



# TORRIER

APRIL 07

# SUBS ARE DUE

SEE ENCLOSED FLYER  
£15 IF YOU WANT TO RACE ON THE ROAD  
£12 OTHERWISE

## GRAND PRIX RACES

RM Fri Apr 6: CALDERVALE 10  
FS Sun Apr 22: PADDY'S POLE  
RM Sun May 6: BLUEBELL TRAIL  
FM Sat May 19: FAIRFIELD  
RM Sun May 27: LEYLAND 10  
FL Sat June 2: DUDDON FELL  
FL Sun June 17: KINDER TROG  
RS Wed July 4: HELEN WINDSOR 10K  
FM Sat July 21: TURNSLACK  
FM Sat Aug 18: WEASDALE  
TS Sun Sep 2: ANDY O'SULLIVAN 25TH YEAR TRAIL  
RL Sun Sep 16: LANGDALE HALF  
FL Sat Sep 22: GOOD SHEPHERD  
FS Sat Sep 29: THIEVELEY  
FS Sat Oct 6: GREAT WHERNSIDE  
RS Sun Oct 28: ACCRINGTON 10K (TBC)  
RM Sun Nov 4: THROUGH THE VILLAGES

TODMORDEN HARRIERS



**STOP PRESS**

**FAIRFIELD IS FULL**

**IF YOU ARE INTENDING  
TO DO PADDY'S POLE OR  
DUDDON FELL RACE  
THEN ENTER ASAP**

# Mandy's Page

## Pack Runs

For April only 6.45pm start

**APRIL— SHEPHERD'S REST  
LUMBUTTS TOD**

**MAY—QUEEN, BURNLEY RD  
CLIVIGER**

## Juniors

Mondays

Session £1

From

**5.30 — 6.30 8yrs—11yrs**

**6.30 — 7.30 11yrs +**

Juniors 11+ **must** have a visibility vest/  
jacket to go for a run.

## NEW MEMBER

Welcome to new member  
**Angus Barclay**

## E- groups

Anyone wanting to join the E-group  
please contact Ray "Ranter" Poulter on  
[ray@gardeningsolutions.co.uk](mailto:ray@gardeningsolutions.co.uk)

## COMMITTEE MEETINGS

Will revert to 7pm on Mondays

First Monday of every month at the Queen Hotel, Todmorden

All welcome come along and pass your ideas on.

## Interval Work

**Tuesdays at 6.45pm**

**AFTER EASTER**

**AT TODMORDEN HIGH SCHOOL**

## PHOTOS ?

Anyone have any photos that  
I could use for the Torrier  
please pass them on by disc  
or E-mail.

News page

Is now on the web-  
site

[www.todharriers.co.uk](http://www.todharriers.co.uk)

## **TRACK—Monday April 16th**

Calderdale's new athletics track opened at the beginning of the month and we've arranged a session on Monday April 16th for anyone who wants to have a look at it and a go on it. This initial taster is free, and Graeme Wrench will be there to offer his coaching advice to us.

The session runs from 7pm to 8pm and the track is at Spring Hall near the Shay in Halifax. Either make your own way there or see Andrew Bibby to arrange transport.

If there's a general wish to carry on with training sessions at the track, we can talk through the practical arrangements and negotiate a deal with Calderdale.

Anyone interested but not able to make it on the 16th please let Andrew know so that he can gauge interest.

## **INTERESTED IN HELPING WITH THE JUNIORS AND BECOMING A COACH?**

**Then contact Eileen on a Monday night there is funding available**

### **TORRIER BY E-MAIL?**

Every month we spend around £150 getting the Torrier printed plus approximately £25 on postage. It has been suggested that we try and circulate the Torrier online i.e. via the website.

Anyone who would prefer to have an E copy of the Torrier could you please let me know and I can send you an E-mail every time an issue goes online.

Send it to  
mandy@todharriers.co.uk

### **DATES FOR YOUR DIARY**

**Thurs 7th June**

**Coach trip to Downham**

**We did it a couple of years ago all ran over Pendle and met in Downham for a meal and a few beers. A good night was had by all.**

**Simon has organised the trip again full details next month.**

**Friday December 14th**

**Christmas Do & Presentation**

# GRAND PRIX RESULTS

## EDALE SKYLINE

18/03/2007 2.44.29 2.49.52 2.52.51

	Time	Adj Time	GP Pts	Fell Pts
11 Jon Wright	3.06.11	3.06.11	99.0	99.0
47 Andrew Wrench	3.25.18	3.17.37	93.3	89.8
51 Shaun Godsman	3.27.51	3.27.51	88.7	88.7
137 Mark Goldie	3.55.32	3.55.32	78.2	78.2
139 Phil Hodgson	3.56.46	3.28.41	88.3	77.8
198 Rhys Watkins	4.11.33	4.02.09	76.1	73.3
201 James Riley	4.11.41	4.11.41	73.2	73.2
236 Alison Richards	4.20.32	3.55.27	78.3	70.7
255 John Preston	4.25.29	4.06.03	74.9	69.4
256 Derek Donohue	4.25.32	4.01.16	76.4	69.4
264 Alice Heath	4.29.45	4.03.46	75.6	68.3
267 Kath Brierley	4.31.14	3.40.14	83.7	67.9
269 Chris Preston	4.31.46	3.45.58	81.6	67.8
330 Stuart Boulton	5.05.23	4.34.43	67.1	60.3
338 Peter Ehrhardt	5.31.25	4.17.33	71.6	55.6

## ACKWORTH HALF

25/03/2007 1.07.49 1.08.30 1.08.47

	Time	Adj Time	GP Pts	Road Pts
73 Paul Brannigan	1.27.25	1.23.43	89.0	85.2
78 Andy McFie	1.27.47	1.27.47	84.9	84.9
102 Greg Elwell	1.29.42	1.29.42	83.1	83.1
208 Mel Blackhurst	1.37.39	1.23.20	89.4	76.3
308 Alice Heath	1.45.46	1.35.35	78.0	70.5

## MIDGLEY MOOR

31/03/2007 38.33 40.10 40.2

	Time	Adj Time	GP Pts	Fell Pts
1 Shaun Godsman	38.33	38.33	102.9	102.9
10 Mark Goldie	43.07	43.07	92.0	92.0
28 Dave Collins	47.59	41.51	94.8	82.7
30 Martin Roberts	48.12	42.55	92.4	82.3
38 Paul Brannigan	49.47	47.28	83.6	79.7
45 Keith Parkinson	51.55	44.19	89.5	76.4
55 Kath Brierley	53.46	43.40	90.9	73.8
58 Sharon Godsman	53.56	48.44	81.4	73.6
67 Jeremy Godden	55.51	50.15	79.0	71.0
69 Jane Smith	56.23	43.30	91.2	70.4
85 Sue Roberts	60.59	50.05	79.2	65.1
90 Dave O'Neill	64.56	57.49	68.6	61.1
91 Louise Abdy	68.08	54.37	72.6	58.2
95 Derek Clutterbuck	69.46	44.11	89.8	56.9



<b>2007 GRAND PRIX TABLE</b>			<b>Midgley Moor</b>	<b>Stanbury</b>	<b>Edale Skyline</b>	<b>Liversedge 1/2M</b>	<b>Radcliffe 12</b>	<b>Ackworth 1/2M</b>	<b>OPTIMUM POINTS</b>
1	Dave Collins	3	95	95	0	0	96	0	286
2	Kath Brierley	3	91	88	84	0	0	0	263
3	Paul Brannigan	3	84	90	0	0	0	89	262
4	Derek Clutterbuck	3	90	0	0	87	85	0	262
5	Mark Goldie	3	92	90	78		0	0	260
6	Melanie Blackhurst	3	0	82	0	89		89	260
7	Peter Ehrhardt	3	0	82	72	83	0	0	237
8	Jeff Anderson	3	0	77	0	77	78	0	232
9	Stuart Boulton	3	0	0	67	75	75	0	216
10	Shaun Godsman	2	103	0	89	0	0	0	192
11	Moyra Parfitt	2	0	97	0	0	93	0	286
12	Richard Blakeley	2	0	93	0	0	96	0	189
13	Martin Roberts	2	92	91	0	0	0	0	183
14	Keith Parkinson	2	90		0	0	91		181
15	Phil Hodgson	2	0	87	88	0	0	0	175
16	Andrew Bibby	2	0	88	0	87	0	0	175
17	Jane Smith	2	91	82	0	0	0	0	174
18	Christine Preston	2	0	89	82	0	0	0	170
19	Andy McFie	2	0	0	0	0	84	85	168
20	Alison Richards	2	0	84	78	0	0	0	163
21	Sharon Godsman	2	81	80	0	0	0	0	161
22	Sue Roberts	2	79	78	0	0	0	0	157
23	Derek Donohue	2	0	80	76	0	0	0	157
24	Alice Heath	2	0	0	76	0	0	78	154
25	James Riley	2	0	78	73	0	0	0	151
26	Jeremy Godden	2	79	69	0	0	0	0	148
27	Claire Duffield	2	0	70	0	0	71	0	141
28	David O'Neill	2	69	68	0	0	0	0	137
29	Jonathan Wright	1	0	0	99	0	0	0	99
30	Alex Whitem	1	0	0	0	0	97	0	97
31	Andrew Wrench	1	0	0	93	0	0	0	93
32	Greg Elwell	1	0	0	0	0	0	83	83
33	Lynne Griffiths	1	0	83	0	0	0	0	83
34	Richard Leonard	1	0	82	0	0	0	0	82
35	Sarah Glyde	1	0	0	0	0	81	0	81
36	Peter Bowles	1	0	79	0	0	0	0	79
37	Jennifer Porter	1	0	78	0	0	0	0	78
38	Rachel Skinner	1	0	0	0	78	0	0	78
39	Ben Crowther	1	0	77	0	0	0	0	77
40	Rhys Watkins	1	0	0	76	0	0	0	76
41	David Wilson	1	0	76	0	0	0	0	76
42	John Preston	1	0	0	75	0	0	0	75
43	Mel Siddal	1	0	0	0	0	74	0	74
44	Louise Abdy	1	73	0	0	0	0	0	73
45	Neil Hodgkinson	1	0	71	0	0	0	0	71
46	Charlotte Woodhead	1	0	0	0	0	67	0	67

## Grand Prix Information

### The next three races:

#### **Easter Friday April 6<sup>th</sup> Caldervale 10**

Start 1.00pm from Caldervale Village Hall, Caldervale Village, Garstang

Closing date for pre-entries has expired.

*A tough 10 mile race in beautiful countryside, bordering moorland and Bowland Forest. Begins with a 2 mile downhill section, followed by approximately 6 miles uphill. Distance markers every mile and water stations every 5K. Parking situated a short distance from registration. Tea and cakes usually provided in village hall afterwards.*

#### **Sunday April 22<sup>nd</sup> Paddy's Pole Fell Race**

4.5m/1100' (AS)

This event hosts separate ladies' and men's races

Start 12 noon (ladies)/1.00pm (men) from Fell Foot, nr Chipping, Lancs (GR602442)

£4 pre-entry by April 17<sup>th</sup>

*A route description and map of the course are available on Preston Harriers' website.*

#### **Sunday May 6<sup>th</sup> Bluebell Trail 10**

Start 10.00 am from Heath Rugby Club, Stainland Road, West Vale, Halifax

Entry form in this issue. Online entry also available on Runners World website.

£8 pre-entry by April 30<sup>th</sup> but enter early as the race fills up fast.

*A multi-terrain 10 mile race on road and woodland trails, with a nasty climb part-way through. It's well worth the effort though, as the view from the top is fantastic. If you're into bluebells, you won't be disappointed. Distance markers every mile and regular water stations.*

*The Stainland Lions website boasts of this race, "The course incorporates some of the most scenic views within the heart of Yorkshire with a unique river crossing to finish".*

## ARCHIVES

Claire Duffield is in the process of compiling a club archive and would like any old race results, newspaper cuttings, photographs, or anything else you have which you think may be of interest. She is particularly interested in anything from before 2002. All these things can be photocopied and returned to you.

Contact Claire on 01422 846593 or speak to her at pack runs.

## TODMORDEN JUNIORS NEWS LETTER

Welcome to the 1<sup>st</sup> edition of YOUR news letter. Eileen is doing a great job of training our youngsters well, they all seem to enjoy the challenge, and I know they will be healthier and fitter for all the hard work they put in.

Todmorden Harriers have agreed to award any Junior who runs in 5 out of the 9 Local Races (as listed on the 2007 Fell Races handout) a specially printed '2007 Championship' T-shirt at the end of the year. Lets get our juniors out there competing in races, and show them how good we are.

There were superb performances at Ogden last Saturday when Sam & Sophie Hamer and Jack Crummett ran the 1.5 mile 'Round the Reservoir'. Sam finished 3<sup>rd</sup> (9.23), Jack 6<sup>th</sup> (10.40) and Sophie 8<sup>th</sup> (11.23). They all got a nice kit bag & goodies, which were very well earned!

Please, please forward any articles or comments, this isn't just to be run by Tod Harriers, we would like parents and children to contribute & get involved, please forward suggestions to Eileen or Jack's Mum or Dad to :- [jgcrummett@tiscali.co.uk](mailto:jgcrummett@tiscali.co.uk).

## **RAID Runs - tweak your mind as well as your hamstrings?**

Spring is upon us, and the Bats have gone into hibernation until the dark nights of October beckon once more. Wondering how to enliven the occasional Spring and Summer packrun, Batman came across an article in the Fellrunner magazine about Bowland fellrunners' BEGS and DEGS runs (Bowland Exploration Groups and Dales Exploration Groups). Essentially our Bowland compatriots go off on runs to places they've never been before, or to places with silly place names, or aircraft wrecks, or anything that appears to be remotely interesting. Now I'm sure some of us intrepid Toddies have already been to most places in the Calder Valley and its environs, and know lots of interesting paraphernalia. So, now's your chance to share it with the rest of us :-

Following the Bowland theme, and certainly improving on their acronym, Batman and his likeminded(?) nocturnal buddies have decided to inaugurate our very own

**RAID Runs.** [ Runs to **A**mazing and **I**nteresting **D**estinations ]. Not only will you get a good run out over the local moors, no doubt with the additional physical benefits of leg sapping tussocks, but your mind will also be stretched, and certainly filled with a wealth of local facts, anecdotes, and stories as we visit places you probably never knew existed, and which will be so amazingly interesting! (For Amazing you could also substitute Amusing as silly place names will also be on the itineraries).

The current plot is to have one Raid Run every month, the Wednesday after the first Wednesday at each new pub. Departure time will be 6:45 prompt to enable us to run even further and take in even more useless facts. The pace will be Medium and distances covered may be a bit longer than usual. I've already got some knowledgeable and talented guides lined up (anyone else wanting to volunteer please see Phil) to take us out on tours based on themes that could be as diverse as archaeology, flora and fauna, local heroes, geology, boggarts and ghoulies, history, strange customs, the environment, weird happenings, crashed UFO's, etc etc ...

**First RAID Run will be on Wednesday 11th April 6:45 from the Shepherd's Rest.**

**(NO headtorches required. Silly hats not compulsory)**



## Recent Press Reports

If you have done great deeds, or little ones, that you'd like in the local paper talk to Colin Duffield 01422 846593 (email [claire.colin@virgin.net](mailto:claire.colin@virgin.net)). And remember...

"The press should be not only a collective propagandist and a collective agitator, but also a collective organizer of the Harriers"  
-Vladimir Lenin (Almost)

### **Ilkley Moor Fell Race (Heavily Edited Version Press Date 02/03/07)**

#### *Alex Enjoys Himself on the Fells*

Todmorden Harrier Alex Whittem had an excellent run to finish second in the prestigious Ilkley Moor Fell race last Sunday, showing that his persistent back injury is well and truly behind him.

Alex was one of ten Todmorden Harriers who travelled into deepest Yorkshire for the 17<sup>th</sup> running of the 'Ilkley'. The race is a compact 5 miles long, but the shortness of the route is off set by the arduous climbs as the competitors set off from the outskirts of town and climb onto the famous moor, before dropping down into the Rocky Valley, only to be faced with another sapping climb back up on the high ground. From here it's then a giddy charge down to the finish.

Leeds University student, Joe Symonds led the charge to win the race, in a time of 37.46, with Whittem two minutes adrift but in turn comfortably ahead of third man, Ilkley Harrier's Graham Pearce.

Slightly further back in the field, a Todmorden trio of Nick Wigmore, Mark Goldie, and Martin Roberts were engaged in their own, 'race within a race' crossing the line in 70<sup>th</sup>, 71<sup>st</sup>, and 72<sup>nd</sup> respectively, with less than twenty seconds between them.

There was also local success in the ladies race, with Calder Valley runner Jo Waites first lady in a time of 46.08. First Todmorden lady was another runner returning from the physio's couch, Jane Smith who finished in a time of 58.52, giving her 16<sup>th</sup> place amongst the women.

Full Todmorden results for Ilkley Moor;

2) Alex Whittem (39.47); 70, Nick Wigmore (48.23); 71, Mark Goldie (48.27); 72, Martin Roberts (48.42); 84, Dave Collins (49.28); 197, Jane Smith (58.52); 231, Jeremy Godden (61.43); 243, Peter Ehrhardt (63.06); 265, Sue Roberts (66.52); 268, Jenny Ehrhardt (68.27).

### **Noonstone/High Peak Marathon (Press Date 08/03/07)**

#### *Harriers Take Noon Stone Title*

The fell running world gathered in Lumbutts last weekend as Todmorden Harriers hosted the prestigious Noon Stone Fell Race. The race is a tough 9.5-mile tour of the moors surrounding Stoodley Pike, cramming in 2,300 feet of climbing over some of the harshest terrain in the area. If the distance and intense amount of climbing isn't a tough enough proposition, the route is often without the benefit of tracks or paths, making the ability to choose the optimum route essential.

Conditions were cold but fine as the 200 competitors lined up at the start, with none of the laying snow that often accompanies this race. These ideal conditions and the high quality of the field assembled, including several international runners, led a few to speculate that the long standing course record, held by Todmorden's own Andrew Wrench may be broken after 13 years.

As the starting signal sent the runners on their way, Dark Peak's Lloyd Taggart showed his intentions by snatching the lead on the first steep climb up Heely Hill. Then, as the field spread out along the skyline, Taggart and Pudsey's Nick Leigh opened a gap on the rest of the field that would last the whole race. In the ladies race Janet McIver, also of Dark Peak, was also putting daylight beside herself and her nearest challenger Sally Newman of Calder Valley.

As the race progressed, the sun started to peep through the clouds and after half and hours worth of hard running the competitors started to arrive at the navigational section on Holder Stones Moor, with Taggart and Leigh still leading the way and faultlessly finding their route across the largely trackless terrain. As the field behind them

broke up further, a small chasing pack emerged comprising of the best of the local talent, including Todmorden's Andrew Wrench, Jon Wright, and Alex Whitem, along with Calder Valley men Karl Grey and Ben Mounsey.

At the conclusion of the race Taggart proved too strong and pulled away from Leigh on the last descent back down towards Lumbutts and crossed the line first in a time of 1.09.11, five minutes outside Wrench's record. Leigh followed a minute later followed by first local Karl Grey and first veteran Andrew Wrench. Amongst the women, McIver was never in trouble and finished in a time of 1.18.23, setting a new record for the ladies. Second lady was Sally Newman who also took the prize for first lady veteran 40.

Team prizes went to Todmorden in the men's section and Stainland Lions in the ladies.

After the race organiser Andrew Horsfall thanked the runners who continue to attend year after year, keeping the race in the headlines. He also thanked the landlord and staff of the Top Brink Inn for their excellent hospitality throughout the day and the Langfield Commoners for their assistance in staging the race.

With the bulk of the Harriers either competing or helping to organise at the Noon Stone, a number of Harriers travelled to Derbyshire to compete in the High Peak Marathon. This event is for teams of four people and involves running and navigating approximately 40 miles around the Peak District throughout the night. Tod Harriers fielded two teams, one in the men's section and one in the ladies'. The men's team finished in 17<sup>th</sup> place overall, but it was the ladies team made up of Kay Leigh, Chris Preston, Mel Blackhurst, and guest Sally Ward, who stole the limelight, scoring a tremendous victory in the women's section for the second successive year.

### **Wuthering Hike/Half Tour of Pendle (Press Date 15/03/06)**

*Chris Defends Epic Title*

The upper Calder Valley had double reason to celebrate after the Wuthering Hike Fell Race on Saturday. Calder Valley's Adam Breaks was won the solo men's class in a record time of 3.43.24, whilst Todmorden Harriers' Chris Preston was won the solo ladies' class for the second successive year, in the teeth of some class competition.

The race is mammoth 31-mile circuit of the Bronte moorland, setting off from the outskirts of Haworth and visiting Todmorden, Hebden Bridge and Heptonstall before returning to Haworth via Crimsworth Dean. The race is a favourite of many local runners who favour longer challenges, and can be relied upon to provide a testing day in the hills for even the most experienced of athletes. This years successes are all the more impressive considering that the race was a counter in the 2007 Montrail UK Ultra Running Championships, which swelled the field to over 300 runners and brought out the cream of the country's long distance enthusiasts.

Other notable Tod performances came from Phil Hodgson who was the first solo competitor in the veteran 50 class in a time of 4.42.39, and Rhys Watkins who took a whopping 30 minutes of his previous best time for the race, stopping the clock at 5.01.16

In the parallel pairs event, which tackles the same course, but with runners taking part as a team, best placed locals were Rob Sharratt of Calder Valley and partner Naomi Sharratt of Stainland Lions, the duo finishing in 5.24.06. The pairs event was won by Andrew Orr and David Norton of Clayton-Le-Moors Harriers in the men's rankings, whilst first ladies were Carnethy's ultra running legend Helene Whitaker, partnered by her Cath Worth.

*Other Todmorden Finishes for the Wuthering Hike were:*

*84, Jeff Walker (5.17.58); 98, Colin Duffield (5.27.00); 109, Andrew Bibby (5.36.54); 128, Richard Leonard (5.49.18); 167, Mandy Goth (6.38.53).*

On the same day as the Wuthering Hike, another highly regarded race was taking place, this time over the Lancashire border on Pendle Hill.

The Half Tour of Pendle is a shortened version of November's 'Full Tour' race, visiting much of the same ground as its sister race and cramming a tough 2250 feet into its 9 miles length. The race is ever popular and this year attracted a massive field of 243 entrants.

First amongst the travelling local runners was Todmorden's Shaun Godsman who finished in a very creditable 4th place in a time a 1.09.19, just over three minutes behind winner Lloyd Taggart of Sheffield club, Dark Peak Fell Runners. In the ladies' race Candice Leah of host club Clayton-Le-Moors took the honours, pipping Calder Valley duo Sally Newman and Jo Waites. First Tod lady home was Alice Heath who finished in 14th place, five places and five minutes ahead of clubmate Jane Smith.

*Other Todmorden Results for the Half Tour of Pendle were:*

96, James Riley (1.27.00); 113, Ben Crowther (1.28.25); 220, John Lee (1.45.46); 239, Derek Clutterbuck (2.02.55).

### **Edale Skyline (Press Date 22/02/07)**

*Jon Conquers Conditions but a Quarter Quit Race*

This year's English Fell Running Championships got off to a gruelling start last Saturday with the Edale Skyline Fell Race. The race is a classic 21 mile Peak District slog which ascends 4,500 feet and takes in the summits of Win Hill, Loose Hill, and Mam Tor before taking competitors around the edge of the Kinder plateau.

15 Todmorden Harriers made the trip, and were rewarded by battering winds, intermittent snow blizzards, and hailstorms, which at times made the ability to keep going of more benefit than flat out athletic speed. These extreme conditions were sufficient to cause a quarter of the four hundred starters to retire before the finish and one experienced fell runner to describe the race as 'about as tough as it gets'.

Fortunately the race organisers, dark Peak Fell Runners, had put in place rigorous and effective safety measures which included the services of three different mountain rescue teams on different parts of the route ensuring all the competitors got down from the hills safely.

One person unperturbed by the conditions was in form Peak District local Lloyd Taggart who braved the elements to finish in a time of 2.44.29, almost five minutes clear of second man, Simon Bailey of Mercia.

First Todmorden runner home was another competitor un intimidated by the harsh weather, Jon Wright who crossed the line in eleventh place with a time of 3.06.11. He was flowed home by team mates Andrew Wrench (47<sup>th</sup>), Shaun Godsman (51<sup>st</sup>). A little later in the field, Mark Goldie (137<sup>th</sup>), and Phil Hodgson (139<sup>th</sup>) made up the Harriers team for a collective 7<sup>th</sup> place, some three team places behind local rivals Calder Valley.

The ladies' race was won by Janet McIver, of Dark Peak, with Eryri's Jackie Lee following in 2<sup>nd</sup> place. On a day when many clubs failed to get a ladies' team around the course, a strong showing from the Tod women gave them their best team result for a considerable time, finishing in a provisional 5<sup>th</sup> place. The glory of first female Harrier home going to Ali Richards in 236<sup>th</sup> place, followed by Alice Heath and Kath Brierley in 264<sup>th</sup> and 267<sup>th</sup> places.

### **Ackworth Half Marathon (Press Date 29/03/07)**

*Harriers Take to the Tarmac*

A team of Todmorden Harriers took to the tarmac last weekend for the Ackworth Half Marathon. The ever popular race is regarded as one of Yorkshire's best races over the distance and always sells out long before the day of the event. Places were further in demand this year as the race decided the Yorkshire Half Marathon championships.

On the day the pick of the Tod runners was again Paul Brannigan who finished in 73<sup>rd</sup> position amongst the huge field of 600 runners who tackled the undulating course that toured the byways of the countryside around Pontefract.

The race was won in good style by Ian Fisher of Otley AC in one hour and seven minutes, with first lady Lisa Mawer of Bingley Harriers following in one hour and twenty minutes, edging Halifax's Jo Buckley into second place.

Other notable Harriers performances came from Andy McFie who pushed Brannigan all the way for the first Todmorden finisher, finally coming home just 20 seconds behind his club mate. Greg Elwell made up the Harriers' team, crossing the line in one hour and twenty nine minutes, and in the process landing the club a creditable 15<sup>th</sup> place in the team rankings.

Alice Heath was also in attendance to make sure that the Tod presence wasn't an exclusively male one, finishing in a time of one hour and forty five.

## Forthcoming Local Fell Races

(By 'Bunny Boiler' Duffield)

Tuesday 3<sup>rd</sup> April 7pm

**Bunny Run One** CS 3 miles/ 300ft

Old Sun Hotel, Haworth.

*Dave and Eileen Woodentop's popular and seasonal Lapine themed series. It's eyeballs-out, rough cross country style stuff, with lots of chocolate and shouting. Fabulous.*

Saturday 7<sup>th</sup> April 2pm

**Pendle Fell Race** AS 4.5 miles/ 1500ft

Barley Village Hall, Barley, near Burnley.

*Fast and furious with a lot of upping and downing for your money.*

*Mrs Duffield lost a contact lense on this race last year. So if you see one please pick it up and return it. I'm sure it'll be alright after a wash. Thank you.*

Tuesday 10<sup>th</sup> April 7.15pm

**Bunny Run Two** CS 3 miles/ 300ft

Venue etc same as Bunny Run One (Note Later Time)

See *Bunny run One*

Tuesday 17<sup>th</sup> April 7.30pm

**Bunny Run Three** CS 3 miles/ 300ft

Venue etc same as Bunny Run One (Note Later Time)

See *Bunny Run One (Starting to get the idea?)*

Tuesday 24<sup>th</sup> April 7.30pm

**Bunny Run Four** CS 3 miles/ 300ft

Venue etc same as Bunny Run One (Note Later Time)

See *Bunny Run One (Good grief, how many times?)*

Saturday 28<sup>th</sup> April 2pm

**Wardle Skyline BM** 7 miles / 1000ft

Wardle Square, Wardle, Rochdale

*Typical Pennine race on the moorland paths above Watergrove Res. Would be difficult (but not impossible) to get lost. Can be muddy, if that sort of thing worries you. Mr Duffield lost his dignity on this race two years ago. If you see it please pick it up and return it. I'm sure it'll be alright after a wash. Thank you.*

## Forthcoming Local Road Races

By Mel Blackhurst

Good Friday-6th April

**Salford 10k.**

Flat,fast 10k.10am

**Caldervale Country 10 mile race**

-In the Grand Prix.£6 before 30/3 or £1 extra on the day.

**Guiseley Gallop 10k** 10.30am.

Westside Retail Park,Guiseley £6 and £2 extra on day.

Saturday 14th April

**Meanwood Trail race**

10.30am.Start-

Old Leodiensian's club,Crag Lane,off King Lane,Alwoodley

£4 and £2 on day.Also Junior races 7+

Sunday 15th April-

**Gin Pit 5 .5 mile** off-road route.

Previously in Grand Prix.Now £6 and £1 extra on day.

Sunday 22nd April

For those not in London or on Paddy's Pole(see elsewhere in the newsletter)

**Garstang Gallop** 11am.

Wednesday 25th April

**An Andy O'Sullivan special** M/T

4miles.Start Turf Tavern,Edenfield.£3 and £1 extra on the night.

Sunday 29th April

**Rothwell 10k** 11am.

Likely to be full before the day.Expensive at £7.50 and extra £1.50 if space on the day.

**Radcliffe 10k.**10.30am.Radcliffe High School

More details from [ukresults.net](http://ukresults.net).

Any contributions for the newsletter please send to Mandy or Andrew.  
[mandy@todharriers.co.uk](mailto:mandy@todharriers.co.uk) or  
[andrew@andrewbibby.com](mailto:andrew@andrewbibby.com)

## High Peak Marathon 2007 – Beware the Bog Monsters

I am convinced that if you imagine the outcome before the event then it probably will not happen. Like the time when I finish 2 minutes ahead of Ian Holmes on the Shepherd's Skyline. Everyone truly impressed, the lads buying me beer and the ladies offering to bear my children. Will this ever happen, probably not.

The High Peak Marathon was not to be different. Indeed, I'll be blunt, it was a cock-up. Days before I was having trouble with my bruised heel. I'd even thought about dropping out of our team of four. I didn't want to let the team down, but then it is a long way with a dodgy foot. I went through loads of different scenarios, and certainly didn't expect what happened.

I had expected to drop out somewhere along the course. The lads forcing me to stop, my ankle blown up like a balloon. Everyone saying they couldn't believe that I got so far given the pain (not that I was showing any pain, obviously). I was trying to convince the team that I'll be okay to continue once the morphine kicks in, and if only they could help me up. They were having nothing of it. But for the team, I kept on telling them, I must continue. The marshals call a halt and I'm in hospital for weeks recovering.

But no, what actually happened was that my feet were okay, and I had to run the bl\*\*dy thing all the way round. As I say a complete cock-up.

The route comprises of 42 miles up and down the boggiest parts of the peak district (which in my mind means the world). This is all done overnight (yes in the dark). There is a stretch that is referred to as the longest 4 miles on the planet. One hour into it you are wishing you never started. Two hours into it you are not certain whether you are half way through it or not, but you want it to finish. Best bits, so to speak, are when you are contouring huge towering peat hags, fighting to stop sliding in to the deep bogs below. You couldn't pay someone to do it.

The appetite of the bogs was unrelenting. You can't walk properly, never mind run, sliding all over the place. Surrounded by hungry bog monsters, and in the dark, and I wanted my Mummy.

During a particular tricky navigation bit, Phil recognised a lad in another team, who according to Phil was a local lad and an excellent navigator. He was obviously new to the game as he was wearing a bright orange fluorescent jacket. His mate wasn't that much better with a huge orienteering lamp that lit up half the hillside. It wasn't that hard to cling to them like limpets, and Phil did an excellent job of rounding us up like a flock of sheep whenever this expert navigator was disappearing into the mist.

This year everyone in our team took 'stability' poles. I'm becoming a keen advocate of poles following the tour of Mount Blanc when almost everyone had them. During the race, a couple of running teams were a bit anxious when they thought they were being overtaken by a walking team. Nonetheless, the poles helped with stability in a skiing kind of way when your feet are sliding all over the place, and proved to be an effective weapon against bog monsters should your body start to be devoured. They saved my life that night.

It wasn't planned but as we got eaten by the bogs, one by one, the next team member would gingerly take pole position, only to be eventually 'got'. Phil, being Phil, and desperate to keep the expert navigator within view, took the most punishment. Yards ahead, and in between the swirling mist, I saw him up to his waist. After poking the monster in the eye Phil broke free. Phil was lucky that night, which is just as well as we would have struggled to get to him in time. I'm sure we would have jumped in to save his poles though.

We decided to have a 'pork pie stop'. Great really looking forward to it, I thought. So much for looking - I couldn't even find it. On these events I tend to carry a lot of stuff - extra food and clothes. My pork pie was there but there wasn't sufficient time to explore the inner confines of my sac. Apart from that I was trying to listen to a colourful conversation the student marshals were having about dogging (what ever that means - and I'm sure I heard it right). Last year I wandered round with a water bottle full of solid water as it was so cold. This year I wandered round with an uneaten pork pie. So next time I'll hang my pork pie from a bit of string tied to my insulated water bottle - a bit of careful planning is all you need.

A bit like getting a speeding ticket, slipping on your backside was a matter of time. We were comparing our falls when we approached one of the ladies team (not Tod Totty - otherwise I wouldn't dare mention this for the chance of getting a good slapping), when all our lights (well okay, mine) were drawn to their backsides. Believe me I was just looking at the amount of mud on their legs. For fear of digging myself a deep hole at the moment I apologise (no let's be honest, I was happy, very happy, in my delusional dysfunctional de-hydrated state) for lighting up their arses in rotation like some light show on Top of the Pops. What I am apologetic about, in hindsight (no pun intended), is being really obvious about it. Nice arses though, and I'm pleased to say that I don't remember lighting up any of the bloke's arses, even though I was tired.

I'm still coming to terms with this run, even after doing it twice. It is completely different from anything else I've experienced. A few hours before setting off I was at home with my foot in a bucket of cold water. Tracey gave me that look like 'I didn't believe you're doing this', and really I would have sooner not at that time, but hey I'm very pleased I did, very pleased that my foot was no problem, and ~~happy to do it next year~~ sorry happy for someone to take my place next year.

Cheers to the team, the Tod Bats, Phil Hodgson (our leader), Richard Leonard, John Preston (who bravely stood in right at the last moment), and myself. Congratulations to the ladies team, Tod Totty, (Kay Leigh, Chris Preston, Mel Blackhurst and Sally Ward [dark peak]) for coming in 1<sup>st</sup> again. And lastly but not least, our Kath Brierley who ran under the Rucksack Club Ladies Team and came 2<sup>nd</sup>. What a good do.

Rhys Watkins

*NB Extra cheers for John for whistling the Snowman theme tune on the night. It snowed an hour or so later, and the tune is still rattling around my head. Cheers John, great move.*

# TO FELL AND BACK

It's a glamorous life, working for GQ, I tell you. Over the past three years of slipping into sharp suits for GQ I've found myself in some pretty glittery situations: I've shared cigarettes with the current James Bond, Daniel Craig – who, get this, thought he knew me from somewhere (he didn't, by the way, I've just got a really ordinary face, so I actually look like most people); I've snuggled up on a sofa in New York with supermodel Helena Christensen, to sip Champagne and discuss her latest semi-clothed photo shoot; and I even used to meet model Nell McAndrew twice a week to go to an aerobics class in aid of a fitness feature for the magazine.

But working for GQ is not all fine tobacco, caviar, canapés and yoga mats. Sometimes you're called upon to step up to the plate, be an alpha male, show some steel. And last week I did. Sort of. Because last weekend I drove 300 miles up to the Lake District to join a group of fell runners. Now, I'm not sure how much you know about fell running, but I'm guessing it's very little. Even less so if you live outside of anywhere where whippets are considered an essential accessory (though you would be shot for using the term "accessory" in such parts), and zilch if you've spent your entire life in London or the Home Counties, as I have. So let me enlighten you. Fell running is basically running up mountains, through bogs, across streams, into the clouds, through hail, wind, the odd bit of snow and then back down said mountains. And in a few hardy pockets of the North of England and Wales, this is done instead of road running. For fun.

Anyway, having signed up to compete in the notoriously ruthless and unforgiving Isle of Jura Fell Race during a testosterone-fuelled boast in the office, I was told by the race organisers, Phil and Mandy, that I needed to get some practice in before the May race, otherwise I was liable to expire less than a couple of hundred yards from the start line on the remote Scottish isle. So, that was why I found myself hurtling past the Watford Gap on a Friday afternoon en route to the Lake District to meet Phil and Mandy who had kindly agreed to be my fell running mentors for the weekend and let me join a group of masochists... sorry, runners from the Todmorden Harriers as they dashed around the mountains of Cumbria.

Writing this now, it's all terrifying stuff – mountains, bogs, running, the North of England – but it didn't dawn on me how hellish this fell running business would be until Dave, the member of the 'Tod Squad' who welcomed me as I arrived at our climbing hut base, made me a cup of tea (strong, natch) on arrival and handed it to me in a mug emblazoned with the words "Good Luck". "You'll need it," he laughed. At this point, I also realised I was something of a novelty and that as tough as the weekend was going to be for me, it was going to be an absolute joy for the Tod Squad as they put a Southern softie through his paces.

As the evening wore on, more of the Tod Squad arrived, including my hosts Phil and Mandy, who, despite being the most affable and loquacious couple you could ever wish to meet, couldn't contain their mirth when I told them that not only had I no fell running experience, I'd also never been up a mountain; in fact, it was also only my third trip oop North. That's how much of a soft Southerner I am. Despite being the butt of many a joke it was a good night sitting around a fire drinking ale and listening to stories about fell running legends – names like Bob Graham, Billy Bland and Joss Naylor. It was refreshing to learn of a host of sporting characters that I've never heard of before – an impressive feat for someone who instinctively reads newspapers from back to front and spends an unhealthy number of hours watching Sky Sports News. It was also refreshing to learn that fell runners see nothing wrong with ploughing through bottles of red wine and beer the night before a big excursion, rather than sipping on isotonic performance drinks. And, spending the night sleeping in a room with eight other men, I kind of needed a drink.

Morning came, well the middle of the night as far as I was concerned, and we were up and out on the fells. Running up the road to the base of the mountain: fine. Hiking up the tracks at the base of the mountain: fine. Attempting to run up a rocky mountain-side covered in moss and sheep and stuff: not so fine. Less than half an hour in and my thighs were burning, my calves were screaming, "stop, or go slower... or something" and my feet were as sore as a sailor's sunburn. Fortunately, but shamefully, a number of the Tod Squad were carrying injuries so were just taking it easy. Easy? There I was bursting at the seams, about to internally combust on a mountainside in Cumbria through sheer exertion and my companions were mere taking it easy.

A warning to the uninitiated about mountains: just when you think you've got to the top, the mist parts and you realise you're not at the top at all. The top is actually up there. And when you get to that top the mist parts and you realise ... and so on. We did eventually reach the top of the top, or peak, of what I've since been informed is called Bow Fell (sounds so pleasant, doesn't it?), about three hours later. After 180 minutes of running all I had to reward myself was an isotonic sports drink – that wasn't looked upon too highly – a Boost bar and some flapjack.

My second, and perhaps most important, warning regarding mountains, is that when you get to the top of the top, you have to come back down again. And running down is not quite the pleasurable sleigh ride you might think, but rather involves lots of intense feet-to-eye coordination to avoid tripping over a rogue rock and hurtling face-first into a bog, or worse still, over the cliff edge. Though, you would reach the bottom quicker. I was mightily impressed by one of the Tod Squad in particular, Geoff, a cross between Ray Mears and Pheidippides who hitherto had been a solid running companion and, kindly stalling his progress to keep me company, began his descent like a cheetah on a bed of hot coals.

We finally hit the bottom of the mountainside five and a half hours after we'd begun; me, if not a broken man, a slightly bend-double one. But, you know what they say, what doesn't break you only makes you stronger.

*Posted by Mark Russell, Chief Sub-Editor*

*Mark works for GQ magazine and has been asked by the sponsors of Jura Fell Race to write an article on the race! So we thought we'd better let him know what he was to expect. He will be accompanied on the race and assures us he is training hard! Mandy*



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Signed.....

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