



TORRIER

JUNE/JULY 06



"I'm back" (nearly!) - Phil Hodgson On Anniversary Waltz

FORTHCOMING GP RACES

Further details in this issue

Weds 5 Jul RS HELEN WINDSOR 10K

Sun 16 Jul FL HOLME MOSS

Thu 10 Aug RS RADCLIFFE TRAIL—new date

14 or 15 Aug TS ANDY O'SULLIVAN

Sun 20 Aug FL SEDBERGH HILLS RACE

Stoodley Pike Fell Race

Marshals Wanted

Tuesday July 11th 3.5m/700'
From Top Brink Inn, Lumbutts
7.30pm

Rachel Skinner is the new race organiser
if you are available to help then please
contact her on 01422 843679

Mandy's Page

**Pack Runs
Wednesdays
ON THE FELS
7pm**

July – Moorcock, Littleborough

Aug – New Delight, Colden

Sept – Hollins 6.45pm start



**TUESDAY
NIGHT
TRAINING
SESSIONS**

**Tuesday night training sessions
will be continuing through the
summer.**

**Anyone interested be at Tod
High School at 7pm**

New Member

Welcome to new member

Andy McFee

ATTENTION JUNIORS

**Todmorden Harriers Junior
Training Sessions**

**Monday evenings at Todmorden
High School**

**5.30- 6.30 pm 6+ yrs old (must
be accompanied by an adult)
6.30-7.30 pm 10+ yrs old
£1.50 per session (members £1)**

**Contact: Eileen Miles
07738634625**

CONGRATULATIONS

To Roger & Paula on the safe and very
early arrival of Rebecca.

Who weighed in at 6lbs 2oz and
seemingly has Rogers toes (well very
small versions of them –we checked on
Sunday)

Lets hope she's doesn't run like him!

Mother and baby are both looking
extremely well.

**CONGRATULATIONS
also to Simon Galloway**

Simon Galloway is the latest Toddy to do Ironman
France.

With a slightly amended bike course, Simon gave
it everything and was delighted to finish in 13.55.

Simon, not used to the limelight, will now return to
a great welcome by all the kids at his school who
have been taking a lot of interest .

Well done Simon.
Mark Anderton

STOP PRESS – Kath's BG

Unfortunately it was not to be BG. If I had known the actual weather was going to be continuous drizzle and mist I doubt I would have set off. Nonetheless quite an eventful day was had, lots of ups and downs in both senses for all involved. The support I had was FANTASTIC, despite the miserable conditions that were endured, never have I been so well looked after and I now feel even more confident that I am up for it. So a very big THANK YOU to everyone who was there for me or hoping for me.

Cheers Kath

Grand Prix news – several dates changed!!

Half way through the year already, and half way through the Grand Prix as well. The competition is hotting up, but there's still time to qualify, even if you haven't yet done a single GP race this year.

First important bit of news is that several GP race dates have changed. The Radcliffe 6.5 trail has now been replaced by the Radcliffe 5 trail, which is now on Thursday August 10th (application form in this Torrier). Thieveley Pike fell race is now on Sep 30th, not Sep 23rd as was originally announced. And the Stainland 7 has also apparently changed its date, though the new date is not yet up on Stainland Lions' website.

What's coming up next? If you fancy a short road race, your opportunity comes next Wednesday, when Halifax Harriers are running their Helen Windsor 10K at 7.30pm. This starts at the Greetland sports club in Rochdale Road, Greetland. There's an application form at the back of this Torrier with a closing date of – er – June 28th, the day this Torrier comes back from the printers. Whoops.

The next fell race is on Sunday July 16th and it's the well-known local(ish) Holme Moss organised by Holmfirth Harriers. This has featured in our GP in the past, and if you're looking forward to getting in a long fell race without having to slog over the Lakeland fells, just be warned that this can be tougher than you might think, particularly if the weather is hot. The race is 16 miles with 4000 feet of climbing and covers the moorland near Black Hill, Holme Moss and Crowden. A map of the route is on holmfirthharriers.com/INFHolmeMoss.htm.

Here's some more information from the organisers:

Registration, the Race Start and the Race Finish are all near the parking area on the east side of Brownhill Reservoir (115056) about 2 ½ miles south west of Holmfirth and ¾ mile off the A6024 Holme Moss/Woodhead road towards Yateholme.

- From the Start (on the road near the car park) take a walled track up past Registration and the side of Ridings Wood and Crossleys Plantation to Check Point 1 (131046). A short track then leads onto open moorland. The course then descends steeply to the bottom of Ramsden Clough, crosses the stream which feeds Ridings Wood Reservoir and climbs Twizle Head Moss. The 'edge' path leads to the parking area on the A6024 at Holme Moss. A short way along the road to the left is a drinks station (096036). Please note that the course between Check Point 1 and Holme Moss passes over private land. This section will be well flagged and runners MUST follow the marked course and are asked NOT to train over this section prior to the Race.
- Leaving the drinks station, drop directly down to Heyden Clough, cross the stream and climb to the top of Tooleyshaw Moor to Check Point 2 (085031). The course now follows a path over White Low, West End Moss and Hey Moss and down to the drinks station and Check Point 3 at Crowden (071996).
- From Crowden take a track up the valley to the right of Crowden Brook. Cross the footbridge and climb slowly looking for the flagged path to the right. Follow the flagged path which ascends steeply to the top of Bareholme Moss and Check Point 4 (067013).
- Descend steeply to Crowden Great Brook and take the steep climb to the top of Laddow Rocks and Check Point 5 (056014). Turn North and follow the Pennine Way to the Trig Point and Check Point 6 at Black Hill (078047).
- From Black Hill the course passes Heyden Head back to the parking area at Holme Moss and the last Check Point (7) (098038). Now on the final leg, climb over the fence and descend the moor to the track in Holme Woods. Follow the track to the Finish.

By the way, there's £150 to be won if you can come in in a time under two hours. The current record is 2:00:05 set by Ian Holmes in 1996. (More importantly, you'd also get lots of GP points if you could pull this off...)

To enter, use the standard FRA entry form, and send it with £4 payable to Holmfirth Harriers to Russell Bangham, 11 Hill House, Cartworth Moor, Holmfirth, Huddersfield, HD9 2RL (£4.50 on the day).

The Radcliffe 5 trail race on Thursday evening August 10th starts at 7.15pm from the Mason Arms, Sion St, Radcliffe. There is a limit of only 200 for this race – so get your application form in now!

The Sedbergh Hills race on August 20th is the next English championship. No pre-entry. £5 on day.

Walshes

As most of you are aware George Barrow can obtain, for members, Walsh fell shoes at significantly reduced prices. He normally carries a small stock of 'Trainers' and has these with him when attending any pack run. He can also obtain other types such as Boots, Racers, Raids and Ultras, on a sale or return basis. He currently has the following which will be returned to Walsh shortly if no one is interested in them.

PB Boot Size 11, Racers Size 9 & 10.5, Raid Size 8.5 & 9

Anyone interested in any of the above should contact George on drgeorgebarrow@btinternet.com or by phone on 01706 229758. All the shoes are priced at £35, except the Boots which are £40.

Hot, hot, hot (or Ennerdale 2006)

So, the best bits about Ennerdale 2006? Well,

1. I got a tan.
2. I finished.
3. I also finished in front of the great man himself.
4. I also finished in daylight.

Heck it was hot, 25°C, but it was only 8.30am and I was still at the campsite with another 21/2 hrs 'til kick off. OMG!! Shaun, Mark, Nick and myself looked like four ghosts because of the amount of sunblock we had applied.

Three quarters of an hour later and the wagon's packed and we're off, the four of us chattering away to each other trying to mask our individual and joint dread of what we've let ourselves in for. Will the wind really be as strong as predicted, 25mph gusting to gale force? Is this a good thing - taking away the heat of the sun and cooling you down - or a bad thing - kidding you that the sun's not as strong as it really is? Will there really be no cloud cover? Will the 12 litres of carb drink/amino load we're collectively carrying be enough? Has Geoff Monk got it right as he always does, or is it a wind up and the conditions are actually going to be like the 2005 Duddon when you couldn't see the next car in the start/finish field?

And will Rooney make a substitute appearance against Paraguay? Is Gerrard the second coming?

I digress. We arrive at Ennerdale Scout Camp, a fantastic facility. Peter Bland's showing off his usual array of temping race-day specials, other Harriers and old friends alike are greeted and other familiar faces are spotted. I note the required kit list states the expected "waterproof top with hood", without a hint of self-parody.....I'm standing in a vest and shorts wringing wet on the inside.

Into the Scout 'hut' and I'm dismayed to find my pre-entry has been accepted, and a number (257) and a dibber have been reserved for me.

One more layer of sunscreen, another 1/2 litre of juice, a team photo and we're all herded into the start field. A few words from the organiser saying thanks for turning up and that the cut off times have cumulatively been extended by ten minutes. I can't help noticing several types of England head gear on the start line. And why not?

And then we're off, to Great Bourne. We're sprayed by Ennerdale Water and I can't help thinking what the wind will be like on the tops. Great Bourne comes and goes - the marshals had carried a 5l bottle of water to the top - respect! And up to Red Pike and on to High Stile and High Crag. Bloody hell it's hot! I look left and Whiteless Pike and Robinson stand majestic over Buttermere. Looking ahead at about 1 o'clock I remember thinking I could almost reach out and rest my hand in Mickledore. I get to Black Beck Tarn with Chris Preston (who tells me to enjoy myself - yeah right, Chris!?) and steal a handful of jelly babies from the marshals' shelter. It's then a slog to Green Gable and near the top, although I've been religiously sipping every 30 minutes from my platypus, I feel the first signs of cramp in my thighs. But of course, I'm not the only one.

Round Great Gable and up and onto Kirkfell, where the marshals have yet more water. Descending Joss' Gully is the first time I've been out of the wind all day. And it was then that the heat hit me and I realised that the it had just been masking the effects of the sun. At Black Sail Pass loads of clubs had support teams handing out water to anybody, which was fantastic. And half way up Pillar a young lady gave me her full bottle of chilled (how??) Lucozade Sport, which did a good job of washing down half a malt loaf.

Next up was Haycock and having beaten the cut-off here, the last one of the course, mentally I relaxed and it really was just a case of getting to the finish. Somewhere under Caw Fell I emptied the platy. I waved to Jim Smith half way enroute between Iron Crag and Crag Fell, and was almost on empty to get to this, the last summit. Just before the wood the track crossed the fast running Ben Gill, which I think I drank dry, and then I could see the car park that like Mark, in our fatigued states, mistook to also be the finish. What a pair of fools! What I said to myself when I spotted the runners in front of me turning right out of the car park towards the lake is unprintable.

It's literally all I can do to muster a half jog over the line. Some guy who looks like he should be in the front row removes my cap and squeezes two massive sponges over my head, and the water pours down my back. I have been dreaming of this from half way! Still dripping wet, I wander over to find the others and am greeted by Mandy, "Hello James, you look a bit bedraggled!". I'm thinking that's a result, because I feel much, much worse! Nick and myself are walking like 192 man out of the 118 118 adverts, much to Janine's [sp Andrew?] amusement; by comparison Joss Naylor is bounding around like a spring chicken, handing out the awards to the winners.

Tea, cake and a shower, and it's back to our campsite for a barbie, beer, wine and oblivion. Can't wait for next year!.....

James Riley



Four of Tod's finest at Ennerdale, Yes, they look cheerful enough... but that was before the race... Below, James Riley six and a half hours later.



Results of a study into the effects of diet on runners' performance during periods of high levels of training.

The above test was conducted at the University of Birmingham's Sports Science department. It was funded by the Ministry of Defence in order to understand the effects of diet on levels of performance, stress, fatigue and vigour. I took part in this and several other tests, all of which successfully combined exhaustion with trauma, nausea, and the odd black-out. The time trials were all conducted in a laboratory, usually requiring subjects to breath into a tube in order to measure oxygen and CO2 levels - cannulas were attached to the runners' arms in order to extract and test blood. Any urine produced during tests was taken away and frozen in liquid oxygen. So nothing unusual there then...

DIET

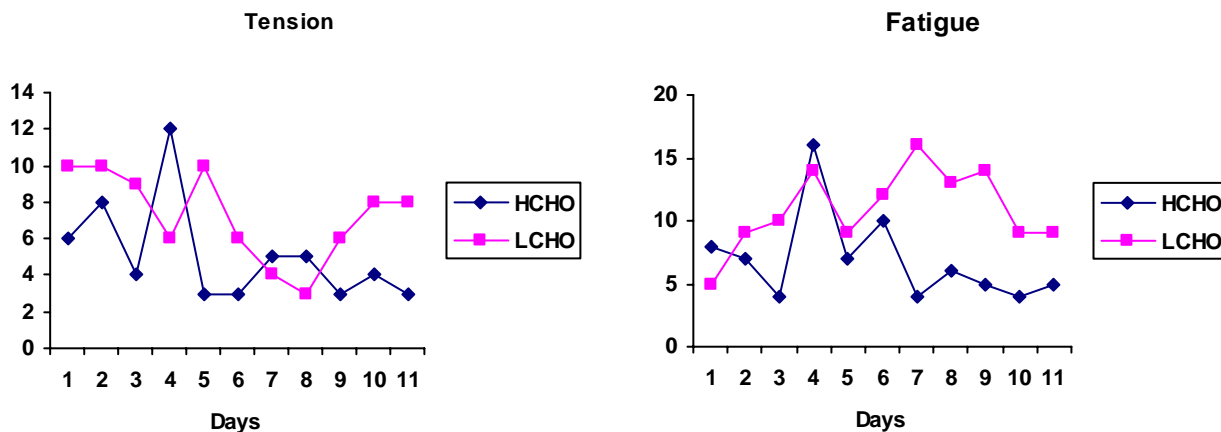
CHO = carbohydrate	energy intake	grams CHO	energy as % CHO	energy as % fat	energy as % protein
High CHO	3835	625	65	21	13
Low CHO	3835	388	41	44	16

Each period lasted for 11 days, with 5 days recovery. The test involved daily training routines, often at race pace; all food was packaged and labelled to the nearest calorie. During the low carbohydrate (CHO) diet, meals usually left participants feeling bloated, and were often difficult to finish; the high CHO diet left us feeling constantly hungry, although the calorie count was the same – a phenomenon marketed by Atkins, despite his apparent ignorance of how it worked!

PERFORMANCE

	High CHO	Average HR	Low CHO	Average HR
Time trial 1	29.59	180	29.56	180
Time trial 2	29.14	171	29.35	175
Time trial 3	30.35	159	30.32	164
Time trial 4	29.38	163	30.53	164
Time trial 5	62.50	166	65.00	169
Time trial 6	64.15	163	64.57	166
Time trial 7	65.12	157	67.09	160
Time trial 8	64.08	161	66.03	164

The high CHO performances show faster times as well as lower heart rates. The graphs below illustrate the beneficial effects of high levels of CHO on tension and fatigue. There are similar results for levels of vigour and recovery.



The conclusion is simple, but we all need reminding that high levels of complex CHOs, combined with a low fat intake will not only improve performance, but will aid that elusive feeling of well-being, which is, of course, the new black.

Nick Wigmore

Those glittering prizes... (Carnival race report)

When the details of the Carnival fell race were announced I thought that's just up my street. 6 miles which is about my regular distance, and brilliant downhill coming back. I knew the way too due to me running up there twice a week anyway because I seem to get lost in any other direction. I go up so often that I've started to ask the pike 'how's it going.'

Because it was England's first world cup game and also a baking hot day, the turnout obviously suffered and just 26 of us lined up. Which was a shame because it was clearly marked, really well organised and marshalled and the goody bags from Suma were great. Certainly a lot better than broken biscuits and the like although I think someone had trodden on my fairtrade, non GM apple thingy because it was all soft and squidgy. Not sure if it was one of the runners though. I certainly couldn't see any stud marks.

The race itself was quite a tough start. In fact going up through Fairfield woods I felt tired and worse was to come when we had to scramble up a 30 degree bank. I was midway at this point but Rachel Skinner passed me on the bank and shouted 'come on Jeff, get a move on'. Think she'd done it before. When it flattened out onto Erringden moor it was then really great. Clear blue sky, warm, bit of a breeze and the Pike looking welcoming in the distance. I then passed Rachel too although I didn't say anything!



(L) Rachel "I think it's a bee orchid" Skinner on her way to win the ladies' prize at the Carnival. (R) Tod Harriers' Jack Crummett, winner of the U8 Carnival fun run, with older runner (believed to be related)

After leaving London road I caught up with Richard Blakeley and we had a brief chat. I then realised I must be doing ok because I'd never got anywhere near him before and with the downhill to come looked forward to maybe opening up a bit of a gap. Coming down from the Pike and then up Dick's lane a gap had opened up all right. With Richard in front! Going across Erringden moor it got even wider probably about 30 seconds. I was running as fast as I could. He was running like he was late for his dinner and coming back through the woods I lost sight of him completely. Maybe I'll get quicker as I get older!

I finished exactly halfway and even though when I finished was sweating cobs and gasping for water I couldn't stop beaming because I'd enjoyed it so much.

Thought I'd stay for the presentation because it occurred to me I'd finished 13th and who knows maybe in with an outside chance of a prize. I've not won a prize yet and at this point I'd just like to say what wonderful people Rachel, Sarah and

Phil are and the massive contribution they make not just to the club but mankind and planet earth in general. Organiser Andrew Bibby had obviously needed to cater for a bigger turnout so he put all the prizes on the table all the same and there must have been about 30 bottles of wine. I thought that's at least one each and I started to get a little greedy scanning the table to hopefully spot the Nuits St Georges or Chateau Talbot. I didn't manage to spot either and Andrew didn't spot me. Prizegiving was for the usual categories and the surplus bottles put away for another day. Quite right too.

Still, it was hard to dampen my spirits. I'd had a great afternoon. All the runners I spoke to really enjoyed it too. Thanks Andrew, the pleasure was all ours.

- Jeff Anderson

And Jeff tackles the Coiners too

The Coiners fell race to Stoodley pike was officially 7.5 miles and started from Stubbs field in Mytholmroyd. It was my first evening fell race and because it was a pleasant evening I turned up expecting to see a healthy turnout. The 58 who lined up was less than I envisaged but I was comparing it to the other races I'd done which were all on a Saturday. Our club was out in force and glancing around at all the other Tod harriers (we numbered 20 and our best were out in force) I could count on one hand the club members I expected to beat. Alright then, I only needed 3 fingers but I'm an optimist! The prizegiving in the pub afterwards was becoming less of a priority. Again.

We started off through a narrow gate at the end of the field and on starting the climb up through the woods I realised the vast majority of runners were all in front of me. Rachel Skinner and Jane Smith had passed me on this uphill bit and I suddenly didn't feel like racing at all. I felt tired but always felt like this. I knew if I carried on once I reached the top of the hill I should pick up some momentum across Erringden moor and hopefully begin to improve my position.

Which is what happened. I passed Rachel and Jane on the tops and set my sights on a group of 4 Calder Valley runners who were together just ahead. By the time they reached the pike I'd managed to catch them up but couldn't see other runners ahead so thought I'd stick with them for a bit because they were bound to know the way back. When we'd been running for nearly an hour I thought it was the right time to make a move and because the tiredness had gone managed to pass the group all at once on a wide section of path. We then left the path, down to a stile when I thought I'd let them catch up again by taking the wrong path! They all careered off in a different direction without calling me back but by this time some guy with an orange hoop on his shirt had joined them and it was only he who shouted 'wrong way mate'. Blow I thought. I've let 5 runners in front of me which was made even worse because the then immediate descent into the woods was along really narrow paths. Also with stiles in quick succession it meant that I couldn't overtake again until we reached the meadow before Stubbs field. In the event I surprised myself by still managing to put a spurt on. Wait till I race against Richard Blakeley again! I passed 3 of the 4 cvfr on the home straight and so finished 39th rather than 42nd!

Went to pub afterwards and ordered a pint. The pub had supplied some cheese rolls so I put half of one on a plate. A female runner I started chatting to had worn a GPS watch which was really impressive. It had calculated distance, speed, calories burnt and heart rate during the race. It also told the time as well. I thought it was brilliant until she told me it what it cost. I'd always calculated my own mileage in my head because then I can pretend I've gone a bit further. The formula is simple. Hazard a guess at the miles and multiply by 1.5. She told me she'd used up 864 calories during the race which I was surprised at because I thought it would have been more. My half a cheese roll didn't look like 200 calories any more. It looked like 2 miles of hard work but I ate it all the same and pondered how I'd replace the other 600. I'm sure wine doesn't count.

So another race done with the same result. No prize but a big smile. Will it be different next time? I wouldn't bet on it.

GP result: Hendon Brook

18/06/2006	1.25.10	1.27.20	1.28.50	
	Time	Adj. Time	GP Pts	Road Pts
23 Keith Parkinson	1.39.32	1.28.16	98.7	87.5
36 Paul Brannigan	1.44.22	1.39.56	87.2	83.5
42 Richard Leonard	1.47.05	1.38.48	88.2	81.3
52 Mel Blackhurst	1.52.49	1.36.17	90.5	77.2
68 Richard O'Sullivan	1.59.57	1.53.12	77.0	72.6
72 Stuart Boulton	2.03.00	1.53.29	76.8	70.8
78 Mel Siddall	2.06.32	1.45.00	83.0	68.8

GP result: Coiners

	19/06/2006	49.07	49.12	50.2	
		Time	Adj. Time	GP Pts	Fell Pts
3	Andrew Wrench	50.17	48.51	101.4	98.5
6	Alex Whittem	50.53	50.53	97.3	97.3
7	Shaun Godsman	51.3	51.3	96.2	96.2
8	Jon Wright	51.32	51.32	96.1	96.1
12	Mark Goldie	55.15	55.15	89.7	89.7
13	Paul Burnett	55.31	55.31	89.2	89.2
27	Dave Collins	60.45	53.33	92.5	81.5
29	Jeff Walker	61.13	61.13	80.9	80.9
33	James Riley	62.21	62.21	79.4	79.4
36	Peter Bowles	63.47	63.47	77.7	77.7
37	Ben Crowther	64.21	64.21	77.0	77.0
42	Jeff Anderson	68.11	63.48	77.6	72.6
46	Jane Smith	69.07	54.43	90.5	71.7
49	Rachel Skinner	69.49	63.06	78.5	70.9
53	Claire Duffield	75.02	67.48	73.0	66.0
55	Richard O'Sullivan	76.02	71.09	69.6	65.1
56	Moyra Parfitt	76.07	49.16	100.5	65.1
57	John Page	76.21	64.27	76.8	64.9

GP result: Ennerdale

	10/06/2006	3.37.52	3.38.57	3.41.19	
		Time	Adj. Time	GP Pts	Fell Pts
46	Andrew Horsfall	4.44.03	4.33.26	87.5	84.2
51	Jon Wright	4.46.49	4.46.49	83.4	83.4
61	Shaun Godsman	4.52.42	4.52.42	81.7	81.7
72	Andrew Wrench	4.59.21	4.50.49	82.2	79.9
82	Mark Goldie	5.04.22	5.04.22	78.6	78.6
87	Chris Smale	5.09.01	4.54.41	81.1	77.4
99	Phil Hodgson	5.19.10	4.41.19	85.0	74.9
154	Nick Wigmore	5.52.39	5.52.39	67.8	67.8
155	Richard Leonard	5.53.54	5.21.33	74.4	67.6
175	Kath Brierley	6.06.02	5.00.48	79.5	65.3
190	Jane Smith	6.21.24	5.01.55	79.2	62.7
202	James Riley	6.34.44	6.34.44	60.6	60.6

GP result: Lordstone

21/05/2006 53.58 54.21 54.4

	Time	Adj Time	GP Pts	Fell Pts
17 Andrew Wrench	60.04	58.21	101.5	98.6
24 Chris Smale	60.35	57.46	102.5	97.8
51 Jon Wright	63.20	63.20	93.5	93.5
62 Mark Goldie	65.08	65.08	90.9	90.9
73 Andrew Horsfall	65.48	63.20	93.5	90.0
112 Martin Roberts	69.16	62.19	95.0	85.5
124 Dave Collins	70.12	61.52	95.7	84.4
209 Mel Blackhurst	83.26	71.02	83.4	71.0
253 Sue Roberts	92.59	77.19	76.6	63.7
256 Peter Ehrhardt	93.41	73.43	80.3	63.2
268 Derek Clutterbuck	101.53	65.29	90.4	58.1

Forthcoming road races (contributed by Mel Blackhurst)

Saturday 1st July 2.00pm Carr Lane Challenge 5 Wrose, Shipley Bradford-Trail race. Can enter on day.

Sunday 2nd July-10am. Cross the Bay-Flookburgh to Hest Bank. Mentioned in last month's Torrier.£10.Beware 3 knee deep channels to negotiate. Escort provided by tractor and sand hovercraft.(I definitely fancy this next year, Anyone else?)

2pm-The Tough 10 Skipton "not for wimps" say the organisers! From Craven Swimming pool.£10.Can enter on the day.

Tuesday 4th July 7.15pm Rochdale 10k £4.Can enter on day.

Wednesday 5th July Helen Windsor 10K. 7.30PM. Already mentioned in Torier.£7.Can enter on day.

Sunday 9th July 11am Roddlesworth Roller-moved from March due to poor weather. Scenic multi-terrain race, previously in Grand Prix.£5.Closing date-1/7

Sunday 16th July-10.30am Idle trail race 10k. Start Woodhouse Grove School, Apperly Bridge Bradford. Also: 10.30am Eccup 10 Adel War Memorial.£7.Can enter on day.

Sunday 23rd July 11.00am Waggon and Horses 10 miles.Start St Georges Quay Lancaster £7.Can enter on day.

Also: 10.45 am Pudsey 10k Challenge. Undulating.

More details available on www.ukresults.net.

Forthcoming fell races (contributed by Colin Duffield)

Tues 11th July Stoodley Pike Fell Race BS 3.5 miles/750 feet, 7:30pm, Top Brink, Lumbutts
Another Tod Harriers production, marshalls, parking operatives etc will be needed. See Rachel S.

Sun 16th July Oldfield Fell Race CS 5.5 miles/550 feet. 11:30am, The Grouse Inn, Oldfield near Oakworth, Keighley. *Same day as Holme Moss (GP)*

Weds 19th July Widdop Fell Race BM 7 miles/1200 feet. 7:15pm, The Packhorse (Ridge) Inn, Widdop
Roy Hattersley was there last year. Would that make you want to do it?

Tues 1st August. Crow Hill Race BS 5 miles/1000 feet. 7:30pm, Mytholmroyd Community Centre
The best 5 miles/1000 feet race from Mytholmroyd.
Ted Hughes wrote 'The wind on Crow Hill was her darling.....that bit her breast'. Cheeky.

The trustees of the Ted Hughes estate have read your contribution to the magazine known as the Torrier with interest, but wish to refer you to the recent walking guide by a Mr Andrew Bibby where he suggests that the poem by Mr Hughes entitled Crow Hill describes Crow Hill near Boulsworth Hill and not Crow Hill near Mytholmroyd. You are invited to present your sources or immediately withdraw this calumny on the reputation of one of Britain's greatest writers (and of course Mr Hughes as well).

We remain, Sir, etc

Dear Sir,
Regarding your recent correspondence.
I firmly believe that Mr Hughes was referring not only to Crow Hill, Wadsworth, but also to the actual Crow Hill Fell Race. If you take the trouble to consult with the archive of 'Beard and Bunion' fell running magazine (now sadly defunct, as is Mr Hughes), it is plainly recorded that the third placed man (and first V40) in the race ran in 1949 was a Edward Hughes of Mytholmroyd Strict Baptist Boys AC. The first two positions were taken by a Mr A Tupper 'Tough of the Track' and a Joss Naylor (who incidentally, the local paper described as 'in form Borrowdale Shepherd').
I hope this resolves the matter.

On being a member of The Team

The team - what a concept to conjure with. Stanley Matthews, Cyril Washbrook. Vistas of twisted metatarsals. Of course, I never got picked for the team - any team. Something to do with not knowing one end of a ball from the other. Or being ridiculed rushing across the outfield to get away from the ball - throwing it back tended to be a challenge too. And now - after all these years - me - a member of a team. And not just any team - The Team.

Right. Best get the travel arrangements sorted. So Dave put it on the egroup - Tod Station at 07 30. Not that he would to be there - he was going up to the North York Moors the afternoon before, to savour the atmosphere. Nor did I actually turn up at the station, either. Chose to drive up on my own, sure I'd rung everybody who might possibly want to travel together. But Derek read the message. And turned up. And scouted around for a while until he finally found the one other person who was travelling up. A man, however, not eligible for the team, so I won't mention his name.

The disparate travel arrangements meant we had no chance to discuss tactics on the way up. But we functioned, nonetheless. Dave in the van, sorting out an ideal route for the two of us to follow. Myself a bit behind, able to benefit from Dave's route finding skills, and hopefully making the sections easier to follow. And, a little way behind, Derek, bringing up the honour of the team, and bringing us all home safely

WE DID IT! Yes - the Tod MV50 team was in the top ten at Lordstones Wainstones. But we won't let it go to our heads.

-Peter Ehrhardt

Press report: Ennerdale Horseshoe Fell Race

A tough test awaited the Todmorden Harriers who journeyed to the remote north west of the Lake District to compete in the 23 mile Ennerdale Horseshoe Fell Race. The race, chosen as the 4th counter in this year's English Championships has a reputation as one of the toughest events in the calendar and a race for the purist fellsman.

The route climbs 7500 feet throughout its length and travels through some of the most picturesque, if wild, country in England. Along the way it visits such imposing peaks as High Stile, Haystacks, Green Gable, and Pillar.

Although never a race for novices, this year the oppressive heat and extreme winds on the high fells combined in a 'double whammy' effect to pose a serious challenge even the most experienced mountain athletes. Indeed one athlete who completed the course summed up the 'Ennerdale Experience' in two words as 'Painful and thirsty', sentiments no doubt echoed by the inevitably large number of competitors who were forced to retire before finishing, suffering from dehydration and exhaustion.

The race was won by Simon Booth of Borrowdale in a time of 3:37, some 25 minutes outside the twenty year old course record, which was set by one of fell running's all time greats, Kenny Stuart. Second man home this year was Bingley Harrier Rob Jebb, whilst the ladies race was won by Christine Howard, of Matlock AC in a time of 4:20.

Todmorden Harriers were determined to continue to challenge the sports established elite clubs, ranked as fourth in the country before the race, the local team knew that it was important to score points in this race which was normally dominated by the Lakeland clubs. In the event, the local club did not disappoint, sending a strong team who collectively finished in 7th place, first home being Andrew Horsfall who ran strongly to finish in 46th position, five places ahead of team mate Jon Wright. These two were backed up by Shaun Godsmann, Andrew Wrench, and Mark Goldie who made up Tod's 'counters' in the men's team competition. First Todmorden lady home was Lakeland specialist Kath Brierley in a time of 6:06 followed 15mins later by club mate and race veteran Jane Smith.

Press report: Hendon Brook

The latest round of the Todmorden Harriers Road Championship took the competitors to Nelson to compete in the Hendon Brook 13.5 miles road race.

This race is known as 'The Hot One' due to searing temperatures in previous years, although this year 'The Wet One' would have been a more appropriate label as the near constant rain drenched runners and race officials alike. The damp conditions seemed to suit race winner Brent Hoggan of Accrington, who dominated proceedings finishing in a time of 1.25.10, over two minutes ahead of his nearest challenger.

This race was last chosen as a Harriers championship race in 2003, on that occasion Keith Parkinson romped home as first Tod runner to finish. Three years on, Parkinson proved that nothing really changes by again being first Harrier home. This year his time was 1.39.32, a fine time, which gave him 23rd place, some thirteen places ahead of nearest chasing team mate, Paul Brannigan who continues to head back to full fitness after injury. First Tod lady home was Mel Blackhurst who secured 7th place in the ladies race with a time of 1.52.49.

RADCLIFFE A.C. 5 MILE TRAIL RACE

THURSDAY 10TH AUGUST 2006. 7.15PM
MASON ARMS, SION ST. RADCLIFFE
RACE LIMIT 200. PERMIT NO. PENDING

The Route starts with 0.8 mile on Sion St. and an out and back course round Ringley Woods. There are two climbs, one quite steep, total climb amounting to about 200 feet. Although there is no time limit, entrants should be confident of finishing within 70 minutes. 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 the Licensees welcome us, but facilities are very limited.

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

Entry Fee: £4.50 Club Runners
£6.50 Unattached Runners
£0.50 Extra on the day
Cheques payable to: - 'Radcliffe Athletic Club'
S.a.e. not required. COLLECT YOUR NUMBER ON THE DAY



Entries to: 5 Mile Trail Race, 84 Meadowcroft, Radcliffe, Manchester M26 4JQ
Enquiries to: Bill 0161-7246692 or Tom 0161-7232879
Email tomradac@aol.com Website: www.radcliffeac.org.uk

Entries on the day will be taken but only if the entry limit has not been reached.
200 is the limit or the Pub and the Route will be overwhelmed.
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 16 YEARS

FIRST NAME SURNAME
ADDRESS

..... TEL NO
[] MALE [] FEMALE AGE ON RACE DAY

CLUB AREA MEMBERSHIP

PLEASE TICK IF UNATTACHED TO A CLUB []

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

Signed

Date

Official Use
Race
Number

2006 FELL											Total	2006 ROAD /TRAIL TABLE		Lytham St Annes 10	Bluebell	Liversedge 1/2 M	Oldham 1/2 M	Hendon Brook				
			Ilkley Moor	Liver Hill	Half Pendle	Anniversary Waltz	Lordstone	Coiners	Ennerdale													
1	Andrew Wrench	V40		100.4	94.8	95.3	98.6	98.5	79.9	6	567.5	Q	1	Melanie Blackhurst	LV40	72.9	74.3	74.1	73.6	77.2	5	372.1
2	Andrew Horsfall	V40	86.9	91.7	86.7	89.0	90.0		84.2	6	528.5	Q	2	Richard O'Sullivan	V40	71.0	69.9	70.3		72.6	4	283.8
3	Mark Goldie	M	85.7	95.4	87.6		90.9	89.7	78.6	6	527.9	Q	3	Mel Siddal	LV40	70.0	65.6	65.5		68.8	4	269.9
4	Shaun Godsman	M		99.8	92.0	94.6		96.2	81.7	5	464.3	X	4	Keith Parkinson	M50		80.6		81.8	87.5	3	249.9
5	James Riley	M		85.4	75.9	77.2		79.4	60.6	5	378.5	X	5	Stuart Boulton	M45		67.7	70.3		70.8	3	208.8
6	Christopher Smale	V40	91.9			96.6	97.8		77.4	4	363.7	X	6	Nigel Hanson	V45	67.6	61.2	67.0			3	195.8
7	Jonathan Wright	M				85.6	93.5	96.1	83.4	4	358.6	X	7	Mark Goldie	M		87.4	85.8			2	173.2
8	Jane Smith	LV45	65.3	75.0		68.4		71.7	62.7	5	343.1	X	8	Paul Brannigan	V40		81.4			83.5	2	164.9
9	Nick Wigmore	M	79.2	89.4		82.9			67.8	4	319.3	X	9	Melanie Nicholls	L	67.2		63.2			2	130.4
10	Richard Leonard	V45	67.0	77.0		73.0			67.6	4	284.6	X	10	Claire Duffield	L	63.5	66.2				2	129.7
11	Claire Duffield	L		78.2	63.3	60.8		66.0		4	268.3	X	11	Jonathan Wright	M		93.7				1	93.7
12	Sharon Godsman	L	64.4	73.1	60.6	67.4				4	265.5	X	12	Andrew Horsfall	V40		91.3				1	91.3
13	Richard O'Sullivan	V40	62.7	70.9	64.9			65.1		4	263.6	X	13	Nick Wigmore	M		90.4				1	90.4
14	Martin Roberts	V45		88.6		86.2	85.5			3	260.3	X	14	Alex Whitem	M			89.3			1	89.3
15	Simon Galloway	V40	78.3	87.3	80.7					3	246.3	X	15	Jeff Walker	M		82.8				1	82.8
16	Dave Collins	V50	79.1				84.4	81.5		3	245.0	X	16	Richard Leonard	V45					81.3	1	81.3
17	Phil Hodgson	V45		82.7		77.5			74.9	3	235.1	X	17	Derek Donohue	V45		81.0				1	81.0
18	Alice Heath	L		74.8	63.3	67.5				3	205.6	X	18	Deon Bamford	V40	77.2					1	77.2
19	Melanie Blackhurst	LV40			67.1	63.2	71.0			3	201.3	X	19	Andrew Bibby	V50		76.8				1	76.8
20	Alex Whitem	M		99.9				97.3		2	197.2	X	20	Peter Bowles	M		76.6				1	76.6
21	David O'Neill	V45	55.5	66.4	59.6					3	181.5	X	21	Richard Blakeley	V60		75.0				1	75.0
22	Derek Clutterbuck	V70		51.4		51.8	58.1			3	161.3	X	22	Alice Heath			72.2				1	72.2
23	Ben Crowther	M			77.8			77.0		2	154.8	X	23	Colin Duffield	V40		71.4				1	71.4
24	Keith Parkinson	V50		78.1	74.4					2	152.5	X	24	Jeff Anderson	V45				70.1		1	70.1
25	Peter Bowles	M	69.9					77.7		2	147.6	X	25	Rachel Skinner	L		69.6				1	69.6
26	Derek Donohue	V45	69.8		76.1					2	145.9	X	26	Sarah Glyde	L		68.6				1	68.6
27	Wayne Morrison	V40			68.3	65.5				2	133.8	X	27	Lynne Griffiths	LV45		68.4				1	68.4
28	David Wilson	V50	62.9			66.5				2	129.4	X	28	Janine Wigmore	L		65.6				1	65.6
29	Mandy Goth	LV45		64.2		63.2				2	127.4	X	29	Moyra Parfitt	LV60		65.5				1	65.5
30	Stuart Boulton	V45	58.9	66.3						2	125.2	X	30	Francis Richardson	V60	64.8					1	64.8
31	John Page	V50	59.8					64.9		2	124.7	X	31	Tina Smith	L		64.3				1	64.3
32	Mel Siddall	LV40		67.4	56.4					2	123.8	X	32	Heather Simpson	L		63.7				1	63.7
33	Paul Burnett	M						89.2		1	89.2	X	33	David O'Neill	V45		61.6				1	61.6
34	Jeff Walker	M						80.9		1	80.9	X	34	Derek Clutterbuck	V70		60.9				1	60.9
35	Mark Harris	M				78.5				1	78.5	X	35	Laura Sutcliffe	L		60.8				1	60.8
36	Richard Blakeley	V60		73.1						1	73.1	X										
37	Deon Bamford	V40	72.7							1	72.7	X										
38	Jeff Anderson	V45						72.6		1	72.6	X										
39	Rachel Skinner	L						70.9		1	70.9	X										
40	Andrew Bibby	V50				70.3				1	70.3	X										
41	Rhys Watkins	V40				66.6				1	66.6	X										
42	Kath Brierley	LV40							65.3	1	65.3	X										
43	Moyra Parfitt	LV60						65.1		1	65.1	X										
44	Sue Roberts	LV40					63.7			1	63.7	X										
45	Peter Ehrhardt	V55					63.2			1	63.2	X										
46	Janine Wigmore	L	58.2							1	58.2	X										
47	Tina Smith	L	54.0							1	54.0	X										
48	Helen Hodgkinson	L	51.5							1	51.5	X										

2006 GRAND PRIX TABLE			Ilkley Moor	Liver Hill	Half Pendle	Anniversary Waltz	Lordstone	Coiners	Ennerdale	Lytham St Annes 10	Bluebell	Liversedge 1/2M	Oldham 1/2M	Hendon Brook	OPTIMUM POINTS		Qualified?
1	Melanie Blackhurst	8	0	0	77.9	73.4	83.4	0	0	84.6	86.3	86.1	85.4	90.5	667.6	Road	Q
2	Mark Goldie	8	85.7	95.4	87.6	0	90.9	89.7	78.6	0	87.4	85.8	0	0	622.5	X	X
3	Richard O'Sullivan	8	67	75.8	69.4	0	0	69.6	0	75.2	74	74.5	0	77	582.5	Equal	Q
4	Andrew Horsfall	7	90.3	95.3	90.1	92.4	93.5	0	87.5	0	94.6	0	0	0	556.2	X	X
5	Andrew Wrench	6	0	103.3	97.6	98.1	101.5	101.4	82.2	0	0	0	0	0	501.9	X	X
6	Mel Siddal	6	0	82	68.7	0	0	0	0	84.4	79.1	78.9	0	83	476.1	X	X
7	Shaun Godsman	5	0	99.8	92	94.6	0	96.2	81.7	0	0	0	0	0	464.3	X	X
8	Keith Parkinson	5	0	90.5	86.2	0	0	0	0	0	90.9	0	92.3	98.7	458.6	X	X
9	Jonathan Wright	5	0	0	0	85.6	93.5	96.1	83.4	0	93.7	0	0	0	452.3	X	X
10	Jane Smith	5	82.5	94.7	0	86.5	0	90.5	79.2	0	0	0	0	0	433.4	X	X
11	Claire Duffield	6	0	78.2	70	67.2	0	73	0	70.3	73.2	0	0	0	431.9	X	X
12	Nick Wigmore	5	79.2	89.4	0	82.9	0	0	67.8	0	90.4	0	0	0	409.7	X	X
13	Richard Leonard	5	73.8	84.7	0	80.3	0	0	74.4	0	0	0	0	88.2	401.4	X	X
14	Christopher Smale	4	96.3	0	0	101.3	102.5	0	81.1	0	0	0	0	0	381.2	X	X
15	James Riley	5	0	85.4	75.9	77.2	0	79.4	60.6	0	0	0	0	0	378.5	X	X
16	Stuart Boulton	5	64.9	73	0	0	0	0	0	0	73.3	74.5	0	76.8	362.5	X	X
17	Derek Clutterbuck	4	0	80	0	80.7	90.4	0	0	0	87.4	0	0	0	338.5	X	X
18	Alice Heath	4	0	82.8	70	74.7	0	0	0	0	79.9	0	0	0	307.4	X	X
19	Sharon Godsman	4	71.3	80.9	67	74.5	0	0	0	0	0	0	0	0	293.7	X	X
20	Martin Roberts	3	0	98.5	0	95.8	95	0	0	0	0	0	0	0	289.3	X	X
21	Alex Whittem	3	0	99.9	0	0	0	97.3	0	0	0	89.3	0	0	286.5	X	X
22	Dave Collins	3	89.7	0	0	0	95.7	92.5	0	0	0	0	0	0	277.9	X	X
23	David O'Neill	4	61.7	73.9	66.3	0	0	0	0	0	67.3	0	0	0	269.2	X	X
24	Phil Hodgson	3	0	92.9	0	87.1	0	0	85	0	0	0	0	0	265	X	X
25	Simon Galloway	3	81.3	91.5	84.6	0	0	0	0	0	0	0	0	0	257.4	X	X
26	Derek Donohue	3	76	0	83	0	0	0	0	0	87.1	0	0	0	246.1	X	X
27	Peter Bowles	3	69.9	0	0	0	0	77.7	0	0	76.6	0	0	0	224.2	X	X
28	Nigel Hanson	3	0	0	0	0	0	0	0	74.4	67.9	73.7	0	0	216	X	X
29	Moyra Parfitt	2	0	0	0	0	0	100.5	0	0	95.1	0	0	0	667.6	X	X
30	Richard Blakeley	2	0	96.4	0	0	0	0	0	0	93.5	0	0	0	189.9	X	X
31	Paul Brannigan	2	0	0	0	0	0										

HALIFAX HARRIERS

PRESENT

THE HELEN WINDSOR MEMORIAL 10K ROAD RACE

A SINGLE LAP SCENIC COURSE AROUND OPEN MOORLAND ON

WEDNESDAY 5TH JULY 2006 - 7.30P.M.

SUPPORTED BY OSSETT BREWERY AND THE THREE PIGEONS ALE HOUSE
FROM

GREETLAND ALL ROUNDERS SPORTS CLUB, ROCHDALE ROAD, GREETLAND, HALIFAX

MEMENTO TO ALL FINISHERS

PRIZES FOR : 1ST 5 LADIES - 1ST 5 MALES - 1ST VET IN ALL CATEGORIES

1ST LADIES TEAM - 1ST MENS TEAM (3 TO COUNT IN EACH) - 1ST LOCAL UNATTACHED RUNNER

ENTRY FEE : £7.00 BAF AFFILIATED CLUB - £9.00 UNATTACHED - £1 EXTRA ON THE DAY

ENTRY LIMIT 300 : CLOSING DATE FOR POSTAL ENTRIES WED 28TH JUNE 2006

ENTRIES TO (PLEASE ENCLOSE 9"X6" SAE & CHEQUE MADE PAYABLE TO HALIFAX HARRIERS)

SARAH IANNELLI, 15 AMBLER THORN, QUEENSBURY, BRADFORD, WEST YORKSHIRE, BD13 2NP. TEL: 01274 883261 (6-8pm)

ALL ENQUIRIES TO DENNIS O'KEEFE - 01422 201955

DIRECTIONS : FROM M62 JUNCTION 24 (AINLEY TOP) TAKE HALIFAX SIGNS UNDER THE MOTORWAY. TAKE 1ST EXIT SIGNED GREETLAND AND TURN LEFT AT SLIP ROAD END. FOLLOW GREETLAND SIGN AT ROUNDABOUT, BEAR LEFT IMMEDIATELY BEFORE ELLAND BRIDGE. FOLLOW ROAD TO TRAFFIC LIGHTS IN WEST VALE AND TURN RIGHT AND THEN TAKE THE LEFT TURN AT THE NEXT SET OF LIGHTS (BY ANDY THORNTONS ANTIQUES). PROCEED UP ROCHDALE ROAD FOR 2.5 MILES, GREETLAND ALL ROUNDERS CLUB IS ON THE RIGHT HAND SIDE, CAR PARKING IS TO THE REAR. PLEASE DO NOT PARK ON THE MAIN ROCHDALE ROAD NEAR CLUB.

[illegible]NAME : M/F..... AGE ON RACE DAY.....
(MINIMUM AGE ON RACE DAY 15)

ADDRESS : **TEL NO :**

POST CODE.....

RAF CLUB : **UK ATHLETICS MEMBERSHIP NO :**

DATE :

SIGNATURE..... **DECLARATION. I ACCEPT THE ORGANISERS SHALL NOT BE**
LIABLE FOR ANY INJURY OR ILLNESS TO MY PERSON AS A RESULT OF TAKING PART, NOR FOR ANY LOSS
OF PROPERTY. I AM AN AMATEUR AS DEFINED BY BAF LAWS.