



CONGRATULATIONS

TO MANDY & KATH ON THE SUCCESSFUL COMPLETION OF THEIR BOB GRAHAM ROUNDS
Full reports in next months newsletter

Marshals Wanted

For the Blackshawhead
Fell race

Saturday 2nd September

This is a new route replacing the
Ragley Run full details inside

If you are available to help
then contact Sarah on
01422 847628

REMAINING GRAND PRIX RACES FURTHER DETAILS INSIDE

Thurs 10 Aug	TS Radcliffe Trail 5miles
Mon 14 Aug	TS Pauline Luketti memorial race
Sun 20 Aug	FL SEDBERGH Eng champs
Thurs 7 Sept	FS HADES HILL
Sun 17 Sept	RM STAINLAND 7
Sun 24th Sept	RL LANGDALE 1/2 marathon
Sat 30th Sept	FS THIEVELEY PIKE
Sun 8 Oct	RM BURNLEY FS7
Sun 29 Oct	RS ACCRINGTON 10K

GRAND PRIX INFORMATION

The remaining Grand Prix races are as follows:

Thurs 10 Aug Radcliffe Trail 5 miles (application form last time) RS

Monday 14th August 2006, 7.00pm

The Pauline Locketti Memorial Brown Wardle Hill Race

from the Oxford Public House, Whitworth Road, Rochdale
(A671 Burnley Road)

ANDEMS RUNNERS are staging this approximate 5 mile scenic multi-terrain race which includes road, trail and Brown Wardle Hill with 1200 ft of climbing

£3 in advance see ukresults.net or £4 on the day

Sun 20 Aug Sedbergh Hills fell race.

(English Champs, so bonus points)

AL 12 noon 14m/6000' from Peoples Hall, Howgill Lane Sedbergh £5.00 EOD

Route description see later

Thu 7 Sep Hades Hill. FS. 6.45pm, Whitworth,

Entry on evening (£2)

5m/1200' Registration at Halfold schoolrooms, Hall St, Whitworth

Sat 17 Sep Stainland 7. RM (further details soon)

Sun 24th Sept Langdale Half Marathon

Entry form with this issue if you want to enter do so ASAP as this event may fill up.

I'm told it's a very enjoyable event

Sat 30 Sep Thieveley Pike, FS (English Champs, so bonus points)

Sun 8 Oct Burnley FS 7 RM

Sun 29 Oct Accrington 10K RS

Tuesday 22 August

7.30pm Bunny Run Return, Penistone Hill Country Park (note new venue) - registration at Old Sun Hotel, West Lane, Haworth, W. Yorks (GR027373)

Short fell race of 3 miles, testing out a new course for the 2007 Bunny Run series. Cadbury's Creme Egg chocolate bar to all finishers, plus soup and roll and prizegiving at The Sun afterwards.

2006 entry fees on the night only - £2

Contact: Dave Woodhead, 166 Hainworth Wood Road, Keighley, West Yorkshire BD21 5DF - tel. 01535 669100 -

Sedbergh Hills Race Route

The course makes a clockwise circuit of the Howgills and includes the highest fell, the Calf, and visits the impressive Black Force and probably the least known of the Langdales fell racers frequent. Although the going is generally good to fast do not underestimate this race – there are some big climbs in the middle!!

Start and Finish: Peoples Hall, Howgill Lane GR 656923

Route on and off the fell is via the road thru Lockbank Farm Control 1: Summit Arant Haw GR 662946

Control 2: Summit Castley Knotts GR 642963

Control 3: Stream Junction GR 647997

Control 4: Stream Junction GR 678996

Control 5: Summit The Calf GR 697970

Control 6: Summit Winder GR 654933

Route choice is free but a couple of tips include picking up the contouring path above Carlinggill Beck, sneaking thru' south of Simon's Seat and north of Hazelgill Knott and not climbing Calders.

There is not a lot of water on the latter part of the course so take it on when you can and if as hot as it is today carrying a bottle of water is not a bad idea. Navigation can be tricky in clag so study the map and/or recci.

I do enforce the FRA rules concerning kit requirements so it's no kit no run – please do not ignore this gentle warning – I will check kit and will disqualify runners who cheat by not taking the required kit. Sportident timing will be used for results.

Help needed for Blackshaw Head fell race

The next club-organised race will be on September 2nd, linked to the Blackshawhead village fete. Sarah Glyde is organising this, and is looking for marshals able to help. Sarah has supplied the following information:

Blackshaw Head Fete Fell Race (replaces the Ragley Run - new route for 2006!)

Category BS, 5.5 miles / 900 feet, partially marked

from the Fete Field, Blackshaw Head (GR 959276 on OL sheet 21) at 2pm on Saturday 2nd September 2006, registration from 1pm

£2.50 on day only

over 16s

New route for 2006 includes sections on the Pennine Bridleway, Pennine Way and Calderdale Way. The route starts from near the Fete Field at Blackshaw Head and goes over Standing Stone Hill before returning to the Fete Field on the Pennine and Calderdale Ways.

Please note no junior races for 2006.

Mandy's Page

Pack Runs

Wednesdays

August New delight, Colden
7pm start

September—Hollins Inn, Walsden
6.45pm Start

Other runs

Monday nights

A group of us go for a short leisurely run on a Monday anyone is welcome. It's particularly suitable for beginners.

Meet at 6pm Bramsche Square.

Tuesday night

Speed work

Is still continuing Graeme Wrench is club coach and is now really putting them through their paces. Turn up at 7pm at Todmorden High School.

Sunday runs

If there are no races on then we usually go for a Sunday run. We tend to organise this on a Wednesday and put it out on the E-groups. If not on the E-groups but want to be informed of these runs then let me know

I can be contacted on 01422 844936

Juniors

Meet on Monday nights. They are currently on a summer break.

Junior training nights start again on Monday Sept 3rd.

E-groups

For up to date information by E-mail, (it's all been very quiet recently) then join the toddlers E-group. To be put on the list contact Ray (ranter) Poulter on ray@gardeningsolutions.co.uk

RELAYS

TEAM CAPTAINS NEEDED

We HAVE CURRENTLY ENTERED 2 TEAMS IN THE IAN HODGSON RELAYS WHICH ARE ON OCTOBER 1ST. Jon Wright has volunteered to organise the A team

We need a captain for the ladies/mixed team.

FRA relays

Sat Oct 14th

We have entered 4 teams and need team captains. Currently Mel Blackhurst has volunteered to captain the ladies.

This year this event is organised by Calder Valley and based at Castle Carr. If anyone is available to marshal then contact me and I'll pass your name on or alternatively ring Bill Johnson on 01422 881312

Anyone willing to organise a team for either event contact me or Derek on 01422 842510

DATE FOR YOUR DIARY

**CHRISTMAS DO
AND PRESENTATION**

FRIDAY 15TH DECEMBER

TODMORDEN CRICKET CLUB

Ironman France (Round 3!)

Following on from Mark in 2003 and Greg last year I did this race a few weeks ago.

Why?

Well, having done a few triathlons after too many pure running injuries (to give a focus to swim and cycle training), it seemed like a good challenge...

I scoured the internet for information and actually decided on Ironman Canada – but couldn't get a place. France was second choice. A pleasant sea swim, a bike ride around the hills near Nice and a run along the promenade. Sounded fun!

I cobbled together a training plan and began the winter training. There was the odd Sunday morning in Feb when I didn't fancy a 4 or 5 hour bike ride but I persevered and overall the swim and cycle training went fine. Running (my strongest event) – not so good. Ongoing problems with a stress fracture meant I never got to run more than 10 miles beforehand. But that's life. I'd entered and paid for accommodation, flights etc., there was no turning back. At school there was to be a "Guess the time competition" to raise funds and the local paper did an interview. To be honest I quite enjoyed the attention but it was also scary and I found myself saying "I haven't actually done anything yet!" on many occasions.

As the day approached I was both excited and petrified.....

Sunday 25th June 2006.

3:45 am. My 3 alarms blast off. Just 5 more minutes – I've allowed plenty of time.....
Next thing I know I jump awake – **it's 4:40!!**

Christ! I don't know what woke me but I'm glad it did – I can't imagine how I'd have felt to have missed the start!!

I quickly shower and dress and am soon walking purposefully along the promenade, wetsuit etc in my rucksack. This was a surreal experience – on the other side of the road dozens of partygoers were being turfed out of Nice's beachfront nightclubs, with a few more asleep drunkenly on the benches – unaware of what was about to happen around them!

Transition was a nervous and busy place and as I pumped my tyres up I heard another bike tyre explode nearby. Not what you need just before such a big race. Poor guy (or girl!). For the first of many times that day I thought gratefully, "Glad it's not me".

A last slug of energy drink and then it's wetsuit on time. Here I met a friend and we ambled down the cobbles together towards the water's edge – ready for a quick dip in the sea. Everything felt good so I decided to put myself on the front line (albeit in one of the slower "pens"). That way I'd save myself having to run over too many sharp cobbles when we started. I didn't feel nervous or excited, just kind of numb really - not the psyched up "superhero" type of feelings I'd expected!
Probably a good thing really.

The gun went and we were off!!

Diving into the water as soon as I could, hundreds of arms and legs thrashing about....But it wasn't scary – it was kind of comforting to be surrounded by so many, especially as the water became deeper and the shoreline more distant. **Wow!** I'd never dare swim out this far by myself.....

I thoroughly enjoyed the swim. I was occasionally "squeezed out" by other converging swimmers – but I'd already decided not to waste energy by adopting an aggressive strategy towards them. The water was beautiful – calm and warm – and before I knew it we were heading back to the beach. I could hear the loudspeaker announcer and the crowds cheering. I clambered out of the water and glanced up at the clock.....**1:11:32** About 5 minutes faster than expected! Mind you, conditions were perfect.

I stripped to the waist and stopped for a few seconds under the showers to rinse off the salt water before running up the ramp to T1.

First problem of the day – no bike change bag on the transition rack! **WHAT?!!**

Where is it?.....A minute later and a marshal found it 30 yards away – dumped by a fellow competitor who'd obviously picked up the wrong one. Great!

This unsettled me a bit and in the turmoil of transition I resolved to stay calm. I took my time, including a double helping of sun cream to be on the safe side. By the time I collected my bike I knew I was well back down the field. No surprises there! Swimming is always my weakest discipline and a slow T1 hadn't helped.

But I began the bike leg feeling calm and positive, confident of sticking to my "game plan" – to ride steadily and within myself, always to feel I could go faster. I wanted to finish Ironman France at all cost.

Well, the bike leg started with 20 km of flat roads. By then, I'd already passed the first two "puncture victims". They had my sympathy. Then the climbing began. The best part of the next 60 km was uphill, into the Southern Maritime Alps. However, the gradients are fairly easy on good quality roads. And the scenery is awesome!

The aid stations came and went, thankfully full of provisions. The heat began to take its toll – on others - I realized they were suffering as I rode past them with over 100km still to go. But I didn't let myself get carried away as it's such a long race. So far, so good.....

To be honest, the rest of the bike leg was fine. The countryside and beautiful French mountain villages deserved more attention – but I spent a lot of my time desperately scanning the upcoming tarmac for possible puncture dangers. That was now my greatest fear – some sort of bike "mechanical". Luckily, I had no trouble, although I did lose some time on the descents due to an erratic front brake. That and a lack of nerve! The drops to one side of the road were quite spectacular! Better to be safe than sorry, I thought.

I was relieved to get back on the flat for the last 30 km and start re-overtaking people again. There was a nasty headwind for the last part coming back along the seaford but as I rode into T2 I felt great and I knew I'd made up quite a few places. There were already a lot of people out on the run course. More than I'd expected to see! Had I actually gone too slow on the bike...**7:27:11**

I dismounted and immediately realized the run was going to be a bit of a struggle.....My legs were seizing up and my stomach was cramping – bloated and uncomfortable. I think I must have eaten too much on the bike leg – not wanting to have a lack of energy. How can this be?? I felt great two minutes ago!!! I guess that's the nature of Ironman.

I forced myself to get changed, hurriedly visited the loo and set off on the run. With the crowds cheering my name (it's stamped on your race bib!), I began at a fairly swift pace. But within 5km I had slowed considerably. **Oh dear!** Running is meant to be my strongest discipline. Never mind. Keep going....

I struggled on from each aid station to the next one, chatting to others to take my mind off the pain. At the 15km mark, having just seen yet another casualty wheeled into an ambulance, I decided to adopt a survival strategy....I would have to walk for a bit. Luckily, at that moment someone I'd met earlier appeared on my shoulder! So I went on until 18k and then mumbled to Paul to leave me as I had to walk some. It sounds weak now but at the time I thought I was about to flake out in the heat – and I just didn't want to.

Immediately the sore legs, the stomach cramps, the breathing etc. were so much better. The next 12k or so were spent via a walk/run strategy – about 100m or so at a time – more if I could bear it. At the start of the last loop I realized that if I pushed it I could finish in under 14 hours (an important psychological barrier to me). I did push it and ran most of the last loop to finish in **13:55:37. Delighted.**

I knew I'd tried as hard as I could. I grabbed my medal and dived into the medical tent. There, I collapsed onto the nearest available bed and stared up at the ceiling. I felt awful.

"Oh no, why did I have to push it at the end just for a stupid time!"

"How will I get my stuff back to the hotel?"

"Have I pushed my body too far?"Etc.

The doctors checked me over and 20 minutes or so later I decided to get up. I felt guilty when I looked at the state of some of the others in there. I went outside and threw up everywhere. I wasn't ashamed and I certainly wasn't alone.

Recovery was rapid now and I took in the Ironman atmosphere for another hour or so, meeting up with various people I'd met along the way. It was good that everyone I knew had finished. I ambled back to my hotel and began taking my bike apart ready to fly back the next morning.

P.S. What next?

Never again?

A "fast" ironman to try to get a good time?

Ironman Canada – the course I'd really like to do?

I don't know yet.....

P.P.S. I have to mention both Mark and Greg again here and also Simon who kindly accompanied me on my first ever wet suit swim in Salford Quays last May. They inspired me to have a go.

Who's up for it next??!!!

- Simon Galloway

Forthcoming races

Mel Blackhurst comes up with her regular selection of local road races:

Sunday 13th August-Blackburn 10k.Starts from Witton Park 11am.Previously in the Grand Prix, an enjoyable undulating race.

Monday 14th August-Pauline Lucketti Memorial 5m trail race-In the Grand Prix and mentioned elsewhere.

Sunday 27th August Norland Moor trail race 11.30am.7 miles.Starts from Old Rishworthians club, Copley. Some sections part of Bluebell trial.£3 to enter-£1 extra on the day.

Tuesday 29th August Whalley Nab 5.5 mile. Start 7.15pm from Dog Inn, King Street, Whalley nr Clitheroe.£3 to enter,50p more on the night.

Tuesday 29th August-Lions 5k Charity Fun Run,7pm from Wheatsheaf,Littleborough.£3 to enter,can enter on night but 50p more.

Sunday 3rd September- Blackpool Beach 10k.Colin and Geoff are the ones to ask about beach running. All on the beach but be warned not very dry!. Last time M/T shoes were a good plan.
11.30am start.£7 to enter, last date for postal entry 30/08.Can enter on day if race limit of 600 not reached!

Sunday 3rd September-10.30am new race in memory of Alice Redmond.10KM M/T race. Starts at Brearley fields, Mytholmroyd. All proceeds to Epilepsy Action. Cost £8.Postal entries close 25/08.

Colin Duffield has news of fell races:

Tuesday 8th August 7:30pm **Giants, Withins and Windmills** BS 5 miles/ 1000ft
Ogden Reservoir Embankment, Causeway Foot, Halifax

Last year the faster runners inadvertently chose to make up their own route and ran about a mile further than the rest of the field, a precedent to be encouraged I think.

Wednesday 9th August 7:30pm **Whittle Pike** AS 4.5 miles/ 1400ft
Cowpe Village Playing Fields, Waterfoot, Rawtenstall

Previously in our fell championship so you should know it. Co-organised by our Rossy friend Nick Harris.

Sunday 13th August 11:00am **Worsthorne Moor (Mag 7)** BM 7 miles / 900ft Gorpel Road, Worsthorne
Perhaps more of a trail race, certainly suitable for roadrunners looking for a chance to run on't moors without being eaten by wolves.

Wednesday 23rd August 7:00pm **Golf Ball Fell Race** BS 5 miles/ 900ft Glory Pub, Loveclough, Rossendale
A bit near Bacup, but there you go...

Sunday 27th August 11:30am **Norland Moor** CM 7 miles / 800ft Old Rishworthians RUFC, Copley, Halifax
Not dissimilar to Worsthorne Moor (see above). It's customary for the local scallyways to move the flags before the race. Wouldn't have happened in my day etc, etc. Still probably impossible to get lost.

Saturday 2nd September 2:00pm **Ragley Run** BS 5 miles/ 750ft Blackshawhead Fete Field
A Sarah Glyde production, probably details elsewhere about marshalling opportunities. Have a go at tossing the caber whilst you're at the fete. Go on, swing your sporrán missus!

Thursday 7th September 6:45pm **Hades Hill** BS 5 miles / 1200ft Taylor Street, Whitworth
Another one familiar to the club. Organised by Toddie and all round good guy, Derek Clutterbuck. Hell of a race! (Think about it...)

Sunday 10th September 10:00am **Yorkshireman Half and Full Off Road Marathons** BM / CL
Westfield Lodge, Penistone Hill, Near Haworth
I know these are called half and full marathons, but don't be fooled. YOU WILL NEED TO BE ABLE TO READ A MAP. That is unless you're happy to spend a lot of time in peoples yards asking 'er...have you seen any other runners?...anywhere at all?... So was that your dog that just bit my arm off then?' This is particularly true for the full marathon. Also, there will be nobody dressed as a deep-sea divers, wildebeest, or tellytubbies. So not really like a road marathon at all.

Running the Pennines

As I've mentioned to a number of people in the pub, I'm just starting work on a new book, which is following the line of the main Pennine watershed from the Dark Peak to Hadrians Wall, and which (all being well & provided I actually manage to write the damn thing) should end up a coffee table-type book in the shops sometime in the autumn of 2007.

The book involves walking/running about 210m, fortunately not all in one go. As in the past, therefore, I'm on the look out for other Toddlies who fancy doing a leg or two with me. This is a chance for a day out, probably exploring a part of the Pennines you've not been over before (the line of the watershed is by no means an obvious one). Some of the northern legs in particular are nicely rugged.

Here is what's on offer:

Leg 1. Mam Tor – Kinder – Snake Pass. Too late, I've done it already.

Leg 2. Snake Road – Bleaklow – Holme Moss. Lovely bleak Bleaklow, and some of the countryside you all love so much from the Holme Moss fell race. About 15m.

Leg 3. Holme Moss – Blackstone Edge (or probably in practice home). 17m plus the last bit. Probably getting to Holme Moss by public transport.

Leg 4. Blackstone Edge – Trough Edge End – Cliviger. 13m. Done..

Leg 5. Cliviger – Watersheddles via Boulsworth. 12m. Also fairly familiar. Includes Black Hameldon. Section beyond Crow Hill may be a new one for you. Need two cars, probably

Leg 6. Watersheddles – Earby. Only 10 miles, over some moorland but also field paths near Cowling. May need two cars.

Leg 7. Earby – Hellifield. This is about 13m, and is the most pastoral part of the whole route. Goes across the Leeds & Liverpool canal near Bar'l'ick. Could possibly manage this by public transport, though one or two cars more likely.

Leg 8. Hellifield – Penyghent. This is about 20m, and will be probably done via the Settle-Carlisle railway, picking up the train back from Horton. Into the Dales.

Leg 9. Penyghent – Dent. Another leg using the S-C railway, which makes it a full day out of about 22 miles. Limestone country.

Leg 10. Dent – Aisgill. Shortish section over Great Knoutberry Hill (the name comes from the cloudberry). 11 miles. Two cars probably.

Leg 11. Aisgill – Nine Standards Rigg – High Greygits. 15m. From Mallerstang up on to the edge of the hills, including the impressive 9 Standards Rigg cairns, ending up v close to Tan Hill pub (highest pub in England). Will need cars.

Leg 12. High Greygits to B6276. 15m Don't know this area at all, but suspect it will be pretty hard going. Access land bashing. Will need 2 cars.

Leg 13. B6276 to Murton. This is over the army firing ranges, so will only be on an open day when the ranges are available to the public (ie a weekend or by permission). 13m. Unwalked moors.

Leg 14. Murton – Kirkland. High Cup Nick, Cross Fell and Great Dun Fell. Will be great in good weather. Partly following Pennine Way at this point, so somewhat less bog bashing. But 18m. 2 cars.

Leg 15. Kirkland – A686. 10m. From hereon it's the great unknown, unmapped areas where no human has ever set foot before. Could be hard work.

Leg 16. A686 – Croglin. Ditto. This is the heart of the North Pennines AONB, hen harrier country. 14m

Leg 17. Croglin – A689. 13m. More ditto. Not sure I'm looking forward to this.

Leg 18. A689 – Hadrians Wall. Slightly easier last section (11m). Emperor Hadrian will be there to welcome us at fort 47A and reward us with a few denarii and a free pint of Imperial Stout.

Some of the longer legs may be broken down into two shorter sections (though sometimes this isn't possible).

If possible, and provided I bear up, I am planning to try to get about half of this done during August, with the remaining legs later in the Autumn. I will be going out normally on weekdays, not weekends. If you are up for it, particularly if you have time during the week, please let me know. Email or phone 01422 845799 (days), 844026 (evenings). I will also be signing up conscripts on Wed evenings.

- Andrew Bibby

Recent Press Reports

Helen Windsor 10K Road Race

Sixteen Todmorden Harriers travelled to the rural outskirts of Halifax recently to compete in the Helen Windsor 10K. The race, which is expertly organised by Halifax Harriers, was chosen as the 5th counter in the Todmorden club's road championship. Those competing were blessed with warm and sunny weather, perhaps a little too warm as the undulating nature of the course took its toll on tired legs towards the end of the route which for the most part toured the villages of Greetland, Stainland, and Norland.

The race was won by Ian Fisher of Otley AC in a time of 32.07, over a minute clear of his nearest rival, Steve Neill of Pudsey and Bramley AC. The ladies' race was dominated by Blackshawhead's Jo Waites, who although normally a Calder Valley Fell Runner competes as unattached when racing on the tarmac. Waites' winning time of 38.23 was enough to beat former Tod Harrier Sue Beconsall into second place.

Ten Kilometres is often viewed as the yardstick by which road runners test their fitness. If this is true, then Todmorden's Paul Brannigan who finished in 19th place undoubtedly seems to be returning to his optimum form after a difficult year on the sidelines. After Brannigan, the next placed Todmorden man was 22nd placed Mark Goldie who is currently managing to combine a growing reputation as a fell runner with consistently solid road form.

Top placed Todmorden woman was Mel Blackhurst who finished in a time of 45.52, forty-five seconds and nine places ahead of team mate Sarah Glyde, who in turned pipped another Tod lady, Mel Siddall by just 16 seconds.

Mandy Goth's Bob Graham Round

Local athlete Mandy Goth was celebrating last weekend after becoming one of an elite group of women who have completed the 'Bob Graham Round'.

The round is a traverse of 42 peaks in the English Lake District and covers a distance of 72 miles with 28,500 feet of climbing, which must be completed within 24 hours. It is commonly viewed as the ultimate challenge for endurance fell running and has seen less than a hundred successful female aspirants.

Mandy, who is Chairman of Todmorden Harriers, set off from the centre of Keswick on the stroke of midnight on the 8th July and arrived back there to complete her 'round' some 23 hours and 48 minutes later, twelve minutes inside the allowed time.

Despite generally good conditions for most of the run, towards the latter stages she was slowed considerably by atrocious weather, particularly whilst descending from Skiddaw, one of England's highest mountains. Here, a sudden vicious storm and strong head winds forced Mandy and her helpers to hand onto each other's clothing for safety as they made their way down on uncertain paths in the darkness. The drama of this descent lost valuable time and necessitated a speedy finish through the outskirts of Keswick, in which tired legs were pushed to their limits through the quiet streets.

After finishing Mandy was keen to thank her helpers, who ran with her in stages to ensure her safety and provide moral support. It speaks for her popularity amongst her fellow athletes that these helpers came from across the fell running world, as old club rivalries were put aside to help towards the common goal.

Mandy is now looking forward to a holiday to recharge her batteries, although not for her a lazy beach holiday in the Mediterranean, she is soon off to the Swiss Alps, running and mountaineering with husband Phil and other members of Todmorden Harriers.

Stoodley Pike

Todmorden Harriers hosted their annual Stoodley Pike Fell Race last Tuesday. The race is one of the longest established in the area, dating from the mid 1970s, and although the route has changed slightly over the years, the principle has remained the same, to climb to the Pike from the 'Top Brink' and then to descend back to the start via the steepest part of the hill.

This year the race had a new director, Rachel Skinner, who recently took over organising the event after some years' sterling work by her fellow Harrier, Mark Anderton. This first event of Rachel's tenure as organiser was marked by a bumper field of 174 runners, including seventeen from neighbouring club Calder Valley. This turnout amounted to the largest field for six years and reinforced the events popularity in the fell running calendar.

In recent years the proceeds of the race have been donated to a local good cause. This year, it is hoped that young athletes from all corners of Calderdale will benefit from this, as a donation will be given to Halifax Harriers athletics track fund.

'It's nice that Tod Harriers can give something back.' said a spokesman for the club 'We are very much a community club and this is one way of showing it.'

The weather for the race stayed fine but cloudy, perfect conditions for fell running as the runners left Mankinholes for the steep climb over Langfield Common. Andy Peace of Bingley Harriers took an early lead chased by Jonathan Hare of Halifax Harriers and Horwich's James Logue. Whilst in the women's race Candice Leah of Clayton Le Moors Harriers established a lead over Bingley Harriers' Sue Becconsall. After rounding the Pike, Peace maintained his position on the descent back into the village to finish in 19.01, eleven seconds in front of the fast finishing Logue. Candice Leah followed in a time of 22.59, comfortably clear of second lady Becconsall.

First Todmorden runner home was Andy Wrench, who also took the honours for the first veteran 40. Todmorden also took the men's team honours with six runners in the first twenty finishers. Women's team honours went to Clayton.

After the race Rachel Skinner thanked the Langfield Commoners, the Landlord and staff of the Top Brink, and also the volunteers from Todmorden Harriers who marshalled the course and helped in the administration of the race.

Kath Brierley's Bob Graham Round

Todmorden Harriers were celebrating again last weekend, as Kath Brierley became the second Lady member to complete the challenge of the famous 'Bob Graham Round'. The round, which is 72 miles in length with 28,55 feet of climbing visits 42 of the most prominent peaks in the Lake District must be completed within 24 hours and is seen as the pinnacle of endurance fell running.

Starting from the Moot hall in the centre of Keswick, Kath became the newest member of the 'BG club' when she finished the challenge in 23 hours and 29 minutes, a fast time in the often sweltering conditions on the fells.

With daytime temperatures exceeding 30 degrees, the heat took its toll and at one point in the challenge she found herself some 45 minutes behind schedule. However as the sun went down she dug deep into her reserves and visited the three last peaks of Blencathra, Great Calva, and Skiddaw in double quick time and more than made up for time lost earlier in the day.

Her achievement echoes that of her friend and clubmate Mandy Goth, who completed her Bob Graham Round just two weeks before.

Kath, who is a teacher at Todmorden High School, praised the help and support she received from fellow members of Todmorden Harriers, and also the Rucksack Club. Later she summed up her day as 'A stunning day with fantastic support and incredible views'

With the challenge now completed Kath can enjoy a well earned rest from the arduous training schedule she has been following for the past 12 months. As one member of Todmorden Harriers said after accompanying her on part of the route, 'If you can't put your feet up after completing a Bob Graham Round, I don't know when you can!'

Book Review: CalderCask Real Ale Guide

This recently published pocket sized book is a must for all runners - with more relevant listings than the FRA Handbook.

Stretching from Shelf and Brighouse to Rishworth and Cornholme this guide comprehensively lists every pub in the area, open and selling real ale this spring. It covers Good Beer Guide regulars, favourite Harriers haunts and many that, viewed from the outside I wouldn't have dreamed of setting foot in, but which do have a hand pump of Tetleys (surprisingly still very common) or Theakstons.

While it passes no comment on the quality of the beer it deserves a place in everyone's kit bag – just in case you passing through less travelled areas and are in need of some emergency re-hydration.

There is a surprising amount of information in each pub's entry including history, layout, and special features. There is a big emphasis on the community aspect of pubs – which local groups meet there or use as a base. So many Toddy venues give us a mention both for pack runs or fell races. Hence the entry for the Hollins – last in the book – "The local angling society gathers here, as do the Tod Harriers, although the latter seem to meet in many other pubs as well."

A great endorsement of the club, the locations we frequent and the quality research of this guide. A bargain £3 (£2.50 CAMRA Members) available from many drinking outlets.

- Dave O'Neill

Grand Prix points (and points mean prizes...)

Helen Windsor 10K

	Time	Adj. Time	GP Pts	Road Pts
19 Paul Brannigan	38.51	37.12	90.5	86.7
22 Mark Goldie	39.31	39.31	85.2	85.2
31 Mark Anderton	3.15	39.11	85.9	81.7
37 Keith Parkinson	41.55	37.10	90.6	80.3
53 Jeff Anderson	44.39	42.08	79.9	75.4
55 Eric Emerson	44.51	39.27	85.3	75.1
61 Mel Blackhurst	45.52	39.09	86.0	73.4
68 Richard Leonard	46.31	42.55	78.4	72.4
70 Sarah Glyde	46.37	42.08	79.9	72.2
74 Mel Siddall	46.53	38.54	86.5	71.8
94 Mel Nicholls	49.19	44.34	75.5	68.3
99 Claire Duffield	49.59	45.10	74.50	67.4
100 Stuart Boulton	50.04	46.11	72.9	67.2
102 Heather Simpson	50.19	45.28	74	66.9
107 Peter Ehrhardt	51.20	42.27	79.3	65.6
122 Moyra Parfitt	53.41	37.00	91.0	62.7

Holme Moss fell race

	Time	Adj. Time	GP Pts	Fell Pts
5 Jon Wright	2.33.31	2.33.31	95.7	95.7
12 Andrew Horsfall	2.46.22	2.40.09	91.7	88.3
27 Keith Parkinson	3.14.45	2.48.02	87.4	75.4
74 Stuart Boulton	4.16.02	3.52.38	63.1	57.4
82 Peter Ehrhardt	4.32.39	3.34.31	68.5	53.9

Help needed for the Hades Hill fell race

I hope everyone's coming to run Hades on 7 September, 6.45pm start, but I'd be glad of help, unspecified yet, apart from a sweeper, but possibly menial, from anyone not running.

I'm OK for people for registration, but any time from about 6.30 to last one in would be useful, so see you then or ring beforehand, thanks.

Remember there's always the bar at Whitworth Workmen's afterwards!

Derek Clutterbuck, 01706 344630

Holme Moss: Runner No 134 reports back

After running the Three Yorkshire Peaks two weeks before, I was feeling very optimistic that not only could I finish this race, but that I could do it in less than four hours. Conversations at the pack run both eroded and reinforced this optimism, depending of course on who I was listening to!

I arrived in good time so as to avoid the car parking problem, picked up my number and got changed. I then milled about waiting for all the rest of the Tod Harriers contingent to turn up. I had a long wait, only four others turned up (note 1). The start was looming and as it was really warm I filled my 2 litre camelpack to the top, had a good drink of the free isotonic stuff and made my way to the start. Where was everyone? It turned out there was only 101 starters, not many based on my limited previous experience.

A little brief by the starter (note 2) and we were off. My strategy was to start slowly and get slower, unless of course I felt good and then I would go a bit quicker after the half way point. Needless to say the feel good bit didn't happen as I had drunk far too much of the isotonic stuff and felt ready to burst. By the half way mark I realised that the four hour target was in jeopardy so decided to press on a bit harder so I could at least finish in daylight. Another incentive to press on was the lack of flagging, I hadn't a clue where I was going so keeping the people in front was imperative. At this point there was nobody behind me that I could see, and in parts you can see a long way.

At the top of yet another hideous climb I was met by a couple of marshals who cheerily directed me to the next checkpoint, a tent on a distant hill, anyone with less than 20/20 would now be scuppered, tiny tent b....y miles away." Don't go too far to the right" I was cautioned (note 3), "why? I asked, "Cliffs" came the reply, brilliant thought I.

On the way to the tiny orange speck that was a marshals tent I caught sight of the familiar white head of our own Peter Erhart, at least a mile in front but I was closing on him. The tent was at the top of yet another stiff climb that must have been the last straw for some as I made the first of my overtaking moves, at least I was not last any more. Having got past our Peter is was time to drive home the advantage of the overtaking feelgood factor and push on for some more scalps. In the distance I could see the slight figure of a lady runner, couldn't allow a mere slip of a lass to beat me so I dug a bit deeper into my energy reserves and was instantly rewarded with such intense thigh cramps it would have killed a civvy, I fell flat on my face. No amount of deep breathing or drinking from my camelpack made any difference, some five minutes later I was still in agony, at this rate all my efforts would be undone all the people I had overtaken would be coming past me. Deep breathing and water had not helped, the only other thing I had with me apart from the whistle was a GO Gell. I swallowed the Go Gel and within a minute was on my feet chasing the lady runner again (note 4).

At three quarters distance there was a drinks station, from here I could see how far I still had to go, in view of the previous cramps I decided to settle just for a finish and set of for the finish. The last stretch was all my nightmares rolled into one "down hill tussocks" I was convinced I was going to break a leg or worse. Finally the tussocks finished and we were on a track where I could use my very last bit of energy and run to the finish, I even managed to run up the little hill to the finish to applause, this brought a smile to my face until I realised it was one of the winners, I had finished just in time to witness the tail end of the prize giving.

Holme Moss, harder than I thought! Will I do it next year? Yes

Notes:

- 1) My previous race, the Hendon Brook only had a few more Tod Harriers! Something is obviously putting people off the races I choose to do, as yet the only identifiable common denominator is me!!!!
- 2).I heard nothing of the starters brief because lots of people around me had more important things to say!
- 3) Just what does" don't go too far to the right "actually mean?
- 4) Only a personal opinion but I think GO Gells work better in your belly than in your pocket!

- Stuart Bolton

Grand Prix dates changed

Stainland 7 from 3/9/06 to Sunday 17th September

Thieveley pike now one week later on 30th September.

**“I am running a long way to the island valley of Great Langdale. Where falls not hail,
nor rain, or any snow and never the wind blows loudly”**
(Tennyson, Shakespeare, Rod)

**THE SPECTACULAR GREAT LANGDALE MARATHON
& ½ MARATHON ROAD RACES**



LANGDALE

Sunday 24th September 2006

Start times: Marathon - 11.30am
½ Marathon - 11.45am, 2km Fun Run (Flat Course) - 11.00am

New Venue

Both races will start and finish near the Sticklebarn Tavern / New Dungeon Ghyll Hotel, Great Langdale near Ambleside. There will be off road parking near the start/finish area. Hot and cold food available. There will be a commemorative medal, a certificate AND t-shirts for finishers in the Marathon, and a certificate and t-shirts for the half marathon finishers. Results service, Mile markers, drink stations and the St John Ambulance service and sweep vehicle !

**Entry Fee: Marathon - £15.50, ½ Marathon - £12.50,
Fun Run £2 (medals for all plus ice cream for kids)
(Club runners less £2.00, but not for fun run)**

There is a RACE LIMIT of 500 entrants
Generous Prize List in All Categories
UK Athletics Permit Applied for

The closing date is:

Monday 15th September

NO LATE ENTRIES OR ON THE DAY EXCEPT FUN RUN

Join an Elite Band of Brothers and Sisters and become part of Lakeland Folklore!

Visit our website www.greatlangdaleraces.org.uk

NEXT RACE ... Christmas Pudding 10K on Sunday 17th December 06

Please cut along the dotted line (I don't need the top bit!).

ENTRY FORM

(Please use BLOCK CAPITALS)

Marathon (tick) ½ Marathon (tick) Fun Run (tick)

Surname..... Christian name.....

Address.....
.....
.....

Telephone Number..... Club.....

Age on Race Day..... Sex M / F

D.O.B..... N of E Reg No.....

Cheques are to be made payable to **LANGDALE MARATHON**. Please send a **LARGE S.A.E.** to receive your race number before the day. Race numbers and more details will be sent nearer the date.

PLEASE SEND YOUR COMPLETED ENTRY FORM TO: - Rod Berry, Far End, Endmoor, Kendal, Cumbria, LA8 0EW. Tel: 015395 61798 Please book accommodation very early, it's going to be 'chocker'!

I take part in the event at my own risk and will not hold the organisers responsible for any loss, injury or sickness arising from my taking part, and in the unlikely event of the race not taking place, the organisers may not refund all or part of my entry fee & will do everything to ensure the safety of myself & other road users during the race

SIGNED..... DATE