



TORRIER

MAY 05

SUBS ARE OVERDUE

£ 11 FOR THOSE WHO DO NOT WISH TO RUN ON THE ROADS

£13 IF YOU WISH TO ROAD OR TRAIL RACE

CHEQUES PAYABLE TO "TODMORDEN HARRIERS"

Send to Dave Wilson
923 Rochdale Road
Walsden Todmorden OL14 6UF

Any queries contact Dave on 01706 814367

The deadline is the end of this month



In this issue

RACE REPORTS

INFO ON FORTHCOMING GP EVENTS

RESULTS & TABLES

GP HANDICAP RESULTS

TOILET SEAT

ENTRY FORMS

ARTICLES FROM Rhys & Caite on their recent races

Any contributions send to Mandy either in longhand or by E-mail at mandy@todharriers.co.uk

FORTHCOMING GRAND PRIX FIXTURES

RS	Tues May 17th 5k	Geoff Doggett 5k road race Littleborough Entry form in last months issue
----	---------------------	--

Full details of the following in this issue

RM	Sun May 29th	LEYLAND 10 Chorley (Entry form in this issue)
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 Entry form in this issue

In next months Torrier

FM	Sat Jul 2nd Cat B 8m/1900ft	ERRINGDEN MOOR Mytholmroyd
RM	Sun Jul 24th	WAGGON & HORSES 10

Mandy's Page

Pack Runs Wednesday's

On the fells

7.00pm start

May – Kebs (Sportsman's Inn)
Long Causeway

Jun – Hare & Hounds (Lane Ends)
Old Town, Hebden Bridge

Jul – Moorcock, Littleborough

Aug – Stubbing wharf
Hebden Bridge

Sep – Hollins Inn, Walsden
6.45 pm start this month only



New Members

Ali Chant – Now living in Scotland but still wishing to run with us.

Jack Dowling – another lapsed member, who is now running again. A shadow of his former self.

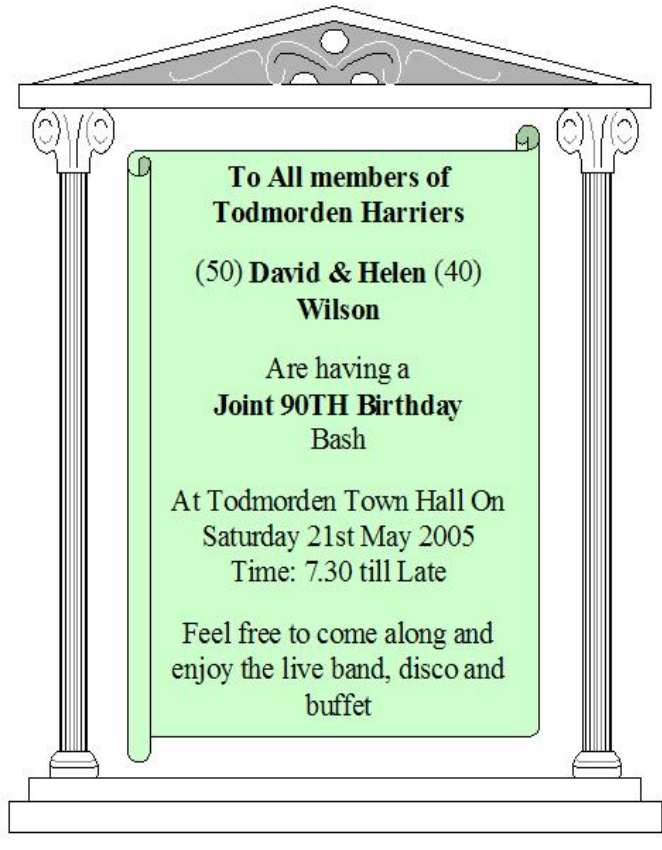
Dave Sutcliffe – Laura's partner a keen mountain biker.

British Triathlon Association

We have proposed to join the BTA as so many of our members are starting to take an interest in triathlon's.

Members in affiliated clubs get reductions on their BTA membership.

We also get the benefits of insurance (full details once I have more detailed info).



**To All members of
Todmorden Harriers**

**(50) David & Helen (40)
Wilson**

**Are having a
Joint 90TH Birthday
Bash**

**At Todmorden Town Hall On
Saturday 21st May 2005
Time: 7.30 till Late**

**Feel free to come along and
enjoy the live band, disco and
buffet**

More triathlon talk....

Having just got round the Harlech Triathlon (and having thoroughly enjoyed it), I thought I'd tell anyone interested about

the Helvellyn Triathlon on the 10th September....

One mile Ullswater Lake swim (wetsuits compulsory but you can borrow one maybe or hire them from various places)

38 mile cycle ride (Ullswater-Thirlmere-Ambleside-Ullswater via The Struggle! Any kind of bike ok)

8 mile fell run up Helvellyn.

Those are the brief details but Simon Anderton did this event last year. Also, see the website for more info. (<http://www.helvellyntriathlon.com>). Enter soon if interested as there is a number limit.

This may be ideal for Toddlies looking for a tough end of season challenge?

Simon G.

GRAND PRIX FELL & ROAD

RESULTS FOR APRIL

Grizedale Trail Race				
10/04/05	57.31			
	Time	Adj time	GP Pts	Road Pts
Paul Brannigan	62.39	60.86	95.7	92.9
Jeff Walker	67.34	67.34	86.2	86.2
Keith Parkinson	70.24	62.57	92.5	82.7
Jim Duffy	73.34	73.34	79.1	79.1
Sarah Glyde	76.41	69.18	84.0	75.9
Rachel Skinner	77.34	70.06	83.1	75.1
Peter Ehrhardt	79.51	66.38	87.4	72.9
Lynn Griffiths	81.54	67.19	86.5	71.1
Mel Nicholls	82.03	74.09	78.5	71.0
Moyra Parfitt	82.46	57.47	100.8	70.4
Ann Fox-Kelly	83.51	66.11	88.0	69.4
Mandy Goth	84.26	69.24	83.9	69.0
Nigel Hanson	85.33	77.43	74.9	68.1
Barry Chapman	90.39	75.38	77.0	64.2
Julia Holt	90.57	79.03	73.7	64.0
John Newby	109.05	79.02	73.7	53.4

Wardle Skyline				
16/04/05	45.24	45.35	46.0	
	Time	Adj time	GP Pts	Road Pts
Chris Smale	45.35	43.53	104.1	100.2
Andrew Wrench	46.04	46.04	99.2	99.2
Jon Wright	46.25	46.25	98.4	98.4
Mark Goldie	50.15	50.15	90.9	90.9
Paul Brannigan	51.10	49.43	91.9	89.3
Martin Roberts	52.01	47.16	96.7	87.8
Dave Collins	53.58	48.03	95.1	84.7
Derek Donohue	55.23	51.20	89.0	82.5
Keith Parkinson	57.30	50.06	91.2	79.4
James Riley	58.30	58.30	78.1	78.1
Jim Duffy	59.42	59.42	76.5	76.5
Kath Brierley	60.08	50.00	91.4	76.0
Jane Smith	60.46	48.06	95.0	75.2
Richard Leonard	61.03	56.02	81.5	74.8
Andrew Bibby	61.35	53.42	85.1	74.2
Mel Blackhurst	62.10	54.02	84.5	73.5
Rachel Skinner	62.40	56.38	80.7	72.9
Sarah Glyde	62.58	59.42	76.5	76.5
John Lee	64.13	59.31	76.8	71.1
Richard O'Sullivan	64.18	60.45	75.2	71.0
Colin Duffield	65.15	65.15	70.0	70.0
Moyra Parfitt	66.55	44.03	103.7	68.3
Ann Fox-Kelly	67.02	51.43	88.3	68.2
Peter Ehrhardt	67.25	53.41	85.1	67.8
Mandy Goth	67.49	55.04	83.0	67.4
Sharon Godsman	69.28	62.47	72.8	65.8
Dave O'Neill	70.19	63.53	71.5	65.0
Barry Chapman	72.36	57.49	79.0	62.9

If anyone has any results other than the Grand Prix fixtures that they would like to go in the Torrier then please E-mail them to me at mandy@todharriers.co.uk Or I would be happy to type up anything hand written.

Also we would like to include accounts of any races that people have done outside our championship – please, please write something.

ENGLISH CHAMPIONSHIPS BUTTERMERE SAILBECK

It was another trip to Cumbria last Sunday for the 19 Todmorden Harriers who took part in the Buttermere Sailbeck Horseshoe Fell Race.

The 9.4 mile race, as well as being one of the medium length races in the club's fell championship, is a counter for the English Championships, so both individual and team prizes were at stake.

With 4650 feet of ascent, beginning at the blow of the whistle in Buttermere village, the arduous race was guaranteed to sap the competitors' energy and leave them aching for days afterwards.

Runners were faced with relentless climbs, undulating ridge runs and steep descents as they battled to tick off the five checkpoints at Ard Crag, Rigg Beck, Causey Pike, Eel Crag and Whiteless Pike. Fortunately the weather, although extremely windy in places, remained clear, affording splendid views around the whole of the horseshoe.

Bingley Harriers' champion Rob Jebb gained the victory once again, crossing the line in 1.23.39 and shaving several minutes of his own course record, set last year on a slightly altered course.

George Ehrhardt was the first Todmorden Harrier home, finishing in 21st place out of a field of 374 runners. This placing, together with those of team mates Chris Smale, Jon Wright, Andrew Wrench and Andrew Horsfall, allowed Todmorden Harriers to take 6th place in the men's teams.

Moyra Parfitt, putting in another notable performance for the local club, is on course to become the country's LV60 fell racing champion after she scooped first prize in her category for the second time in the series.

Here are the times & points for the race. As we know from the provisional results posted up on the day there were major cock-ups. Runners who timed themselves thought the times were out (too fast) by about 2 minutes.

Rob Jebb's time is listed in the results as 1.22.03 (dibber time) but the time on the official stopwatch was 1.23.49 so we have increased all the times by 1min 46sec. The points have been calculated on the new times. I hope that makes sense to somebody !

1	Rob Jebb	1.23.49			
		Time	Adj Time	GP Pts	Fell Pts
21	George Ehrhardt	1.34.05	1.34.05	99.5	99.5
31	Chris Smale	1.36.38	1.33.01	100.7	96.9
34	Jon Wright	1.37.06	1.37.06	96.4	96.4
42	Andrew Wrench	1.38.14	1.38.14	95.3	95.3
73	Andrew Horsfall	1.44.10	1.41.12	92.50	89.9
87	Shaun Godsman	1.46.57	1.46.57	87.5	87.5
131	Martin Roberts	1.52.08	1.41.53	91.9	83.50
161	Dave Collins	1.56.02	1.43.20	90.6	80.7
188	Paul Brannigan	1.59.47	1.56.22	80.5	78.2
238	Mark Goldie	2.07.47	2.07.47	73.3	73.3
241	John Crummett	2.08.41	1.42.29	91.4	72.8
244	Richard Leonard	2.09.17	1.58.39	78.9	72.4
249	Kath Brierley	2.10.36	1.48.36	86.20	71.7
278	Derek Donohue	2.16.43	2.06.43	73.90	68.5
279	Jane Smith	2.16.56	1.48.24	86.4	68.40
285	Rachel Skinner	2.17.37	2.04.22	75.3	68.00
294	Mandy Goth	2.20.12	1.53.51	82.2	66.8
327	Peter Ehrhardt	2.25.31	1.55.53	80.8	64.3
339	Sue Roberts	2.31.21	2.07.23	73.5	61.9
351	Moyra Parfitt	2.35.32	1.42.22	91.5	60.2

374 RAN

Our boys did well – we think they finished 6th mens team. A fantastic result when you looked at the competition.

As yet there are no team results up so not sure about the ladies.

An excellent race, one of my favourites, a bit of a shock to one or two members who haven't raced in the lakes before.

As Shaun Godsman crossed the line he was heard to utter "that was dreadful" to which Horsey & Wrighty replied "that was a proper fell race".

Get training for Wasdale – you thought that was hard!

Race Reports

Races reported recently in the local press

Grizedale Forest Trail Race

Todmorden Harriers' Grand Prix season continued last Sunday as 15 members of the club made the journey to the Lake District to compete in the Great Grizedale Forest Trail Race.

The race, which boasts itself to be "the most scenic traffic free 10 mile (approx) forest trail race in the country", follows the undulating paths which criss-cross the forest, affording splendid views of nearby Conistone Water and the surrounding fells.

With the uphill sections seeming to heavily outweigh the descents and the weather hotting up after the early morning cloud lifted, the competing Harriers were in for a tough race.

Paul Brannigan, who took little over an hour to complete the course, was first Harrier home in a respectable 15th place, while the first local lady to cross the line was the very promising newcomer, Sarah Glyde, who finished in 91st place in a field of over 300 runners.

Wardle Skyline

Todmorden Harriers returned to their familiar stomping grounds last Saturday to compete in the Wardle Skyline fell race.

An impressive 29 Harriers turned out for the popular event, which starts from the village square and climbs 1000 feet over Brown Wardle Hill, Middle Hill, Hades Hill and Rough Hill before descending back to the village.

The 7 mile race, which has been revived in 2005 after a year's break, attracted a quality field from all corners of the North of England.

Despite the muddy conditions, the race was fast and furious and saw Todmorden Harriers celebrating after the men displayed the strength in depth to pack the higher placings and claim the team prize. Chris Smale, Andrew Wrench and Jon Wright finished 2nd, 3rd and 4th respectively in a race won by former national champion Gary Devine of Pudsey and Bramley.

The local ladies also had cause to congratulate themselves, with Kath Brierley confirming her dramatic improvement by finishing 2nd lady, before former Harrier Sue Beconsall, with Jane Smith finishing in 3rd place after a flying descent off Rough Hill.

The Harriers will be hoping for another successful day at their next Grand Prix event, Buttermere Sailbeck, which is also an English Championship counter.

Connemara Ultra

Saturday, 27th March 2005

Would my wheels come off when I reached 30 miles, or would it be when I got to 35 miles ?

For those that don't know, the Connemara Ultra 39.3 mile road race is for you. Not only staged in the fabulous National Park on the west coast of Ireland, but surprisingly not that hilly considering that the race runs completely around the Maumturk Mountain Range.

Preparation for this was completing the Howarth Hobble (with Mandy) – some 32 miles up, down and around Hebden. This taught me the valuable lesson of maintaining a steady pace throughout the race. In this case it was at a pace that enabled Mandy to catch up on all the gossip. But it worked - towards the end we overtook loads of people that had started off too quickly and had burnt themselves out – now that was a buzz.

The Connemara race proved to be no different. It was actually to be a very social run. I talked to many people on the way round. When the aim is to finish the run quickly, it seems strange that you are holding back. Patience was the name of the game.

One aspect that I will cherish is all the ultra runners being lead through the main sports hall at the beginning. All the marathon and half-marathon runners were clapping and cheering – I felt very special. Then, due to the staggered starts, I was able to overtake some of them on the way round - double points I think.

So did I whap'm – yes I did. I came 16th out of a field of 57, with a time of 5 hours 56 minutes. That Guinness did go down rather well.

Rhys, Ultra, Watkins

THE LONDON MARATHON - 17 APRIL 2005

Can I do that ?' I asked Andrew

'Yes' – was the reply – and therefore the preparation began for one of the most prestigious Races.

Never having ran long distance before, running 26.2 miles was, without doubt, going to be somewhat of a challenge for me.

I set off in October, with Andrew by my side, to run a mile – gosh – never did a mile seem so far, not in the car at least. In distance running training, the goal is to increase the mileage. There isn't anywhere in Todmorden to go running without going uphill somewhere, but this proved to be an advantage in building up the strength in the legs.

In applying to the Race, we received a 'Flora London Marathon' running top. Not having possessed any running gear before, this article of clothing proved really useful as the weather since October had done everything except sunshine – possibly one of the worst Races to train for, as it was during the Winter months. Dark nights with heavy rain (and I've got to go out in this ?), Sleet, Mist, Force 10 Gales – even Snow.

Thought – this must be dedication.

Discovered that Hollingworth Lake was 2 miles 372 yards around and it was flat – so practically most weekends were spent there – becoming a familiar figure in the Blue London Marathon top running in circles around the Lake.

Once I had set myself a steady pace, the breathing became easier and the legs were beginning to respond to the distance.

The end of the year saw me competing in another prestigious Race – The 'Hot Toddy'.

Albeit half of the course was uphill and most of the competitors had finished before I had even got half way round the route – I felt really good at finishing my first race – 6 miles in under an hour (just !) – only another 20 miles to train for now.

Over the next few months I was training on Monday and Wednesday evenings and increasing my mileage at weekends.

There was also another goal in doing all the training and running the Marathon, and that was to raise funds for the Heart Unit at Manchester Royal Infirmary, where both our Dads underwent major Heart Surgery there last year and it was our way of saying 'Thank You'.

London Marathon Weekend – What a great weekend it was – from going to register at the ExCel Centre to actually running the Race. Most of Saturday was spent at the Centre where we registered, got our numbers, our 'chip' for our shoes, our kitbag and a bag full of goodies. We looked at the many stalls there and carbo loaded (as the need for all runners) at the 'Pasta Party' whilst listening to Jasper Carrots version of the

London Marathon – where he hit 'The Wall' twice before getting to the start line.

We then decided to look around 'the City' and wandered past the London Eye, Big Ben, up Birdcage Walk to Buckingham Palace and down The Mall, watching all the preparation work going on for the finish of the Race, and then onto Trafalgar Square where there was a Youth Dance Theatre going on. The hype was mounting.

Race Day – and nothing prepares you for the feeling - this is it. Everybody was heading in the same direction – to the race. I was more excited than nervous. I stood in the Zone before the start, started the stopwatch and set off. The atmosphere was just electric. There were spectators every inch of the route, shouting, clapping, singing. There were Live Bands playing and music coming out of every Pub – in fact the whole of London was buzzing. Even the weather was kind to us. Felt good to run in dry conditions.

I ran for about 18 miles without stopping, passing the Cutty Sark and crossing London Bridge, but between 19 and 21 miles I had to have a breather – but didn't hit 'The Wall', just thought if I slowed down the pace a bit, it would stop the legs from wobbling. I wanted to finish the race in under 6 hours, so with tons of encouragement from Andrew and the fact that I knew the last part of the course, having walked round it the day before, I found an inner reserve and ran the last 4.2 miles at 12 minute mile pace to finish in

5 Hours 56 Minutes.

We crossed the finish line, picked up our medals and felt really proud.

I made it – and did our Dads proud too.

The organisation and logistics of it all was superb. I would recommend anybody of thinking about doing the London Marathon – to 'Go For It'. It was fantastic – hard work for a 'non-runner' – but tremendous fun.

I would like to finish by saying 'Thank You' to you all, for the encouragement and support you have given me and of course for your generosity in raising funds for the Heart Unit.

Also a 'HUGE Thank You' to Andrew for being my personal trainer and helping me achieve a challenge of a lifetime.

Will I do it again ? – Watch this space.

Caite.

Championship Races

Duddon Valley Fell Race - Saturday 4th June 2005

Followed by Music Night at the Newfield Inn, from 5pm.

FELL RACE

Start and finish are in the field behind the Newfield Inn GR 227960. Changing rooms are not available, natural bathing facilities are nearby.

RACE RULES

All competitors must have completed similar events or have mountaineering skills suited to fast travel in rough mountain terrain. They must be proficient in the use of map and compass in bad visibility. In addition to standard equipment the following must be worn or carried throughout the event:

Waterproof jacket with hood, map covering the race area, compass, whistle. You are advised to carry sustenance. Competitors must punch their own cards and CALL-OUT their number to race officials. Routes must be adhered to as set out below.

RETIREMENT MUST BE AT A CHECKPOINT IN PERSON.

Runners arriving at Three Shires after 1430hrs will be transported to the finish by vehicle. The race organiser will not be held responsible for any injury incurred.

Emergency telephone at Cockley Beck next to cattle grid.

Newfield Inn tel. 01229 716208.

HAZARDS

Particular care is required on the exits at Little Stand and White Pike. The quarry cliff in the vicinity 247958 is not marked on some small scale maps. The terrain is difficult, more so in poor visibility.

MAPS

These are not provided. Maps covering the area: Sheet 89 & 96 1-50,000. Sheet 88 1" map. Outdoor leisure map SW sheet 1-25,000.

RACE DETAILS

LONG COURSE Cat Along

Start time 1100hrs. Minimum age 21. Mass start.

20 miles 6000ft

Route

Track through Wallabarrow Farm 220963 and Grassguards Farm 223981 public footpath to --

1. Gate 211993 punch only
2. 15m NE of Harter Summit 218997
3. Hardknott Summit 232024
4. Little Stand Summit 250033
5. Three Shires Stone 277027
6. Swirl How Summit 272005
7. 50m West of Dow Summit 261978
8. White Pike Summit 248955
9. Caw Summit 230944

Wall crossing 231953 marked by a coloured post
NO PUNCH. Then flagged to finish.

ENTRIES ON THE DAY ONLY (£5.00). LONG AND SHORT COURSE REGISTRATION AT SEATHWAITE PARISH ROOM.

FOOT AND MOUTH UPDATE

Electric fencing at Blackhall Farm

Part of the route is to be fenced - this is at Hardknott and Mosedale to Wrynose.

Mr & Mrs Temple have kindly agreed that the electricity will be switched off during the race.

Championship Races

EDALE FELL RACE

Sunday 12 June 2005

4.66 miles/1328 feet by the best route

Ladies Race: 11am

Mens Race: 12.30pm

Details: Andy Jenkins, 3 Water Meadows, Hope Road, Edale, S33 7ZQ Tel.01433 670003

(The above address is different from the one given in the FRA Fixtures and Calendar as the organizer moved house since the handbook went to print)

Location: Edale, Peak District
Grid reference SK124853

5.22 miles/1381 feet by the best route

Both the ladies and the men race over the same course.

The course will be the same as previous years although there will be changes to the first mile of the route to account for the number of runners.

The race starts on the main road that runs north alongside Edale's main car park. Follow the marked and marshalled route too open moor land at the foot of The Nab (Path Junction SK12258630). Follow the path which goes to the top of The Nab (SK12508660). From the top of The Nab the route will not be marked. The path is taken which goes towards Ringing Roger. However runners do not go to the top of Ringing Roger but are marshalled along a path (12408700) which takes them into and then up Golden Clough. At the top of Golden Clough is a checkpoint (SK12558755). The next checkpoint is at the path/stream junction (SK10608755) followed shortly afterwards by another at the head of Grinds Brook Clough (SK10258725). The next is at the top of Grindslow Knoll. Runners must go to the stone pile at the top.

The final stage of the race is the descent of the Knoll and the run down the road to the finish on the showground.

There is some route choice in the section of the race onwards from the top of Golden Clough. This is deliberate on my part so don't be surprised if runners go a slightly different route to you. Recce the route if you want. If you are not sure where you are going stick to the path. If you take the direct line from Grindslow Knoll to Archer Gate it is a very steep descent. The route will be taped at the bottom of Grindslow Knoll from Archer Gate (SK11658615) before it joins Peat Lane. This must be followed and runners must also go down Peat Lane. At the bottom of the lane where the Nags Head pub is turn right, and run along the road back to the showground. To enter the showground just after going under the railway bridge there will be a sharp turn to the left with a climb up the roadside embankment. Runners go through a gap in the hedge and then run along the back of the car park through another gap in a hedge and then enter the showground before a short run to the finish.

Championship Races

WASDALE 'HORSESHOE' FELL RACE

SATURDAY 9TH JULY 2005

Wasdale is not in our Grand Prix but is an English Championship. If you intend to do it you need to enter now and also you need to receive it in advance. You thought Buttermere was hard well double it and you're somewhere there.

Entry Fees: £6.00 pre-entry by 25th June. Send details and a cheque payable to 'CFRA', including your name, age and club details.

Entries to: Mr Richard Eastman, 2 Maud Syke, Station Road, Drigg, Holmrook, Cumbria CA19 1XQ
Tel: (019467) 24263 Mobile: 07736 045847 Email: richard@cfra.co.uk

Age Limit: 18 and over on the day of the race.

Start Time: 11.00

Registration /
Start & Finish: Brackenclose GR 184 073

Checkpoints:	No.	Name	Grid Ref	Closing Time
	1st	Whin Rigg	151 035	12:00
	2nd	Seatallan	139 084	13:20
	3rd	Pillar	117 121	14:00
	4th	Great Gable	211 103	15:15
	5th	Esk Hause	233 082	-
	6th	Scafell Pike	215 072	-
	7th	Lingmell Nose Wall	193 075	-
	8th	Finish	184 073	

There is a nice diagrammatic map on the Cumberland fell runners web site www.cfra.co.uk.

There was also a description in the February fell runner magazine. It starts off as describing Wasdale as without doubt the best in the book, not only is it arguably the hardest but also the most scenic.

If anyone wants a copy of this article let me know

Mandy (01422 844936)

Tables

Tables after 4 fell & 3 road.

GRAND PRIX

1	Moyra Parfitt	LV60	3	3	584.5
2	Paul Brannigan	V40	3	3	530.1
3	Peter Ehrhardt	V55	4	2	492.1
4	Mandy Goth	LV40	4	2	484.4
5	Andrew Horsfall	V40	3	1	378.3
6	James Duffy	M	2	3	377.3
7	Richard O'Sullivan	V40	2	2	290.6
8	Dave Collins	V45	2	1	275.1
9	Richard Leonard	V45	3	0	241.4
10	Barry Chapman	V55	2	1	227.2
11	Nigel Hanson	V45	0	3	222.1
12	Colin Duffield	M	1	2	215.3
13	John Newby	V70	0	3	211.7
14	David O'Neill	V45	2	1	200.5
15	George Ehrhardt	M	2	0	185.0
16	John Crummett	V55	2	0	179.7
17	Kath Brierley	LV40	2	0	177.6
18	Ray Poulter	V55	1	1	169.5
19	Derek Donohue	V45	2	0	162.9
20	Kevin Booth	M	1	1	152.5
21	John Lee	V45	2	0	151.6
22	Paul Prescott	M	0	1	88.8
23	Mark Anderton	V40	0	1	85.7
24	Andrew Bibby	V50	1	0	85.1
25	Jerry Dodd	V50	0	1	84.4
26	Lee McCluskey	V45	0	1	82.3
27	George Barrow	V60	0	1	73.9
28	Greg Parkin	M	0	1	64.1

FELL TABLE

1	Jonathan Wright	M	4	387.9
2	Christopher Smale	V40	4	382.0
3	Andrew Wrench	M	3	294.3
4	Jane Smith	LV45	4	290.7
5	Andrew Horsfall	V40	3	274.7
6	Rachel Skinner	L	4	274.4
7	Shaun Godsman	M	3	269.2
8	Mandy Goth	LV40	4	258.5
9	Peter Ehrhardt	V55	4	257.5
10	Mark Goldie	M	3	252.9
11	Paul Brannigan	V40	3	247.3
12	Richard Leonard	V45	3	221.6
13	Moyra Parfitt	LV60	3	192.0
14	George Ehrhardt	M	2	185.0
15	Martin Roberts	V45	2	171.3
16	Jeff Walker	M	2	169.9
17	Dave Collins	V45	2	165.4
18	Derek Donohue	V45	2	151.0
19	James Duffy	M	2	149.8
20	Kath Brierley	LV40	2	147.7
21	John Crummett	V55	2	143.2
22	John Lee	V45	2	140.4
23	Sarah Glyde	L	2	136.0
24	Rhys Watkins	M	2	135.8
25	Richard O'Sullivan	V40	2	131.8
26	David O'Neill	V45	2	119.7
27	Barry Chapman	V55	2	119.6
28	Keith Parkinson	V50	1	79.4
29	James Riley	M	1	78.1
30	Kevin Booth	M	1	75.4
31	Andrew Bibby	V50	1	74.2
32	Melanie Blackhurst	LV35	1	73.5
33	Colin Duffield	M	1	70.0
34	Ray Poulter	V55	1	69.4
35	Anne Fox-Kelly	LV45	1	68.2
36	Kay Leigh	LV40	1	68.2
37	Sharon Godsman	L	1	65.8
38	Sue Roberts	LV40	1	61.9
39	Derek Clutterbuck	V70	1	50.7

ROAD TABLE

1	Paul Brannigan	V40	3	267.5
2	Jeff Walker	M	3	254.5
3	James Duffy	M	3	227.5
4	Sarah Glyde	L	3	219.1
5	Moyra Parfitt	LV60	3	204.4
6	Nigel Hanson	V45	3	202.8
7	Anne Fox-Kelly	LV45	3	199.8
8	Keith Parkinson	M50	2	159.4
9	John Newby	V70	3	153.4
10	Rachel Skinner	L	2	145.8
11	Colin Duffield	M	2	145.3
12	Richard O'Sullivan	V40	2	143.5
13	Peter Ehrhardt	V55	2	142.2
14	Lynne Griffiths	LV45	2	141.9
15	Mandy Goth	LV40	2	137.9
16	Melanie Niicholls	L	2	137.1
17	Julia Holt	LV35	2	128.6
18	Derek Clutterbuck	V70	2	125.7
19	Sean Willis	M	1	93.3
20	Andrew Horsfall	V40	1	92.9
21	Paul Prescott	M	1	88.8
22	Mark Anderton	V40	1	81.5
23	Dave Collins	V45	1	81.3
24	Kevin Booth	M	1	77.1
25	Lee McCluskey	V45	1	75.9
26	Jerry Dodd	V50	1	75.5
27	Melanie Blackhurst	LV35	1	71.9
28	Ray Poulter	V55	1	70.2
29	Barry Chapman	V55	1	64.2
30	Greg Parkin	M	1	64.1
31	David O'Neill	V45	1	63.6
32	Laura Wright	L	1	62.9
33	George Barrow	V60	1	58.7

john@crummett.screaming.net

John Crummett
Castle Lodge West
Halifax Road
Todmorden
Lancs
OL14 5SQ
01706 819417

It was agreed at the last committee meeting to publish minutes of meetings in the Torrier. In this edition we have the minutes for March and April 2005. Sorry for the small print, but it saves space.

Derek

Minutes of the Committee Meeting Monday 7th March 2005

Present	17 members
Apologies	None
Previous minutes	Proposed: Mandy Goth Seconded: John Crummett
Matters arising	Andrew Bibby asked if we could have a junior membership form. This will be considered. [It was agreed at the previous meeting to allow children of club members to join as junior members; there are no plans currently to open junior membership beyond this point]
Treasurer's report	Balance: £ 2410.27
Items discussed	This year we paid for all relay entries, a large amount of kit and made a charity donation
	Noonstone Caite reported on Andrew's behalf and thanked everyone for their support. 97 entries. Profit £136.72. Thanks were expressed to Andrew and Caite for all their hard work.
	New members Phil Knowles prop. Ray Poulter sec. Jane Smith Keith Parkinson prop. Mandy sec. Dave Kite
	Team Captains Kath and Jane offered to be joint ladies fell team captains.
	Kit Jane has offered to take over the kit from John Lee who cannot make it on Wednesdays.
	Newsletter We need a 'subs are due' in the next edition, also 'New President' news.
	FRA Relay 2006 in Calder Valley run by CVFR. No further information known.
	UK Athletics We need to keep abreast of developments by attending local meetings regarding provision in Calderdale. As a club we have a responsibility to at least contribute to the debate. There is money available, for instance, to pay for people to get coaching qualifications.
	Triathlon Should we join the British Triathlon Association? More information needed before we can decide. To be raised at the next meeting when more detail is available. Simon told us that individual membership includes insurance when training on a bike which would be useful if it applied to club membership.

Minutes of the Committee Meeting Monday 4th April 2005

Present	Mandy, Ray, Dave Wilson, Dave O'Neil, Kath and John, Barry, Andrew, Derek
Apologies	Richard
Previous minutes	Proposed: John Crummett Seconded: Andrew Bibby
Matters arising	Kit: Jane has the kit having taken over from John Lee. We should order some more kit, perhaps including tracksters. The old Noonstone t-shirts are to be sold off at £2 each.
	Triathlon Assoc: Mandy reported that it could have benefits for individuals if we join as a club. More details to be researched.
	FRA relay: 2005 is at Alva. Unlikely that we will be putting in teams, given travelling distance.
Treasurer's report	Balance: £2588.27
Items discussed	Flowerscar Jon has everything in hand. His preferred change of route has been abandoned due to landowner being worried about litigation.
	Fiendsdale The environmental damage caused at this race was discussed. The path down from checkpoint 2 was in a terrible state after the race. It could jeopardise the race's future.
	New members Jenny Ehrhardt prop. Kath sec. Andrew James Riley prop. Mandy sec. Ray
	Membership Mandy has suggested we go back to Tod Harriers membership cards. The NoEAA cards are often late/inaccurate and only go to people who have registered.
	The Do Need to book Tod CC for 3 rd Dec or 17 th Dec or last Sat in Nov. Bar extension needed. Also we may owe them £40.
	Shepherd's Rest New landlord. OK for next month.
	Pendle fell Race Tod got team prize. (Chris Smales, Jon Wright, Alex Whittam)
	Race results Derek suggested we have race results (team and individual, GP or not) as a fixed agenda item to celebrate achievements.
	FRA champs Currently men 7 th and ladies 10 th .
	Minutes Ray thinks we should publish minutes in the Torrier. This was agreed.
	Ian Hodgson Relay Need to enter. Could be last time it happens.
Next meeting	Monday 9 th May

GRAND PRIX HANDICAP 2004

RESULTS

POS.	NAME	EST. TIME	FINISH TIME	ACT. TIME	+/-
1	Shaun Godsman	53:00	1:26:25	51:25	- 1:35
2	Melanie Nicholls	68:00	1:26:57	66:57	- 1:03
3	Moyra Parfitt	67:00	1:28:12	67:12	+ 0:12
4	Mandy Goth	67:30	1:28:33	68:03	+ 0:33
5	Keith Parkinson	58:00	1:28:44	58:44	+ 0:44
6	Colin Duffield	63:00	1:28:53	63:53	+ 0:53
7	James Riley	57:00	1:29:58	58:58	+ 1:58
8	David O'Neil	70:00	1:31:07	73:07	+ 3:07
9	David Wilson	66:30	1:31:24	69:54	+ 3:24
10	Laura Wright	68:30	1:31:45	72:15	+ 3:45
11	Julie Holt	69:00	1:32:13	73:13	+ 4:13
12	Laurence Wright	68:00	1:33:29	75:29	+ 7:29
13	Jeff Walker	54:30	1:36:11	62:41	+ 8:11

Well Done Shaun - the 2004 Grand Prix Handicap Champion! So nearly there, Melanie, just pipped at the post - maybe next year? Moyra, a third place gets you a trophy - a little compensation perhaps for being first past the post last year but then finding out you had missed part of the course and failed to count. Congratulations to all three of you: the first people to win a trophy at this year's "Do". Jeff, you should have stayed in on Saturday night - you never know, you might just have won. Many thanks to all who ran or helped on the day, a few more would have been nice but perhaps next year or later this year a new course without that final downhill and a different date may help.

***Yours in Sport,
Uncle Barry***

Toilet Seat 2005



It's started - the lid is open once again and a few titbits are already in (actually, there have already been so many blunders that I'll have to spread them over 2 issues - if you don't see your name in this one don't think that you're safe!) . Uncle Barry is listening. Tell him all; every little detail and let's make it a bumper year! Auntie Hazel's ear is also close to ground (on account of her short legs I expect) - you can dish the dirt (please!) via email to her on hazellovesdogs@yahoo.co.uk.

Yours, U. Barry

Lock Out Moyra managed to lock herself out of her car after training at the Queens, a quick phone call to dear hubby and both she and 5pts sorted.

Allergic Reaction We all know that Martin had a reaction to something at the Christmas 'do', resulting in a ambulance being called, No points for that, but Sue & Jane earn 5pts each for taking over 1 hr to find each other at the hospital.

"Where's the Baton, Eric?" was the cry at the end of leg 1 of the Calderdale Relay. "Sorry, I've lost it" came the reply, "but I've found 5pts!".

Russian Lady After being reliably informed by Phil that Sue & Martin's party was Russian fancy dress, Kath turned up beautifully turned out as a Russian peasant - the only one there. Normal dress was the order of the night but she will collect 5pts for believing Phil.

"Where's my Shoe?" was Sharon's plea as she searched though a bog at the Stoop in vain. With gritting of teeth and in great pain she carried on to finish the race in good Todmorden style - but did pick up 5 pts for carelessness!

Arresting sight? Jon Wright gave Uncle Barry a right fright when he turned up at the house in the black Maria - he was only delivering flags but collects 5 pts for scaremongering.

Blonde (or blind?) moment Mandy receives 5 pts. for spending ages with binoculars scanning the horizon of Wastwater for Phil and Dave in their 20 ft long bright red canoe - they were only 20m away directly in front of her!

Moose Man Not Phil this time, it's the new moose man John, who liked the IKEA moose rugs so much he drove there on a Sunday morning to grab 6 of them plus 5pts.

*ps they will make great fancy dress.
Phil has already earmarked them
for this year's Whinberry Naze race
on boxing day.*

More carelessness shown by Sharon on forgetting to pick up her shoes from Eric's on Friday when she was racing on Saturday! Another 5 pts.

Wise route choice (not) Bev Wright had been following a couple of runners for some time before she realised they were not in the race - 5 pts.

Wise route choice (not) 2 by Branny who followed the wrong person at Fiendsdale and ended up floundering in the heather - 5 pts.

Quick Fiendsdale points have been earned by: Ray and Derek for scaremongering about Fiendsdale; Ray for not being able to spell it; Jon Wright and John Crummett for arriving too early (John wanted to leave at 7:30am and had to be restrained) - 5 pts to all named here.

Moose Man (2) in the form of Phil's attempt at headbutting ice (see any antler's?) - 5 pts.

email antics 5 pts. have been awarded to Branny for clogging up the group email facility with his ramblings re trail races.

email (sem)antics 5 pts. go to both Branny and Jeff for using abusive language on the group email.

Spot Sue at the Bunny Run? Easier than it sounds I'm told as she turned

up with her face covered in white spots - from painting the school goal posts - with **road** paint! She was heard to utter, "Oh, I wondered why it wouldn't come off". Here's 5 pts towards what may easily be your trophy Sue.

A pushover? Moyra certainly is: she fell over on Fiendsdale, Radcliffe, C.W.R and reccyng the Handicap (at exactly the same place as last year!) - 2 pts. per trip Moyra.

Oh Bollards! Sue Roberts drove between some bollards, then reversed into them with a borrowed bike on the bike rack. Not too much damage done it seems, except to her reputation. Collect 5 pts.

Spot Martin? Should have as he forgot his 'eppyen' and had a recurrence of spots at the Buttermere reccy - you won't forget these 5 pts though, Martin?.....and.....Louise, why were you counting them? 5 pts.

LEAGUE TABLE

Paul Brannigan	15
Sue Roberts	15
Moyra Parfitt	13
John Crummett	10
Sharon Godsmann	10
Jon Wright	10
Mandy Goth	5
Louise Abdy	5
Kath Brierley	5
Derek Donohue	5
Phil Hodgson	5
Martin Roberts	5
Ray Poulter	5
Jane Smith	5
Jeff Walker	5
Eric Wrathall	5
Bev Wright	5

Freckleton Club Day Sports Committee

The 41st Classic Freckleton Half Marathon

Incorporating the Northern Vets Half Marathon Championship

And 2 mile family fun run

Sunday 19th June 2005 START 2.00 pm (PROMPT)

Fun run at 2.15 pm

Race Director: Brian Porter

From Bush Lane playing Fields, Freckleton

Event Held under U.K.A. Rules. Race Permit No.05/7001

* * * Memento to all finishers * * *

Prizes in All Categories including Team

Open Race 1 Prize per Person except Team Local Prizes - 1 per person

Total Prize value £1000

Parking. Changing. Showers. Refreshments. Family Entertainment

The oldest Half Marathon in the UK, over a rural undulating course.

Event Records: Men: R. Hill 64.45 (1969) Women: V. Marot 72.56 (1988)

KINDLY ASSISTED BY



BAE SYSTEMS



Entry Fees

LIMIT 600

£7 AAA Club Member

£9 Unattached

All Entries on Race day £1 extra

Fun run £1.50 for all entrants (no extra on the day)

~ EARLY ENTRY IS STRONGLY ADVISED ~

Please send entries & large S.A.E. (at least 9" X 6") for race number and information to: -

Alvys Entwistle, 3 Foxglove Way, Freckleton, Preston, PR4 1TR

Cheques / P.O. payable to FRECKLETON CLUB DAY SPORTS COMMITTEE

Minimum age: 17 years on Race Day - No age limit for fun run - Time limit 2 hours 40 minutes

CUT HERE - - - - - CUT HERE - - - - - CUT HERE

APPLICATION FORM - FRECKLETON HALF MARATHON/2 MILE FAMILY FUN RUN

SURNAME				AGE ON RACE DAY			
FIRST NAME(S)				DATE OF BIRTH			
ADDRESS							
Membership Number				TELEPHONE No			
MALE	FEMALE	HALF MARATHON	NVAC No.		FUN RUN	(Tick)	
AAA CLUB (IF ANY)				FEE ENCLOSED £			
SIGNED				DATE			
Office use only: Number				Category		ukresults.net	

Please enter me for the above race. I accept that the organizers shall not be liable for any loss or injury or illness to my person as a result of taking part nor for any loss of my property. I am medically fit and an amateur as defined by UK Athletics



BARR No 805

CHORLEY HARRIERS 1985-2005

with



SWEATSHOP 10

"10" MILE ROAD RACE AND **20th BIRTHDAY CELEBRATION**

Under UKA Rules. Permit No 05/7007

Sunday 29th MAY 2005 starting at
11am

WORDEN PARK, LEYLAND

**FAST ACCURATE TWOLAP COURSE:
COUNTRY LANES & PARKLAND
WORDEN PARK IS AN IDEAL VENUE FOR ALL
THE FAMILY
Course Record Billy Burns 51.04 (2000)**

**CHEQUES PAYABLE TO:
CHORLEY HARRIERS
C/O MARTIN HARRINGTON
120 CHORLEY OLD ROAD
WHITTLE LE WOODS
CHORLEY, LANCASHIRE
PR6 7LR 01257 412759
ENCLOSE LARGE S.A.E. FOR NUMBER & DETAILS**



www.chorleyharriers.co.uk

**1st 5 Men - 1st 3 Ladies
1st 2 Vets over 40/45/50/55/60/65 Men
1st 2 Vets over 35/40/45/50/55 Ladies
1st Men's Teams - 4 to score
1st Men's Vet Team - 4 to score
1st Ladies Team - 3 to score
Quality Wick T-shirt to all finishers
Minimum Age 16 on day of race**

**£6.00 Attached
£8.00 Unattached
Entries on the day + £1-00**

**Fun Run starts at
10.30am - £1.50
Goodie Bag**

Name	Surname	Club
Address	Male/Female	Age
	Date of Birth	
Post Code	NOEAA No.	
Telephone No	Ten Miler <input type="checkbox"/>	Fun Run <input type="checkbox"/>

Declaration: I declare that I am eligible as defined by UKA rules and that I am medically fit to run.

Signed.....Date...../...../2005

Results service www.race-results.co.uk or via www.chorleyharriers.co.uk

Please tick the box if you wish to be included in SWEATSHOP mailing list

☐