LV45							56.8						1	56.8	X
53	Helen Hodgkinson	L				54.3									1	54.3	X
54	Elise Milnes	LV45												54.1	1	54.1	X

# Accrington Road Runners Present: 21st Accrington 10k

**Memento to ALL Finishers**

**Fast Accurately Measured Course**

**Under UKA Rules - Permit Applied**

**Showers and changing facilities**

**Prizes :**

Ist 6 Men  
Ist 6 Ladies  
Ist Vet Male 40/45/50/55/60/ +  
Ist Vet Lady 35/40/45/50/55/ +  
Ist Team M/F  
Ist Junior (under 19 yrs) M/F  
Spot prizes

**Entry Fees**

£6 Members of UKA Clubs  
£8 Un-attached  
£1.50 Extra on the day  
Cheques payable to 'Accrington Road Runners'

**Sunday**

**28th October 2007**

Start 10am, Burnley rd outside Whittakers Arms pub. Registration from 8.30am at race HQ, Highams Playing Fields, Thorneyholme Rd, Accrington (Off Queens Rd, Near to Accrington Victoria Hospital)



**Supported by Tony Bolton Sports**

Please detach along dotted line

**Please include a large SAE**

**Entries to: Gerry Bunn, 12 Singleton Ave, Read, Nr Burnley, Lancs BB12 7PJ Tel: 01282 771502**

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Tel \_\_\_\_\_

Age on day of race \_\_\_\_\_ Date of Birth \_\_\_\_\_ Male / Female (Please delete)

Minimum age on day of race - 17 years

Athletic Club \_\_\_\_\_

**Declaration**

I understand that I am entering entirely at my own risk and will not hold the organisers responsible for any injury or loss suffered as a result of my participation.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Leave Blank