

ENGLISH CHAMPIONSHIPS 2010

It's nearly 2010 - the English Championships will be upon us again before we know it. Over the past four or five years Todmorden Harriers' profile in these prestigious national championships has continued to grow. With the multitude of talented runners in our club we should be able to win more medals next year. But, to do this we need to enter the races (no mean achievement in itself as they often fill up in a couple of days!) and to pack the field with as many Toddie runners as possible. We'll be putting out regular reminders on when the entries open for each race. We can do well in both individual and team (men and women's : open, V40 and V50 categories). So come, on, fly the flag for Todmorden Harriers and get yourselves entered.

The list of races and entry opening dates are:

Noonstone	Medium	Sat 27 th Feb	Entries open 1 st Jan - Postal entry only
Coniston	Medium	Sat 1 st May	Entries open March 1 st 2010 (Download from www.conistonfellrace.org.uk)
Ennerdale	Long	Sat 12 th June	Entry date to be confirmed
Sedbergh 3 Peaks	Short	Sat 19 th June	Entry date to be confirmed
Holme Moss	Long	Sun 18 th July	Entry date to be confirmed
Shelf Moor	Short	Sun 5 th Sept	Entry date to be confirmed

Put the race dates in your 2010 diary and – “Let's win some medals in 2010”

[Note: Noonstone is a Toddie race and, as usual I'm sure you'll all be volunteering to help out on the day. Andrew will have plenty of pre-race jobs for those who are needed to run to get our English Champs season off to a flying start].

THE NOONSTONE

Sat Feb 27th

This year the Noonstone is an English Championship race. Anyone who thinks they will count in English Championship either in the teams or individually needs to get their entries to Andrew in the first few days of January. The entry form will appear on the todharriers website.

We are expecting 500 runners so we need as many helpers as possible. There will be a thread on the forum where you can sign up or ring Andrew on 01706 818623.