



TORRIER

2005 CHAMPIONSHIP

JAN 05

FIXTURES IN THIS ISSUE

TODMORDEN HARRIERS



**Success
at the
Calderdale Way
Relay
Our best ever position
Read report inside.**

In this issue.....

Essential information on the Grand Prix, English Championship – year planner included

What's on and where – see Mandy's Page

MMM results and write up

**Entry details on Wadsworth Trog & Fiensdale (both pre-entry)
Forms for Radcliffe trail (limit 200 so enter early) and Roddlesworth roller**

FL	Sat Feb 12th Cat B 20m/4000ft	WADSWORTH TROG Old Town Hebden Bridge Entry details in this issue
RL	Sun Feb 27th 12 mile trail	RADCLIFFE TRAIL 12 Manchester Entry form in this issue
RS	Sun Mar 13th 6 miles	RODDLESWORTH ROLLER TRAIL Abbey village nr Chorley
FM	Sat Mar 19th Cat A 9m/2600	FIENDSDALE (English Champs) Chipping, Lancs Entry details in this issue
RM	Sun Apr 10th	GRIZEDALE FOREST TRAIL 10
FM	Sat Apr 16th Cat B 7m/1000ft	WARDLE SKYLINE Wardle nr Rochdale
FM	Sun May 8th Cat A 9.4m/4650ft	BUTTERMERE SAILBECK (Eng Ch) Buttermere, Lake District
RM	Sun May 29th	LEYLAND 10
FL	Sat Jun 4th Cat A 20m/6000ft	DUDDON VALLEY Seathwaite, Lake district
FS	Sun Jun 12th Cat A 5m/1400ft	EDALE (English Champs) Edale, Peak District
RL	Sun Jun 19th	FRECKLETON 1/2 MARATHON Nr Preston, Lancs
FM	Sat Jul 2nd Cat B 8m/1900ft	ERRINGDEN MOOR Mythomroyd
RM	Sun Jul 24th	WAGGON & HORSES 10
FS	Tue Aug 2nd Cat B 5m/1000ft	CROW HILL Mytholmroyd
RS	Sun Aug 7th	CLIVIGER 6
FS	Sat Aug 20th Cat A 4.5m/1400f	WHITTLE PIKE (Eng Champs) Rossendale
RL	Sun Sep 4th	GREAT LANGDALE 1/2 MARATHON
FL	Sat Sep 24th Cat B 15m/2000ft	GOOD SHEPHERD FELL RACE Mytholmroyd
FL	Sat Oct 8th Cat A 14m/4000ft	LANGDALE HORSESHOE Langdale, Lake district
FS	Sun Oct 16th Cat B 3m/650ft	BEEFY'S NAB Oxenhope
RS	Sun Oct 23rd	GIN PIT 5 TRAIL RACE Tyldesley, Greater Manchester
RM	Sun Nov 6th	THROUGH THE VILLAGES 8.5 Nr Chorley, Lancs

One short & one long road still to be arranged.

Mandy's Page 1

Pack Runs

January - Shoulder of Mutton,
Mythomlroyd

February - Rake Inn,
Littleborough
(At bottom of Blackstone Edge
Old Rd)

March - Queen, Cliviger
7pm start

Wear something bright and be



Marshals wanted for the Noon Stone Fell Race

Sat 26th February 12.00 noon
from the Top Brink Inn, Lumbutts

If you are available to help then please contact
Andrew Horsfall on 01706 818623

Whats On Jan & Feb

Sat Jan 22nd X-country Kendal

Sun Jan 23rd Stanbury Splash

11.30 am 7m/1200ft Penistone Hill

Sun Jan 30th "Guess your time",
Sportsmans at Keba (see

below)

Mon Feb 7th Committee Meeting, Staff
of Life

Sat Feb 5th Ogden Moors

11.30 am 6m/700ft Ogden Reservoir

Sun Feb 6th Pennine Bridleway Relay
(see below)



Mid-Lancs Cross-Country League

Remaining races

Kendal 22/1/05

Wilson Playing Fields, Hyndburn 12/2/05

Fitz Park, Keswick (new venue) 12/3/05

Races are all in the afternoons

Sen, vet women 14:00 6km

Sen, vet men 14:30 9-11km

Contributions to the Newsletter
gratefully received. Send to Mandy,
Claire or Andrew Bibby.

Pennine Bridleway Relay Sunday Feb 6th

We have entered four teams of 10. The team
captains are as follows:

A-team Andrew Horsfall
01706 818623

Vets Phil Hodgson
01422 844936

Ladies Mandy Goth
01422 844936

Allstars To be arranged contact Phil
or Mandy

If you want to run please make it known to one of
the captains. Places will be allocated on a fastest
first basis.

Further information is on the website
penninebridlewayrelay.co.uk

Guess your time

Sun 30th Jan

Sportsman's at Keba's

Start times between 10.30
and 11 am

Course length approx 4-
5 miles

Winner is the person who most
accurately guesses their time.

All Entrants must bring an
unwanted Xmas present

Mandy's Page 2

VERY IMPORTANT

A LOT OF RACES ARE PRE-ENTRY AND IT ESSENTIAL YOU ENTER THEM EARLY. WE WILL TRY & PROVIDE AS MUCH INFORMATION AND WARNING IN THE TORRIER AS POSSIBLE—PLEASE READ IT

WANTED

CAPTAINS FOR FELL & ROAD

THE MAIN AIM IS TO ENCOURAGE THE A-TEAM AND AS MANY OTHER RUNNERS AS POSSIBLE TO TURN OUT FOR RACES on both the road and fell.

ENTHUSIASM BREEDS ENTHUSIASM

At recent races other runners have been commenting on how well Todmorden is doing.

Secondly to keep the club informed via the newsletter on how we are doing in different categories.

THANKS

Hot Toddy

Many thanks to Peter Ehrhardt once again for another successful Hot toddy.

This year raising £640.00

Thanks also to all those members who turned out to help without whom the race would not be possible.

Mini Moorland Marathon

An excellent turnout for the 10th one day orienteering event.

Many thanks to Dave & helpers for organising such a challenging event.

Report & results elsewhere in this newsletter.

I don't ever want to see another tussock!!

New Members

We would like to welcome the following new members

Dave & Janet Makin

Mick Reith

Myra Wells

Jackie O'Neill

Caite Horsfall

Speed Work

Tues 18th Jan Walsden Cricket Club

Tues 25th Jan Speed work with Rossendale
harriers Meet at Bramsche Square at
6.30pm

Tues 1st Feb Lob Mill

Tues 8th Feb Hebden Bridge Station

Meet at 7pm except on the 25th

Contact me if you've any questions 01422
844936

English Championship Teams

In the English championships the number required for a team is as follows:

Open (ie all ages) 5 to count

V40 4 to count

V50 3 to count

Ladies 3 to count

Points are awarded for the first 10 teams

All English Championship races except Wasdale are included in the Todmorden Harriers Championship.

Wasdale details are as follows:

AL 21m/9000ft from Brackenclose, Wasdale
Sat Jul 9th 11.00 am

Further information on the website
cfra.co.uk

GRAND PRIX 2005

ESSENTIAL INFORMATION

The way that the Club Grand Prix, Fell and Road Championships are administered must appear extremely complex to new members (that's because it *is* extremely complex!). I'll give a brief synopsis here, but any new members (or confused and senile older ones) wanting a fuller explanation should contact John Crummett on 01706 819417 or who can send you a more detailed version of the points structure.

GRAND PRIX CHAMPIONSHIP (current holder Moyra Parfitt)

Points are awarded as a percentage of the average time of the first three finishers, and your age (if a veteran) and gender is taken into consideration and a handicap allowance is added. Thus, the best runners for their age get the most points. The best qualifying combination of 8 races count (this can be either 4 road/4 fell **or** 5 road/3 fell **or** 3 road/5 fell according to which is the highest score - the computer works it all out). Top ten finishers get trophies and all qualifiers get certificates.

FELL CHAMPIONSHIP (current holder Andrew Horsfall)

Points are awarded as a percentage of the average time of the first three finishers but age related handicaps are not used. The fastest runners get the most points. Best 6 scores from 12 races count with at least one from each distance category. Trophies for all gender/age categories.

ROAD CHAMPIONSHIP (current holder Paul Brannigan)

Points are awarded as a percentage of the average time of the first three finishers but age related handicaps are not used. The fastest runners get the most points. Best 6 scores from 12 races count with at least one from each distance category. Trophies for all gender/age categories.

Four of the road fixtures are now chosen from **multi-terrain** events, but exactly the same points are awarded as if they had been "true" road races. It is hoped that this will encourage a better turnout for the Road Championship.

CLUB CHAMPION (current holder Paul Brannigan)

Awarded on the basis of a runners' single best counters (GP points) from all six categories added up. Only those who have completed at least one race in every category will be eligible. To qualify as "Club Champion" the runner will have to have all-round ability (and/or inclination). It may well be that the Grand Prix Champion and Club Champion turn out to be one and the same person - as it is at the moment - but let's wait and see.

PRE-ENTRIES

A lot of races are pre-entry especially the English championships. It is important to enter these races early as they do get over subscribed

RULES

We're not really a "rules" club - but there are a few involved here...

You MUST compete in a club vest if you want to score Championship Points.

If you use someone else's number in a race you must inform John Crummett that you have done so before he calculate the scores. Otherwise your performance will not be acknowledged.

DISTANCE CATEGORIES

Fell Race categories are as per FRA guidelines set out in FRA Calendar i.e. Short (S) is under 6 miles; Medium (M) is 6 miles and over but under 12; Long (L) is over 12 miles

Road/Multi-Terrain Race categories: Short (S) is up to and including 10K; Medium (M) is over 10K and up to and including 10 miles; Long (L) is over 10 miles.

CHAMPIONSHIP STATUS EVENTS

Any race which has Championship Status (usually English Championship Fell Races) carries a 9% points bonus to make up for the exceptionally high standard of performance.

TODMORDEN HARRIERS



TOD GRAND PRIX YEAR PLANNER 2005

F = Fell GP R = Road GP (T = Trail)
L = Long M = Medium

Other non Grand Prix Todmorden Harrier Races (or Eng Champ) in Black
S = Short (E) = English Champs

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
1									1			SAT
2				1					2			SUN
3				2			1		3			MON
4	1	1		3			2 CROW HILL FS		4	1		TUE
5	2	2		4	1		3		5	2		WED
6	3	3		5	2		4	1	6	3	1	THU
7	4	4	1	6	3	1	5	2	7	4	2	FRI
8	5	5	2	7	4 DUDDON VALLEY FL	2 ERRINGDEN MOOR FM	6	3	8 LANGDALE HORSESHOE FL (E)	5 SHEPHERDS SKYLINE	3	SAT
9 TOD H MMM	6 PENN B'WAY RELAYS	6	3	8 BUTTERMERE SAILBECK FM (E)	5	3	7 CLIVIGER 6 RS	4 LANGDALE HALF M'THON RL	9	6 THRU THE VILLAGES 8.5 RM	4	SUN
10	7	7	4	9	6	4	8	5	10	7	5	MON
11	8	8	5	10	7	5	9	6	11	8	6	TUE
12	9	9	6	11	8	6	10	7	12	9	7	WED
13	10	10	7	12	9	7	11	8	13	10	8	THU
14	11	11	8	13	10	8	12	9	14	11	9	FRI
15	12 WADSWORTH TROG FL	12	9 FLOWERSCAR	14	11	9 WASDALE (E)	13	10	15 FRA RELAY	12	10	SAT
16	13	13 RODDLESW'TH ROLLER RS (T)	10 GRIZEDALE FOREST 10 RM (T)	15	12 EDALE FS (E)	10	14	11	16 BEEFY'S NAB FS	13	11 CALDERDALE WAY RELAY	SUN
17	14	14	11	16	13	11	15	12	17	14	12	MON
18	15	15	12	17	14	12 STOODLEY PIKE	16	13	18	15	13	TUE
19	16	16	13	18	15	13	17	14	19	16	14	WED
20	17	17	14	19	16	14	18	15	20	17	15	THU
21	18	18	15	20	17	15	19	16	21	18	16	FRI
22	19	19 FIENDSDALE FM (E)	16 WARDLE SKYLINE FM	21	18	16	20 WHITTLE PIKE FS (E)	17	22	19	17	SAT
23	20	20	17	22	19 FRECKLETON HALF M'THON RL	17	21	18	23 GIN PIT 5 RS (T)	20	18	SUN
24	21	21	18	23	20	18	22	19	24	21	19	MON
25	22	22	19	24	21	19	23	20	25	22	20	TUE
26	23	23	20	25	22	20	24	21	26	23	21	WED
27	24	24	21	26	23	21	25	22	27	24	22	THU
28	25	25	22	27	24	22	26	23	28	25	23	FRI
29	26 NOONSTONE	26	23	28	25	23	27	24 GOOD SHEPHERD FL	29	26	24	SAT
30	27 RADCLIFFE TRAIL RL (T)	27	24	29 LEYLAND 10 RM	26	24 WAGON & HORSES 10 RM	28	25	30	27	25	SUN
31	28	28	25	30	27	25	29	26	31	28	26	MON
		29	26	31	28	26	30	27		29	27 HOT TODDY	TUE
		30	27		29	27	31	28		30	28	WED
		31	28		30	28		29			29	THU
			29			29		30			30	FRI
			30			30					31	SAT
						31						SUN

An English Champion by Paul Brannigan

There's a been a buzz about the club since that 3rd place in the CWR. Standing around at the Rugby Club after the CWR talk turned to winning the Pennine Bridleway Relay. In the weeks that followed talk has turned to winning the FRA English Championship Team Title.

To stand at the top of the tree and see all below you is an achievement that fills you with awe. You took a number of raw materials and created something that no-one else did – there is only one winner.

Todmorden Harriers has 3 national champions (that I know of) in Andrew Wrench, Sean Willis and myself. Three people who know that it takes a hell of a lot to win a national title.

The raw materials of a champion consist of:

Commitment

There are 6 races and 5 to count in each race. 1st team gets 12 points, 2nd team 9 points and 1 point less for each position down to 1 point in 10th.

If you are a counter in any race, and we win the title then YOU are an ENGLISH CHAMPION in the eyes of the running fraternity.

If you never count, but you put yourself in front of our rival's 5th runner then in the eyes of Todmorden Harriers YOU are an ENGLISH CHAMPION.

To win the English Championship we MUST have 10-12 of our best runners making a commitment NOW to run at least 5 of the 6 races. That commitment means you are on the start line without having to be asked the week before to run – the motivation must come from within yourself.

Luck

This is a major factor. Many things can go wrong and without luck they will.

Wasdale

We must have 8 of the 12 runners out at Wasdale.

Self-belief

I know what is like to lose out on a British and a Northern Championship by a stride length. I learnt a lot from those silver medals, the major things being the need for a balanced confidence (neither over or under) and to truly believe you can win it. Given the chance again, I'd go into those races with more confidence and win them, but second chances come rare. Todmorden Harriers chance is NOW – it is up to us whether we take the chance. Our self-belief began with the CWR and should increase after the Pennine Bridleway Relay. The first English Championship race will be our biggest opportunity to discover a true sense of belief that we can win it.

Experience

There's plenty of that within the club – 3 national champions and in George Erhardt an international. Combine that with the years of fell running experience in

much of the squad and all we have to do is to ensure that experience is shared with those with less experience.

Physical Ability

It's alright having it, which we have, but it's what you do with it that counts:

- When the opportunity to train comes along, ALWAYS train.
- Structure your training; a balance of hill reps, interval work, races and most important the recovery runs that enable you to perform the 1st three to your full potential.
- Listen to your body, when it says back off then BACK OFF.

Sacrifice

If you want to be an English Champion then you have to re-prioritise and find ways of making more room for your running. This must apply for the next 10 months. There will be times when you have to make yourself unpopular at home or at work. You may have to make more room in the day to make room for training. **You get nothing without sacrifice.**

Dislike

You need to develop a healthy dislike for your rivals, a desire to demoralise and demotivate them. A rival team member comes into view, you can't let yourself be beaten by a lesser club runner, you close them down, sit behind them for a while to recover. So that when you go past running smoothly and head held high you look great and you quickly create a demoralising gap.

Run as a Team

Commitment is the raw material that starts the ball rolling, but running as a team will keep the ball rolling. This means getting to the club 3 out of 4 Wednesdays, building team spirit, feeding off each others enthusiasm and creating the opportunity for some swift training when needed and some banter runs for recovery.

Are You Committed to Being an English Champion?

Were you in the CWR A team? It is you I am talking about. With the notable exceptions from that team of Jon Wright and George Erhardt (who is at this moment booking his flights back from Italy for each of the Championship races). Were you on the fringes of the CWR A team? Are you improving and looking for a place in the best 12? Andrew Horsfall has done some canvassing of runners and the commitment seems to be there, but we need a SQUAD to win a team title. Andrew needs to know who is committed.

Todmorden Harriers, English Champions 2005–

How does that sound to you?

Championship Races

WADSWORTH TROG BL Sat 12th Feb 2005

(Pre- Entry by 7th Feb)

Race Preview

This is the first race of the Todmorden Harriers Grand Prix 2005. And what a tough one to start with. The twenty- mile figure of eight course, much of it on rough terrain, includes 4000 ft of ascent. It is not a fixed course; you must visit the 14 checkpoints (see entry form) but your route in between is up to you. For much of the course the best route is pretty obvious. You can always follow the stud marks or someone who seems to know where they're going, but one or two sections are worth recceing before the event, (in particular the moor from Cock Hill to High Brown Knoll via the Winny Stones).

The race starts from Old Town Cricket Club and takes paths and tracks up to High Brown Knoll before the headlong descent down the tussocks to Upper Dean Head Reservoir. After climbing steeply back onto the moor it takes a direct route across a useful guide for those not confident on their compass bearings) across the bogs to Cock Hill. Another descent down to Halfpenny Hole Clough, followed by the swamps of Grain Slack take you to the Old Road. Despite heading south to Top of Stairs this could be described as one of the easier bits. Next, the leg sapping bogs over Oxenhope Stairs finally give way to the welcome relief of the paved path down to Walshaw Dean Upper Reservoir. A good track leads up and over High Rakes to Walshaw before the long drag up the fields to the tussocks of Shackleton Knoll. Now on to Lumb Falls, back up to the Old Road and retrace your steps across the swamps to Cock Hill. This is where the recceing pays off as you follow a cunning little trod to High Brown Knoll and overtake all those runners who have been lost in the moors in the clag. Take the best route to the bottom airshaft above Back Clough (several options available, still debating which is the quickest - definately worth a recce.) and then squelch up the path to the good running on Stone Edge to the Sheep Stones trig point. Now you're heading for the finish. You can see it. It's downhill all the way. There's a sting in the tail. Not content with having made you run across miles of bog and swamp the route now descends out of the way into the valley before a final killer climb back up to Old Town. And they make you run round the cricket ground. It's not surprising that this race is also known as 'The Beast.' But what a feeling of achievement you get when you finish. Don't miss it – you'll love it - well certainly when you're stood in the Cricket Club bar afterwards.

Saturday 12th February 2005

Organised by Calder Valley Fell Runners

Starts: Half Trog 10:00 Full Trog 10:10

From the 'Old Town Cricket Club, above Hebden Bridge'

The race will take place over rough terrain

north of Hebden Bridge and the route could be extremely difficult in adverse weather conditions. Navigation skills are required although some sections will be flagged.

Kit Check at start.

Correct Map, Full Body Cover, Compass, Whistle, Hat, Gloves and a Bit of food.

(See FRA guidelines)

I will disqualify all who fail the kit check.

Please bring the correct kit.

South Pennines 1:25,000 map

Checkpoints

Start	000283	Walker Lane
1	009304	High Brown Knoll Trig
2	022307	Dean Head Dam
3	011327	Cock Hill A6033
4	995320	Haworth Old Road – barn
5	004338	Top O'Stairs
6	982354	Withins ruin
7	969336	Walshaw Dean Res.
8	975314	Walshaw
9	985316	Shackleton Knoll
10	995313	Haworth Old Road – FP
11	011327	Cock Hill A6033
12	009304	High Brown Knoll Trig
13	015278	Sheepstones Trig
14	998277	Wood End – bridge
Finish	998285	Old Town Cricket Club

Entry Fee £5.50 (includes refreshments).

Cheques payable to 'CVFR'

Entries by 7th February to Jez Wilkinson, 2 Stable Cottages, Hallas Lane, Cullingworth BD13 5BU

Send name address club & category (male/female V40/V50/V60)

FIENDSDALE FELL RACE 9m/2600ft

ENGLISH CHAMPIONSHIP Sat 19th March 11.00 am

This race will fill up please enter early if you wish to compete

ENTRY DETAILS

Start from Fell foot 1.5m north-west of Chipping, Lancashire

£ 4.00 payable to organiser by 12th March
Cheques payable to "A Farmer"

Details Andrew Farmer, 59, Chaigley Road, Longridge, Preston, Lancs PR3 3TQ

Map Forest of Bowland 1:25,000

Checkpoints

- | | | |
|----|------------------------------------|----------|
| | Start (road junction) | GR602442 |
| 1. | Wall/fence junction
(use stile) | GR597456 |
| 2. | Fence junction | GR608472 |
| 3. | Barn (Langden Castle) | GR606502 |
| 4. | Sheepfold | GR587478 |
| 5. | Fairsnape Summit | GR591468 |
| 6. | Parlick Summit | GR595450 |
| 7. | Finish (Fell Foot) | GR600445 |

Race Description

From Fell foot you climb up the hill to the first checkpoint. From here you contour north around the hill (muddy & peaty with big hags) to checkpoint 2. This next section is the most challenging as the hillside is covered in deep heather as you run across Bleasdale Moss. The important thing here is not to drop into the gully too early. Drop down a steep sided slope to Bleasdale Water and follow the stream down crossing it twice to come out on a flat area at Langdon Castle (3).

From here follow the path west then south climbing steadily to Fiendsdale Head (more peat hags). Drop down a steep grassy descent to checkpoint 4. follow the stream to come out at the trig point at Paddy's pole. It is now an obvious path to Parlick & I am told it is an "awesome" descent to the finish.

SOME STATISTICS and a GRAND PRIX OVERVIEW.

Despite the lack of enthusiasm towards the concept, floated last year, of “most consistent runner” the 2004 results make interesting reading – and are worth analysing.

(A brief recap for new members – take your highest and lowest scores in the GP: minimum 8 races, any combination but ALL to count). So let's get the table out of the way first.

	No races	fell/road	GP position	high	low	diff
Mel Blackhurst	8	1/7	dnq	86.9	80.2	6.7
Dion Bamford	9	3/6	5	90.2	81.1	9.1
Dave O'Neill	8	4/4	13	76.6	67.0	9.6
Paul Brannigan	11	5/6	4	93.8	82.6	11.2
Peter Ehrhardt	11	7/4	10	84.1	72.8	11.3
Simon Galloway	10	6/4	6	89.3	76.6	12.7
Derek Clutterbuck	9	6/3	2	98.8	75.4	13.4
Jim Smith	9	6/3	14	70.2	56.3	13.9
Dave Collins	9	6/3	3	96.2	82.0	14.2
John Newby	12	4/8	12	76.4	61.4	15
Richard O'Sullivan	9	4/5	11	77.9	62.0	15.9
Moyra Parfitt	10	4/6	1	103.6	87.2	16.4
Jane Smith	9	9/-	dnq	95.9	77.5	18.4
Richard Leonard	12	9/3	9	85.9	67.4	18.5
Kath Brierley	8	8/-	dnq	89.9	69.2	20.6
Andrew Bibby	9	5/4	7	93.1	70.6	22.5
Jeff Walker	10	4/6	8	88.0	64.9	23.1
John Crummett	8	8/-	dnq	94.6	71.4	23.2

Interestingly, fewer runners competed this year in less races but the overall results rather than being more compact were less consistent. And for the first time predominantly road runners doing well in the GP were high in the table. You would expect this as road races pace better, but it was due to the inclusion of two maverick fell races: any runners who did both Coniston - where 13 scored their worst points - and Hades - where 12 scored their best - were well out of contention.

Further, looking back at past results a pattern emerged, which may give useful pointers to maximizing your GP points. Looking at the top 30 or so GP runners, this is where their best and worst points occurred, and how many races it happened in:

2002	2003	2004
17 best on fell 5 races	9 best fell 4 races	21 best fell 3 races
25 worst on fell 6	29 worst fell 9	22 worst fell 6
12 best on road 5	21 best road 6	10 best road 4
4 worst on road 3	1 worst road 1	9 worst road 5
(9 ran only in fell races)	(4 fell, 1 road only)	(8 fell, 2 road only)

Overall you are more likely to gain more points on the road than the fells. Other than take the John Devlin gambit by running every race, if you have the choice of which to do, better points can be accumulated thus:

Fell races. Avoid very short fast races – at the Bunny Run and at Burnsall both the great (including fell champions) and the average scored poorly. Avoid medium and long races in the Lakes – Coniston and Langdale are consistently bad scores. Most fell runners get their best points in medium races, or if you're good, long local ones.

Road races. A much more even spread of good results over short and medium races, - and last years inclusion of trail races fits into this pattern. At least one race a year will yield good points so run as many as possible even if you think you are better on the fells. But, as for long races... just a personal opinion but these seem to be in the GP to be endured not enjoyed. It may reflect in how few people enter them: last year the 3 pure long road races only had a turn out of 4 Tod runners each, and of the 20 who did the long trail, only 4 bothered to do another long road race – compare this to 11 runners who were happy to do more than one long fell. Also as a category they produce the fewest best results than any other. (Conversely, they don't give a high proportion of worst results – but don't let that get in the way of a prejudice!).

OK, all races are there to be run; and I hope that this is an encouragement to get runners competing in the GP rather than a dissuasion to do certain races. But in helping to select GP races the pros and cons highlighted above were in the back of my mind – Langdale unavoidable as an English Champs, Beefys Nab could be a Bunny Run or a Hades. Hopefully we have a balanced programme giving some consistent racing. So get out and enjoy them and stop worrying about your bloody points.....

Dave O'Neill

RADCLIFFE A.C. 12 MILE TRAIL RACE

SUNDAY 27TH FEBRUARY 2005. 10.30AM.

MASONS ARMS, SION ST. RADCLIFFE.

RACE LIMIT 200. PERMIT APPLIED FOR

SPONSORS:-

WRIGHTS RECYCLED PRODUCTS LTD

The Route starts with a short section of Sion St. before setting out along the Nature Trail, and is primarily on tracks and trails, crossing Hulme Rd. and Stoneclough Rd. before returning along the remains of the Bury and Bolton Canal. The total climb amounts to a little over 400 feet, most of the climbing coming between 7 and 10 miles. All marshalled. Stud soles are to be preferred especially if it is wet and muddy. Please arrive changed and ready. The Pub will be open and we are welcomed by the Licensees, but facilities are very limited.

Venue **Masons Arms**
 Sion Street (Near the ASDA Superstore)
 Radcliffe
 Manchester

Entry Fee **£ 5.00. Club Runners**
 £ 6.00. Unattached Runners
 £ 1.00. Extra on the day
 Cheques payable to :- Radcliffe Athletic Club
 s.a.e. not required. COLLECT YOUR NUMBER ON THE DAY.



Entries To **12 Mile Trail Race, 84 Meadowcroft, Radcliffe,**
 Manchester M26 4JQ

Enquiries To **Bill 0161 7246692 or Tom 0161 7232879**
Email TOMRADAC@ AOL. COM

Entries accepted on the day only if the entry limit of 200 has not been reached. We now know that 200 has to be the limit or the Pub and the Organisation will be overwhelmed. So get your entry in soon! Pre-entries will not be refused.

EXTENSIVE PRIZE LIST

(ONE PRIZE PER PERSON)

ENTRY FORM - (PLEASE PRINT CLEARLY - MINIMUM AGE 17 YEARS

FIRST NAME..... SURNAME.....

ADDRESS.....

..... TEL NO

CLUB and Area Membership Number.....

Please tick if unattached to a Club ☐

Age on race day ☐ Male ☐ Female

I am medically fit to run this race and I understand that I enter this event at my own risk and the event organisers are not responsible for any illness or injury sustained in this event.

Official Use Race Number

ukresults.net

Abbey Village School

presents

The 17th Annual Roddlesworth Roller

6 miles approximately

Undulating, scenic, multi-terrain

NoEAA Permit applied for

SUNDAY 13 March 2005

11.00 am prompt start

Course Records: Neil Wilkinson Salford Harriers 30.55

Vanessa Peacock Clayton 37.42



Venue.

Starting and finishing near the Hare and Hounds, Abbey Village, traversing the shale tracks of Roddlesworth, the roads of Tockholes, and the scenic delights of the area.

Course.

A well marshalled course - tough but enjoyable! Free food at the finish.

Prizes.

Prizes in excess of £600. **Medals to first 200 to enter.** First home receives the Challenge Trophy plus first prize. Minimum Guaranteed Prizes subject to pre-entry numbers: First three men, first three women. All vets categories, first two teams, first vet team.

Prizes will be proportional ONLY to pre entry and may be reduced.

ONLY ONE MAIN PRIZE PER RUNNER. VETS CAN ONLY COUNT FOR THE OPEN TEAM IF THEY FOREGO ANY INDIVIDUAL VET PRIZE THEY WIN. DECLARATIONS MUST BE MADE BEFORE THE RACE.

Entry Fee.

£4.50 Members of UKA £5.50 Unattached runners.

ENTRIES ON THE DAY ADD £2

Pre Entries to: Terry Dickenson, c/o Abbey Village CP School, Bolton Road, Abbey Village, Nr Chorley, PR6 8DD to be received no later than 1 March 2005

RACE LIMIT 2005 - 450

MINIMUM AGE ON DAY - 16 YRS

ENTRY FORM 2005 RODDLESWORTH ROLLER

Name..... UKA Club..... UniqueNoEAA No.....

Address..... Tel no.

..... Male/ Female DoB .../ .../ ...

..... **Age on day of race.....**

I enclose an SAE (10 x 8 ins) plus :

Results 50p extra. Total fee enclosed £.....made payable to

ABBAY VILLAGE PARENTS' ASSOCIATION

I declare that I am an amateur to UK Athletics LAWS

Signed Date

Signature of Parent or Guardian if under 18 yrs

Don't forget SAE

Todmorden Harriers gain 3rd spot in top relay event

1200 runners from many of the top fell running clubs in the country took part in the Calderdale Way Relay on Sunday. One hundred teams of twelve run in pairs on each of the 6 legs of this competitive 50-mile event. Todmorden Harriers entered four teams and gained the highest position the club has ever achieved in this prestigious race when the A Team powered their way round in 6 hours 18 minutes to come home in third position overall. It was a tremendous team effort and testament to the hard training undertaken in the weeks up to the event. Only Pudsey & Bramley (6 hours 5 minutes) and Clayton Le Moors (6 hours 10 minutes), both renowned fell running clubs, finished ahead.

The Todmorden Veterans, All Stars, and Ladies Teams all ran well to achieve very creditable placings, with the All Stars and Ladies battling head to head for much of the race. The Ladies were just pipped this year but have vowed to return even faster for the next relay event.

Todmorden placings:

A	3 rd	6:18:07
Vets	46 th	7:38:16
All Stars	71 st	8:15:23
Todmorden Ladies	75 th	8:21:23

Organised by Halifax Harriers this is a great event, one of the highlights of the year as it brings out the best in team spirit. Team Captains have much fun sorting the complex logistics and timings of the six legs, to say nothing of coaxing the very best out of their dozen finely tuned athletes. Whilst many of the Vets or All Stars might not quite describe themselves in that fashion there is no doubt they all give it their very best shot, as evidenced by the many pained faces as they (often quite literally) reach the end of their legs.

The great A Team performance started with Andrew Wrench and Chris Smales leading the team off from Copley and finishing at Cragg Vale. They made an excellent start and came home in 5th position in close proximity to the leaders. Andrew Horsfall and Sean Godsman took the baton and ran a stormer to Centre Vale Park, Todmorden in the second fastest time of the day to move the team up to 3rd. Another good run from Jeff Walker and Martin Roberts on the short, mainly uphill leg from Centre Vale to Blackshaw Head kept the team in 3rd place. Sean Willis and Alex Whitem ran the tough leg to Wainstalls and moved the Harriers into 2nd place with a fine run. Waiting at Wainstalls were Simon Anderton and Mark Goldie. They ran the 5th leg to hand over in 4th place, a plucky run from Simon who had been ill all week. He gave everything to keep the team in a high position. Nick Wigmore and Paul Brannigan ran the last leg from Shelf to Copley. What a roller coaster of a leg it proved. They moved into third position in Brighouse but Horwich and Bingley were rapidly catching up. The team dug in on the long hill to Southowram. Then Paul took a tumble but, ignoring his cuts and bruises, he bounced back up. As Horwich closed them down the Tod team got great applause as they put on a grandstand sprint finish to keep ahead of their rivals and finish in 3rd place.

3 TOD A	A Wrench	A Horsfall	J Walker	S Willis	S Anderton	P Brannigan	
	C Smales	S Godsman	M Roberts	A Whitem	M Goldie	N Wigmore	
	1:09:47(5)	0:59:36(2)	0:40:0 (9)	1:09:37(6)	1:00:30(16)	1:18:3 (11)	
	1:09:47(5)	2:09:23(3)	2:49:23(3)	3:59:00(2)	4:59:30(4)	6:18:07(3)	
46 VETS	D Donohue	D Collins	E Emerson	L McCluskey	J Crumett	R Leonard	
	S Galloway	M Anderton	R Blakeley	D Bamford	R Poulter	A Bibby	
	1:27:37(57)	1:10:18(31)	0:44:47(27)	1:31:55(77)	1:11:43(54)	1:31:56(46)	
	1:27:37(57)	2:37:5 (40)	3:22:42(34)	4:54:37(45)	6:06:20(45)	7:38:1 (46)	
71 ALL STARS	J Lee	N Hodgkinson	D O'Neill	J Duffy	R O'Sullivan	D Ritchie	
	E Wrathall	M Harris	J Sutcliffe	C Duffield	P Ehrhardt	R Watkins	
	1:39:12(84)	1:17:52(53)	0:52:17(64)	1:39:00(88)	1:13:21(62)	1:33:41(52)	
	1:39:12(84)	2:57:04(74)	3:49:21(74)	5:28:21(78)	6:41:42(76)	8:15:23(71)	
75 LADIES	M Blackhurst	M Goth	S Godsman	K Brierley	S Glyde	J Smith	L
	R Skinner	M Parfitt	L Wright	K Leigh	M Siddal	A Richards	
	1:37:16(80)	1:26:51(74)	0:52:15(63)	1:29:24(70)	1:17:33(75)	1:38:25(69)	
	1:37:16(80)	3:04:07(79)	3:56:22(77)	5:25:46(76)	6:43:19(77)	8:21:44(75)	

I have a full set of results if anyone wants one or they can be found on the Halifax Harriers website
halifaxharriers.co.uk Mandy

Race Reports

Races reported recently in the local press

Toddy proves a festive tonic (31.12.04)

One of the festive season's best loved athletics events took place in Todmorden on Bank Holiday Monday as around 200 runners converged on the town to compete in the 'Hot Toddy' road race and its attendant fun run.

The main race, organised by Todmorden Harriers, is a hilly 5.8 miles, starting in the centre of town before heading up the valley to Walsden and then climbing up to the Shepherds Rest and Lumbutts before descending back to Halifax road and the finish.

The backdrop for this year's race was provided by the recent cold snap and competitors were treated to fine views of snowy moorland and 'winter wonderland' countryside, although the actual race route was thankfully clear of any serious snow or ice.

First man home was Ian Fisher from Otley AC in a very fast time of 28.20, followed by Walsden's Jon Cordingley, running for Bingley Harriers, finishing in a time of 29.13, a time which may have seen him winning in previous years.

Todmorden Harriers were well represented. Leading home the local club was Chris Smale in 7th place in a time of 30.29, with George Ehrhardt following closely in 9th position and Alex Whitem in 17th, the local club can be pleased with its showing despite narrowly losing out on the men's team prize, which went to Skipton AC.

In the ladies' race, Sue Beconsall of Bingley Harriers came home a comfortable winner in a time of 34.42, an excellent time that saw her placing 24th in the race as a whole. Second lady was Anna Kelly of Clayton Le Moors in a time of 37.13.

The Todmorden ladies also ran well, scooping the team prize after good runs by Ali Richards (76th), new signing Melanie Siddall (86th) and international triathlete Lynn Griffiths (109th).

After the race, the runners retired to the excellent hospitality of the White Hart for the traditional 'Hot Toddy', a potent brew that is mixed each year to a secret recipe known only to a select few and jealously guarded.

At the prize giving, Race Director Peter Ehrhardt thanked the competitors for turning out and declared himself pleased with the day's events. He concluded by reminding runners to put a date in their diaries for next year's race, which is already being planned.

Full Todmorden Harriers' results were: 7, Chris Smale (30.29); 9, George Ehrhardt (31.01); 17, Alex Whitem (32.50); 19, Paul Brannigan (34.13); 37, Mark Anderton (36.39); 47, Duncan Ritchie (37.55); 70, Rhys Watkins (39.49); 76, Alison Richards (40.22); 86, Melanie Siddall (41.12); 100, Jonathan Sutcliffe (42.44); 101, Bohuslav Barlow (42.50); 109, Lynne Griffiths (43.12); 124, Moyra Parfitt (44.23); 125, Jeanette Dowling (44.41); 138, Dave O'Neill (45.58); 139, Julia Holt (45.59); 140, Laura Wright (46.09); 142, Lew Wright (46.49); 159, Trevor Smith (49.22); 172, Myra Wells (54.27); 175, John Newby (55.14); 179, Caite Horsfall (57.14).

Harriers toast New Year at Auld Lang Syne fell race (7.1.05)

On New Year's Eve, 24 Todmorden Harriers interrupted their festivities to travel to Penistone Hill Country Park to compete in the annual six mile 'Auld Lang Syne' fell race.

The race, organised by prolific fell race promoters Dave and Eileen Woodhead, takes a meandering circuit of the moors above Stanbury to provide a course where the mud's often knee deep and frequent slippery peat slopes often lead to unwary or overly reckless racers spending time face down in the slime and crossing the finishing line looking like extras from the 'Black and White Minstrel Show'.

With nearly 500 entrants, the event can boast of being one of the most popular and well attended local fell meetings of the year. Its appeal lies not only in the free bottles of beer given to all finishers, but also in the atmosphere of camaraderie and good humour which prevails throughout the muddy slog.

This is not to say that competition is any less keen at the 'sharp end' than in any other race. This year proved no exception and some of the best fell runners in the country fought out an exciting conclusion. The eventual winner was international mountain runner Andy Jones of Salford Harriers in a time of 39.04. He was followed home in second place by former English Fell Champion and multiple previous winner Ian Holmes of Bingley Harriers, with another international mountain runner, John Brown in third. Just behind these three leading athletes came Todmorden Harriers' own local star George Ehrhardt in a creditable fourth place in such a quality field.

Other notable Harriers' performances came from 11th placed Sean Willis, who fought off the effects of a heavy cold to continue his good run of form, and relative newcomers Mark Goldie (55th) and Jeff Walker (68th) both of whom continue to improve with every race.

Full Todmorden Results were as follows: 4, George Ehrhardt (39.59); 11, Sean Willis (42.18); 55, Mark Goldie (47.25); 68, Jeff Walker (48.23); 78, Dave Collins (48.52); 87, Martin Roberts (49.39); 131, Simon Galloway (51.37); 145, Phil Hodgson (52.20); 195, Alison Richards (54.44); 216, Richard Leonard (55.52); 235, Rhys Watkins (56.47); 245, Jane Smith (57.38); 249, Peter Bowles (57.55); 253, Richard O'Sullivan (58.12); 264, Eric Wrathall (59.04); 271, Colin Duffield (59.23); 276, John Lee (59.32); 293, Rachel Skinner (60.36); 322, Peter Ehrhardt (62.53); 342, John Page (64.03); 359, Mandy Goth (66.57); 421, Jim Smith (86.24); 430, John Newby (87.18).

MMM FROM THE SPORTSMANS AT KEBS ON 9/1/5 by Dave Collins

In a moment of weakness (too much to drink) I volunteered to organise the event. Colin said he would like to help which made it a lot easier. We started by pouring over the map after one pack run in November and marked possible checkpoints and route on the map. Decided on the Sportsman because I knew we would be well looked after at the pub.

Between Christmas and New Year Colin and me got out on the hills to check the controls on the ground and put the posts in the ground. The weather was awful and it took hours to put out just a few controls. We tried to give runnable options, putting controls near the Pennine Way Bridleway – and also include some more challenging terrain, there is a lot of tough terrain on all sides of Hoof Stones Heights. Spent ages checking the weather forecast and worrying about the controls been blown away in the gales or swept away in the floods.

On the day we were very lucky with the weather compared with the weather on Friday and Saturday. The overall scoring was far higher than I had anticipated and a lot of controls were well visited. Jonathan Emberton and Bill Johnson had tremendous runs and both got 375 points with Jonathan taking the slightly shorter time (sorry Bill, we added your score up wrong for the prize giving). George Ehrhardt came 3rd with 370 points and took the prestigious Tod. Harriers MMM trophy – the 9th name on the trophy in the 10th event. George visited the most controls – 15. A great run from Phil Hodgson in 4th and John Crummett in 6th (first vet 50).

First woman was Sarah Noot with an excellent 240 points, Mandy Goth and Ali Richards also ran very well for 2nd and 3rd respectively. The first team was Richard Henderson and John Hairsine, the 2nd team and first mixed team was Andrew Bibby and Mel Blackhurst with a very impressive 280 points. The first ladies team was Thirza Hyde and Cerys Davies. Derek Clutterbuck and his son were out for a rather long time and lost most of their hard earned points – they were fitting winners of the homing pigeon trophy which had been languishing too long on Derek Donohue's desk and he very reluctantly donated this magnificent trophy.

The most visited checkpoint was no. 7 (Wolfstones) with 36 teams and the least visited was checkpoint 3 (marsh) with 8 teams. A lot of teams visited checkpoint 9 (Sheddon Edge) so will have become very familiar with very long tussocky grass! My favourite control was no. 14 (Pike of Stones) where the post fitted nicely within the stones. Might have got checkpoint 11 slightly out but there were that many stream junctions around when it was put out (after floods) that it was difficult to tell. Checkpoint 10 was also hard to find and a lot of people spent a long time in the rhododendron bushes!

I would like to thank Colin and also Mark Anderton and Lee and Helena who provided invaluable help on the day. Steve and Claire at the Kefs run a great pub. Peter Marshall provided over 60 maps at very short notice and Trevor Smith did the same for the control cards.

My first fell race by Judith (aged 39 and a quarter) from Elephant and Castle

Pre race alcohol units 25, calories: 78 branflakes, semi skimmed milk and a tangerine.

All I knew was that it would start in a gravel pit and that I might get a bit muddy...apart from that all other comments were v positive: free chocolate at the end, lots of fun and very character building.....they all said.

As I lay in bed on Saturday night/Sunday morning bobble hat pulled well down (Straw Lane's central heating system was switched off) all I could think of was 'gravel pit'. What was one exactly? How deep would it be? And would I even be able to get out of it at the beginning? I woke up very worried with a deep sense of impending doom. Pre race training hadn't gone as well as I had hoped either (well have you ever seen a fell in London??)

Sunday - the big day

10:30 - the kids shot off - and I mean SHOT - there is no way I can go that fast I told anyone within earshot. Don't worry they said. At least we appear to get out of the gravel pit at the easy end I worked out.

11:30 - stood well at the back to avoid any possibility of being run over - did a few little jogs on the spot to look keen - lots of very friendly encouraging people everywhere (although rather a lot of them!). 'Look there's Jim' said Sue. 'You won't be last' Jim cheerily assured me - I'm over 70!. 'And look at those two blokes over there' - admittedly they did look as though they had beer bellies even bigger than mine.....no mean feat.

Hope surged and BANG we were off.....

Well what can I say. What a marvellous time I had. Up to my THIGHS in black boggy stuff. 'Follow the paths' they had told me. What Blo*** paths? Where were the paths? Where was the tarmac and the signs telling you where to go and what stop it was and where was the Kendal mint cake? But even worse where were all the other runners??

Jim and me were neck and neck for at least the first 100 yards and then that was it - he disappeared and thrashed me, along with absolutely everyone else apart from one poor bloke who clearly wasn't well. Lots of choice expletives and 76 minutes later AND I finished!!!! What a relief. What a run. What a hero I am I thought. Where's the pub???

So oh yes I'm hooked. Training will start as soon as I re-gain use of my legs and get that black stuff out of my toenails. So watch out Jim - I'll be back. 76 minutes to beat - it won't be easy but I will!! See you all soon.

Thanks to Sue, Martin, Annie and Ella for their fantastic hospitality (especially the beer). Thanks to Phil for sweeping me up at the and making sure I didn't get sucked completely into one of those lovely bogs and thanks to everyone else for making it such an enjoyable experience.

Todmorden Harriers Mini Moorland Marathon Results 2005

						A	D	B	H	L	P	F	G	Z	E	O	M	Q	X	C	K	R	I	TOT.
Posn	Name	ST	FIN	TIME		10	10	25	20	20	5	30	20	40	20	40	25	30	30	25	40	40		
						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
1	Jonathan Emberton	09:50	12:46	176	No Penalty	0	0	0	0	0	5	30	20	40	20	40	25	30	30	25	40	40		375
2	Bill Johnson	09:16	12:14	178	No Penalty	10	10	0	0	0	5	30	20	40	0	40	25	30	30	25	40	40		375
3	George Ehrhardt	09:50	13:05	195	30	0	0	25	20	20	5	30	20	40	20	0	25	30	30	25	40	40		370
4	Phil Hodgson	09:30	12:27	177	No Penalty	0	0	0	0	0	5	30	0	40	20	40	25	30	30	25	40	40		355
5	Andrew Wrench	09:00	11:55	175	No Penalty	10	10	0	0	0	0	30	0	40	0	40	25	30	30	25	40	40		350
6	John Crummett	09:26	12:37	191	22	0	0	0	0	0	0	30	20	40	20	40	25	30	30	25	40	40		348
7	James Williams	09:17	12:28	191	22	10	10	25	20	20	0	30	0	40	0	40	25	30	30	0	0	40	40	338
8	Andrew Horsfall	09:20	12:16	176	No Penalty	0	0	0	0	0	5	30	20	40	0	40	25	0	30	30	25	40	40	325
9	John Wilkinson	09:49	12:46	177	No Penalty	0	0	0	0	0	5	30	20	40	0	40	25	0	30	30	25	40	40	325
10	Mike Wardle	09:15	12:31	196	32	0	0	0	0	0	5	30	20	40	20	40	0	30	30	25	40	40		318
11	R Henderson/J Hairsine	09:00	11:55	175	No Penalty	0	0	0	0	0	5	30	20	40	0	0	25	30	30	25	40	40		315
12	Richard Leonard	09:16	12:20	184	8	0	0	0	0	0	0	30	20	40	0	0	25	30	30	25	40	40		302
13	Jeremy Wilkinson	09:38	12:36	178	No Penalty	0	0	0	0	0	0	30	0	0	20	40	25	0	30	30	25	40	40	280
14	Ivor Noot	09:25	12:24	179	No Penalty	0	0	25	20	20	0	30	0	40	20	40	25	30	30	0	0	0	0	280
15	Andrew Bibby/Mel Blackhurst	09:10	12:10	180	No Penalty	0	0	0	0	0	0	30	20	40	0	0	25	0	30	30	25	40	40	280
16	John Ashton/Dave Rose	09:15	12:47	212	64	0	0	0	0	0	0	30	0	40	0	40	25	30	30	25	40	40		266
17	Ben Davies	09:05	12:20	195	30	0	0	0	0	0	0	30	20	40	20	40	25	30	30	25	0	0		260
18	Derek Donohue	09:25	12:07	162	No Penalty	0	0	0	0	0	5	30	20	40	0	0	25	0	0	30	25	40	40	255
19	Roger Haworth/Harry Powell	09:46	12:36	170	No Penalty	0	0	0	0	0	5	0	20	40	0	0	25	0	30	30	25	40	40	255
20	John Page	09:46	13:11	205	50	0	0	0	0	0	0	30	0	40	0	40	25	0	30	30	25	40	40	250
21	Jeff Walker/Rachel Skinner	09:00	12:15	195	30	0	0	0	0	0	5	30	20	40	20	0	25	0	0	30	25	40	40	245
22	Sarah Noot	09:12	12:27	195	30	0	0	0	0	20	5	0	20	40	20	40	25	30	30	0	0	40	0	240
23	Trevor Smith	09:34	12:36	182	4	0	0	0	0	0	5	30	20	40	20	40	25	30	30	0	0	0	0	236
24	Richard Blakeley	09:12	12:07	175	No Penalty	0	0	0	0	0	5	30	20	40	0	0	25	30	30	25	0	0		235
25	Mandy Goth	09:35	12:26	171	No Penalty	0	10	25	20	20	0	30	0	40	20	40	0	0	0	0	0	0	0	205
26	Richard O'Sullivan/Louise Abdy	09:18	12:25	187	14	0	0	0	0	0	5	30	20	40	0	0	25	0	0	30	25	0	40	201
27	Ali Richards	09:57	12:46	169	No Penalty	0	0	0	0	0	5	30	20	0	20	0	0	0	30	30	25	40	0	200
28	Chris Smale	09:20	13:01	221	115	0	0	0	0	0	0	30	20	40	0	40	0	30	30	30	0	40	40	185
29	Jane Smith	09:15	11:56	161	No Penalty	0	0	0	0	0	5	30	20	0	20	0	0	0	0	30	25	0	40	170
30	Barry Chapman	09:40	12:50	190	20	0	0	0	0	0	0	30	0	0	20	40	25	30	30	0	0	0	0	155
31	Peter Ehrhardt/Joyce Catterick	09:49	13:00	191	22	10	10	25	20	20	0	30	0	40	20	0	0	0	0	0	0	0	0	153
32	Stuart Lancaster	10:00	12:55	175	No Penalty	0	0	0	0	20	5	30	0	0	0	40	0	0	0	30	25	0	0	150
33	Thirza Hyde/Cerys Davies	09:12	12:12	180	No Penalty	0	0	0	0	0	5	0	20	40	20	40	25	0	0	0	0	0	0	150
34	Dave Wilson	09:59	13:11	192	24	0	0	0	0	0	5	30	20	40	0	40	25	0	0	0	0	0	0	136
35	Dave O'Neill	10:00	13:00	180	No Penalty	10	10	25	20	20	0	30	0	0	20	0	0	0	0	0	0	0	0	135
36	Jim Smith	09:23	12:30	187	14	0	0	0	0	0	0	30	0	40	20	0	25	0	30	0	0	0	0	131
37	Ted/Irene Long	09:37	12:34	177	No Penalty	0	0	0	0	0	0	30	0	40	20	40	0	0	0	0	0	0	0	130
38	Helen Wilkinson	09:38	12:27	169	No Penalty	10	10	25	20	20	5	30	0	0	0	0	0	0	0	0	0	0	0	120
39	Paula Haworth/Hazel Chapman	09:46	12:45	179	No Penalty	0	0	0	0	0	5	0	20	0	0	0	0	0	0	30	25	0	0	95
40	Martin Roberts/Allan Greenwood	09:57	13:09	192	24	0	0	0	0	0	5	0	0	0	20	40	0	30	0	0	0	0	0	71
41	Sarah Glyde/Sharon Godsman	09:17	12:08	171	No Penalty	10	10	0	20	0	0	0	0	0	0	0	0	0	0	0	0	0	0	40
42	Sue/Annie/Ella Roberts	09:50	11:05	75	No Penalty	10	10	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	25
43	Helen Hodgkinson/Mark Harris/Daniel Harris	10:00	11:00	60	No Penalty	10	10	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0	25
44	Derek Clutterbuck and son	09:10	13:14	244	260	0	0	0	0	0	5	30	0	40	0	0	25	0	30	30	25	40	40	5

Race The Train

21st August 2004-08-30

I was struggling with the concept of 'Race The Train'. How do you race a train ?

A bit like a clever label on a bottle of wine – it catches the eye but you are not too sure what you're getting. I did know, though, that it was going to be different. It might even make a good article.

The course is rural, i.e. fields, with only the beginning and end sections being on road. Generally one big loop of 14.7 miles and not hilly in Toddy terms.

It starts in Tywyn (on the coast of west Wales) with the hoot of the steam train. The start is a bit of a dog leg as you weave in and out of the town roads. Into the open countryside and I was surprised that there was no sign of the train. We crossed the track and ran along side it. Surely the train must be in front but no as I could see for miles. There was not even any smoke.

A few miles later and still no sign. This wasn't much of Race The Train – more like 'Imagine The Train'. And then a little toot, from behind. I heard it again. This time more distinctive, but worryingly it was getting closer. Not fast - just creeping up. Was it a mile behind or was it a few hundred feet ?

Don't look behind, I told myself, just keep running. I was nowhere near the turning point when I heard the unmistakable cries and shouts from the train. The fan club was approaching. It chugged along side and quickly rushed ahead. Nobody could beat this train.

But no, runners were turning just ahead of me. I'm halfway and train has just overtaken me. It has to go further to turn around. I might just have a chance. It spurred me on.

Just then the route goes up hill and follows along the hillside. Best described as a Haggis trail where one leg needs to be shorter than the other . It was becoming like a school cross-country run where everyone is in one line. The guy in front slows down like a pile up on the motorway. Overtaking wasn't really an option – not without potentially making a tit of yourself.

Time was ticking by. I was getting frustrated as I was being forced to slow down, but it gave me time to catch my breath. I started taking in the beautiful scenery. The rolling hills sloping towards the sea, the deep blue sky. Slip.....Christ another bl..dy cowpat. Time to concentrate on the job in hand.

A short bit of track followed by a good path. Forget pacing myself – just get past as many people as possible, I thought. It ended as a sprint as everyone else had the same idea. Another slippery bit causing people to spread out. Back to my correct speed.

Just as things were getting good, the toots are heard again. I'm roughly at the 9.5 mile mark when it passes by. Whilst trying to wave I stumble in the thick smoke. Still the crowd wailed more as I correct my fall.

That's it, I've been beaten by the train. I eventually finished in 2 hours 7 minutes which is a good 10-15 minutes slower than expected, but clearly this wasn't so much of a race than a fun run. Interestingly about 100 of the 800 (or so) runners do actually beat the train. I would do it again. Maybe next time I'll have someone ready to pull the stop chain.

The race was extremely well presented, with loads of water stations and marshals – all that you would expect for a race that's being going for 21 years.

The Six Trigs by Jeff Walker

Studying the route of The Six Trigs on a map after the event, the task looks mammoth. Had I looked prior to running it, I'm not sure I would have turned up. Rather than equipping myself with the hard facts in advance, I'd chosen to live in relative ignorance, trusting to the "Oh you'll be alright." of those wishing to swell numbers, and ignoring the talk of, "Neck deep bogs" and "Pleurisy" from the softies.

So at 8.00am, outside Lane Ends, a belly full of porridge and a backpack full of cake and skittles, I apprehensively wait to see which loonies will turn out, most of them do.

The weather doesn't look promising, low cloud is clinging to the moor just above the pub, but my first surprise is that we head off down the hill to Hebden Bridge. Instead of up it to High Brown Knoll, which I had supposed would be first trig on the tick list. We are actually heading for Bride Stones and as we start the climb up the valley I tuck in behind Mandy Goth and her experience of Mountain Marathons and curse Rhys Watkins as he strides out in front at 3h 30m pace, the confidence of road marathons in his legs. Pretty soon Bride Stones loom out of the mist and Richard Leonard instigates a race for the first trig, I half-heartedly join in, but really want to conserve every drop of energy for the unknown ahead.

The going gets boggier and foggier as we climb higher onto the moor in search of Hoof Stones Height trig. A point where on a recent pack run we could see as far as Blackpool Tower, now we could barely see each other. At the trig point, it's cold and blowing a gale, wind jackets are donned and my legs put away, before we press on undeterred, heading out across Black Hameldon. It's grim and extremely wet underfoot and I wonder at the wisdom of allowing Neil Hodgkinson to set the pace, who grinning tells me, "This is real fell running now." But I know he is rushing to meet Helen at Widdop, where she has a car waiting to whisk him away to his Dads 60th birthday and a 3-course lunch.

Leaving Neil and Widdop after a mere 3hrs running, my jolly companions inform me how this is the point of no return, and how since I've previously not ran for much over two and a half hours, this is all new territory for me. I watch the goat Blakeley bound off up Boulsworth Hill, as Richard O'Sullivan tells me how he dropped out at Widdop last year, believing he wasn't fit enough to go all the way and I start to worry.

Boulsworth hill is large and featureless, so having bagged the 3rd trig at its summit, we take advantage of the new right to roam legislation and have a good look around it in the thick clag. The Six Trig connoisseurs ruminate on the unfamiliarity of the landscape as we wade Bronte like through knee deep heather, before miraculously another of John Crummetts faultless compass bearings brings us within yards of our target, the trig point above Top Withins. Strangely this one has a mini mars bar on top, which we take as a sign of Sue Roberts presence and now absence, and assume her wish for us not to wait for her as planned.

I'm now on familiar ground as this is the route of the Withins Skyline Race and I sense the end, if not near, is now almost worth daring to consider. So imagine my surprise when Cock Hill radar station appears in front of me, the joy that I'm still so far from home almost brings a tear to my eye. We run on towards High Brown Knoll and Andrew Bibby, the trig creator, asks me if I'd write a Six Trigs report for the Torrier, "A page, 800 words, that sort of thing." A page! On this! I'm thinking that, 'We trot bogs, wade heather and fall over in thick clag, for twenty odd miles, before beating Andrew with sticks. The End.' Probably won't do.

As we push on the cloud finally starts to lift, and the welcome sight of our valley comes into view. The 5th trig at High Brown Knoll brings talk of the final trig and ultimately the pub, being within about 45 minutes running. Spirits soar as we up the pace to the final trig and my definitive memory of the day, chasing Phil Hodgson, at full tilt up Wadsworth moor, his favourite climb of the Wadsworth Trog route. I am amazed, that after 6 hours running, my legs have so much energy left. That after 12 months with the club I'm now capable of this, fantastic.

Dropping down to the pub in 6hrs 10min the weather gives up the classic view of Heptonstall and the distant pike. I've had a cracking day and next year I'll be part of the, "Oh! You'll be alright crowd." Hoping for good weather or maybe snow.



LA COURSE AU CHAMPAGNE 10 SEPTEMBRE 2005

ENTRE VIGNES & FORETS (*Ancienne course au champagne*)

Andrew Bibby is offering to coordinate a party to the Champagne region of France for a race on Sat Sep 10th. It's a "Course nature" of either 15 Km et 30 Km (by the way, this means it's off-road, not that you have to run nude) starting at 2pm. Prizes include bottles of champers for the first 3 men and women of each age category. A 'superbe T-shirt' given to all. There's also a 'repas dansant' on the Sat evening, price €18 for food and the event.

WHERE? The races start at Ay, just south of Reims which is north-west of Paris and 280 kms south of Calais.

Accommodation: camping in the municipal campsite in nearby Epernay, about 3 miles from Ay.

Getting there: one option is to fly to Paris CDG, and then take the direct train from Paris to Epernay – train can be pre-booked and is likely to be quite cheap and straightforward. Cheap flights to Paris CDG with Easyjet from Liverpool, and also BA from Manchester (currently offering returns including taxes for £100). The other alternative is car and ferry.

I would suggest: (a) travel on Friday (b) Friday night at campsite (c) Sat – race, followed by repas dansant (d) Sat night at campsite (e) Sun - journey back.

Booking needs to be done quite soon, to benefit from low fares etc. Say Feb 28th cut-off. Booking form below (return to Andrew).

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- [] Yes, please, count me in for the Course au Champagne.
 [] I would prefer to fly in a Tod Harriers party from Lpool or Manchester
 [] I intend to take a car
 [] I would prefer to be a car passenger if possible.
 [] I'd make my own arrangements

Name (s):