



TORRIER

FEB 06

THE NOONSTONE NEEDS YOU

Helpers still needed for

The Noonstone Fell Race
Sat 4th March
Top Brink Inn, Lumbutts
12.00 noon



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

FORTHCOMING GRAND PRIX FIXTURES

The first race has already been the Liversedge half marathon results inside.

We have put in the Oldham ½ marathon on Sunday April 2nd (another tough one I'm told).

Stainland 7 on Sunday 3rd September will be the final road medium.

We are looking for a final road/trail long to replace the Langdale 1/2 marathon which now is the day after Thieveley Pike.

Road racing (especially the ½ marathons) have become very popular it is important you get your entries in for these events ASAP before they fill up.

FS	Sun Feb 26th AS	ILKLEY MOOR FELL RACE ILKLEY Entry on Day Only Details in this issue	RM	Sun Mar 5th	LYTHAM ST ANNES 10 10 miles Entry form in last months issue
FM	Sat Mar 11th A 9m/2250	HALF TOUR OF PENDLE Barley, Lancs Pre-entry only			
FS	Tues Mar 28 th	LIVER HILL RACE Rossendale Entry on night only			
RL	Sun Apr 2nd	OLDHAM HALF MARATHON Entry form in this issue			
FM	Sat Apr 22nd	ANNIVERSARY WALTZ English Champs Pre-entrv only			

TODMORDEN HARRIERS



Clayton-le-Moors Harriers

presents

The Half Tour of Pendle

Saturday 11th March 2006 11:00am Barley Village Hall GR822402

9 miles/2250 ft NS/LK

Entries £2.50 by 4th March Limit 300 Age over 18 years

From the start the route is marked to the Fellgate at Buttock (**GR807401**). Head N uphill to **CP1** - a gate in wall (**GR805418**) approx. 400m past the summit. Do not cross the wall. Instead turn left and head SW to **CP2** above a disused quarry at the Nick O' Pendle (**GR778385**). Head E to **CP3**, a gate by Churn Clough Reservoir (**GR787385**). Climb NE onto Spence Moor, cross the top and descent steeply into Ogden Clough to **CP4**, a stile in wall (**GR802397**). Climb NE along wall to right to the Fellgate at Buttock. Head E along marked route across fields to the finish at Barley Village Hall.

The course is not considered suitable for novices in bad weather.

Runners **must** carry the following:-

- Windproof whole body cover
- Map (provided), compass and whistle

A kit check will be carried out prior to the start.

Any runners retiring should report to Race Control.

Please park with consideration for the locals.

Half Tour of Pendle - Registration Form

Full Name _____
Address _____
_____ Phone No. _____
_____ Car Reg. No. _____
_____ Club _____

Category (please indicate) Male V40 V50 V60
 Female V40 V50 V60

I understand that this race is held in accordance with the rules and safety requirements of the FRA. I am aware of the organiser's information and stipulations and I accept that any injury occurring to me during the course of the race is in no way the responsibility of the race organiser. I am over 18 years of age and I enclose a cheque for £2.50 payable to "Half Tour of Pendle".

Signed _____ Date _____

Entries to Keith Thompson, Elmfield, Ribchester Road, Clayton-le-Dale, Lancashire BB1 9EE

CHAMPIONSHIP RACES FOR 2006

FELL

SHORT

ILKLEY MOOR	Sun 26 Feb
LIVER HILL FELL RACE	Tues 28 Mar
HADES HILL	Thurs 7 Sep
THIEVELEY PIKE	Sat 23 Sept
Eng Champ	

MEDIUM

½ TOUR PENDLE	Sat 11 Mar
ANIVERSARY WALTZ	Sat 22 Apr
Eng Champ	
LORDSTONE	Sun 21 May
Eng Champ	
COINERS	Tues 20 Jun

LONG

ENNERDALE	Sat 10 Jun
Eng Champ	
HOLME MOSS	Sun 16 Jul
SEDBURGH	Sun 20 Aug
Eng Champ	
TOUR PENDLE	Sat 18 Nov

ROAD

SHORT

HELEN WINDSOR 10K	Weds 5 Jul	
RADCLIFFE 6.5	Sun 6 Aug	Trail
ANDY O'SULIVAN	14 or 15 Aug	Trail
ACCRINGTON 10K	Sun 29 Oct	

MEDIUM

LYTHAM ST ANNES 10	Sun 5 Mar	
BLUEBELL TRAIL	Sun 7 May	Trail
STAINLAND 7	Sun 3 Sept	
BURNLEY FS7	Sun 8 Oct	T.B.C

LONG

LIVERSEDGE 1/2M	Sun 12 Feb
OLDHAM 1/2 M	Sun 2 April
HENDON BROOK	Sun 18 Jun

STILL NEEDED ONE ROAD/TRAIL LONG

Ilkley Moor Fell Race

Sun 26th Feb

11.30 am 5m/1260'

from Wells Road, Ilkley

GR 115470

£3 Entry on the day only

The Ilkley Moor fell race is presented by Ilkley Harriers each year, normally in February.

Though only 5 miles (the race has previously been advertised as 4.5 miles, but vigorous feedback has persuaded us to remeasure it), it has a demanding course across rough terrain with steep climbs and ascents - it is a **FRA** Category A fell race.

The course starts on a good track just off Wells Road, rising steadily to pass The Tarn. After this, the path narrows and crosses Backstone Beck near the road, then passes up between the Cow and Calf to a wide level path.

A steep climb up to the Pancake Stone is followed by a level stretch back to Backstone Beck, where all that precious height is lost as you plunge downhill on a rough narrow path to the footbridge.

Then you haul yourself right back up the hill on the other side of the beck, before swooping down the Rocky Valley on a stony path.

A stiff climb up the side of the Valley to a large cairn is followed by a long stretch along the skyline above Ilkley on rough terrain.

Through Barmishaw Hole, then turn left (South) for the steady haul (hope the wind isn't against you!) up to the Badger Stone, then right (East) across rough terrain and small paths to the Keighley Gate road.

Leave the road almost immediately after joining it, to plunge down Weary Hill on a good path rejoining the road briefly on the bend before crossing Spicey Gill.

An easy climb on the path through the bracken is followed by a fast traverse, before the final giddy plunge down to the finish!

CHAMPIONSHIP RACES FOR 2006

HALF TOUR OF PENDLE

CLOSING date 4TH March

Entry form attached

LIVER HILL FELL RACE

TUES MARCH 7TH 5m/800'

7pm Marl Pitts Sports Centre

Rossendale

Entry free No prizes

Anniversary Waltz 11.75m/3600'

Sat April 22nd 11:30 am at Stair Village Hall

Entry is on official form only. With this issue

Enter ASAP as this will fill up

£5 Entry. This includes excellent hot food at the finish. Cheques to be made payable to "W Cliff". Steve and Wynn Cliff, Paddock View, Frolesworth Road, Leire, Leicestershire, LE17 5HJ

This is an extremely exposed route early in the season. On this basis a full kit check will be done at registration, and spot checks at the finish for:

Full waterproof body cover

Map, Compass and Whistle

The route covers the Newlands Valley Horseshoe. The first and final sections of the course will be taped and in addition there will be a number of manned checkpoints as follows:

Start : Stair Village Hall GR 237212

Robinson: GR 202169

Hindscarth: GR 216165

Dale Head: GR 223154

High Spy: GR 234163

Catbells: GR 245199

Finish: Stair Village Hall GR 237212

Results

Liversedge Half Marathon

	Time	Adj Time	GP Points	Road pts
Alex Whitem	82.38	82.38	89.3	89.3
Mark Goldie	86.02	86.02	85.8	85.8
Mel Blackhurst	99.32	85.44	86.1	74.1
Richard O'sullivan	104.59	99.04	74.5	70.3
Stuart Boulton	108.01	99.39	74.0	68.3
Nigel Hanson	110.09	100.04	73.7	67.0
Mel Siddall	112.31	93.28	78.9	65.5
Mel Nichols	116.40	105.26	70.	63.2

The Oldham Mayor's Half Marathon

Sponsored by:



11 am SUNDAY 2nd APRIL 2006

A single loop Town and Country road race from Oldham Town Centre into undulating Saddleworth countryside

Venue:

Start and finish at **Oldham Sports Centre**, Lord Street, Oldham
Changing, showers, refreshments and presentation at the Sports Centre.

Route:

Accurately measured route, sign marked, marshalled, 3 drinks stations.

Entries:

Postal entries by 27th March 2006

Club or AAA: £5 Unattached: £7 Late/on the day entries are plus £1

Send cheques, payable to **Oldham Mayoral Appeal**, to:
The Mayor's Secretary, PO Box 39, Civic Centre, Oldham, OL1 1UJ.

Proceeds to The Mayor's Charity Appeal for Local Children's Charities.

Photocopies and standard entry forms welcome! Entries acknowledged.



supported by



Prizes: (Presentation 1.30 pm)

- ◆ First three male and female runners
- ◆ The first male V40/50/60 and female V35/45/55
- ◆ Commemorative memento to all finishers

Please enter me for the Oldham Mayor's Half Marathon

<p>Name _____</p> <p>Address _____</p> <p>_____</p> <p>_____</p> <p>Postcode _____</p> <p>Club _____</p> <p>Age on day (minimum age 17) _____</p>	<p>Please tick:</p> <p>£5.00 (NoEAA) _____</p> <p>£7.00 (others) _____</p> <p>Late entry:</p> <p>£6.00 (NoEAA) _____</p> <p>£8.00 (others) _____</p> <p>Male vet O40 _____ Female vet O35 _____</p> <p>Male vet O50 _____ Female vet O45 _____</p> <p>Male vet O60 _____ Female vet O55 _____</p> <p>NoEAA Membership number _____</p>	<table border="0"> <tr> <td>Male</td> <td>Female</td> </tr> <tr> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> </tr> </table>	Male	Female	_____	_____	_____	_____	_____	_____	_____	_____	<p>ukresults.net</p>
Male	Female												
_____	_____												
_____	_____												
_____	_____												
_____	_____												

I hereby declare that I am an amateur as defined by AAA and WCCA laws and accept that the organisers shall not be liable for any accidents/injury/loss or damage as a result of my participation in the event.

Signed _____ Date _____

Mandy's Page

Pack Runs Wednesday's

ON THE ROADS

7PM START

**Feb-Shoulder of Mutton
Mytholmroyd**

**March –Queen at
Cliviger**



**Bat Runs will run
Most Weds.**

**On the fells
April only 6.45 pm start
Shepherd Rest, Lumbutts**

**May onwards 7pm
Hare & hounds, Old Town**

Wanted

Some help with the Torrier

I could do with someone who is prepared to gather information together for me. Possibly do a bit of typing up on forthcoming races etc.

This would save me several hours a month

Anyone willing and able give me a ring on 01422 844936

Contributions

Any contributions pass onto Andrew Bibby or myself preferably by e-mail or on disc.

Cheers

Mandy

SPEED WORK & HILL REPS

Still going to the "track" at Rossendale on alternate Tuesdays. We're definitely starting to see the benefits – Nick Harris their coach is helping us all work on our style

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

Tues 14th Feb - Walsden Cricket Club 7pm

Tues 21st Feb - Rossendale

Tues 28th Feb – Lob Mill 7pm

Tues 7th Mar – Rossendale

Tues 14th Mar – Walsden CC

AGM

**The existing officers were
all elected again.**

**The new constitution has
been passed.**

**Full minutes in next
months Torrier**

Pennine Bridleway Relay 2006 Sunday February 5th

Excellent result for all teams

**Especially the A team who were only 2 minutes
behind the winners in 4th position.**

The B Team came 22nd

Allstars 39th

Ladies 40th and fourth ladies team

Full report and results in next months Torrier

10th ANNIVERSARY WALTZ BRITISH AND ENGLISH CHAMPIONSHIP		
FIRST NAME	SURNAME	AGE
ADDRESS		
		POSTCODE
CLUB		
PHONE		CAR REG
CATEGORY PLEASE CIRCLE AS APPROPRIATE		
MALE: <u>U23</u> <u>V40</u> <u>V45</u> <u>V50</u> <u>V55</u> <u>V60</u> <u>V65</u> <u>V70</u> <u>V75</u>		
FEMALE: <u>U23</u> <u>FV40</u> <u>FV45</u> <u>FV50</u> <u>FV55</u> <u>FV60</u> <u>FV65</u> <u>FV70</u> <u>FV75</u>		
English Championship	Please check with the FRA handbook calendar for eligibility qualification and circle as appropriate	
British Championship		
<p>I UNDERSTAND THAT THIS RACE IS HELD IN ACCORDANCE WITH BOTH THE RULES AND SAFETY REQUIREMENTS OF THE F.R.A. I CONFIRM THAT I AM AWARE OF THE ORGANISER'S INFORMATION AND REQUIREMENTS IN CONNECTION WITH THIS RACE.</p> <p>I ACCEPT THE HAZARDS INVOLVED IN FELL RUNNING AND ACKNOWLEDGE THAT I AM ENTERING AND RUNNING THIS RACE AT MY OWN RISK. OTHER THAN THE ORGANISER'S LIABILITY FOR CAUSING DEATH OR PERSONAL INJURY BY NEGLIGENCE, I CONFIRM THAT I UNDERSTAND THAT THE ORGANISER ACCEPTS NO LIABILITY TO ME FOR ANY LOSS OR DAMAGE OF ANY NATURE TO MYSELF OR PROPERTY ARISING OUT OF MY PARTICIPATION IN THIS RACE.</p> <p>MINIMUM AGE TO ENTER - 18 YEARS OLD ON THE DAY.</p>		
<p>NOTE: Pre-race entry only by 12th April 2006. Please forward all entries to:- Steve and Wynn Cliff, Paddock View, Frolesworth Road, Leire, Leicestershire, LE17 5HJ Cheques payable to "W Cliff"</p>		
Signed		
Date		