



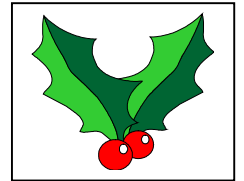
# TORRIER

DEC 05

***MERRY CHRISTMAS***

**&**

***HAPPY NEW YEAR***



## ***CONGRATULATIONS TO OUR 2005 WINNERS***

**CLUB CHAMPION**

**ANDREW HORSFALL**

**GRAND PRIX WINNER**

**MOYRA PARFITT**

**FELL CHAMPION**

**ANDREW WRENCH**

**ROAD CHAMPION**

**PAUL BRANNIGAN**

**TOILET SEAT**

**SUE ROBERTS**

**CLUBMAN OF THE YEAR**

**PHIL HODGSON**

# Mandy's Page

## **Pack Runs Wednesday's ON THE ROADS**

**7PM START**

**Masons, Bacup Rd  
Todmorden**

**FEB – SHOULDER, MYTHOLMROYD**

## **RACE COMMITTEE**

We will be choosing the races for next years championships in the next couple of weeks.

The committee will be  
Mel Blackhurst  
Jeff Walker  
Jane Smith  
Dave O'Neill  
Mandy Goth

Anyone with any strong desires to see certain races in then please air your views to one of the above

## **SPEED WORK & HILL REPS**

Still going to the "track" at Rossendale on alternate Tuesdays. We're definitely starting to see the benefits – Nick Harris their coach is helping us all work on our style (you wouldn't know it if you saw my photo from the Stoop)

For these sessions meet at Bramsche Square in order to leave at 6.30pm prompt.

Tues 3<sup>rd</sup> Jan – Lob Mill 7pm  
Tues 10<sup>th</sup> Jan - Rossendale  
Tues 17<sup>th</sup> Jan – Walsden Cricket Club 7pm  
Tues 24<sup>th</sup> Jan – Rossendale  
Tues 31<sup>st</sup> Jan – Lob Mill 7pm

## **BATTY TODDIES**



For the attention of those averse to road running or with a love of running on eerie tracks and paths in the pitch dark – or, hopefully under a full'ish moon.

Meet at the normal packrun time and place but bring a headtorch and fell shoes as well as your road shoes.  
Fluorescent tops recommended

The Tod Bats have been going out alternate Weds – next due out 4<sup>th</sup> Jan

## **NEW MEMBERS**

Welcome to new members  
Alice Heath Janine Wigmore  
Julie West & Wayne Morrison (old member rejoined)

## **E GROUPS**

For those who aren't aware we have an E-group useful for circulating information (and drivels)  
One of the most recent gems was regarding the CWR ladies team

Dear Ms Brierley,

I am now writing to respectfully ask you to reassess your reluctance to consider my erstwhile and esteemed colleague, Mr. JA Duffy for your ladies team. In addition to this may I also put myself forward as a potential participant in your squad? The reasons for our availability need not concern you but we find ourselves embarrassed by our teamless status and very much out in the wilderness and in need of assistance (a feeling that surely is familiar to most fell running Toddlies).

I can offer several testimonial pieces of evidence of our assured femininity and suitability for a ladies team. As you so accurately observed, Mr. Duffy has a fine ponytail, and also is familiar with the procedure for cooking a lovely chicken chasseur. In addition to these points I can also report he has vague fear of cows, surely a fine feminine trait. Wouldn't you agree? I myself have worn a 'frock' on two (2) occasions in my younger and more artistic days. I am also almost completely unable to reverse park.

As proof of our commitment, if we were accepted onto your team we are prepared to forget how to wire a plug.

Please give careful consideration to the above points before applying.

Yours with fingers crossed,

Colin Duffield (Mrs.)

Anyone interested in being included in the E-group then E-mail Ray (aka Ranter) Poulter on  
ray@gardeningsolutions.co.uk

# What's On

## TOD HARRIERS ANNUAL MINI MOORLAND MARATHON

Sunday 8<sup>th</sup> January 2006

Three hour score orienteering event.

Venue: Registration, Start and Finish from the public car park below the White House, Blackstone Edge. GR 968179

Starts: 9.00 am to 10.00 am. Entry fee -

Please take note that this is an orienteering event over exposed moorland in mid-winter. Compulsory kit – thermals, waterproofs, full body cover, compass and whistle. Inexperienced competitors should run in pairs.

Overprinted maps (A3 size), and poly bags (A4) will be provided. No punching, permanent course type controls will be used – bring a waterproof marker pen.

This is a club event, not FRA registered, for club members and guests (CVFR welcome). Participants compete at their own risk. No dogs please.

Prize giving will take place afterwards in the pub, by kind permission of the landlord.

Entries by Wed 4<sup>th</sup> Jan, latest, to Trevor Smith 01422 843866 or [trevor@tapinstruments.com](mailto:trevor@tapinstruments.com)  
EOD only if maps available

## **Tuesday 27<sup>th</sup> December Hot Toddy Road Race**

**11am**

**Also Fun Run at 10.30am**

**Runners and helpers wanted.**

**Anyone around and available over Christmas please turn up to support this our only road race.**

**Peter Ehrhardt is the race organiser and can be contacted on 01706 813417**

## **PILATES CLASSES**

**THURSDAY'S 7-8PM**

**Still a few places left**

**If interested contact Mandy 01422844936 or Hazel 01706 814587**

## **In the New Year**

**Sun Jan 1 - 12 noon The Giant's Tooth race  
(3 miles with 400 ft climb)  
Ogden Water Causeway Foot  
Halifax**

**Sat Jan 7 - Ovenden Fell Race**

**Mon Jan 9 - Committee meeting - 7pm  
Hollins Inn, Walsden**

**Sun Jan 22 Guess your time  
Sportsmans (Kebs)  
Full details next issue**

## **Next Year's Christmas Do & Presentation**

**Friday 15<sup>th</sup> December 2006**

**This year we've booked it early to avoid clashes so put this date in your diary.**

# CLUB CHAMPION TABLE 2005

		Edale	Crow Hill	Whittle Pike	Beefy's Nab	Fiensdale	Wardle Skyline	Buttermere Sail Beck	Erringden Moor	Wadsworth Trog	Duddon Valley	Good Shepherd	Langdale Horseshoe	Roddlesworth Roller	Cliviger 6	Gin Pit 5	Jeff Dogget 5K	Grizedale Forest 10	Leyland 10	Wagon & Horses 10	Thru The Villages	Radcliffe Trail	Freckleton Half	Langdale Half	Holmfirth 15	OPTIMUM POINTS
Andrew Horsfall	6	0	0	91.2	0	91.4	0	0	0	93.4	0	0	0	0	0	0	88.1	0	0	0	90.1	92.9	0	0	0	547.1
Jeff Walker	6	0	0	90.2	0	86.3	0	0	0	83.6	0	0	0	0	87.7	0	0	86.2	0	0	0	85.3	0	0	0	519.3
Keith Parkinson	6	0	0	0	78	0	79.4	0	0	0	0	75.5	0	0	80.7	0	0	82.7	0	0	0	0	0	80.8	0	477.1
Colin Duffield	6	0	71.2	0	0	0	70	0	0	0	0	68	0	0	76.8	0	0	0	0	0	73.9	72.7	0	0	0	432.6
Rachel Skinner	6	69.4	0	0	0	0	72.9	0	0	0	0	70	0	0	74.1	0	0	75.1	0	0	0	0	0	70.6	0	432.1
Richard O'Sullivan	6	0	0	0	71.6	0	71	0	0	0	0	68.1	0	72.1	0	0	0	0	0	0	68.9	0	0	0	71.9	423.6
Peter Ehrhardt	6	0	0	69.7	0	0	0	0	70.5	0	0	0	63.3	0	0	70.8	0	72.9	0	0	0	0	0	0	71.5	418.7
Mandy Goth	6	0	0	64.4	0	0	67.4	0	0	0	0	0	63.3	0	0	0	65.5	69	0	0	0	68.9	0	0	0	398.5

For those who are unsure what the club champion is, it is the person who has completed a race from all categories (i.e. a RL, RM, RS, FL, FM, FS). The overall winner being the one with most points.

Congratulations to Andrew for winning this award.

What an awesome year we've had. It's been great getting everyone out and racing, the team spirit has been tremendous and for a small club like Tod to finish so high in the English champs is quite an achievement.

For me it's the camaraderie and friendship that is the important part of the club, long may it continue and when we do well – that's a bonus.

Mandy

**LONDON MARATHON PLACES** – Anyone interested contact Derek on 01422 842510 or Mandy 01422 844936

If you have entered and been rejected then you have first shout. We will draw the names out of a hat.

He also tells me that places can be transferred between club members and that he has the necessary forms.

# FINAL FELL TABLE 2005

			Edale	Crow Hill	Whittle Pike	Beefy's Nab	Fiensdale	Wardle Skyline	Sail Beck	Erringden Moor	Wadsworth Trog	Duddon Valley	Good Shepherd	Langdale		
1	Andrew Wrench	M	99.3	101.8	101.3	98.3	99.8	99.2	95.3				98.7	97.8	9	<b>600.1</b>
2	Christopher Smale	V40	98.4	99.7	101.3		98.4	100.2	96.9	103.9	86.5		85.7	86.4	10	<b>590.0</b>
3	Jonathan Wright	M	96.0		99.0	95.3	97.9	98.4	96.4		95.2	74.8	98.7	98.1	10	<b>588.5</b>
4	Shaun Godsman	M	96.4	93.8			93.1		87.5	92.9	88.6	74.8			7	<b>552.3</b>
5	Andrew Horsfall	V40	89.6	89.5	91.2		91.4		89.9		93.4	74.8	91.1		8	<b>546.6</b>
6	Mark Goldie	M	88.6	90.4	91.4	90.1	88.7	90.9	73.3	92.5				82.6	9	<b>537.9</b>
7	Dave Collins	V45			90.0	84.9		84.7	80.7	89.8			88.5	80.8	7	<b>518.7</b>
8	Jeff Walker	M	84.7	87.3	90.2		86.3			85.1	83.6		82.8	81.3	8	<b>517.2</b>
9	James Riley	M	75.8	81.9	79.4			78.1		79.0			76.2		6	<b>470.4</b>
10	Jane Smith	LV45			74.5	75.8	71.1	75.2	68.4	75.1	76.0	63.0		75.6	9	<b>452.2</b>
11	Richard Leonard	V45			75.0	74.4		74.8	72.4	76.4	74.4	58.8	76.3	72.7	9	<b>451.3</b>
12	John Crummett	V55	72.1		73.1	70.1	70.4		72.8	74.3		66.5		72.2	8	<b>434.9</b>
13	Rachel Skinner	L	69.4		68.8		68.6	72.9	68.0		64.9		70.0		7	<b>417.7</b>
14	Peter Ehrhardt	V55	66.8	66.8	69.7		63.2	67.8	64.3	70.5	62.2			63.3	9	<b>404.9</b>
15	Mandy Goth	LV40	63.4		64.4		63.0	67.4	66.8		61.3	56.5		63.3	8	<b>388.3</b>
Non -QUALIFIERS																
16	Andrew Bibby	V50		79.7	79.1	80.7		74.2					78.6		5	<b>392.3</b>
17	Alex Whitem	M		98.3	95.0					96.9				96.7	4	<b>386.9</b>
18	Paul Brannigan	V40				86.9	79.8	89.3	78.2						4	<b>334.2</b>
19	David O'Neill	V45		67.6	64.6	65.9	54.7	65.0		63.4					6	<b>326.5</b>
20	Moyra Parfitt	LV60	64.7		60.5		63.5	68.3	60.2						5	<b>317.2</b>
21	Kath Brierley	LV40			72.3			76.0	71.7				72.7		4	<b>292.7</b>
22	Derek Clutterbuck	V70	61.3	61.2	61.0		50.7			57.3					5	<b>291.5</b>
23	George Ehrhardt	M			105.5		85.5		99.5						3	<b>290.5</b>
24	Colin Duffield	M		71.2		69.5		70.0					68.0		4	<b>278.7</b>
25	Sharon Godsman	L		69.6				65.8		71.1			65.7		4	<b>272.2</b>
26	Richard O'Sullivan	V40				71.6		71.0			60.8		68.1		4	<b>271.5</b>
27	Martin Roberts	V45				84.7		87.8	83.5						3	<b>256.0</b>
28	Keith Parkinson	V50				78.0		79.4					75.5		3	<b>232.9</b>
29	Derek Donohue	V45						82.5	68.5				77.5		3	<b>228.5</b>
30	James Duffy	M				74.6	73.3	76.5							3	<b>224.4</b>
31	Richard Blakeley	V60	76.0			76.0							70.8		3	<b>222.8</b>
32	Melanie Blackhurst	LV35	69.8					73.5		74.7					3	<b>218.0</b>
33	Sarah Glyde	L				61.1	63.4	72.6							3	<b>197.1</b>
34	Rhys Watkins	M					67.1				68.7			52.1	3	<b>187.9</b>
35	Julia Holt	LV35	59.2		57.7	59.5									3	<b>176.4</b>
36	Kevin Booth	M		75.8			75.4								2	<b>151.2</b>
37	Phil Hodgson	V45			73.6	76.2									2	<b>149.8</b>
38	Peter Bowles	M								75.4			70.8		2	<b>146.2</b>
39	John Lee	V45						71.1			69.3				2	<b>140.4</b>
40	Lynne Griffiths	LV45	67.4			67.1									2	<b>134.5</b>
41	Barry Chapman	V55					56.7	62.9							2	<b>119.6</b>
42	Sue Roberts	LV40							61.9			56.5			2	<b>118.4</b>
43	Mark Harris	M												86.2	1	<b>86.2</b>
44	Jeff Anderson					71.6									1	<b>71.6</b>
45	Ray Poulter	V55					69.4								1	<b>69.4</b>
46	Kay Leigh	LV40									68.2				1	<b>68.2</b>
47	Anne Fox-Kelly	LV45						68.2							1	<b>68.2</b>
48	Louise Abdy	LV40				66.7									1	<b>66.7</b>
49	John Page	V50												65.1	1	<b>65.1</b>
50	David Wilson	V45										58.6			1	<b>58.6</b>
51	Nigel Hanson	V45		58.2											1	<b>58.2</b>
52	Gail Sutcliffe				58.0										1	<b>58.0</b>
53	Jenny Ehrhardt				54.7										1	<b>54.7</b>
54	Trevor Smith	V60										54.6			1	<b>54.6</b>
55	John Newby	V70		47.2											1	<b>47.2</b>

## FINAL ROAD/MT TABLE 2005

			Roddlesworth Roller	Cliviger 6	Gin Pit 5	Jeff Dogget 5K	Grizedale Forest 10	Leyland 10	Wagon & Horses 10	Thru The Villages	Radcliffe Trail	Freckleton Half	Langdale Half	Holmfirth 15		
1	Paul Brannigan	V40	86.8	94.8	86.4	89.0	92.9				87.8				6	<b>537.7</b>
2	Jeff Walker	M	83.0	87.7	84.6		86.2			82.9	85.3		84.1		7	<b>510.9</b>
3	Keith Parkinson	M50	76.7		80.7	80.1	82.7	79.2		81.8		79.3	80.8		8	<b>485.4</b>
4	James Duffy	M	73.7		73.3	74.5	79.1			72.1	74.7				6	<b>447.4</b>
5	Colin Duffield	M	72.6	76.8		73.7			70.6	73.9	72.7				6	<b>440.3</b>
6	Rachel Skinner	L	70.7	74.1	72.3		75.1			71.8			70.6		6	<b>434.6</b>
7	Sarah Glyde	L	71.6		68.8	74.4	75.9	70.3			71.6				6	<b>432.6</b>
8	Nigel Hanson	V45	66.1	72.2	70.3		68.1			70.3	68.6		59.8		7	<b>415.6</b>
9	Peter Ehrhardt	V55			70.8		72.9		64.6		69.3		66.3	71.5	6	<b>415.4</b>
10	Moyra Parfitt	LV60	66.5		66.2	65.7	70.4	62.0		66.1	67.5			65.6	8	<b>402.4</b>
11	Julia Holt	LV35		67.1	63.7		64.0			62.0	64.6	61.6			6	<b>383.0</b>
12	John Newby	V70	50.3	54.8		52.9	53.4	49.1			49.7		43.1		7	<b>310.2</b>
NON-QUALIFIERS																
13	Richard O'Sullivan	V40	72.1			71.3				68.9	71.4			71.9	5	<b>355.6</b>
14	Andrew Bibby	V50			79.6	72.6			74.8	76.7					4	<b>303.7</b>
15	Melanie Blackhurst	LV35	71.9							74.6			74.6	79.9	4	<b>301.0</b>
16	Andrew Horsfall	V40				88.1				90.1	92.9				3	<b>271.1</b>
17	David O'Neill	V45	63.6	66.7	67.0	66.8									4	<b>264.1</b>
18	Derek Clutterbuck	V70	61.3	66.6	65.2						64.4				4	<b>257.5</b>
19	Lynne Griffiths	LV45				68.4	71.1				70.8				3	<b>210.3</b>
20	Melanie Nicholls	L				70.2	71.0				66.1				3	<b>207.3</b>
21	Mandy Goth	LV40				65.5	69.0				68.9				3	<b>203.4</b>
22	Anne Fox-Kelly	LV45	65.5				69.4				64.9				3	<b>199.8</b>
23	Claire Duffield	L		67.6	66.6	61.7									3	<b>195.9</b>
24	Kevin Booth	M	77.1	83.3											2	<b>160.4</b>
25	Lee McCluskey	V45	75.9			76.9									2	<b>152.8</b>
26	Alice Heath									67.8				69.1	2	<b>136.9</b>
27	Peter Bowles	M				72.6						63.5			2	<b>136.1</b>
28	Sean Willis	M	93.3												1	<b>93.3</b>
29	Paul Prescott	M	88.8												1	<b>88.8</b>
30	Mark Anderton	V40									81.5				1	<b>81.5</b>
31	Dave Collins	V45	81.3												1	<b>81.3</b>
32	James Riley	M				79.4									1	<b>79.4</b>
33	Duncan Richie	M				79.3									1	<b>79.3</b>
34	Richard Blakeley	V60				76.5									1	<b>76.5</b>
35	Jerry Dodd	V50	75.5												1	<b>75.5</b>
36	Eric Wrathall	V45		70.3											1	<b>70.3</b>
37	Ray Poulter	V55	70.2												1	<b>70.2</b>
38	Mel Siddal	LV40				68.6									1	<b>68.6</b>
39	Charlie Boyce	M				68.0									1	<b>68.0</b>
40	Sharon Godsman	L				66.5									1	<b>66.5</b>
41	Barry Chapman	V55					64.2								1	<b>64.2</b>
42	Greg Parkin	M									64.1				1	<b>64.1</b>
43	Laura Wright	L	62.9												1	<b>62.9</b>
44	George Barrow	V60	58.7												1	<b>58.7</b>

## FINAL GRAND PRIX TABLE 2005

		Edale	Crow Hill	Whittle Pike	Beefy's Nab	Flensdale	Wardle Skyline	Buttermere Sail Beck	Erringden Moor	Wadsworth Trog	Duddon Valley	Good Shepherd	Langdale Horseshoe	Roddesworth Roller	Cliviger 6	Gin Pit 5	Jeff Dogget 5K	Grizedale Forest 10	Leyland 10	Wagon & Horses 10	Thru The Villages	Radcliffe Trail	Freckleton Half	Langdale Half	Holmfirth 15	OPTIMUM POINTS		Qualified?	Fell Races	Road Races	
1	Moyra Parfitt	13	98.4	0	92	0	96.5	103.7	91.5	0	0	0	0	95.3	0	94.8	94.2	100.8	88.8	0	95.9	96.7	0	0	95.1	782.4	Road	Q	5	8	
2	Andrew Horsfall	11	92.2	92.9	94.7	0	94.1	0	92.5	0	96.1	77	94.7	0	0	0	90.7	0	0	0	93.4	95.6	0	0	0	752.2	Fell	Q	8	3	
3	Derek Clutterbuck	9	93.9	93.7	93.5	0	77.7	0	0	87.9	0	0	0	85.8	94.4	92.4	0	0	0	0	0	90	0	0	0	731.6	Equal	Q	5	4	
4	Paul Brannigan	10	0	0	0	90.3	82.2	91.9	80.5	0	0	0	0	89.4	98.3	89.6	92.3	95.7	0	0	0	90.4	0	0	0	730.7	Road	Q	4	6	
5	Keith Parkinson	11	0	0	0	90.4	0	91.2	0	0	0	0	87.6	85.8	0	91	89.6	92.5	88.6	0	92.3	0	88.7	91.1	0	725.7	Road	Q	3	8	
6	Andrew Bibby	9	0	91.5	90.7	93.6	0	85.1	0	0	0	0	91.1	0	0	89.8	81.2	0	0	83.6	86.5	0	0	0	0	711.9	Fell	Q	5	4	
7	Jeff Walker	15	84.7	87.3	90.2	0	86.3	0	0	85.1	83.6	0	82.8	81.3	83	87.7	84.6	0	86.2	0	82.9	85.3	0	84.1	0	692.8	Fell	Q	8	7	
8	Peter Ehrhardt	15	83.9	83.9	87.5	0	79.3	85.1	80.8	88.6	77.2	0	0	79.5	0	0	84.9	0	87.4	0	77.4	0	82.3	0	79.4	85.7	687	Fell	Q	9	6
9	Mandy Goth	11	78	0	79.3	0	77.6	83	82.2	0	74.6	69.5	0	78	0	0	79.7	83.9	0	0	0	83.1	0	0	0	647.2	Fell	Q	8	3	
10	Rachel Skinner	13	76.8	0	76.2	0	75.9	80.7	75.3	0	71.9	0	77.5	0	78.2	82	80	0	83.1	0	79.5	0	0	78.1	0	637.8	Road	Q	7	6	
11	Sarah Glyde	9	0	0	0	67.7	70.1	80.3	0	0	0	0	0	79.2	0	76.2	82.3	84	77.8	0	0	79.2	0	0	0	620.6	Road	Q	3	6	
12	James Duffy	9	0	0	0	76.8	73.3	76.5	0	0	0	0	0	73.7	0	75.5	74.5	79.1	0	0	74.2	74.7	0	0	0	604.6	Road	Q	3	6	
13	Richard O'Sullivan	8	0	0	0	76.5	0	75.2	0	0	64.4	0	72.8	0	75.9	0	0	75	0	0	0	73	0	0	0	76.1	588.9	Equal	Q	4	4
14	Colin Duffield	10	0	71.2	0	71.5	0	70	0	0	0	0	70	0	72.6	76.8	0	73.7	0	0	70.6	76	72.7	0	0	0	584.5	Road	Q	4	6
15	David O'Neill	10	0	74.4	71.1	73.2	60.1	71.5	0	69.7	0	0	0	68.9	72.3	73.2	72.4	0	0	0	0	0	0	0	0	0	577.8	Fell	Q	6	4
16	Julia Holt	9	68.8	0	67	69	0	0	0	0	0	0	0	0	77.9	73.9	0	73.7	0	0	71.9	74.3	71.5	0	0	576.5	Road	Q	3	6	
NON-QUALIFIERS																															
17	Melanie Blackhurst	7	81.1	0	0	0	84.5	0	86.7	0	0	0	0	82.7	0	0	0	0	0	0	86.6	0	0	86.6	92.8	601	X	X	3	4	
18	Dave Collins	8	0	0	101.1	95.4	0	95.1	90.6	100.8	0	0	99.3	90.7	89.4	0	0	0	0	0	0	0	0	0	0	0	581.1	X	X	7	1
19	Christopher Smale	10	102.2	103.5	105.2	0	102.2	104.1	100.7	107.9	89.9	0	89	89.7	0	0	0	0	0	0	0	0	0	0	0	0	522.9	X	X	10	0
20	Andrew Wrench	9	99.3	104.7	104.2	101.2	99.8	99.2	95.3	0	0	0	101.6	100.6	0	0	0	0	0	0	0	0	0	0	0	0	512.3	X	X	9	0
21	Jonathan Wright	10	96	0	99	95.3	97.9	98.4	96.4	0	95.2	74.8	98.7	98.1	0	0	0	0	0	0	0	0	0	0	0	0	492.1	X	X	10	0
22	Jane Smith	9	0	0	94.1	95.7	89.9	95	86.4	94.9	96.1	79.6	0	95.5	0	0	0	0	0	0	0	0	0	0	0	0	477.2	X	X	9	0
23	James Riley	7	75.8	81.9	79.4	0	0	78.1	0	79	0	0	76.2	0	0	0	79.4	0	0	0	0	0	0	0	0	0	474	X	X	6	1
24	Shaun Godsman	7	96.4	93.8	0	0	93.1	0	87.5	92.9	88.6	74.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	464.8	X	X	7	0
25	John Crummett	8	90.6	0	92.9	89.1	88.3	0	91.4	93.3	0	83.4	0	91.7	0	0	0	0	0	0	0	0	0	0	0	0	459.9	X	X	8	0
26	Mark Goldie	9	88.6	90.4	91.4	90.1	88.7	90.9	73.3	92.5	0	0	0	82.6	0	0	0	0	0	0	0	0	0	0	0	0	455.3	X	X	9	0
27	Nigel Hanson	8	0	65.4	0	0	0	0	0	0	0	0	0	0	72.2	79.5	77.3	0	74.9	0	0	77.4	75	0	65.9	0	449.5	X	X	1	7
28	John Newby	8	0.0	71.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	69.4	76.6	0.0	74.0	73.7	68.6	0.0	0.0	68.6	0.0	60.3	0.0	433.6	X	X	1	7
29	Lynne Griffiths	5	83	0	0	83.7	0	0	0	0	0	0	0	0	0	0	83.2	86.5	0	0	0	86.2	0	0	0	0	422.6	X	X	2	3
30	Richard Leonard	9	0	0	82.6	81.9	0	81.5	78.9	83.3	81	64.1	84	80	0	0	0	0	0	0	0	0	0	0	0	0	413.3	X	X	9	0
31	Alex Whittem	4	0	98.3	95	0	0	0	96.9	0	0	0	96.7	0	0	0	0	0	0	0	0	0	0	0	0	0	386.9	X	X	4	0
32	Richard Blakeley	4	99	0	0	100.2	0	0	0	0	0	0	92.2	0	0	0	94.3	0	0	0	0	0	0	0	0	0	385.7	X	X	3	1
33	Sharon Godsman	5	0	77	0	0	0	72.8	0	78.7	0	0	72.7	0	0	0	73.5	0	0	0	0	0	0	0	0	0	374.7	X	X	4	1
34	Kath Brierley	4	0	0	88	0	0	91.4	86.2	0	0	0	88.4	0	0	0	0	0	0	0	0	0	0	0	0	0	354	X	X	4	0





# Toilet Seat 2005

Well, that's it! The lid has finally been closed and, as everyone who was at the Presentation 'do' knows, Sue Roberts is the Toilet Seat 2005 Champion. Rhys' route finding (not) at the Langdale put him in the lead at one point but then Sue's antics at the Karrimor sealed her fate – a very deserving winner (for the 3<sup>rd</sup> time in a row!) of this prestigious award!

Yours,  
Uncle Barry

**Pushy Parent?** John Page showed his competitive side when his son, Ben, fell over on the Shepherds junior races. John screamed at him to get up & carry on. Poor Ben ended up in casualty that day (a picture of Ben clutching his side can be viewed on the website) – 5 pts John!

**A senior moment** was enjoyed by Sue Roberts when she left the cafe the other Friday without paying. Sue, next time you do a 'runner', make sure it's not in full view of fellow Harriers! 5 pts

**Even more senior moments** were enjoyed by Sue on the Karrimor – apparently she was unable to find the tent even in broad daylight!! Every time she went to the loo or for water she didn't return. Becoming quite worried, Mandy ended up repeatedly peering out of the tent for her, and there she was again, wandering up and down about 100 yards away looking for the tent! 5 pts

**Horseplay** - Paul Brannigan has been injured for some time now after being trampled by his own horse!! Seemingly he was leading it (male) up the lane when his other horse (female) whinnied and, in its excitement, the male horse trampled on his calf muscle. 5 pts for your lack of agility Paul.

**The naked truth** was almost discovered when Mandy turned up for a Monday night run without her kit! (5 pts.)

**Skinflint?** What about Dave Collins going on a £ per day easy-cruise? Did it involve lots of rowing Dave? – got to be worth 5 pts.

**Vandalism after night out** - Martin Roberts managed to break a table at Mandy and Phil's party by sitting on it. It wouldn't have mattered over much apart from the fact that it was a family heirloom (in fact it dated back as far as the invention of Formica!) 5 pts.

**Chuckle Brother No. 1** a.k.a. Shaun Godsman was caught in the act by Phil with his head under the floor boards at the same party (there is a trap door in their dining room). He also placed a can on the top of the curtain pelmet thinking they might not notice it for some time. Unfortunately for Phil and Mandy, it was discovered on Sunday when they drew the curtains. 10 cheeky pts. Shaun.

**At sixes and sevens?** Almost – Roger collects 10 pts for his inability to write legibly on the finish funnel at the Shepherds Skyline – his 6's and 8's looked the same!! This caused great confusion in the results department – he says it was something to do with the fact he was so cold – well, he would, wouldn't he?

**Fastest way (not) to Beefy's Nab?** Not the route that Sarah Glyde chose - she drove from Blackshawhead to Todmorden to collect Moyra, drove to Burnley to meet Julia – who then drove via Ponden Mill to Oxenhope. On her arrival Moyra registered then fell down a hole hurting her foot and couldn't run after all. 5 pts for Moyra's trip and, due to the confusion of who drove whom and to where, 5 pts to both Sarah and Julia.

**Good navigation skills** were not displayed by Rhys Watkins at the Langdale. Our Rhys followed the only Ambleside runner who didn't know the way – find 5 pts instead Rhys

**And yet more good navigation** was not displayed by John Newby - who never arrived at the Gin Pit Trail Race after having taken the wrong exit from the motorway and ending up on the M61 – too late to run in the race. 5 pts for trying John.

## Final League Table

Sue Roberts	45
Rhys Watkins	39
Paul Brannigan	25
Mandy Goth	25
Sharon Godsman	25
Moyra Parfitt	23
Jim Smith	15
Chris Smales	15
John Crummett	15
Jon Wright	15
Dave Collins	15
Jane Smith	10
Hazel Chapman	10
Martin Roberts	10
Roger Howarth	10
Louise Abdy	5
Alison Kite	5
Uncle Barry	5
Derek Donohue	5
Phil Hodgson	5
Ray Poulter	5
Jeff Walker	5
Eric Wrathall	5
Bev Wright	5
Greg Parkin	5
Peter Ehrhardt	5
Mark Goldie	5
Mel Siddel	5
Alex Whittem	5
John Page	5
Sarah Glyde	5
Julia Holt	5
John Newby	5

## THE LAKELAND CLASSICS SERIES

As Todmorden Harriers have very generously donated £50 towards the Trophies and Mugs awarded in this Series, I have been harangued into writing a small article to explain what it is all about to our members.

The Series was devised a few years ago by Graham Breeze of Skyrac A.C. in an attempt to rejuvenate interest and boost flagging entries to some of the long, classic Lakeland Races. If something were not done to bring back the punters there was a serious risk that some of these fantastic races would go to the wall, never to be run again. This had already happened to the Dockray-Helvellyn Race.

The races included in the Series are;

Super Longs;	Duddon ;	20 Miles with 6000' of climbing.
	Ennerdale;	23 Miles with 7500'
	Wasdale;	21 Miles with 9000'
Longs;	Borrowdale;	17 Miles with 6500'
	Three Shires;	12 Miles with 4800'
	Langdale;	14 Miles with 4000'

To complete the Series and have the chance to win one of the 10 Lakeland Classic commemorative mugs one has to finish three of these races, at least two of which must come from the Super Long category. The distance and rougher terrain encountered justifies a pace rather slower than is expected at our local races, which suits me just fine. So this year I decided to have a crack at 'The Classics'.

The Duddon; normally the easiest and most runnable of the super longs, was this year hit by very adverse weather. I went a bit off course a couple of times being something of a novice navigator, but not as badly off course as some...who need not be named!

The Ennerdale Horseshoe; Perfect weather and by halfway I was going strong and passing many of my rivals. Then for some inexplicable reason I departed Kirk Fell on the wrong flank and headed towards The Wasdale Head pub instead of towards Pillar! This error cost me a decent position in the race, but it was still a great day out.

The Wasdale; Although I can usually function reasonably well in blistering heat, on this occasion I did not feel remotely sprightly. I was not alone in my lethargy however and did just manage to shuffle up Great Gable within one minute of the cut off time. I was thus able to finish the race.

Borrowdale; Sadly we were away in The Alps when this was run this year. It is one of my all time favourites and a must for all Fell Runners at some time in their careers.

The Three Shires; This is the shortest of the Lakeland Classics at 12 miles. It is pleasant, scenic and not too rocky underfoot. A great one to get started on and I defy anyone to do this race and not say it was a good experience.

The Langdale Horseshoe; The weather on the day was fair, although the course was very wet and greasy following lots of rain in the preceeding week. As this was the last English Championship race of the season every man and his dog turned out causing a bottlenecked, slow start and a lot of serious competition. I was pleased with my time on the day and in a non championship year may even have been good enough for 'an old ladies' prize'.

To conclude, I'm not sure if I've done enough to win a coveted pottery mug, but it's been a good experience....and there's always next year to try again. In my humble opinion, anyone who has not done at least one of these 'Classic' races is only living half a life. So do yourselves a favour....Get a full life and have a go next year, or the year after.

Or to quote The Fellrunner February 2005...."When these races are on, why would you want to run anywhere else?"

Jane Smith (The reluctant Raconteur).

## CALDERDALE WAY RELAY PROVISIONAL RESULTS

POS	No	TEAM	Leg 1	Leg2	Leg 3	Leg 4	Leg 5	Leg 6
			R Jebb I Holmes 1:05:15	J Brown B Burns 0:53:33 (1)	M Wallis G Wilkinson 0:37:04 (1)	G Devine J Heneghan 1:04:29 (1)	P Leybourne R Hughes 0:50:43 (1)	T Austin R Little 1:08:37 (1)
7	79	TOD A	A Wrench C Smale 1:10:03 (4) 1:10:03 (4)	S Godsman M Goldie 1:01:45 (7) 2:11:48 (6)	S Anderton J Walker 0:41:30 (14) 2:53:18 (9)	J Wright A Whittam 1:06:37 (4) 3:59:55 (7)	D Collins P Brannigan 0:55:43 (7) 4:55:38 (7)	S Willis N Wigmore 1:18:00 (10) 6:13:38 (7)
53	81	TOD H VETS	D Donohue A Bibby 1:29:34 (46) 1:29:34 (46)	R Leonard P Hodgson 1:15:02 (48) 2:44:36 (49)	J Duffy C Duffield 0:49:39 (43) 3:34:15 (47)	M Anderton D Bamford 1:33:44 (72) 5:07:59 (56)	R Watkins M Reith 1:09:06 (47) 6:17:05 (54)	L McCluskey K Parkinson 1:31:09 (46) 7:48:14 (53)
76	80	TOD H LADIES	M Blackhurst L R Skinner L 1:35:52 (74) 1:35:52 (74)	C Duffield L G Sutcliffe L 1:28:38 (79) 3:04:30 (77)	M Parfitt L J Dowling L 0:56:02 (70) 4:00:32 (77)	S Godsman L M Goth L 1:36:43 (77) 5:37:15 (76)	S Roberts L A Heath L 1:14:14 (69) 6:51:29 (77)	J Smith L K Leigh L 1:39:57 (70) 8:31:26 (76)
85	82	TOD ALL STARS	J Page P Ehrhardt 1:46:10 (90) 1:46:10 (90)	E Wrathall J Lee 1:22:05 (66) 3:08:15 (79)	D O'Neill S Bolton 0:52:43 (63) 4:00:58 (79)	N Hodgkinson G Parkin 2:03:46 (94) 6:04:44 (86)	R O'Sullivan P Southwell 1:26:29 (85) 7:31:13 (86)	B Crowther J Riley 1:33:36 (56) 9:04:49 (85)

For once the weather was kind to us and most of us ran in glorious sunshine. There were some fantastic results not only from the A team (see Dave Collins report) but also some excellent runs and PB's from runners in our other teams.

The only downer was the numerous complaints of short cutting and how Keighley can finish leg 1 with one runner yet still count!!

Still a great day out !!

## Captains wanted for the Pennine Bridleway relay

## **CALDERDALE WAY RELAY – (A) TEAM REPORT**

Another fine performance from the team who were in the mix with some top teams all the way round the 50 mile route. The superb weather was ideal for running and also spectating.

Andrew and Chris led the team away going from Copley to Cragg Vale, the early start didn't affect them and they came home in an impressive fourth place, just in front of a lone runner from Keighley. Shaun and Mark set off up the road to Withens Reservoir with a number of very fast teams just behind them so consequently they dropped a couple of places but they caught Calder Valley on the way down to Centre Vale where apparently their shouting to each other could be heard for some considerable distance.

Simon and Jeff completed the third leg up to Blackshaw Head, another good effort especially since the first Jeff knew he was running was when I called him that morning! Martin was stuck damping down a fire at the Bombay Mix factory in Bradford and couldn't get away. Jon and Alex powered their way to Wainstalls and had the fourth fastest time of the day for that leg, they couldn't quite catch Keighley who took a big short cut (ignoring Jon shouting out the correct route!) near Pecket Well.

Branny and me went well on the way to Shelf, we had Keighley in our sights but couldn't make any inroads. I have done this leg many times and well remember having a battle royal with Branny and Mark Anderton ten years ago, just before I joined Tod. and the one and only time I ran for Bingley A in the Calderdale (I usually ran in their D or E team!). Think this is the fastest I have ever done this leg so well pleased. Sean and Nick took over and comfortably kept the seventh position over the long leg to the finish – not like last year when Paul and Nick clung on to third with Horwich and Bingley closing fast. Nick was happy that the time for the leg was quicker than last year and was nearly as tired as Alex a couple of years ago when Simon had to just about carry him over the finish line.

Overall we were 5 minutes faster than last year – it could well be the quickest ever for Tod. A great day out and in my book the best event in the fell running calendar.

Dave C.

## **CALDERDALE RELAY A NOVICES REPORT**

So there I was, completely off guard, ordering my second beer of the week in the Swan after a Wednesday night run. I was invited to run leg 3 of the Calderdale Relay with Dave O'Neill for the All Stars.

Not having my excuses book immediately to hand I had to break with a 22 year old tradition and accept the invitation to partake in the one type of event I really abhor, relays are by their nature "team" events.

Having finished my second beer of the week I walked home full of mixed feelings. Why had they asked me? Obviously hard up for runners in the All Stars team, or was it something more sinister? Perhaps Leg 3 is the Bogey Leg of the whole relay, every body else is in the know but the "New Boy". Perhaps I am being far too suspicious, it might be that it is the easiest leg and they really are being "nice" to me, an easy introduction into such events. Anyway time will tell as I said yes and my word is more often than not my bond.

Those who profess to know better might question my preparation for the event but running Leg 2 the next weekend with Clare and Gail did me no harm at all. This was followed the next weekend by a recce of Leg 3 with Dave, Jeanette and Laura. Earlier suspicions laid to rest, although there is quite a bit of climbing it is a short, sharp leg compared to Leg 2, what the other four legs are like I don't know but this seems a gentle introduction into this relay event. The next Saturday Dave was unavailable and I ended up running leg 3 on my own. For those who don't know I spent 22 years in the army navigating the world with deadly accuracy and intent, so why on a run from Tod park to Blackshawhead did I get so geographically embarrassed I did about 2 miles extra on a five mile run! This was a lesson I was to learn the very next day with the Sunday "Pathfinders". Never mind, on the day I will have a Dave to follow.

Race day, arrived early to get a parking spot, obviously not as early as the rest, and what a rest, somewhat surprised by the numbers the size of the event I realize that my leg might be short but it only means I have a shorter time to put in my one hundred per cent. Although this is just the (now re-named) Premier team, I have a sneaky idea that everybody in the team will have their own targets and ambitions.

As long as I can finish with Dave I will be able to turn up at the next run without fear of recrimination or horses heads in my bed (I have yet to see that film). I am beginning to focus on the run when someone asks where my Tod Harriers running vest is? Obviously it's in my ironing basket, but as I hadn't yet paid for it seemed somehow only fair to borrow a fully paid up item, thanks Sean.

The mass start, not what I had expected but at least you can judge your performance, to some extent, by those around you. Off we go, why is Dave so much quicker now than on the recce, or is it me, has my abstention from red wine on the eve of this event impeded my efforts. Too late for "what if's" it is time to apply some effort and keep up with Dave. By the end of the first major climb I can still see Dave, I still haven't found my rhythm but as the leg starts to flatten out I should be able to claw some ground back and lessen the gap between us.

We are gaining on a team they take a wrong turn (a shortcut) Dave finds the breath to shout at them and bring them back on course. Some minutes later they take another wrong turn, not a short cut, again Dave shouts but somehow not as loud, they don't hear him, away they go heading for Eastwood tip. As we leave the golf course we get encouragement from Laura and husband, Dave is still in front but I am feeling better, more confident of catching him and thus saving face at the handover. As we start to contour round the hill towards great rock the team captain is waiting to chivvy us along as he directs the traffic (who said men cant multi-task?).

Once we hit the tarmac it is now or never, I have to get in front of Dave before the next hill so he doesn't leave me too far behind on the run into Blackshawhead. The stretch of downhill has allowed me to get my rhythm and I am away, not that anyone else would notice but the gap is stretching, the pressure is off and i start to enjoy the run. At the top of Davey Lane there is more encouragement, Dave finds another gear and the pressure is back on, it's not far to the finish though so it's a brave face and a last effort. We hand over to the next leg and the job is done.

After a bit of mutual congratulation between the other Tod Harrier teams it is of home to wash my kit (and Sean's) and reflect on the day's endeavors. The pressures of being part of a team can be both a burden and stimulation. I find it both, which will win out I know, I will hopefully be fitter and faster by next year and look forward to the challenge.

Stuart Boulton

## **ARE YOU A CLOSET NUTTER ?**

One Nutter, fresh from speaking to two Nutters in the Yorkshire Dales, speaks to another Nutter in the Todmorden Harriers. This Nutter (now the forth one) speaks to a further Toddy Nutter (are you following this ? ). After a few beers the forth Nutter and fifth Nutter persuade themselves to do what all Nutters do. They must have been so convincing that a further two Toddy Nutters decide to join in.

Do we have a recent Nutter problem within the club ? - I think so.

Hence a little test for you ALL out there. See whether you, or rather Toddies, have a problem. Be honest with yourself and go to <http://www.ultratrailmb.com/accueil.php> and see what happens. If you find yourself interested, even in the pictures, stop and seek good medical advice. Do not take a cold shower – this could make it worse. Instead take a hot bath and pretend that you're on a Caribbean beach getting a sun tan.

DO NOT find yourself drawn into thinking that you too could complete the Tour Du Mont Blanc, you know the highest mountain in Europe. Comprising of tackling a 100 mile circular route around Mont Blanc, during which you pass through 3 countries. There is a cut-off time of 44 hours, but DO NOT think you are going to try to finish comfortably within 40 hours.

DO NOT ignore that fact that you have to climb, and descend, the equivalent of Everest from sea level (some 28,800 feet), of which half of it is done in the dark. DO NOT think that the numerous food/drink stations are going to help, and that this time the weather is going to be good.

And please, as it's in August 2006, DO NOT think that you've got plenty of time to train.

I fear it's too late for me. I've applied, and I've even had a doctor certify me.

If you feel, or know, you are a Nutter, and would like to spend time with other Nutters doing what Nutters do, then contact me, or use your skills to home in on a fellow Toddy Nutter – there's clearly plenty of them out there.

My name is Rhys, and I AM A NUTTER.

# TRIATHLON AGE GROUP WORLD CHAMPIONSHIPS HONOLULU OCT 2005

Each year there are 3 qualifying races for the standard distance world championships, I entered the one on Rutland Water in June, the rain suited me fine and I managed a PB. Once making the team and agreeing to race, the financial costs were considerable, but I considered it was worth the experience.

Getting prepared was tricky, I caught a bad cold, I had to prepare 2 weeks worth of lessons for school, take my bike to bits and pack it up, practise transitions, take the dogs to my Mums in Wales, train and taper all 3 bits etc etc.

We flew via Vancouver, in total, a 20 hour journey with an 11 hour time lag; needless to say it took 3 days to get over jet lag and more to acclimatise to the amazing humidity. We were advised to raise our core temperatures for 60-90 minutes per day by running or cycling (not easy) and to drink vast quantities of electrolyte and water, (we were passed around magnolia paint charts our urine was supposed to be the lightest tone). No alcohol or tea or coffee and early to bed to prepare for the early morning start, wasn't this supposed to be a holiday?

Hawaiian drums signalled the start, lovely turquoise sea, white tips to the waves and a mess of splashing limbs. About a hundred started in each age group wave, in every one we were outnumbered by Americans who focused on getting ahead at the start by ill means. The sea was so warm wet suits were off, we had to avoid the coral (sharp) and do 2 laps, it was ok but the waves and clinging swimmers kept breaking my rhythm. Finally 1500 metres were up and I scrambled up the beach into transition and off smoothly onto the bike, (4<sup>th</sup> Brit, 22<sup>nd</sup> overall).

I need to work on my bike, as I lost a few places. It was windy (off the Pacific), not too hilly and quite a fast course, 41k. There were some crashes and punctures but I made it back ok without mishap, back into transition, again smooth (thanks to Greg) and out on the run, 10<sup>th</sup> Brit, 44<sup>th</sup> overall.

Within a few metres a wall of heat and humidity hit, like running through goo, I managed to make a few places on the first lap, a nice guy with a hose helped keep me going on the 2<sup>nd</sup> and I managed to hold on, 11k in all. The finish, the drums again, flags, cameras, cheering, this is the nice bit, 9<sup>th</sup> Brit out of 18 and 42<sup>nd</sup> overall out of 70.

I had hoped to do better but I gave it my all, maybe I'll do better next year in Switzerland, it'll definitely be cooler and I think I may be more suited to the hills. Though I did manage to learn to surf in 2 days before my flight home, not quite under the rip curl but standing, and we did get to celebrate quite a bit after the race.

Lynne Griffiths

## Coaching

We have a couple of people interested in coaching. There are courses available and Todmorden Harriers would be happy to fund members wishing to become involved.

We also hope to get the junior section going again.

Anyone interested contact Mandy or Derek.

## Diary of Mr Nobody

*This diary was found lying in a pool of beer after a pack run, it can be claimed from the Harrier's lost property department, currently housed in my shed.*

- Weds 6<sup>th</sup> Big Beryl from the typing pool has asked about coming along to a pack run. Told her where and when, not that I'll be there myself, I'm prophalactically resting an injury I'm expecting any time now. I don't know how much running she's done, but my mate Bob says she's got a fine pair of lungs on her (he seemed to find this amusing, don't know why).
- Thurs 7<sup>th</sup> Approached at work by Beryl in a distressed frame of mind. She said she turned up for the run but found the pub not to her taste at all. She described it as a seedy place full of 'unkempt old men, who frankly smelled a bit'. I explained about our fell running section.
- Friday 8<sup>th</sup> Mrs Nobody's birthday. Bought her a new mop. Words can't describe her face when she saw it.
- Sat 16<sup>th</sup> **Road Race.** Poor result, maybe I haven't rested enough. Is one run fortnightly more than a body can take at my age?  
Also, someone's going to have to do something about road safety in races. Was nearly killed by a speeding motorist who appeared not to see me at all, seemed to drive straight at me whilst shouting 'I've had enough'. The funny thing was that the driver looked very much like the present Mrs Nobody, and the model of car was identical. There's a coincidence for you. Spooky.
- Weds 13<sup>th</sup> Attended après pack run drinks tonight, still waiting for the injury to materialise. Due to a slight misunderstanding during a discussion about Mrs Nobody's new mop, one of the feminist runners in the club accused me of being sexist! Only thing is I'd had four pints of 'Old Jockstrap' by then and thought she said 'sexy'. Offered her a lapdance. I'm getting to know the people in casualty quite well. It's handy to be on good terms with a man with a procoscope. Mind, the landlord of the pub doesn't want the glass back.
- Fri 15<sup>th</sup> Had to give a presentation at work about my impact in the organisation during the past year. I pondered this long and hard then decided honesty always pays. In the end just said 'sorry' and sat down again. I think they appreciated my brevity.
- Tues 19<sup>th</sup> Got a phone call off a chap wanting to know which pub we were running from tommorrow. I explained that I preferred to think of it as running to a pub rather than from it. It just a matter of perspective.
- Sat 23<sup>rd</sup> Fell race on Tues. Last hill session today. Run slightly spoiled by a mother dragging recalcitrant brat up footpath behind me., particularly when she said to the complaining child, 'look, if that fat man can run up to the top of the hill, you can walk'.
- Mon 25<sup>th</sup> Bought a can of Lucazade Sport, then didn't drink it as I've decided to take a stand against drugs in sport. Had four pints of 'Old Jockstrap' instead.
- Tues 26<sup>th</sup> **Fell race.** Started badly, then faded. Perhaps not enough facial hair for fell running. Considering taking up the hula hoop.

*If the owner of the diary doesn't claim it more pages will be published in due course.  
CD*