

NOVEMBER 06

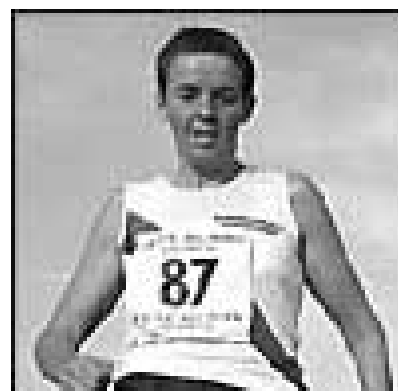


The "boys" at the start of Thieveley Pike

## CONGRATULATIONS TO LYNNE GRIFFITHS

On successfully winning the lady vets prize in the Welsh Triathlon championship in Bala this September. (She is Welsh)

She did the mile swim, 40k cycle and 11k run in 2 hours 36minutes.



### In this issue

Results and press reports from recent  
races

Full Gp, road and fell tables

Whats On (cross country, local fell & road  
races) and where

### FINAL GRAND PRIX RACES

Sun 29 Oct	RS ACCRINGTON 10K
Sun 5th Nov	RM DERWENTWATER 10
Sat 18 Nov	FL TOUR PENDLE

# FINAL GRAND PRIX RACES

## Accrington 10k Sunday 29th October 2006

Start 10am, Burnley rd outside Whittakers Arms pub.

Registration from 8.30am at race HQ, Highams Playing Fields,  
Thorneyholme Rd, Accrington (Off Queens Rd, Near to Accrington Victoria  
Hospital)

£6 Members of UKA Clubs

£1.50 Extra on the day

Further details on [www.accrington-road-runners.co.uk](http://www.accrington-road-runners.co.uk)

## Ronhill - 47th Derwentwater Ten Sunday 5th November 2006 Starting at 12.00 noon

Venue – Keswick School, Crosthwaite – Changing, showers & refreshments  
£5.00 Club – or £7.00 unaffiliated – Plus £2.00 after closing date 31st Oct.  
Min. age 17yrs Approx 500 runners Please enclose S.A.E..

Further details from Alan Ritchie – Tel. 01228 513 200

132 Scotby Road, Scotby, Carlisle CA4 8BJ

(Cheques payable to Keswick AC)

Also log-on to Club web site [www.keswick-ac.org.uk](http://www.keswick-ac.org.uk)

## The "TOUR of PENDLE" Fell Race

from Barley Near Burnley.

### Saturday 18th. November 2006

at **10:30 a.m.** 17 miles : 4250 ft.

REGISTRATION At Barley Village Hall.

The START & FINISH of the race is in Barley Village (g.r.823403), it visits checkpoints (C.P.) 1 to 11 before returning to the finish. Checkpoints are;

C.P.1: (g.r. 805418) C.P.5: (g.r. 772394) C.P.9: (g.r. 807424)

C.P.2: (g.r. 773384) **C.P.6: (g.r. 782404-New2002)** C.P.10: (g.r. 804414)

C.P.3: (g.r. 786385) C.P.7: (g.r. 783413) C.P.11: (g.r. 801397)

C.P.4: (g.r. 801397) C.P.8: (g.r. 789414)by

#### ENTRIES.

To be received no later than 16th. Nov. 2006 and sent to: Kieran Carr, Oakdene,  
Whalley Rd., Billington, Clitheroe, Lancs., BB7 9LG. Tel. 01254 822618. Entry fee £5.00.

Payable to K.F.Carr. e-mail [kieran.carr@mwhglobal.com](mailto:kieran.carr@mwhglobal.com). £ 10:00 to enter on day.



## SHEPHERDS SKYLINE FELL RACE

The Shepherds Skyline Fell Race is imminent yet again - Saturday November 4th 2006. We're hoping for a big turn out of runners this year as it doesn't clash with Dunnerdale.

Toddy Volunteers would be much appreciated to help with car parking, registration, marshalling, finish funnel, results etc. I promise a much improved finish funnel this year - no need to stand on bollards to keep it upright!

No problem if you want to run the race as we need lots of help for the Junior races which start at 12:30 (main race starts at 14:00). Please publicise the junior races to everyone you know who has fellrunning inclined kids who love getting their feet - and probably legs, arms etc very muddy - I quote from a satisfied junior customer last year, "That was a proper little fell race!" Lucky bags for all junior entrants.

Email us or give us a call (01422 844936) if you can volunteer your services. I'll chat to you nearer the time as to what essential role we need you to cover.

## CROSS COUNTRY

We have entered the Red rose Cross country League this year.

To compete in this league you need to register as a club and as individuals.

The mens race is approximately 10k and the ladies 5k ish. It's very fast & furious but very good for you.

The first cross country of the season was a little fraught for Andrew Wrench who was the victim of some very unsportsmanlike like behaviour. I hope to get more information for next months Torrier.

The next few fixtures are

**Sat 28th October, Bury (Chesham)**

1.45pm (multimap ref: SD812120)

**Sat 18th November, Hyndburn (Wilson Playing Fields)** 1.45pm (postcode BB5 5SD)

**Sat 16th December, Rossendale (Marl Pits)**

Please note 12.45 start (postcode BB4 7SW)

Full details on :- [www.redrosecrosscountry.co.uk](http://www.redrosecrosscountry.co.uk)

**Anyone interested**

**please contact Andrew Wrench on 01706 813244**

# Mandy's Page

## Pack Runs

**Wednesdays  
7pm start**

**NOV— QUEEN, TODMORDEN**

**DEC— WHITE SWAN  
HEBDEN BRIDGE**

**JAN— RAKE INN  
LITTLEBOROUGH**

**FEB— FIGHTING COCKS  
CLIVIGER**

**MAR—MASONS, BACUP RD  
TODMORDEN**

## Batty Toddies

Note: There are now  
Batruns every Wednesday  
packrun. Headtorch essen-  
tial

On Wednesday 8th Novem-  
ber we will be running from  
the Queen in Tod - an ideal  
venue from which to plan our annual **Bats meet  
Bikes** trip up Stoodley Pike - the chaps with Blazing  
Saddles and very bright lights will meet us up there  
for some firework fun!

**The Caped Crusader**



## Speed Work

**Tuesdays at 6.45pm**

**Tuesday 31st October &  
Tuesday 7th November  
will be from Lob Mill**

After that check on the E-groups or with Mandy or Sharon  
01706 816198

**DATE FOR  
YOUR DIARY**

**CHRISTMAS DO  
AND  
PRESENTATION**

**FRIDAY 15TH DECEM-  
BER**

**TODMORDEN  
CRICKET CLUB**

**Full details and tickets  
available very soon.**

**HOT TODDY  
ROAD RACE  
SATURDAY 30TH DEC**  
If you are going to any  
road races then I have  
some flyers to pass out.

## Juniors

**Mondays**

**Session £1**

**From**

**5.30 — 6.30 6yrs—10yrs**

**6.30 — 7.30 11yrs +**

# The Calendar

Runs, races and recces coming up in the next month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
October						
		<b>25</b> <b>Pack run</b> , 7pm Shoulder of Mutton, Mytholmroyd      Also Bat Run	<b>26</b>	<b>27</b>	<b>28</b> <b>X Country</b> Bury (Chesham) 1.45pm	<b>29</b> <b>Accrington 10K</b> (10am) <b>Holmfirth 15</b> (10.30am) <b>Race You to the Summit</b> (11.30am)
<b>30</b>	<b>31</b> <b>Speed Training</b> , 6.45pm Lob Mill					
November						
		<b>1</b> <b>Pack run</b> , 7pm The Queen, Tod      Also <b>BATS MEET BIKES</b>	<b>2</b>	<b>3</b>	<b>4</b> <b>Shepherd's Skyline</b> (2pm)	<b>5</b> <b>Calder Valley Score Event</b> (Start 10-11am) <b>Guy Fawkes 10</b> (10.30am) <b>Through the Villages 8.5</b> (11am) <b>Derwentwater 10</b> (12 noon)
<b>6</b> <b>Committee meeting</b> 8pm, The Queen, Tod <i><b>Please note change of time and venue</b></i>	<b>7</b> <b>Speed Training</b> , 6.45pm Lob Mill	<b>8</b> <b>Pack run</b> , 7pm The Queen, Tod      Also Bat Run	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> <b>Speed Training</b> , 6.45pm TBA	<b>15</b> <b>Pack run</b> , 7pm The Queen, Tod Also Bat Run				

## **Todmorden Harriers Committee Meeting, 2nd October 2006**

### **Ian Hodgson Relay**

This was a really enjoyable event for all who took part, with very low cloud gradually clearing throughout the event. The A Team were 10<sup>th</sup> and the Mixed Team did quite well.

### **FRA Relay**

Team captains: Men	Jon Wright
Ladies	Mandy Goth
Vets	Derek Donohue

Teams are now all sorted out.

### **FRA Championship**

Tod Harriers have again done brilliantly in the national championship. Final results after Thievely Pike: Seniors 6<sup>th</sup>, Vets 5<sup>th</sup>. Congratulations to all runners who played a part in this success.

### **New Members**

Welcome to: Susie Hartley  
Rachel Lockley  
Elise Milnes  
Christine Preston

### **Local Races**

Andrew Bibby suggested that local race organisers should meet to coordinate race dates for the next calendar.

### **Halifax Track**

A letter of thanks has for our £350 donation to the new track has been received from Halifax Harriers.

### **Club Champion Award**

John Crummett, club statistician, suggested we introduce separate male and female club champion awards. A decision was deferred until the next meeting.

### **Calderdale Way Relay**

We have four teams for this big event this year (6 legs, each run in pairs): A, Vets, Ladies, 'All Stars'.

### **Mini Mountain-Marathon**

This should take place on the second weekend of January 2007. We do not have an organiser yet.

**All** members are welcome at committee meetings, which are held on the first Monday of each month. From October 2006 meetings will start at 8pm from a new venue as yet undecided. Please see this edition of the Torrier for details of the October meeting. Committee meetings offer you an opportunity to contribute to the running of the club.

## **Kit**

Kit is available from Jane Smith who can be contacted on 01706 818663

## **Toddie T-Shirts**

White t-shirts with Toddie blue/red stripes – specially designed for small people and 'Toddler Harriers'\*

Made to order – all proceeds to Romania Charity.  
£7.50 each

**Contact Helen or Dave Wilson  
for details**

01706 814367

d.h.wilson2@btinternet.com

## **Committee Meeting**

November 6<sup>th</sup>

Monday 8pm

Queen Hotel  
Todmorden

# FELL TABLE 2006

			Ilkley Moor	Hades Hill	Thieveley Pike	Liver Hill	Half Pendle	Anniversary Waltz	Lordstone	Coiners	Ennerdale	Holme Moss	Sedburgh	Tour of Pendle			
1	Andrew Wrench	V40		99.2	102.3	100.4	94.8	95.3	98.6	98.5	79.9		86.5		9	585.5	Q
2	Christopher Smale	V40	91.9	96.5	103.0			96.6	97.8		77.4		93.8		7	579.6	Q
3	Jonathan Wright	M			98.7			85.6	93.5	96.1	83.4	95.7	93.9		7	563.5	Q
4	Shaun Godsman	M		95.0		99.8	92.0	94.6		96.2	81.7				6	559.3	Q
5	Mark Goldie	M	85.7	87.4	92.7	95.4	87.6		90.9	89.7	78.6				8	534.9	Q
6	Andrew Horsfall	V40	86.9			91.7	86.7	89.0	90.0		84.2	88.3			7	532.6	Q
7	James Riley	M		79.4		85.4	75.9	77.2		79.4	60.6				6	457.9	Q
8	Richard Leonard	V45	67.0	68.6	76.7	77.0		73.0			67.6				6	429.9	Q
9	Jane Smith	LV45	65.3		67.7	75.0		68.4		71.7	62.7				6	410.8	Q
10	Phil Hodgson	V45		78.0	81.1	82.7		77.5			74.9				5	394.2	X
11	Alex Whittam	M		95.6	101.1	99.9				97.3					4	393.9	X
12	Alice Heath	L		73.2	74.2	74.8	63.3	67.5							5	353.0	X
13	Sharon Godsman	L	64.4	67.7	70.6	73.1	60.6	67.4							6	343.2	X
14	Richard O'Sullivan	V40	62.7		69.8	70.9	64.9			65.1					5	333.4	X
15	Dave Collins	V50	79.1		86.6				84.4	81.5					4	331.6	X
16	Simon Galloway	V40	78.3		84.8	87.3	80.7								4	331.1	X
17	Nick Wigmore	M	79.2			89.4		82.9			67.8				4	319.3	X
18	Mandy Goth	LV45		62.2	65.7	64.2		63.2					59.0		5	314.3	X
19	David O'Neill	V45	55.5	59.8	64.2	66.4	59.6								5	305.5	X
20	Claire Duffield	L				78.2	63.3	60.8		66.0					4	268.3	X
21	Martin Roberts	V45				88.6		86.2	85.5						3	260.3	X
22	Stuart Boulton	V45	58.9		66.1	66.3						57.4			4	248.7	X
23	Ben Crowther	M			80.6		77.8			77.0					3	235.4	X
24	Keith Parkinson	V50				78.1	74.4					75.4			3	227.9	X
25	Derek Clutterbuck	V70			54.7	51.4		51.8	58.1						4	216.0	X
26	Melanie Blackhurst	LV40					67.1	63.2	71.0						3	201.3	X
27	John Page	V50	59.8		66.5					64.9					3	191.2	X
28	Sue Roberts	LV40		63.9	63.3				63.7						3	190.9	X
29	Peter Ehrhardt	V55		62.0					63.2			53.9			3	179.1	X
30	Paul Burnett	M		88.9						89.2					2	178.1	X
31	Peter Bowles	M	69.9							77.7					2	147.6	X
32	Derek Donohue	V45	69.8				76.1								2	145.9	X
33	Wayne Morrison	V40					68.3	65.5							2	133.8	X
34	David Wilson	V50	62.9					66.5							2	129.4	X

## ROAD/TRAIL TABLE 2006

			Helen Windsor 10K	Radcliffe 6.5	Pauline Luketti	Accrington 10K	Lytham St Annes 10	Derwentwater 10	Bluebell	Burnley Fire 7	Liversedge 1/2 M	Oldham 1/2 M	Hendon Brook	Langdale 1/2 M			
1	Keith Parkinson	M50	80.3	84.2	79.7				80.6	78.1		81.8	87.5		7	494.1	Q
2	Melanie Blackhurst	LV40	73.4		73.5		72.9		74.3	73.0	74.1	73.6	77.2	74.1	9	446.8	Q
3	Stuart Boulton	M45	67.2	67.6	66.1				67.7	67.6	70.3		70.8		7	411.2	Q
4	Alex Whittam	M			94.0					93.5	89.3			97.8	4	374.6	X
5	Richard O'Sullivan	V40					71.0		69.9	69.0	70.3		72.6		5	352.8	X
6	Mark Goldie	M	85.2		89.9				87.4		85.8				4	348.3	X
7	Mel Siddal	LV40	71.8				70.0		65.6		65.5		68.8		5	341.7	X
8	Melanie Nicholls	L	68.3	73.1			67.2			67.7	63.2				5	339.5	X
9	Paul Brannigan	V40	86.7						81.4				83.5	84.1	4	335.7	X
10	Nigel Hanson	V45		70.7			67.6		61.2	68.0	67.0				5	334.5	X
11	Alice Heath			74.7	74.2				72.2					72.2	4	293.3	X
12	Claire Duffield	L	67.4	71.1			63.5		66.2						4	268.2	X
13	Peter Ehrhardt	V55	65.6	68.2	62.9					67.0					4	263.7	X
14	Moyra Parfitt	LV60	62.7	66.4					65.5	62.7					4	257.3	X
15	Derek Clutterbuck	V70		61.0	59.4				60.9	58.7					4	240.0	X
16	Jeff Anderson	V45	75.4							74.1		70.1			3	219.6	X
17	Sharon Godsman	L		72.2	69.0					70.7					3	211.9	X
18	Sarah Glyde	L	72.2						68.6	70.7					3	211.5	X
19	David O'Neill	V45		63.9	62.0				61.6						3	187.5	X
20	Richard Leonard	V45	72.4										81.3		2	153.7	X
21	Richard Blakeley	V60							75.0	76.1					2	151.1	X
22	Heather Simpson	L	66.9						63.7						2	130.6	X
23	Andrew Wrench	V40			99.7										1	99.7	X
24	John Newby	V70			48.9					48.4					2	97.3	X
25	Jonathan Wright	M							93.7						1	93.7	X
26	Andrew Horsfall	V40							91.3						1	91.3	X
27	Nick Wigmore	M							90.4						1	90.4	X
28	Simon Anderton	V45			87.5										1	87.5	X
29	James Riley	M		84.5											1	84.5	X
30	Ashley Wright	M			83.1										1	83.1	X
31	Jeff Walker	M							82.8						1	82.8	X
32	Mark Anderton	V40	81.7												1	81.7	X
33	Derek Donohue	V45							81.0						1	81.0	X
34	Deon Bamford	V40					77.2								1	77.2	X
35	Andrew Bibby	V50							76.8						1	76.8	X
36	Peter Bowles	M							76.6						1	76.6	X
37	Eric Emerson	V50	75.1												1	75.1	X
38	Alison Richards	L												73.3	1	73.3	X
39	Colin Duffield	V40							71.4						1	71.4	X
40	Rachel Skinner	L							69.6						1	69.6	X
41	Lynne Griffiths	LV45							68.4						1	68.4	X
42	Bohuslav Barlow	V55			67.9										1	67.9	X
43	Janine Wigmore	L							65.6						1	65.6	X
44	Francis Richardson	V60					64.8								1	64.8	X
45	Tina Smith	L							64.3						1	64.3	X
46	Louise Abdy	LV40			61.1										1	61.1	X
47	Laura Sutcliffe	L							60.8						1	60.8	X
48	Julia Holt	LV40								59.6					1	59.6	X
49	Charlotte Woodhead									58.4					1	58.4	X
50	Ian Stansfield	V60			47.4										1	47.4	X



# 2006 GRAND PRIX TABLE

		Ilkley Moor	Hades Hill	Thieveley Pike	Liver Hill	Half Pendle	Anniversary Waltz	Lordstone	Coiners	Ennerdale	Holme Moss	Sedburgh	Tour of Pendle	Helen Windsor 10K	Radcliffe 6.5	Pauline Luketti	Accrington 10K	Lytham St Annes 10	Derwentwater 10	Bluebell	Burnley Fire 7	Liversedge 1/2M	Oldham 1/2M	Hendon Brook	Langda1/2M	OPTIMUM POINTS		Qualified?	Fell Races	Road Races
1	Alex Whittam	8	0	95.6	101.1	99.9	0	0	97.3	0	0	0	0	0	0	94	0	0	0	0	93.5	89.3	0	0	97.8	768.5	Equal	Q	4	4
2	Keith Parkinson	10	0	0	90.5	86.2	0	0	0	0	87.4	0	0	90.6	95.7	93.4	0	0	0	90.9	88.8	0	92.3	98.7	0	735.1	Road	Q	3	7
3	Mark Goldie	12	85.7	87.4	92.7	95.4	87.6	0	90.9	89.7	78.6	0	0	85.2	0	89.9	0	0	0	87.4	0	85.8	0	0	0	719.4	Fell	Q	8	4
4	Derek Clutterbuck	8	0	0	85.2	80	0	80.7	90.4	0	0	0	0	0	87.5	92.4	0	0	0	87.4	84.3	0	0	0	0	687.9	Equal	Q	4	4
5	Melanie Blackhurst	12	0	0	0	77.9	73.4	83.4	0	0	0	0	0	86	0	86.4	0	84.6	0	86.3	85.6	86.1	85.4	90.5	86.8	670.8	Road	Q	3	9
6	Alice Heath	9	0	80.9	82.1	82.8	70	74.7	0	0	0	0	0	0	82.7	82.1	0	0	0	79.9	0	0	0	0	79.8	645	Equal	Q	5	4
7	Andrew Wrench	10	0	103	106.3	103.3	97.6	98.1	101.5	101.4	82.2	0	89.9	0	0	103.5	0	0	0	0	0	0	0	0	0	619	X	X	9	1
8	Sharon Godsman	9	71.3	74.9	78.1	80.9	67	74.5	0	0	0	0	0	0	79.9	76.4	0	0	0	0	78.2	0	0	0	0	614.2	Fell	Q	6	3
9	Richard O'Sullivan	10	67	0	75.3	75.8	69.4	0	0	69.6	0	0	0	0	0	0	0	75.2	0	74	73.6	74.5	0	77	0	595	Road	Q	5	5
10	Claire Duffield	8	0	0	0	78.2	70	67.2	0	73	0	0	0	74.5	78.6	0	0	70.3	0	73.2	0	0	0	0	0	585	Equal	Q	4	4
11	Stuart Boulton	11	64.9	0	72.8	73	0	0	0	0	63.1	0	0	72.9	73.3	72.8	0	0	0	73.3	73.3	74.5	0	76.8	0	581.9	Road	Q	4	7
12	Jonathan Wright	8	0	0	98.7	0	0	85.6	93.5	96.1	83.4	95.7	93.9	0	0	0	0	0	0	93.7	0	0	0	0	0	571.6	X	X	7	1
13	Richard Leonard	8	73.8	76.3	85.3	84.7	0	80.3	0	0	74.4	0	0	0	78.4	0	0	0	0	0	0	0	0	88.2	0	567.6	X	X	6	2
14	Mel Siddal	7	0	0	0	82	68.7	0	0	0	0	0	0	86.5	0	0	0	84.4	0	79.1	0	78.9	0	83	0	562.6	X	X	2	5
15	Andrew Horsfall	8	90.3	0	0	95.3	90.1	92.4	93.5	0	87.5	91.7	0	0	0	0	0	0	0	94.6	0	0	0	0	0	557.8	X	X	7	1
16	Peter Ehrhardt	7	0	78.8	0	0	0	80.3	0	0	68.5	0	0	79.3	82.5	79.9	0	0	0	0	81.1	0	0	0	0	550.4	X	X	3	4
17	David O'Neill	8	61.7	66.5	72.1	73.9	66.3	0	0	0	0	0	0	0	69.8	68.9	0	0	0	67.3	0	0	0	0	0	546.5	Fell	Q	5	3
18	Christopher Smale	7	96.3	101.2	108	0	0	101.3	102.5	0	81.1	0	98.3	0	0	0	0	0	0	0	0	0	0	0	0	511.3	X	X	7	0
19	James Riley	7	0	79.4	0	85.4	75.9	77.2	0	79.4	60.6	0	0	0	84.5	0	0	0	0	0	0	0	0	0	0	481.8	X	X	6	1
20	Shaun Godsman	6	0	95	0	99.8	92	94.6	0	96.2	81.7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	477.6	X	X	6	0
21	Moyra Parfitt	5	0	0	0	0	0	0	100.5	0	0	0	0	91	96.4	0	0	0	0	95.1	91	0	0	0	0	768.5	X	X	1	4
22	Phil Hodgson	5	0	88.5	92	92.9	0	87.1	0	0	85	0	0	0	0	0	0	0	0	0	0	0	0	0	0	445.5	X	X	5	0
23	Jane Smith	6	82.5	0	85.5	94.7	0	86.5	0	90.5	79.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	439.7	X	X	6	0
24	Nick Wigmore	5	79.2	0	0	89.4	0	82.9	0	0	67.8	0	0	0	0	0	0	0	0	90.4	0	0	0	0	0	409.7	X	X	4	1
25	Mandy Goth	5	0	77.6	82	80	0	78.8	0	0	0	0	73.6	0	0	0	0	0	0	0	0	0	0	0	0	392	X	X	5	0
26	Dave Collins	4	89.7	0	98.3	0	0	0	95.7	92.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	376.2	X	X	4	0
27	Melanie Nicholls	5	0	0	0	0	0	0	0	0	0	0	0	75.5	80.9	0	0	74.3	0	0	74.9	70	0	0	0	375.6	X	X	0	5
28	Nigel Hanson	5	0	0	0	0	0	0	0	0	0	0	0	0	78.4	0	0	74.4	0	67.9	75.5	73.7	0	0	0	369.9	X	X	0	5
29	Paul Brannigan	4	0	0	0	0	0	0	0	0	0	0	0	90.5	0	0	0	0	0	84.4	0	0	0	87.2	87.8	349.9	X	X	0	4
30	Simon Galloway	4	81.3	0	88.9	91.5	84.6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	346.3	X	X	4	0
31	Jeff Anderson	4	0	0	0	0	0	0	77.6	0	0	0	0	79.9	0	0	0	0	0	0	78.5	0	74.3	0	0	310.3	X	X	1	3
32	Martin Roberts	3	0	0	0	98.5	0	95.8	95	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	289.3	X	X	3	0
33	Richard Blakeley	3	0	0	0	96.4	0	0	0	0	0	0	0	0	0	0	0	0	0	93.5	94.8	0	0	0	0	284.7	X	X	1	2
34	Derek Donohue	3	76	0	0	0	83	0	0	0	0	0	0	0	0	0	0	0	0	87.1	0	0	0	0	0	246.1	X	X	2	1
35	Ben Crowther	3	0	0	80.6	0	77.8	0	0	77	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	235.4	X	X	3	0
36	Sarah Glyde	3	0	0	0	0	0	0	0	0	0	0	0	79.9	0	0	0	0	0	75.9	78.3	0	0	0	0	234.1	X	X	0	3
37	Sue Roberts	3	0	77	77.1	0	0	0	76.6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	230.7	X	X	3	0
38	Louise Abdy	3	0	74.8	76.5	0	0	0	0	0	0	0	0	0	0	76.2	0	0	0	0	0	0	0	0	0	227.5	X	X	2	1
39	John Page	3	70.8	0	79.6	0	0	0	76.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	227.2	X	X	3	0

40	Peter Bowles	3	69.9	0	0	0	0	0	0	77.7	0	0	0	0	0	0	0	0	0	76.6	0	0	0	0	0	224.2	X	X	2	1
41	John Newby	3	0	66.4	0	0	0	0	0	0	0	0	0	0	0	75	0	0	0	0	68.6	0	0	0	0	210	X	X	1	2
42	Tina Smith	3	59.8	0	71.2	0	0	0	0	0	0	0	0	0	0	0	0	0	71.2	0	0	0	0	0	202.2	X	X	2	1	
43	Ian Stansfield	3	0	59.5	67.1	0	0	0	0	0	0	0	0	0	0	63.4	0	0	0	0	0	0	0	0	190	X	X	2	1	
44	Paul Burnett	2	0	88.9	0	0	0	0	0	89.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	178.1	X	X	2	0	
45	Andrew Bibby	2	0	0	0	0	0	81.4	0	0	0	0	0	0	0	0	0	0	86.6	0	0	0	0	0	168	X	X	1	1	
46	Jeff Walker	2	0	0	0	0	0	0	0	80.9	0	0	0	0	0	0	0	0	82.8	0	0	0	0	0	163.7	X	X	1	1	
47	Deon Bamford	2	76.3	0	0	0	0	0	0	0	0	0	0	0	0	0	80.6	0	0	0	0	0	0	0	156.9	X	X	1	1	
48	Rachel Skinner	2	0	0	0	0	0	0	0	78.5	0	0	0	0	0	0	0	0	77	0	0	0	0	0	155.5	X	X	1	1	
49	David Wilson	2	71.4	0	0	0	0	75.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	146.8	X	X	2	0	
50	Heather Simpson	2	0	0	0	0	0	0	0	0	0	0	0	74	0	0	0	0	70.4	0	0	0	0	0	144.4	X	X	0	2	
51	Wayne Morrison	2	0	0	0	0	70.3	67.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	137.7	X	X	2	0	
52	Janine Wigmore	2	64.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	72.6	0	0	0	0	0	137	X	X	1	1	
53	Laura Sutcliffe	2	0	64.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	67.3	0	0	0	0	0	131.8	X	X	1	1	
54	Simon Anderton	1	0	0	0	0	0	0	0	0	0	0	0	0	0	95.3	0	0	0	0	0	0	0	0	95.3	X	X	0	1	
55	Mark Anderton	1	0	0	0	0	0	0	0	0	0	0	0	0	85.9	0	0	0	0	0	0	0	0	0	85.9	X	X	0	1	
56	Eric Emerson	1	0	0	0	0	0	0	0	0	0	0	0	0	85.3	0	0	0	0	0	0	0	0	0	85.3	X	X	0	1	
57	Bohuslav Barlow	1	0	0	0	0	0	0	0	0	0	0	0	0	0	85.3	0	0	0	0	0	0	0	0	85.3	X	X	0	1	
58	Lynne Griffiths	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	84	0	0	0	0	0	84	X	X	0	1	
59	Ashley Wright	1	0	0	0	0	0	0	0	0	0	0	0	0	0	83.1	0	0	0	0	0	0	0	0	83.1	X	X	0	1	
60	Ashley Wright	1	0	82.8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	82.8	X	X	1	0	
61	Alison Richards	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	81.1	81.1	X	X	0	1	
62	Kath Brierley	1	0	0	0	0	0	0	0	79.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	79.5	X	X	1	0	
63	Mark Harris	1	0	0	0	0	0	78.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	78.5	X	X	1	0	
64	Francis Richardson	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	77.6	0	0	0	0	0	0	0	77.6	X	X	0	1	
65	Greg Elwell	1	0	77.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	77.2	X	X	1	0	
66	Colin Duffield	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	73.5	0	0	0	0	0	73.5	X	X	0	1	
67	Julia Holt	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	69.8	0	0	0	0	69.8	X	X	0	1	
68	Rhys Watkins	1	0	0	0	0	0	68.5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	68.5	X	X	1	0	
69	Charlotte Woodhead	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	64.6	0	0	0	0	64.6	X	X	0	1	
70	Helen Hodgkinson	1	56.9	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	56.9	X	X	1	0	

## Forthcoming Local Races

### Fell

Sunday 29<sup>th</sup> October 11:30am

**Race You to The Summit** CS 4 miles/ 800ft

Summit Pub, Summit

*From the Summit up to the White House and back via the animal sanctuary thingy at half way up. I was once startled by a peacock, mid race. It's a long story and I do not come out of it with any credit.*

*That aside, it's a nice race with no navigational element or other hidden difficulty. Should be suitable for anyone who fancies an outing.*

Saturday 4<sup>th</sup> November 2:00pm

**Shepherds Skyline** BM 6.25 miles / 1150ft

Shepherds Rest Pub, Lumbutts Road, Tod.

*A Phil Hodgson production, details elsewhere. I'm sure there will be opportunities for aspiring marshals, car parkers, and general admin staff. Successful applicants for marshalling posts will show aptitude for standing in mud whilst moaning about being cold and wet. Also, experience of occasionally shouting 'Well done' is desirable but not essential as training can be given.*

Sunday 17th December 11:30am

**The Stoop** BM 5 miles/ 800ft

Penistone Hill, Near Haworth.

*Friendly, flagged, fun, and fairly muddy.*

*It's a Dave and Eileen Woodhead venture, so expect chocolate and shouting at the prize giving. Hugely popular race and rightly so.*

### Road

Sunday 29th October 10am

**Accrington 10k**

Part of road Grand Prix

Registration at Highams playing fields

£6 in advance, £1.50 extra on day

And if 10k is not enough for you try:

**Holmfirth 15**

*A double lap undulating course*

*Do not ask Richard Leonard or Moyra about this unless you want to be put off! Great hats if you do finish!!*

£8 in advance, £1 extra on day

Sunday 5th November 11am

**Through the Villages 8.5**

Starts at Dresser's Arms, Wheelton, Near Chorley

*Scenic, hilly course. A little lacking on organisation, water, etc. - they need a few tips from our experts!!*

£6 in advance, £2 extra on day

Also on that day, at 10.30am

**Guy Fawkes 10**

From Ripley near Harrogate

£7 in advance, £1 extra on day

Sunday 19th November 10am

**Preston 10**

Start Hutton Grammar School

£6 in advance, £1 extra on day

## Relays



Jon Wright & Mark Goldie at the FRA Relays

As you can read else where in this issue Todmorden have performed very well at recent relays the highlight being the 5th in the FRA Relays.

We've entered four teams in the Calderdale Way relay on Sunday 10th December but could do with people racing so the team captains can sort the pairing out.

The Team Captains are as follows:

A Team Jon Wright 01706 810967

Vets Dave Collins 01706 816749

Ladies Helen Hodgkinson 01422 844807 ( Jane Smith to be in charge on the day)

Still wanted an ALLstars team captain

*A message from the A Team Captain*

*The CWR will be upon us very soon, if you want to get into the A team you are going to after show me how you are performing. I suggest you complete a race or 2 prior to the event for me to pick the strongest team possible.*

*A good gauge would be the up and coming Shepherds skyline !!*

*Jon*



Alex Whittam with the offending Walshes at the Ian Hodgson

## Calder Valley Score Event

Sunday 5th November from Cock Hill Farm, Cragg Vale.

Starts from 10.00am to 11.00am - £4

Please let us know if you are coming on 01422 882555 or

**thescarfs@hotmail.com** so that we have an idea of numbers to get maps printed.

If you don't inform us before hand you will have to provide your own map.

Jackie and Phil Scarf

## KIKI's CORNER

What a good year this has been for Tod Ladies. We all have ups & downs with injuries, but there is always someone in the pub, or out on a pack run who knows what your going through & can give the encouragement and the advice you need to spur you on, especially if you are getting back into training. We now have more female runners than we have had for a long time, and with more prepared to go out and race it's just fantastic. We have performed well this year in the Pennine Bridleway, High Peak Marathon, FRA relay, become more prominent in the local Pennine fell races and have started to venture out into the Lake District to tackle the more challenging routes.

Here is my main point. We have the Calderdale Way Relay coming up in December, and with so many women running so well we need to know who our 12 (or 15 if we count



Some of the girls at Thieveley Pike Fell Race

reserves – we needed 3 last year!) fastest runners are. Not just that, it's a careful balance of matching speed, preferred terrain (road/fell), race experience and route knowledge, although if we prepare early enough we can all be sure to recce legs thoroughly. In order to ensure we can make the best choices for the team we need to get out and race. The **Accrington 10K** is on **Sunday 29<sup>th</sup> Oct** and the **Shepherd's Skyline** is coming up on the **4<sup>th</sup> November**, hard though racing is it doesn't half sharpen up your pace, so lets get out and find out what we can do.

Thinking ahead for next year we could have a much more organised approach to the English FRA races. We have a breadth of talent to cope with the short, medium and long fell races. We should be able to have a team for every race if we start to make it a priority. This isn't just for the faster or more experienced runners, it is a really good way for anyone to gain experience, improve navigational skills, pacing and confidence every time you race. You will be surprised at how quickly you improve.

Enough of the competitive stuff now, quite a few females were up in the Lakes recently, allegedly recceing routes but from what I heard glugging yards of wine and being quite raucous, in fact they scared most of the men away with their din, bravo I say if we aren't running we should be out enjoying ourselves. Party on !

KIKI LABUTT

Kiki will be having a regular spot in this newsletter anyone who want s to write to her then do so care of mandy or Andrew.

## A Day Out At The FRA Relays!

It was the British Fell Relay Championships last weekend – the 13<sup>th</sup> October. Unlucky for some maybe – but not Tod Harriers!

As you probably already know, the 'A' team came a magnificent 5<sup>th</sup>!! A great performance against top opposition...

I was running Leg 1 for the Vets. On paper, the journey up to Castle Carr looked like it would be narrow and slow going but in the event it was fine. I arrived in plenty of time.

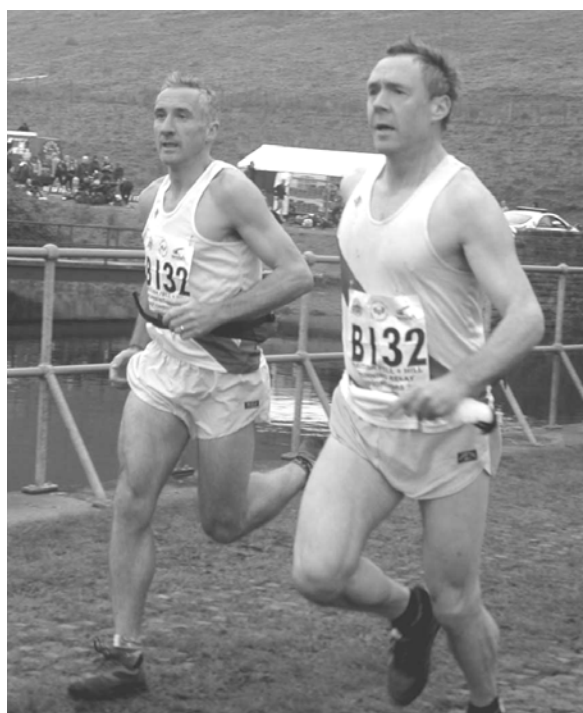
The weather was good and at first sight this large expanse of private land looked like a magnificent area for fell running. We were not to be disappointed!! Lots of tussocky moorland, narrow tracks of various types and plenty of interesting up and down – a true test of different fell running skills.

So, lining up with over 100 other first leg runners, I felt the familiar nervous excitement. I love relay events – I wish there were more to be honest. I never have a problem with motivation (unlike in some solo races when it starts to hurt!).

The gun went and we were off! A short fast section where I felt great (I guess I should do at that stage), and then a long slow, but runnable, climb to Checkpoint 1. The pace felt very quick to me. "Run your own race" I told myself and slowed down a little. Soon it was time for the steep descent to the reservoirs. Lots of spectators and Toddy support there so time to throw myself recklessly through the heather and mud! Overtook a couple of people here and really enjoyed it.



Simon G on Leg 1



Martin Roberts & Dave Collins on Leg 2

Across the dam and then a steep grassy ascent (which went on too long!). This was followed by some narrow and mixed paths roughly contouring the hillside before descending back to the valley again ready for the final climb. This was of the rolling type and I could have done without it, to be honest! Saw Dave Wilson at the top and was starting to wish it was over. I lost 5 or 6 places on this section. But the gradient eased off and there was a nice finish to the leg – except for the final 50m climb to the change-over pen! I was pleased with my efforts and knew I'd done my best.

Stayed a while afterwards to recover, to watch all our Leg 2 runners come in and generally take in the atmosphere. A cracking day out! I hope everyone else there enjoyed it too.

Roll on the 'Calderdale' in December!!

## **Press Reports**

### **Hades Hill**

As the autumn approaches and the nights begin to get darker, the nature of the races change in the fell running calendar. Last Thursday Todmorden Harriers travelled the short distance to Whitworth to compete in the last evening fell race of the year, the Hades Hill. The bright crisp weather, the local venue and short course prompted a bumper turnout of 21 Tod runners in the field of 150 starters. The big field made for fierce competition for the higher placings, but Todmorden held their own with Andy Wrench, Chris Smale, Alex Whitem, and Shaun Godsman all finishing inside the top ten, although none of these could catch race winner Danny Hope of Pudsey and Bramley AC.

Elsewhere in the race Todmorden's hot prospect, 16 year old Ashley Wright, continued his rapid improvement, beating off challenges from more experienced competitors to finish in 36<sup>th</sup> position.

In the ladies race, Alice Heath confirmed her promise for the future by finishing 78<sup>th</sup> overall, taking some notable scalps in the process.

### **Yorkshireman Marathon/Half Marathon**

A different type of challenge was posed by the Yorkshireman Off Road Marathon and Half Marathon on Saturday. The events, which are run simultaneously over the moorland tracks and bridleways around Keighley, are fast becoming regarded as premier events and attract a large number of entries, this year 261 completed the half course and 166 runners completed the full. Foremost in the Todmorden Harriers that completed the full course were Jeff Walker and Rachel Skinner who finished a highly creditable 2nd place in the mixed team section and Colin Duffield who finished 45th in the individual rankings.

The Half Marathon event was won by Stainland's Ben Mounsey who continued his recent fine form by finishing in a time a 1.29.42. In the ladies' race, England International Jo Waites of Calder Valley Fell Runners took the honours. For the Todmorden club, Melanie Blackhurst crossed the line in a time of 1.55.25, which gave her a position of 6th lady. Following Blackhurst home was her fellow Harrier and Oxenhope local Sue Roberts who finished in a time of 2.20.29.

### **Mountain Trial**

Another event to attract the attention of the Harriers was the 54<sup>th</sup> Lake District Mountain Trail. The event, which is a test of mountain navigation and stamina is run from different venues in the Lakes each year. This year Seathwaite was the venue and competitors were treated to superb, sunny conditions for both the Short (10 mile), Women's (14 mile) and long (20 mile) courses. The event was won by Borrowdale Fell Runner Jonny Bland. Highest ranked Harriers were Phil Hodgson (57th placed in the long course) and Trevor Smith (40th in the short course) and Mandy Goth who finished 13th lady in the ladies' competition. Other Calderdale returns included Jonathan Emberton and Alistair Morris of Calder Valley Fell Runners who finished 29<sup>th</sup> and 41<sup>st</sup> respectively in the long course competition.

### **Thieveley Pike**

The cream of English fell running gathered in Cliviger last weekend for the final fixture in this year's national championships, the Thieveley Pike Race.

The race is a short and sharp excursion over 4.2 miles with 1300 feet of ascent, starting in Holme Chapel before climbing sharply to the site of an ancient beacon on the summit of Thieveley before a long descent down Stone House Edge back to the starting point.

Amongst the 250 competitors who tackled the course were 23 Todmorden Harriers, all anxious to make their mark in their own back yard. Indeed, in a season dogged by bad luck and injury to their elite athletes, the Harriers saw this as a chance to once again show that the club is now a force to be reckoned with on the national stage.

Because of the large field the men's and ladies' races were ran separately, with the women setting off an hour before the men.

In the ladies' event, the national champion-in-waiting, Natalie White of Bingley Harriers, showed her class by dominating the race and finishing a minute and a half clear of the field in a time of 35.41. Local interest was provided by Jo Waites who lead a strong Calder Valley Ladies team to the collective female honours. There was also a good performance by the Todmorden trio of Alice Heath, Sharon Godsman, and Jane Smith who brought the Harriers' team home in 4<sup>th</sup> place.

In the men's race Todmorden played their strongest cards with English Championship medals still possible in both collective and individual categories.

In the early stages of the race a strong contingent of Harriers kept contact with the front runners as the competitors climbed over the rough ground across Deerplay Moor. After reaching the summit, the field spread out on the long descent to the finish line. Rob Hope underlined his credentials as one of the best fell runners in the country by crossing the line first, his time 30.44. Tod men to the fore were top veteran runners Chris Smale and Andrew Wrench who finished in 21<sup>st</sup> and 24<sup>th</sup> places respectively. Collectively the male Harriers matched their female teammates in finishing as 4<sup>th</sup> team, with Alex Whitem, Jon Wright, and Mark Goldie joining Smale and Wrench as counters.

The competitors now must wait until the final calculations have been made before finding out their season's standings.

### **Ian Hodgson Relay**

Todmorden's runners had little chance to rest after the Thieveley Pike race as the very next day saw a contingent travelling to Cumbria to take part in the Ian Hodgson Mountain Relays. The event which is run from Brothers Water is an annual test of fell running over rough terrain and mountain craft. It is run in relay by teams of four pairs.

Todmorden fielded two teams, an 'A' team comprising of some of the club's fastest men, and a mixed male and female team.

Although both teams were depleted of potential members due to the rigours of the previous day, the Harriers performed well, the 'A' team coming in 10<sup>th</sup> place whilst the mixed team finished a creditable 51st.

The event was won for the 11<sup>th</sup> successive year by Borrowdale Fell Runners, with fellow Lake District club, Ambleside coming second.

### **Triathlon World Championships-Lausanne**

Todmorden Triathlete Lynne Griffiths recently returned to the country after once again representing England at the Triathlon World Championships. It is the third consecutive year that Todmorden Harrier Lynne has had the honour of competing for her country in the age category section of the prestigious event, this year held in Lausanne, Switzerland.

Despite her previous international experience, she admits to suffering from some pre race nerves before the starting gun was fired, but once into the first discipline, the swim in Lake Lausanne, she was able to relax and concentrate on the race.

After a strong swim she exited the water in 17<sup>th</sup> place before embarking on the second discipline, a 40 kilometre bicycle route. The twisting nature of the bike course wasn't to Lynne's liking and she found herself in the frustrating position of losing places as the course repeatedly climbed and descended through the hilly outskirts of the city. On starting final discipline, the 10 kilometre run, she was determined to regain the places lost on the bike and ran powerfully, gaining places all the way to the tape and finishing in 32<sup>nd</sup> position in her age category.

Now back on home soil, Lynne has had time to reflect on the event, "It was a great experience, our team was very supportive and the whole event had a good buzz about it." She said.

Never a person prone to resting, Lynne is already planning her training in order to be selected for next year's World Championships, to be held in Hamburg.

### **Great Langdale Half Marathon**

Todmorden Harrier Alex Whittem continued his recent fantastic form by finishing in third place in the Great Langdale Half Marathon last Sunday. This is the second podium finish in three weeks for the 25 year old postman following his recent emphatic win in the Mileta 10k in Cleckheaton.

This most recent success saw Whittem travelling to a rainy Cumbria to tackle a course that the organisers boast is the toughest and most scenic road half marathon in the country. Few of the runners who tackled the course last week would disagree, as they wound their way along the narrow mountain roads that surround the picturesque and atmospheric Langdale Valley.

The race has been steadily growing in popularity in the past few years, and this year attracted a high quality field including winner, Brendan Bolland of Horwich RMI who completed the course in 1:19:00. Second was Bolland's team mate and previous winner of this race, Paul Muller in a time of 1:20:05, with Whittem next, crossing the tape in a time of 1:22:19.

In addition to individual success, Todmorden had reason to celebrate after winning the ladies team prize after strong runs from a trio of female runners, Mel Blackhurst who finished 8<sup>th</sup> lady, Alison Richards (10<sup>th</sup> lady) and Alice Heath (12<sup>th</sup> lady).

Another notable Todmorden performance came from Paul Brannigan who crossed the line in 29<sup>th</sup> position in a time of 1:35:42.

The next road fixture in the Harriers Club Championship will be on familiar ground as the club travel to Burnley for the annual 'Fire Station 7' race on October 8<sup>th</sup>.



## **Burnley Fire Station Seven**

As their Club Grand Prix moves towards its conclusion, Todmorden Harriers found themselves racing in the outskirts of Burnley this week. The Burnley Fire Station 7 Road Race is a long term Harriers' favourite and has regularly featured in the clubs yearly programme of races.

The race starts by Queens Park before going into Burnley and past Turf Moor. The runners then head towards Cliviger before turning into Red Lees Road and returning via Mereclough. It is a route which demands respect as much of the climbing is in the second half of the race, meaning that anyone setting off too fast can be found out in the last few miles.

This year the weather stayed fine and blustery for the 17 Harriers who made the journey. The race was won by Aaron Hargreaves of Blackburn Harriers in a very fast time of 36.15. First Todmorden runner to finish was an in-form Alex Whitem who completed the course in 39.54, giving him a pleasing fifth place in a high quality field. First Todmorden lady was Mel Blackhurst who finished in 51.05.

The healthy turnout of Harriers prompted several interesting tussles elsewhere in the race, Todmorden ladies Sarah Glyde and Sharon Godsmen matched each other stride for stride along the route and were only split after a thrilling race to the line, Glyde shading the sprint by just one second. Slightly further down the field, the battle between Harriers Mel Nicholls and club mate Stuart Boulton was decided by just four seconds.

The runners pipped on the line by team mates will have their chance of revenge at the next race in the Harriers Grand Prix, which is the Accrington 10k on the 29<sup>th</sup> October.

## **National Fell Relays**

After the recent completion of the English and British Championships, the fell running scene now moves towards its winter programme and the relay events which traditionally take place at this time of year.

The first of these is the National Fell Relay Championships, an event that attracts teams from all over the country, as far a field as Scotland and Essex. This year Calder Valley Fell Runners had the honour of hosting the event, in and around Castle Carr, at the head of the Luddenden Valley.

The competition is based on each team running four legs, two individual legs and two in pairs. Todmorden Harriers entered their maximum permitted three teams. One in each main category, that being, an elite 'A' Team, a Veterans' Team and a Ladies' Team.

With notable Lakeland clubs choosing not to attend the event, Todmorden knew that their A Team would be in contention for one of the higher placings.

As the event started, Chris Smale was first away for Tod's 'fast boys' on the pressurised first leg, a tough circuit that took him to High Brown Knoll and highest point of Wadsworth Moors. Smale ran soundly against stiff opposition and handed over the baton in ninth place. The second leg was run in pairs and Todmorden fielded Alex Whitem and Shaun Godsmen, who blasted around the nine and a half mile route and gained three places for their club before handing over to team captain Jon Wright and his partner Mark Goldie for the potential banana skin of the navigational leg. This leg is run without prior knowledge, competitors being told details of checkpoints that must be visited only shortly before setting off. Although this caused some confusion amongst other teams, Todmorden's master navigators deftly negotiated the route and handed over in third position. The final leg was run by individuals over nine and a half miles, effectively reversing the second leg. Most teams fielded their star runners at this point, so the heat was firmly on Harriers' anchorman, Andrew Wrench. Wrench handled the pressure well and despite losing a couple of places to former National Champion Simon Bailey of Mercia and England International, Lloyd Taggett of Dark Peak, Todmorden still finished in fifth position. An outstanding result, which saw them ahead of many of the fancied clubs and losing out only to the much bigger clubs such as winners Bingley Harriers.

Elsewhere Todmorden also fielded a strong team in the ultra competitive Veteran's category, finishing 17th. Team captain Derek Donohue praised his team's gritty display, which included fine runs from both individuals and pairings.

Todmorden ladies also rose to the challenge in the ladies' competition. Captain Mel Blackhurst fielded an improving side, which blended experience with newer runners. On the day the team pulled together and again showed their continuing rise up the rankings to finish 10<sup>th</sup>. There was reason for the host club, Calder Valley to celebrate in this category as several outstanding runs saw them take the honours, beating keen rivals Bingley Harriers into second place.

After the event Todmorden's runners praised the race administration and organisation, which saw over 600 runners safely marshalled around the moors. Also, thoughts now began to turn to the next big off road relay, the Calderdale Way Relay which takes place in early December.

**'This is the west, sir. When the legend becomes fact, we print the legend.'**  
**(The Man Who Shot Liberty Valance-1962)**

# Toilet Seat 2006

*More Good News! This isn't the last issue, there are even more silly blunders to flush out before the Christmas 'do' when the lid will finally close and a deserving winner announced.*

*Yours,  
Uncle Barry*

**LOST** - not the TV thriller but just Richard Leonard who missed the flags and ended up in the woods at Duddon Fell Race for 5 pts

**Failed Marmot contender** Uncle Barry, after losing out by a mere 5 pts to Jane Smith, redeemed himself by falling spectacularly on a mountain track after a night out celebrating Jane's win. Too late for Marmot points but gets 5pts towards the Toilet Seat Trophy instead.

**Panic at the pumps** was suffered by Jon Wright after filling up with petrol instead of diesel for 5 pts – the main panic being that he was ferrying Tod's finest to an English championship race.

**Tina's bog** - on a recent recce of Langdale, Tina Smith managed to disappear into the man-eating bog crossing between Thunacar Knot and Rossett Pike right up to her thighs (well one of them). The look of horror on her face was a picture as she struggled to get out. Luckily help was on hand and she was dragged to safety. I'm told her main concern was that she might have lost one of her £80 trainers but thankfully she had tied her laces tight enough that morning. 5 pts

**One race too many** - Alex Whittem arrived in the finish field at the end of Leg 1 on the Ian Hodgson Mountain Relay. He stopped, bent down and removed one shoe then ran into the finish funnel. The sole of the offending shoe was hanging off, as was the one still on his foot. "I was going to throw them away after this race" he said. He still had an awesome run despite equipment failure but picks up 5 pts for penny pinching.

**Dodgy manoeverer** Jane Smith went to work in the camper van, forgot how long it was and ripped the front bumper off a Ford Mondeo. On inspecting the damage the headlight then fell off.. 5 pts

**A bite to eat?** Not for Helen Wilson at Lee & Helena's wedding celebrations, where she managed to break a tooth when taking a nice bite on an olive and then spent the rest of the evening trying to find an emergency dentist for 5 pts

**Snap happy (1)** Jim Smith, delighted with his new camera and newly acquired photographic prowess, proudly showed off photographs of his race horse in the pub. They were in fact extremely good and would have been even better if he'd printed them on the correct side of the paper: the words Kodak down the sides were a dead give away. Not only did he manage this once but twice when he announced "I've got it right this time..... better paper etc" Alas the shiny side was on the back again! That's 5 pts twice Jim

**Snap happy (2)** Jim Smith popped into the paddock to photograph his horse. Wouldn't have been a problem but for the fact that he'd left the flash on and received a stern telling off from the steward (plus 5pts from Uncle Barry)

Cross dressing or the wrong trousers!

**Wrong trousers** Rachael Skinner was quite concerned at the finish of the FRA relays when her size 10 tracksters had disappeared and in their place a medium pair of manly trousers had appeared. Seemingly Dave Collins had taken them by mistake - whether he was actually wearing them or not remains to be seen for 5 pts, Dave, but you could earn a further 5 pts if you admit to wearing them

**A fishy tale:** Rachael Skinner looked fantastic on a girls' night out in a brand new pair of white trousers. Unfortunately the waitress must have thought so too for she managed to spill a large amount of sardine sauce all over them – then had the cheek to add service charge to the bill !! She didn't smell too clever either for 5 pts.

## LEAGUE TABLE

Jim Smith	25
Stuart Boulton	20
Nick Wigmore	20
Phil Hodgson	20
Martin Roberts	17.5
Hazel Chapman	15
Sue Roberts	12.5
Alex Whittem	10
Janine Wigmore	10
Jeremy Abdy	10
Paul Prescott	10
Dave Wilson	10
Chris Smales	10
Kath Brearley	10
Jon Wright	10
Dave Collins	10
Richard Blakeley	5
Jeff Anderson	5
Gail Sutcliffe	5
Andrew Wrench	5
Peter Ehrhardt	5
Shaun Godsman	5
Sharon Godsman	5
Jane Smith	5
Tina Smith	5
Uncle Barry	5
Richard Leonard	5
Helen Wilson	5
Rachael Skinner	5

## The Manx Mountain Marathon

Mark Harris had finally managed to persuade me that spending the Easter holidays on the Isle of Man was a good idea. Beautiful scenery, lots of child friendly beaches, steam railways, oh and a 31 mile race with 8,000ft of ascent on Easter Saturday. Surely that would involve running around the island three times at least? When I dug out the map, I was surprised to find that the course is not as contrived as one might think. The route follows the wild, rugged backbone of the Isle of Man, from Ramsey, in the North East, over Snaefell (the highest point at 2,038ft) to Port Erin, at the southern tip. Not bad for an island 30 miles long and only 15 miles across. The race was first run in 1970 and ever since has attracted competitors from across the British Isles. This year there were also a good number from Clayton and Calder Valley.

We rented a cottage in Foxdale with the Harris family and spent the week walking around some of the stunning coastline, building sandcastles on unspoilt beaches and getting out for the odd run. We had all sorts of weather and one day awoke to find three inches of snow in the back garden. Helen and Ali took the opportunity to run up South Barrule that morning and from the summit could see Scotland, the Lake District, Snowdonia and the Mourne Mountains in Northern Ireland.

Mark ("I used to be a climber") had badgered me into doing the race with his usual energy and enthusiasm. I think he is in danger of becoming a serious nutter as he has even been muttering about Bob Graham rounds. This is what having two young children does to you – anything to get out of the house.

Before leaving home, I sought the advice of the oracle that is Jim Smith. He knows a thing or two, having done the race 20 times. Jim recommended that I familiarise myself with the middle section of the course which can involve some difficult route finding in bad weather. So on a wet and windy Wednesday we set off to recce the section from Colden to St John's. All went well until the final descent from Greeba Mountain. We only had grid references for check points so didn't really know where the route went. We took a bearing and in thick mist descended straight into a waist-deep sea of gorse bushes. Tracksters are not very thick. We spent all evening removing small thorns from our legs – a very painful process, much to the amusement of Helen and Ali. Mark and I could not walk past a gorse bush after that without wincing. To make it worse on race day the route was flagged all the way from the summit down a gorse-free grassy trod. The descent recce had been pointless.

Race day arrived and conditions were perfect, sunny with a slight breeze. We found our way to the market square in Ramsey where there was assembled the scruffiest bunch of fellrunners I had ever seen, and you have seen the people I hang around with! It was a low key start and at 9.15 the race set off with 86 runners. The slower runners and walkers had set off an hour earlier and it was heartening to know that this was a race where I was guaranteed to overtake at least somebody. Mark shot off and I did not see him until the finish as usual. I took it steady – it's a long way.

I hoped that there might be some support at the first road crossing and sure enough, as I was descending the tussocks off Clagh Ouyr, a small crowd stood by the roadside cheering on the racers as they came through. Just before the road, a short flagged section led the runners through a deep bog, and one poor woman had to be dragged out by fellow competitors. I think Mandy would have gone in up to her neck. Was this to provide entertainment for the spectators I wondered?

Thankfully, route finding wasn't a problem and I didn't get the map out once all day. It would be a very different story in mist, a lot of the ground was featureless even though you are never far from a road. The terrain is similar to the moorland of the South Pennines – lots of tussocks and heather bashing.

We had great support from Helen and Ali, who appeared at every road crossing with plentiful supplies of food drink, though I think Mark had set off with enough food for a two-day event judging by the weight of his rucksack. My steady start paid off and I was starting to pass knackered-looking people who had set off too quickly. I knew how they felt having done the same thing in the Wuthering Hike the month before.

I was now getting reports that Mark was suffering with cramp and slowing down but he was too far ahead to even think I might catch him.

The last part of the race running down the coastal path to Fleshwick Bay was very enjoyable even with tired legs, but there was a sting in the tail, a nasty climb up to Bradda Hill. There always seems to be one in every race and this one is a killer. Just when I thought the climbing was over, the route descended all the way to sea level then required a 600ft scramble up a steep grass bank to the summit cairn. Then the end was in sight as I approached the final checkpoint, Bradda Tower, which overlooks Port Erin and the finish!

I ran onto the promenade to see Helen waving me into the finish area, clearly relieved to see me as we were due to catch the ferry home in a couple of hours and she had told me she was catching the ferry no matter what. It was a good job I hadn't got lost. I was fairly pleased with my time, 6 hrs 31, which placed me 33rd. Mark finished 22<sup>nd</sup> in 6 hrs 6. The winner was Paul Thompson from Clayton who finished in a time of 4hrs 54.

The Manx Mountain Marathon is classic race, one I think anyone who enjoys long races would love. It's got a very laid back feel about it even though it was extremely well-organised. It would be great to get a Harriers meet there one Easter. The only slight downside is a lack of good pubs, but then again, I was unable to carry out much detailed research. Anyway, when did that ever prove a problem for Toddlies?

Neil Hodgkinson

## **The Full Yorkshireman-Not really a fell race, more of an excuse to buy a whippet**

So it's called the 'Full Yorkshireman', one of the more evocative names for races. Let's think about that...

Some of us, people brought up in the 1970's in the Yorkshire and Granada TV regions, have a faint memory of a telly programme called 'Indoor League'. It was hosted by the late, great Fred Trueman, who was not only the best fast bowler in English cricket history but also a man surely born to present obscure northern pub games on regional television.

I can still see old Freddie now, dressed in an ill fitting v necked jumper pulled taught over his bulging beer belly, smoking a pipe and supping a pint of mild as black as Grimethorpe pit. From the comfort of a saggy armchair he introduced unlikely so-called sports from equally unlikely venues around Yorkshire and Lancashire, all in an accent as thick as molasses.

"Na'then, 'ere's All Yorkshire Arm Wrestling Championships from t' Arthur Scargill Civic 'all i'Barnsley" he'd say, the air thick with apostrophise. Us small boys sat bewitched. This surely, in the name of all that's holy, was a proper Yorkshireman, a full Yorkshireman if you like. I loved it. One day that would be me. But perhaps without the sweater.

The years past and I was never convinced that I really fit the bill with my aspirations of Yorkshireman status. Firstly, Todmorden was dangerously Lancastrian, both in outlook and geography, and to make matters worse, I had at least one grandparent who hailed from Cornwall. I kept all this quiet and tried to make amends by learning how to castrate a ram by watching Joe Sugden on Emmerdale. I even tried wearing a flat cap for a while in my teens, but this phase unfortunately coincided with my mohican period. More often than not the cap would just sit on top of one of my spikes and kind of dangle over the top of my head, as if I was some sort of alternative hat stand. But the dream was still there.

Then I heard about this race during a post pack run beer sampling session. The Full Yorkshireman was 26.2 miles around the tracks, moors and bridleways of Oxenhope, Haworth, and Cullingworth. There was a Half Yorkshireman, but that wouldn't do. Fred would never have uttered a phrase like 'Half Yorkshireman', he would have rather gauged his eyes out with his pipe stem whilst commentating on bar billiards from Heckmondwike.

It seemed destiny had drawn me to this event, destiny and the FRA handbook working in unison are a powerful, almost irresistible force. For some years my stalling fell running career put obstacles in my way, injury or other races on the same date stopped me from entering but eventually, this year, it all came together. I sent off my entry form, upped my mileage a bit, and started once again to flatten my vowels to a breathtaking extent.

Soon the waiting was over and race day dawned but for some reason it failed to get light in Hebden Bridge. I didn't worry as this often happens. Low, wispy, grey clouds hung just above the treetops. The whole house was dark and shadowy. Claire and Alex were asleep as I crept down the hall to brush my teeth, pausing only to stand in a medium to large pile of cat sick that had been left there. In minutes I was out of the bathroom, toes cleaned and away.

On the way there I stopped to pick up the Richard and Judy of local fell running, Jeff Walker and Rachel Skinner. Together we sped over the tops to a claggy Penistone Hill and were instructed to park in a big puddle which I duly stepped in. I've never really believed in omens but wet socks before 9am doesn't bode well.

After registering we stood around with large groups of people with beards and varicose veins stood around and talking about compass bearings, pub fights, and football (this was only the women). Jeff and Rachel began to stretch and warm up and generally look like they were up to the task. I ate a mars bar and got toothache.

I wandered off and found a small wall to sit on away from the masses, very much like the new boy at the school gates who waiting for the big lads to nick his dinner money and flush his head down the bog.

And then... before you could say 'Is that sheep shit in your beard?' We were off.

The first bit of the route takes you up onto the high Bronte moors and follows a reservoir conduit which smelled of dead sheep, or live fell runners, in my experience it's difficult to tell one pong from the other. The pack was densely packed at this point I expect nobody anxious to shoot his or her bolt at that point. The path we were following was surprisingly well defined. This was strange as the only other people I know who visit these moors on a regular basis are that breed of strange overly hormonal women that have allowed themselves to be drawn into Charlotte Bronte's world to the point where they believe that if they look hard enough they may find the actual Heathcliff hiding behind a bilberry bush.

I plodded through this world hidden in the peleton, worrying all the while about my recurrent Achilles tendonitis. A gusty wind whipped over the bracken and sent larks spiralling into the air like falling leaves in the park woods in November.

After a few uneventful miles I started to relax. I plodded across the featureless moors, in the late summer sun, which was getting warmer by the minute. I could see runners stretched out in front of me, mostly single file, like ants heading home at the end of a hard day being filmed by David Attenborough. Nothing to report except airy emptiness and the rhythm of my feet hitting wet grass and heather. After some time the Half Yorkshiremen peeled off and headed home whilst we crossed Rocking Stone Flat. The wet cotton grass became progressively wetter until it could be classified by EU statute as bog.

I started to enjoy myself less as I was slowed down by the quagmire, but was soon cheered up in a schardenfrueder kind of way by the sight of a woman who was stalled in front of me. Perhaps not thinking that the race was difficult enough, she had obviously decided to handicap herself by wearing shoes that reverted to kit form as soon as they got wet. Her sole flapped about like a reckless halibut stranded at low tide. She stopped to walk. I knew that there was a manned checkpoint just over the moor so was excused having to stop and help. I ran past with a cheery, if hollow sounding 'well done'. I think she was crying. She also seemed to have a wind problem and let one go as I passed, the grass around her shivered. I know Tammy Wynette once told us 'Sometimes it's hard to be a woman...' Now I understood what she may have meant, but I don't think even Tammy was thinking about wading across a smelly bog, miles from home, with only one functioning shoe, whilst farting like an old dray horse.

Soon we were edging around Halifax Golf Course and then tipping our metaphorical hats to Ogden Reservoir before the route seemed to have an abrupt change of heart and left the moors for more gentle farmland.

The next few miles disappeared in a succession of stiles, gates, and photogenic sheep. Soon we were skirting around Hessenden Reservoir when I realised that the whole route could be looked at as short stretches to link any number of reservoirs in a almost completely illogical way. Water, water everywhere...I had seen about five reservoirs so far. Obviously either the recent water shortage had spurred Yorkshire water into a blitzkrieg building programme to hold the dry South East to ransom in years to come, or we could blame the Victorians again. The truth is that there was a time in these parts when sturdy Methodists with whiskers the size of yard brushes and names like Obadiah and Shadrach had persuaded all the water hereabouts to sit in huge corporation stone basins rather than fizz down cloughs or tinkle down woody glens.

As the race wore on the competitors started to spread out and the 'following someone who looks like they know where they're going' ploy was less viable. I began to suffer and stopped to check my map whilst emerging on a road in Cullingworth. I realised that I had about a third of the way to go. This wasn't good news. Call it setting off too fast, not training enough, or maybe underestimating the difficulty of the race, but I was struggling a bit. Something was happening to my lower legs that I didn't like. My old chum Achilles Tendonitis was playing silly buggers with my left ankle, this I was used to and found it almost comforting to have a bit of a twinge down there every now and again, but it was getting more now than again. The other recent development was that my right foot seemed to have come a cropper on the stony tracks and hurt like the devil in the middle of my foot. It felt like I'd been subject to the kind of interrogation that South American police forces used to specialise in using a bamboo cane. Can you imagine my delight at having two sore ankles/feet? I didn't even have the option to hop. On top of this the sun was now turning my back the colour of cooked lobster, and of course I had no sunblock. Then I got cramp and spent ten minutes sitting on the floor whilst children waved to me from passing cars. I was swearing like a drunken navy, unable to leave the side of the B6429. I was losing places big style. I was not having a good day.

Without any other real option I struggled on, gradually slowing down, to the point of embarking on conversations with locals as I passed on route through the many farm yards, some were friendly and encouraging, some not. To be honest, towards the end, some were dogs and some were horses, some may have even been small shrubs on the roadside. It gave me an excuse to stop.

The last climb, from the main road up to Penistone Hill was brightened by being joined by a fellow competitor who jogged along with me through fields, where long grass seemed to loll about from side to side without the energy to hold itself up. What had it got to be bloody tired about? My new friend talked in graphic terms about losing a toenail, somewhere on Harden Moor after about 20 miles. He claimed that it was still loose in his shoe and he planned to keep it as a memento. It transpired that he, a native of Eastern Europe, was visiting relations in Yorkshire and had heard about the race. He loved it and was threatening to come back next year. The truth is, it's that kind of event.

So of course it ended. Claire and Alex had made it over and were there to cheer me over the line. I made it round in four hours and forty odd minutes, for those that are interested I was 45th from a field of about 110. And yes, despite everything it's a cracking race which I would recommend to anyone.

And of course, after all these years I can add a suffix to my name;

Colin John Tregonning Duffield-**Full Yorkshireman**.