

Make your Autumn a Grand Prix occasion

The evenings may be getting darker (boo hiss) but there's still plenty of life left in this year's Club championships, with nine Grand Prix races remaining to tackle between September and the start of November. Don't forget that the Tod website carries fully updated points tables for the road and fell championships and for the handicapped Grand Prix itself. If you're not sure of the rules, ask someone who looks knowledgeable at a Wednesday pack run.

The Dufton fell race, the last English championship counter, is on August 30th but sadly entries closed at the end of July so let's start with a nice short 5K road race, the Ron Hill Birthday on Tuesday September 2nd, starting just down the road at the Falcon inn in Littleborough. The entry form is attached – be warned that organiser Andy O'Sullivan is claiming that entries on the day will not be accepted.

Already full but we have a couple of spare numbers anyone wanting to run see Mandy

SUNDAY SEPT 7TH STAINLAND 7 (see below)

Sun Sep 14th is the date for the Langdale Half marathon, a tough road race given the topography but a firm favourite with many in the club. Entries need to be in by September 1st, and if you turn up on the day you'll only be able to enter the fun run, which may be fun but which won't gain you any of the coveted GP points. Lots of pretty Lakeland scenery to run past. Good training for winter road running.

Two fell races complete the picture for September. On Saturday Sep 20th you can return to the Lakes to compete in the Three Shires race, a 13m race with 4000' of climbing from the Three Shires inn in Little Langdale. This is the 25th anniversary race, and 'old' runners will be welcome. (We have plenty of them). Refreshingly, entry on the day only. If you haven't done the 3 Shires before and want more details, there's information on amblesideac.org.uk waiting for you.

September will end with another long fell race, this time 12.1m and 3000', and in the Yorkshire Dales rather than the Lakes for a change. The Whernside race starts from the village of Dent (so not the route up Whernside you may have done from the Three Peaks earlier in the year). This is an old race which is being resurrected this year – map of the route is available at <http://www.dentdale.com/whernsidefellrace.HTM>. Entry presumably possible on the day, since no booking information is readily available.

Details of races in October and November next time.

STOP PRESS

AS THERE IS A CLASH BETWEEN THE BRONTE WAY, THE BURNLEY FIRE STATION 7 AND THE IAN HODGSON RELAY IT HAS BEEN DECIDED TO REPLACE THE FIRE STATION 7 WITH THE STAINLAND 7 ON THE 7TH SEPTEMBER. (ENTRY FORM ENCLOSED)