

2008 Club race programme launched

A new year means a new club championship, and this year's selection of road, trail and fell races has now been chosen. There's something for everyone here, and with the decision to increase the number of selected fell race from 12 to 18, there's a really good choice of shorter races closer to home, which should be particularly attractive to newer club members who may not yet feel up to the longer Lakeland races. As in past years, there are also twelve road and trail races in the calendar.

A quick reminder how the club's championships work. Firstly, to qualify for the 2008 Grand Prix competition, you'll need by the end of the year to have done at least eight of the thirty races on offer. They need to be a mixture of road/trail and fell, either four of each or five of one type and three of the other. The Grand Prix is handicapped, which means that you get more points if you're a woman, and more points too the older you are. It means that the prize doesn't necessarily go to a fast twenty-something man with liquid legs. The rest of us have a chance too.

Each race you run also often counts towards either the fell championship or the road/trail championship. To qualify for each of these you need to run six races of the right sort during the course of the year. You also have to have run at least one race of each length: so four short races, a medium and a long would get you there, but – say – two short and four medium races would not be enough to qualify. The only other thing to remember is that points for these championships are not handicapped for age (though there are separate men's and women's prizes).

The points are calculated by working out how you compare with the first three runners in the race. There's a 9% points bonus for those races which are national or county championships, where the strength of the field is normally stronger.

Right, having got that out of the way, let's see what needs to go immediately into your diary. The fell championship will get under way on Saturday February 9th with the wintertime favourite which is the Wadsworth Trog. This is a twenty-miler with 4000 feet of climbing, which is organised by our friendly rivals down the valley Calder Valley and starts from Old Town above Hebden Bridge. The Trog includes some high level routes along the watershed between the Calder and Aire river systems, and takes in Top Withens, Walshaw and Shackleton Hill. Pre-entry is essential, and you will need to get your entry in very soon to avoid the 200 limit being reached. More details at <http://www.cvfr.co.uk/Races/Trog/troghome.htm>.

The road championship begins three weeks later on Sunday Feb 24th, with the Huddersfield 10K. This is organised by the small Huddersfield Road Runners club, and heads off southwards from the town in the vague direction of Meltham. There's details and a map available at <http://www.huddersfieldroadrunners.co.uk/race.htm>. The entry form is included with this Torrier.

Looking ahead to March, the first medium fell race in the calendar is also an English Championship fell race. Black Combe is run over one of the least known areas of the Lakeland fells, over in the western corner of Cumbria near Millom. If you want to do this race, it's absolutely essential to sign up straight away. (You may already be too late). Details are on bcrunners.org.uk.

There's a 10 mile road race on Sun March 16th, along the nice flat roads and promenades of Lytham St Annes. This has been in the club race programme in previous years, and can sometimes be an opportunity to get yourself a PB time. No entry on the day, so you will need to send in the form, available with this Torrier.

Another 10K race in the road championship takes place the following weekend, the Guiseley Gallop, but this is a trail (multi-terrain) race rather than tarmac. This also often gets full up quickly, so it's worth entering in good time. We've made it easy by including this entry form too with this Torrier.

Finally, on Saturday March 29th, there's a short local fell race run, Midgley Moor, from Booth cricket club above Luddendenfoot. This is a 5-miler, with about 1250 ft of climbing. No need to pre-enter for this, just turn up to support an excellent local fell race over the heather moors above the Luddenden valley.

Local Fell Races

By Colin 'New Year, Clean Socks and a Bath' Duffield

Sunday 27th January 11:30
Stanbury Splash BM 7 miles/ 1200ft
Penistone Hill, Near Haworth.

Fruity fun sponsored by Soreen, the malt loaf people. No major navigational issues, although it might help to have some idea where you're going. Was in the Grand Prix last year, if your medium term memory is functional.

Sunday 27th January 10:30
White Holme Circular CL 12 miles/1200 ft
Summit Pub, Summit

Up from the pub and round the ressessers. Simple. Full body cover needed I think. Could be chilly.

Saturday 9th February
Wadsworth Trog and Half Trog BL/BM 20 miles/4000ft
Old Town Cricket Club, Hebden Bridge

Full Trog in the Grand Prix, so probably something elsewhere in the Torrier about that. Be warned, the Half Trog is possibly the more difficult half.