



# TORRIER

JUNE/JULY 07

## CONGRATULATIONS



To Chris & Rhys on the successful completion of their Bob Graham Rounds  
Rhys in 22.15 & Chris 22.29

## REMAINING GRAND PRIX RACES

FM Sat July 21: TURN SLACK  
FM Sat Aug 18: WEASDALE (ENG CHAMPS)  
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  
TS Sun Nov 18: GILL PIMBLOTT MEMORIAL TRAIL

**TODMORDEN HARRIERS**



# Mandy's Page

## **Pack Runs 7PM START**

**JULY—KEBS (SPORTSMANS  
INN) LONG CAUSEWAY**

**AUG—HARE & HOUNDS (LANE  
ENDS) OLD TOWN  
HEBDEN BRIDGE**

**SEPT— STUBBING WHARF  
HEBDEN BRIDGE  
(6.45PM START)**

## **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 web-site.

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](mailto:mandy@todharriers.co.uk)

## **Interval/ Speed Work Tuesdays at 6.45pm**

**AT TODMORDEN HIGH  
SCHOOL**

**See Kath's article elsewhere**

## **TEAM CAPTAINS**

SHAUN GODSMAN A -TEAM FELL CAPTAIN

JAMES RILEY B TEAM

KATH BRIERLEY LADIES FELL CAPTAIN

WE STILL NEED MENS & LADIES CAPTAINS  
FOR ROAD

All that you need to do is just remind people that races are on and that they need to enter

REMEMBER ENTHUSIASM BREEDS  
ENTHUSIASM

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Will give Tod harriers 10% discount for anything bought in the shop.

If you order in bulk then Matthew (the owner) can give you more discount. He has accounts with all major suppliers but you will need to know what size etc you require.

Talk to Mandy or Phil for more info.

# GRAND PRIX RESULTS

## FAIRFIELD

19/05/2007	1.15.13	1.15.22	1.15.33		
	Time	Adj Time	GP Pts	Fell Pts	
25 Shaun Godsman	1.24.25	1.24.25	97.3	97.3	
76 Mark Goldie	1.32.35	1.32.35	88.7	88.7	
129 Dave Collins	1.38.12	1.25.38	95.9	83.7	
141 Martin Roberts	1.40.29	1.29.29	91.8	81.8	
25 Alison Richards	1.47.53	1.37.30	84.3	76.2	
51 Sharon Godsman	1.58.25	1.47.01	76.8	69.4	
53 Alice Heath	1.59.30	1.48.00	76.1	68.8	
56 Kath Brierley	2.00.20	1.37.43	84.1	68.3	
58 Jane Smith	2.00.34	1.33.00	88.3	68.1	
302 James Riley	2.06.31	2.06.31	64.9	64.9	
303 Alex Whitem	2.06.33	2.06.33	64.9	64.9	
75 Sue Roberts	2.09.10	1.46.09	77.4	63.6	
318 Stuart Boulton	2.10.35	1.57.28	69.9	62.9	
325 Peter Ehrhardt	2.12.54	1.43.17	79.6	61.8	
90 Louise Abdy	2.21.36	1.53.31	72.4	58.0	
93 Moyra Parfitt	2.23.34	1.31.20	90.0	57.2	

Positions are those in the respective Ladies & Mens races

There were 357 runners in the Mens race and 102 in the Ladies

## LEYLAND 10

27/05/2007	50.32	52.00	52.0		
	Time	Adj Time	GP Pts	Road Pts	
19 Chris Smale	58.04	55.12	93.4	88.7	
198 Claire Duffield	79.49	72.08	71.4	64.6	
251 Moyra Parfitt	88.16	60.02	85.8	58.4	

## KINDER TROG

17/06/2007	1.52.05	1.52.06	1.54.09		
	Time	Adj Time	GP Pts	Fell Pts	
Andrew Wrench	1.54.20	1.50.03	102.5	98.6	
Dave Collins	2.12.12	1.55.17	97.8	85.3	
James Riley	2.22.22	2.22.22	79.2	79.2	
Alice Heath	2.32.12	2.17.33	82.0	74.1	
Andrew Bibby	2.32.54	2.10.30	86.4	73.8	
Mel Blackhurst	2.40.56	2.15.26	83.3	70.1	
Dave Wilson	2.50.0	2.28.15	76.1	66.3	
Stuart Boulton	2.55.45	2.38.06	71.3	64.2	
John Lee	2.59.56	2.43.29	69.0	62.7	

## HELEN WINDSOR

04/07/2007	32.15	35.32	35.34		
	Time	Adj Time	GP Pts	Road Pts	
22 Dave Collins	39.42	35.30	97.1	86.8	
42 Keith Parkinson	42.38	37.30	91.9	80.8	
58 Andrew Bibby	44.05	38.46	88.9	78.1	
68 Sarah Glyde	45.05	40.45	84.6	76.4	
74 Jeff Anderson	45.37	42.25	81.2	75.5	
76 Mel Blackhurst	45.56	38.50	88.7	75.0	
109 Claire Duffield	48.48	44.06	78.1	70.6	
120 Stuart Boulton	50.19	46.04	74.8	68.5	
126 Peter Ehrhardt	50.58	41.44	82.6	67.6	
147 Moyra Parfitt	53.10	36.10	95.3	64.8	
179 Derek Clutterbuck	60.01	41.11	83.7	57.4	

## DUDDON

02/06/2007	2.42.35	2.42.50	2.43.57		
	Time	Adj Time	GP Pts	Fell Pts	
19 Jon Wright	2.59.45	2.59.45	98.9	98.9	
122 Phil Hodgson	3.44.31	3.15.48	90.8	79.2	
161 Mark Goldie	3.55.12	3.55.12	75.6	75.6	
187 Alison Richards	4.05.25	3.41.47	80.2	72.4	
194 Chris Preston	4.06.45	3.25.10	86.7	72.1	
229 James Riley	4.15.09	4.15.09	69.7	69.7	
249 Jane Smith	4.19.33	3.20.13	88.8	68.5	
Dave Wilson	4.27.45	3.53.30	76.1	66.4	
Derek Dohohue	4.27.50	4.03.21	73.1	66.4	
Richard Leonard	4.39.05	4.11.04	70.8	63.7	
Mel Blackhurst	4.58.07	4.10.54	70.9	59.6	
Stuart Boulton	4.58.31	4.28.33	66.2	59.6	
Kath Brierley	5.02.11	4.05.22	72.5	58.8	
Sue Roberts	5.20.39	4.23.31	67.5	55.5	
Peter Ehrhardt	5.45.50	4.28.45	66.2	51.4	

# GRAND PRIX NEWS

Why take part in the club's Grand Prix races? Because they're enjoyable, because they're sociable (you'll meet other Toddies at the start and finish) and because every GP race you undertake means *points*. And what do points mean? You know.

There's one GP race in July, the local **Turnslack** fell race on Sat 21<sup>st</sup> and one GP race in August, the **Weasdale** fell race which takes place on Sat Aug 18th.

**Turnslack** will take you over the hills at the back of Littleborough and Wardle. The start is at the Calderbrook Playing fields close to the summit of the Tod/Littleborough road. Just turn up and enter on the day (2.30pm start). There are also junior races in U10, U12, U14 and U16 categories.

**Weasdale** offers a chance to run over the less-known areas of the Howgill Fells. This year it's a counter for this year's English Championship, so get an entry form in in good time if you want to take part. The race will be held on Saturday 18th August 2007 at 2:30pm from the Ravenstonedale Show Ground at Newbiggin -on - Lune. Entry is £5 before August 11th 2007, cheques payable to Howgill Harriers. Use the universal entry form from the FRA site and send it to Fraser Livesey, Murthwaite, Ravenstonedale, Kirkby Stephen CA17 4LP Tel: 015396 21021.

September gets altogether much busier: **a short trail race** on Sept 2<sup>nd</sup>, organised by Andy O'Sullivan and celebrating his twenty-five years of race organising locally. There's more information about this race elsewhere in this Torrier.

The **Langdale Half Marathon** takes place on Sep 16<sup>th</sup> (entry form in this issue). On Sat Sep 22<sup>nd</sup>, the much-loved local long fell race the **Good Shepherd** will meander its muddy way round the moors from Mytholmroyd, taking in as much alliteration as it can en route and passing Stoodley Pike no less than twice. More info next time.

## FELLRUNNER

Yours truly has a share in a 2 year old unraced colt, masquerading as a racehorse. Unlike his inbred part-owner, the horse is well bred, being a son of Group 1 winner, Traditionally.

First run towards end of June.

After giving lots of duff tips to impoverished Tod members, my advice to fellow punters is to have no more than £1 each way on the wretched beast or, better still, keep your money in your pocket. Thought for the day: "Horse sense is a name for the good judgement which keeps horses from betting on people." - W. C. Fields

Jim Smith

## Graeme's Tuesday Training Night

Just a reminder to encourage runners to come along and get involved.

These sessions are really good at improving your fitness. Graeme uses a variety of different techniques: leg-strength work, short hill sprints, longer hill work, fast flat track. On my first session I didn't know what had hit me, but you do what you feel up to, and after a few weeks you start to notice a difference. If you have got into a nice comfortable easy training routine and you could do with a shake up, come along there's no pressure - but you do work hard!

## English Women's Team Championships

From looking at the latest Fellrunner magazine I notice that Todmorden are currently in a very healthy 6<sup>th</sup> position, and that Moyra is currently 2<sup>nd</sup> in the Vets O60 (is that small enough Moyra?) category. A fantastic effort so far, lets not let it slip, lets see if we can gain in the next two races, we are only 2 points behind Pennine & Bingley, our reputation and performance is growing. So the more people out training & racing the better, remember we need more than three runners out competing in the next events.

### NEXT TWO RACES:-

Sat 18<sup>th</sup> August WEASDALE HORSESHOE :- 8 miles 2000' **Entry before 11<sup>th</sup> August** - so enter ASAP to avoid disappointment. It sounds like a good event, the descent off the last climb is apparently long and very runnable, with the bonus of a Traditional Dales Agricultural Show - hopefully with lots of home made cakes (A good training race of similar distance & climbing would be Turnslack on the 21<sup>st</sup> July which is also in the Grand Prix.)

Sat 6<sup>th</sup> October GREAT WHERNSIDE FELL RACE:- 4 miles 1555' Entry on the day. (Good training races beforehand : Hades Hill, Lantern Pike or Dalehead & Thieveley Pike.)



Kath at Duddon

Kath B

(Lets try and get as many people as possible out not only to the English Championship races but also to the remaining races in the Grand Prix.)

LETS PUT TODMORDEN ON THE MAP

Mandy

2007 FELL			Midgley Moor	Paddy's Pole	Thieveley Pike	Great Whernside	Stanbury	Fairfield	Turnslack	Weasdale	Edale Skyline	Duddon	Kinder Trog	Good Shepherd			
1	Mark Goldie	M	92.0	90.1			89.8	88.7			78.2	75.6			6	514.4	Q
2	Dave Collins	V50	82.7	82.0			83.1	83.7					85.3		5	416.8	X
3	Shaun Godsman	M	102.9	99.2				97.3			88.7				4	388.1	X
4	Alison Richards	L		78.3			76.2	76.2			70.7	72.4			5	373.8	X
5	James Riley	M					77.8	64.9			73.2	69.7	79.2		5	364.8	X
6	Kath Brierley	LV45	73.8				71.7	68.3			67.9	58.8			5	340.5	X
7	Jane Smith	LV45	70.4	69.8			63.6	68.1				68.5			5	340.4	X
8	Martin Roberts	V45	82.3	84.6			81.7	81.8							4	330.4	X
9	Sue Roberts	LV40	65.1	64.1			64.3	63.6				55.5			5	312.6	X
10	Stuart Boulton	V45		63.0				62.9			60.3	59.6	64.2		5	310.0	X
11	Peter Ehrhardt	V60		65.4			64.5	61.8			55.6	51.4			5	298.7	X
12	Jonathan Wright	M		97.5							99.0	98.9			3	295.4	X
13	Derek Donohue	V45		79.5			73.0				69.4	66.4			4	288.3	X
14	Sharon Godsman	L	73.6	72.1			72.0	69.4							4	287.1	X
15	Andrew Wrench	V40		96.3							89.8		98.6		3	284.7	X
16	Alice Heath	L		70.2				68.8			68.3		74.1		4	281.4	X
17	Paul Brannigan	V40	79.7	83.8			85.4								3	248.9	X
18	Phil Hodgson	V50					76.7				77.8	79.2			3	233.7	X
19	Christine Preston	LV40					74.7				67.8	72.1			3	214.6	X
20	Melanie Blackhurst	LV40					69.5					59.6	70.1		3	199.2	X
21	David Wilson	V50					65.9					66.4	66.3		3	198.6	X
22	Jeremy Godden	V45	71.0	50.7			62.0								3	183.7	X
23	David O'Neill	V45	61.1	60.7			60.6								3	182.4	X
24	Moyra Parfitt	LV60		60.3			61.6	57.2							3	179.1	X
25	Louise Abdy	LV45	58.2	58.0				58.0							3	174.2	X
26	Alex Whitem	M		93.8				64.9							2	158.7	X
27	Andrew Bibby	V50					75.3						73.8		2	149.1	X
28	Neil Hodgkinson	M		73.5			70.8								2	144.3	X
29	Richard Leonard	V45					74.0					63.7			2	137.7	X
30	Derek Clutterbuck	V75	56.9	55.7											2	112.6	X
31	Andy McFie	M		86.2											1	86.2	X
32	Peter Bowles	M					78.9								1	78.9	X
33	Jimmy Jackson	V40		78.1											1	78.1	X
34	Ben Crowther	M					76.8								1	76.8	X
35	Keith Parkinson	V50	76.4												1	76.4	X
36	Rhys Watkins	V40									73.3				1	73.3	X
37	Jeff Anderson	V45					71.5								1	71.5	X
38	Richard Blakeley	V60					69.7								1	69.7	X
39	John Preston	V45									69.4				1	69.4	X
40	Jennifer Porter	LV40					65.8								1	65.8	X
41	Lynne Griffiths	LV45					65.7								1	65.7	X
42	Claire Duffield	L					63.0								1	63.0	X
43	John Lee	V45											62.7		1	62.7	X

[illegible]

# 2007 GRAND PRIX TABLE

			Midgley Moor	Paddys Pole	Stanbury	Fairfield	Edale Skyline	Duddon	Kinder Trog	Helen Windsor 10K	Calder Vale 10	Bluebell 10	Leyland 10	Liversedge 1/2M	Radcliffe 12	Ackworth 1/2M	OPTIMUM POINTS	Qualified?
1	Dave Collins	8	94.8	94	95.3	95.9	0	0	97.8	97.1	0	95.4	0	0	95.7	0	766	Q
2	Melanie Blackhurs	8	0	0	81.7	0	0	70.9	83.3	88.7	87.8	85.7		88.7		89.4	676.2	Q
3	Moyra Parfitt	7	0	94.9	96.8	90	0	0	0	95.3	0	88.4	85.8	0	92.8	0	766	X
4	Peter Ehrhardt	8	0	84.2	82	79.6	71.6	66.2	0	82.6	84.2	0		83.4	0	0	633.8	Q
5	Derek Clutterbuck	7	89.8	88	0		0	0	0	83.7	89.5	84.3		86.9	85.4	0	607.6	X
6	Stuart Boulton	9	0	70.1	0	69.9	67.1	66.2	71.3	74.8	0	72.8	0	74.5	74.7	0	575.2	Q
7	Alice Heath	7	0	77.7	0	76.1	75.6	0	82	0	79.7	80	0	0	0	78	549.1	X
8	Andrew Bibby	6	0	0	88.3		0	0	86.4	88.9	87.3	86.3		86.6	0	0	523.8	X
9	Jane Smith	5	91.2	90.5	82.4	88.3	0	88.8	0	0	0	0	0	0	0	0	441.2	X
10	Mark Goldie	6	92	90.1	89.8	88.7	78.2	75.6	0	0	0	0			0	0	438.8	X
11	Paul Brannigan	5	83.6	87.9	89.6	0	0	0	0		0	86		0	0	89	436.1	X
12	Kath Brierley	5	90.9	0	88.3	84.1	83.7	72.5	0	0	0	0	0	0	0	0	419.5	X
13	Alison Richards	5	0	86.7	84.4	84.3	78.3	80.2	0	0	0	0	0	0	0	0	413.9	X
14	Derek Donohue	5	0	87.5	80.3	0	76.4	73.1	0	0	0	85.9	0	0	0	0	403.2	X
15	Jeff Anderson	5	0	0	77.1	0	0	0	0	81.2	80.5	0	0	76.9	77.8	0	393.5	X
16	Shaun Godsman	4	103	99.2	0	97.3	88.7	0	0	0	0	0	0	0	0	0	388.1	X
17	Sue Roberts	5	79.2	78	78.2	77.4	0	67.5	0	0	0	0	0	0	0	0	380.3	X
18	Martin Roberts	4	92.4	95	90.8	91.8	0	0	0	0	0	0	0	0	0	0	370	X
19	James Riley	5	0	0	77.8	64.9	73.2	69.7	79.2	0	0	0	0	0	0	0	364.8	X
20	Sarah Glyde	4	0	0	0	0	0	0	0	84.6	80	79.8		0	81.1	0	325.5	X
21	Sharon Godsman	4	81.4	79.8	79.7	76.8	0	0	0	0	0	0	0	0	0	0	317.7	X
22	Andrew Wrench	3	0	100	0	0	93.3	0	103	0	0	0	0	0	0	0	295.8	X
23	Jonathan Wright	3	0	97.5	0	0	99	98.9	0	0	0	0		0	0	0	295.4	X
24	Claire Duffield	4	0	0	69.7	0	0	0	0	78.1	0	0	71.4	0	70.8	0	290	X
25	Richard Blakeley	3	0	0	93.1	0	0	0	0	0	0	90.7	0	0	95.9	0	279.7	X
26	Keith Parkinson	3	89.5	0		0	0		0	91.9	0	0		0	91.4		272.8	X
27	David O'Neill	4	68.6	68.2	68.1	0	0	0	0	0	0	63.1		0	0	0	268	X
28	Phil Hodgson	3	0	0	87	0	88.3	90.8	0	0	0	0	0	0	0	0	266.1	X
29	Christine Preston	3	0	0	88.7	0	81.6	86.7	0	0	0	0	0	0	0	0	257	X
30	Alex Whittem	3	0	93.8	0	64.9	0	0	0	0	0	0	0	0	97	0	255.7	X
31	Andy McFie	3	0	86.2	0	0	0	0	0	0	0	0	0	0	83.5	84.9	254.6	X
32	David Wilson	3	0	0	75.5	0	0	76.1	76.1	0	0	0	0	0	0	0	227.7	X
33	Louise Abdy	3	72.6	72.3	0	72.4	0	0	0	0	0	0	0	0	0	0	217.3	X
34	Jeremy Godden	3	79	56.3	68.9	0	0	0	0	0	0	0	0	0	0	0	204.2	X
35	Lynne Griffiths	2	0	0	83	0	0	0	0	0	0	83	0	0	0	0	166	X
36	Jennifer Porter	2	0	0	78.2	0	0	0	0	0	0	81.6	0	0	0	0	159.8	X
37	Peter Bowles	2	0	0	78.9	0	0	0	0	0	0	76.9	0	0	0	0	155.8	X
38	Richard Leonard	2	0	0	82.3	0	0	70.8	0	0	0	0	0	0	0	0	153.1	X
39	Neil Hodgkinson	2	0	73.5	70.8	0	0	0	0	0	0	0	0	0	0	0	144.3	X
40	Christopher Smale	1	0	0	0	0	0	0	0	0	0	0	93.4	0	0	0	93.4	X
41	Simon Anderton	1	0	0	0	0	0	0	0	0	0	87.2	0	0	0	0	87.2	X
42	Kerry Edwards	1	0	0	0	0	0	0	0	0	83.7	0	0	0	0	0	83.7	X
43	Greg Elwell	1	0	0	0	0	0	0	0	0	0	0	0	0	0	83.1	83.1	X
44	Jimmy Jackson	1	0	81.9	0	0	0	0	0	0	0	0	0	0	0	0	81.9	X
45	Rachel Skinner	1	0	0	0	0	0	0	0	0	0	0		78	0	0	78	X
46	Ben Crowther	1	0	0	76.8	0	0	0	0	0	0	0	0	0	0	0	76.8	X
47	Rhys Watkins	1	0	0	0	0	76.1	0	0	0	0	0	0	0	0	0	76.1	X
48	John Preston	1	0	0	0	0	74.9	0	0	0	0	0	0	0	0	0	74.9	X
49	Mel Siddal	1	0	0	0	0	0	0	0	0	0	0	0	0	74	0	74	X
50	Melanie Niicholls	1	0	0	0	0	0	0	0	0	0	71.7	0	0	0	0	71.7	X
51	John Lee	1	0	0	0	0	0	0	69	0	0	0	0	0	0	0	69	X
52	Charlotte Woodhe	1	0	0	0	0	0	0	0	0	0	0	0	0	67.3	0	67.3	X
53	Michael Hennigan	1	0	0	0	0	0	0	0	0	0	58.2	0	0	0	0	58.2	X

**Recent Press Reports**  
**By 'Scoop' Duffield**

The theory goes that if you have an infinite number of monkeys, sat randomly hitting typewriter keys for an infinite amount of time, they would eventually produce the complete works of Shakespeare.

However, if you just have one monkey... with only Monday lunchtime to hit the typewriter keys...oh dear.

The monkey can be contacted at [claire.colin@virgin.net](mailto:claire.colin@virgin.net) or 01422 846593

BTW, no I really don't do the headlines, but I think perhaps Phil really is 61.

**Fellsman (Press Date 24/05/07)**

***Phil Going Strong at 61***

Todmorden Harriers' 'Ultra Machine' Phil Hodgson continued his recent string of successes at the weekend when he took home the 'Commissioners Tankard' at the 61 mile 'Fellsman' event.

The tankard is awarded for the first veteran 50 to complete the extremely arduous tour of the Yorkshire Dales, which includes ascents of Dales landmark peaks of Ingleborough, Wharfedale, Fleet Moss and Buckden Pike.

In squally conditions, Phil finished the route in 14 hours and 21 minutes, three hours behind winner and ultra running giant, Mark Hartell of Macclesfield Harriers.

Other Harriers in attendance included John Preston who, who ran well to complete in a little over 17 hours, and John Page who finished in 23 hours and 30 minutes.

**Jura (Press Date 30/05/07)**

***The Isle of Wright***

Todmorden Harrier Jon Wright continued his recent blistering form in the toughest of fell races last weekend when he narrowly missed out on a famous victory at the fearsome Isle of Jura Race, eventually finishing third, behind two of the country's top stars. Wright's time of three hours, three minutes and twenty five seconds brought him home just twenty seconds adrift of the winner, fell running colossus Ian Holmes who just pipped second place man Lloyd Taggart by the width of a shirt.

The race is probably the most savage of all British fell races, visiting seven mountain summits in its 16 miles, and traversing a genuinely remote wilderness area, the like of which can't really be found in England. A mark of its severity is that the organisers insist that any aspirant contenders have completed some other remote and difficult races before considering entering, not that this inhibits entry numbers, the race filled up quickly this year and attracted the best and toughest fell runners from both England and Scotland.

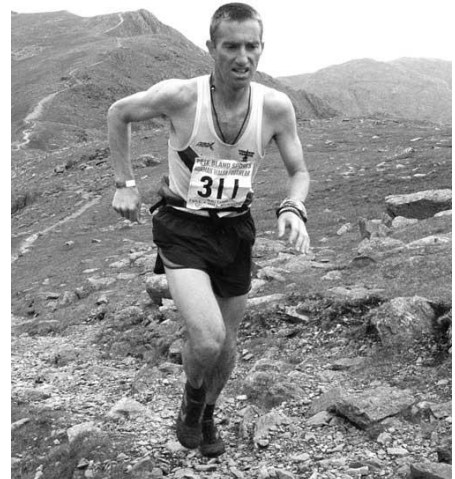
Other Todmorden runners included Jane Smith, a Jura veteran who completed in five hours and twenty eight minutes, bringing her home in 7<sup>th</sup> place in the ladies' rankings, and Rhys Watkins who, as a newcomer to the race, finished in a creditable 82<sup>nd</sup> place after finishing in five hours and nine minutes.

Other Todmorden results for the Isle of Jura Race:

35, Phil Hodgson (4.29.51); 103, Andrew Bibby (5.32.41); 107, Richard Leonard (5.41.15); 127, Rachel Skinner (6.43.03); 139, Stuart Boulton (7.24.39); 147, Chris Preston (7.51.00); 148, John Preston (7.51.00).

Meanwhile last weekend, Chris Smale, who was one of last year's ubiquitous runners on the local fell scene was making amends for his early season absence with a brace of good performances which see him going some way towards capturing his 2006 form.

Firstly, he was in action in his familiar arena of the fells, finishing 5<sup>th</sup> in a top drawer field at the Kildwick Fell Race near Skipton which was held mid week. Then last Sunday he followed this up with 19th place amongst the 280 competitors in the Leyland 10 Mile Road Race, finishing in a time of just over fifty eight minutes. Other Harriers in attendance at Leyland were Claire Duffield who finished 33<sup>rd</sup> lady in a time of one hour and nineteen minutes, and Moyra Parfitt who finished 54th lady in a time of one hour and twenty eight minutes





## **Duddon (Press Date 07/06/07)**

### ***Riley Revels in Duddon Challenge***

The western fells of the Lake District were the scene of the latest round of the English 2007 Fell Running Championships last weekend as athletes converged on the Duddon Valley for its' annual twenty mile fell race. Todmorden Harriers sent a party of fifteen to tackle the exposed and sometimes technical route, which includes 6000 feet of climbing and visits to the bleak summits of Hardknott Fell and Swirlhow. This year the route was bathed in



sunshine, which although pleasant for race supporters and spectators caused a few of the runners problems as dehydration became a factor.

First Harrier home was Jon Wright in 19th place in a race won by Bingley veteran Ian Holmes who finished in a time of 2.42.35, just 15 seconds ahead of second placed Tom Owens after twenty miles of hard racing in searing temperatures.

Amongst the ladies, Todmorden continued their good season, with Ali Richards again showing the others the way to finish in 187<sup>th</sup> place overall, she was followed by team mate Chris Preston just seven places behind. A rejuvenated Jane Smith made up the team in 249th place.

Elsewhere there were good runs for Todmorden's second placed man, veteran 50 Phil Hodgson, and also for James Riley who showed his liking for the higher fells by finishing in a pleasing 4.15.09.

## **The Carnival/Waugh's Well (Press Date 14/06/07)**

### ***Runners Keep Carnival on Agenda***

In the absence of this year's Hebden Bridge Carnival, the event's attendant fell race went ahead regardless from a quieter than usual Calder Holmes Park last Saturday.

Race numbers were up this year, with 41 athletes from a host of clubs lining up on the starting line, ready for the challenging 5.8 mile course, which visits Stoodley Pike via Erringden Moor and takes in 1150 feet of climbing.

Early in the race, pre race favourites Owen Beilby of Wharfedale and Todmorden's Chris Smale blazed the trail, followed by Bradford's super veteran Steve Oldfield. In the ladies race, it was Lisa Lacon of Holmfirth who dominated from the off and arrived at Stoodley with day light between herself and her pursuers.

By the time the leaders were starting their long run back from the Pike it was Smale who had asserted himself in poll position, eventually arriving at the finish in the park in a time of 40.40, eight seconds clear of Beilby and setting a new course record in the process.

Shortly afterwards Lacon followed the men over the line to take the ladies prize, an amazing six minutes clear of second placed Holly Williams of Keighley and Craven AC.

Other local runners to compete included Dave Collins of Todmorden who finished in seventh place overall, his time of 51.46 giving him second placed in the veteran 50 rankings. First Calder Valley man home was Clive Greateorex in fourteenth place and a time of 56.16, he was followed just two places later by club mate Steve Hunter. Calder's ladies were also in evidence, with Jackie Scarf registering as third lady in a time of 60.30.

After the race, organiser Andrew Bibby thanked the Local Authority for use of the Calder Holmes Park, Calrec for providing race parking, and his fellow Tod Harriers for help marshalling and administrating the race.

In the week prior to the carnival, the summer heralded the arrival of the season of evening fell races, kicking off with a victory for Todmorden's Shaun Godsman.

The Waugh's Well Race in Edenfield, near Bury, is tough little four miler with 1000ft of ascent, climbing the rough ground over Whittle Pike on difficult rutted trails to a steep final descent back to the animal sanctuary at Bleakholt. Godsman stamped his authority on the race in the very early stages and never looked like being caught after the first sharp climb onto the moor. He eventually finished in a time of 30.46, a comfortable 35 seconds ahead of the chasing Simon Thompson of Clayton.

Godsman was joined at the sharp end of the race by club mate and race record holder, Andrew Wrench, who crossed the line in third place with a time of 32.26. In the ladies race, Shaun's wife Sharon made it a family affair when she also finished in the prizes as 3<sup>rd</sup> lady, just a minute and a half behind Clare Kenny of Calder Valley who won the ladies race in a time of 40.46.

Other Todmorden finishers in the race were Kath Brierley, 5th lady in a time of 43.43, and Keith Parkinson who stopped the clock in 41.54, giving him a time of 58<sup>th</sup>. Also in attendance for the Harriers was Dave O'Neill, who came home in 113<sup>th</sup> place in a time of 53.49.

### **Kinder Trog (Press Date 21/07/07)**

#### ***Alice Finds Form in Kinder Race***

Last Saturday, Todmorden Harriers travelled to the Derbyshire peaks for the latest fixture in this year's fell championship. The Kinder Trog is a 16 mile slog around the peak hags on the edge of Kinder Scout with a testing 3490 feet of climbing thrown in on the way.

Nine Harriers made the trip south, and were rewarded with some bright sunshine intermingled with showers, a striking contrast to the last time the Harriers were in the Peak District which was in February for the Edale Skyline Race, an event beset by blizzards conditions and a wind-chill of minus 15 degrees.

The pleasant conditions brought the best out in the Harriers star Andrew Wrench who crossed the line 4<sup>th</sup> in a quality field, his time of 1.54.20 just two minutes adrift of Phil Winskill of local club Dark Peak who outsprinted second placed man, Adam Breaks of Calder Valley to win by just one second. Meanwhile, Alice Heath made her mark for the Todmorden ladies, finishing 4<sup>th</sup> amongst the women.

### **Rhys Watkins' and Chris Preston's Bob Graham Rounds (Press Date 05/07/07)**

#### ***Bob Club is Just The Job For Harriers Duo***

Todmorden Harriers were celebrating last weekend after a double success left two of their number the newest members of the 'Bob Graham Club'.

To become a member of the exclusive club it is necessary to complete the Bob Graham Round, a traverse of 42 peaks in the English Lake District that covers approximately 72 miles with 28,500 feet of climbing, to be completed within 24 hours. It is commonly viewed as the ultimate challenge for endurance fell running.

The two newly successful runners were Rhys Watkins and Chris Preston, who set off from the centre of Keswick at the stroke of midnight on Friday 20<sup>th</sup>. Despite their synchronised starts, both had their own teams of helpers and were running to slightly different schedules, only fleetingly seeing each other on route.

Despite generally good conditions, there was some sporadic rain and mist on the higher mountains, although this didn't seriously hamper them, and certainly didn't dampen their joy when they arrived at the finish in Keswick.

Finishing their mammoth journey with Chris having taken 22 hours and 30 minutes, with Rhys arriving in 22 hours and 15.

After finishing both were keen to thank their helpers, who were drawn not only from Todmorden Harriers, but also from the Achille Ratti Climbing Club and a host of other clubs from the fell running world.

The successful rounds mean that the number of Bob Graham Club members in the Harriers ranks has swollen to thirteen, which is approaching 10% of Harriers members, which is a remarkably high percentage for any athletics club.

### **Helen Windsor Memorial 10k (Press Date 29/03/07)**

#### ***Headline***

Todmorden Harriers enjoyed a jaunt to the countryside around Greetland last Wednesday to compete in the Helen Windsor Memorial 10k, organised by Halifax Harriers. The ever popular race had been chosen as a counter in the clubs 2007 Road and Trail Championships and 11 Harriers were amongst the field of 200 runners.

With competition in the ladies' championship hotting up, front runners, Mel Blackhurst and Sarah Glyde were both in the mix on the starting line, as was previous club Road Champion Claire Duffield.

Amongst the Todmorden men, Dave Collins and Keith Parkinson were both in attendance and looking to consolidate their season's standings.

As the race snaked through the undulating and picturesque countryside, the rain eased, giving some welcome respite from the day's downpours, although this fleeting break in the weather was never going to seriously speed up the race and make for fast times after the miserable conditions of the initial stages.

First Todmorden finisher was Dave Collins, who showed he could turn in performances on the roads as well as the fells by finishing in 23<sup>rd</sup> and breaking the 40 minute barrier. He was followed home three minutes later by Keith Parkinson, with Andrew Bibby next home in a shade over 44 minutes.

Shortly afterwards it was the ultra competitive Tod ladies who began to cross the line. First home was Sarah Glyde in 45.05, followed by Mel Blackhurst less than a minute adrift.

This result leaves Blackhurst still edging Glyde in the overall standings, but having run one race more. With Alice Heath also still in contention for the seasons honours, the converted end of year shield is still very much up for grabs with just five races remaining.

Other Harriers successes in the race included Moyra Parfitt taking the ladies' V60 prize, and Derek Clutterbuck scooping the men's V70 honours.

## Forthcoming Fell Races

By Colin 'Trainspotter' Duffield

Sunday 15<sup>th</sup> July 11.30am

**Oldfield Fell Race** CS 5.5 miles/ 550ft

The Grouse Inn, Oldfield, Nr Oakworth

*I must admit to knowing nowt about this one. My last visit to Oakworth was on a steam train; we saw the station where Bernard Cribbins worked in the 'Railway Children'. Very nice. Do the race and then go there. Choo Choo!*

Wednesday 18<sup>th</sup> July 7.00pm

**Widdop Fell Race** BM 7miles/ 1200ft

The Ridge (The Pack Horse), Widdop, HB

*It is possible that there are still some short people missing in the tussocks from last year. Usually gets a good field, with quite a few Toddlies in amongst.*

Saturday 21<sup>st</sup> July 2.30pm

**Turnslack Fell Race** AM 8 miles/ 2000ft

Calderbrook Playing Fields, Summit

*In the GP, details elsewhere I'm sure.*

Tuesday 31<sup>st</sup> July 7:30pm

**Crow Hill Fell Race** BS 5 miles/ 1000ft

Mytholmroyd Community Centre

*Nice short race over familiar ground. The most fun to be had in Mytholmroyd without an ASBO. Organised by our friend and Harrier spouse, Clive Greateorex.*

Wednesday 8<sup>th</sup> August 7:30pm

**Whittle Pike** AS 4.5 miles/ 1400ft

Cowpe Village Playing Fields, Waterfoot, Rawtenstall

*Bit of a lung burster. Previously in our fell championship so you should know it. Co-organised by our friend Nick Harris of Rossy.*

Sunday 12<sup>th</sup> August 11:00am

**Worsthorne Moor (Mag 7)** BM 7 miles / 900ft

Gorple Road, Worsthorne

*Perhaps more of a trail race, certainly suitable for roadrunners looking for a chance to run on't moors without first having to grow facial hair.*

## Forthcoming Road Races

By Mel Blackhurst

Sunday 15th July 11am.

**Longridge Lions 7 mile road race.**

Can enter on line.£6.75.

Sunday 15th July 10.30am

**Idle Trial race 10k..**

£6 in advance,£8 on day.

Wed 18th July-7.30pm

**Royton Trial 5.5 miles.**

Start-Tandle Hill,Thornham Lane,Royton.

.£4 and £5 on night.

Sunday 22nd July-11am

**Pudsey 10k Challenge.**

.£7 in advance

.Can enter on day but likely to reach limit of 450.

Sunday 29th July 11am

**James Herriott Country**

Trial 14k,North Yorks,race

.Previously in Grand Prix.£7 to enter and £1 on day.

Sunday 5th August 11am.

Familiar pack run route-**Cliviger 6.**(no time given on website but assume 11am)

Wed 8th August-7.30pm.

**Frank Hodson 6,**

Greenfield,Saddleworth.£5 and £1 more on night.

Thursday 16th August 7.15pm

**Radcliffe 5 mile trail race**

part of 12 mile race which was in Grand Prix earlier in the year. Start-Mason's Arms,Radcliffe.£4.50 and extra 50p on the night.

Sunday 26th August 11.30am

**Norland Moor Trail race.**

Start-Old Rishworthians Rugby Club,Copley.

7 miles.£3 on day only.

Good value for well organised trail race,first mile follows start of the Calderdale relay-uphill!

Sunday 2nd Sept

**Andy O'Sullivan trial race** .Grand Prix event,mentioned elsewhere in Torrier.

**Alice's Run.**Approx 6 miles.

Multi-terrain,pretty gentle.Not really a serious runners race so great to make you feel chuffed when you finish near front of the field.Start-Calder High

School,Mytholmroyd.10.30am.£8

to enter,extra £1 on day.Children's fun run.

Details for all the above races can be found at [uk.results.net](http://uk.results.net)

# TODMORDEN JUNIORS NEWS LETTER

## Athlete of the month

Congratulations to Jake Hirst, the winner of our monthly award

## Results

### Stacksteads Gala

#### U10

- 2 Jack Crummett
- 3 Sophie Hamer
- 7 Skye Wilson
- 8 Rosie Crowther
- 9 Jake Hirst
- 10 Ailsa Wilson

#### U12

- 3 Sam Hamer

WELL DONE TO  
ALL THE  
RUNNERS WHO  
COMPETED IN  
THE RACES

### Reservoir Bogs

#### U8

- 6 Jake Hirst 4.02
- 10 Holly Davies 4.20

#### U10

- 5 Jack Crummett 9.00
- 11 Alex Kiriakos 10.10

#### U12

- 6 Dominic Werth 18.30
- 8 Joe Brannigan 21.23
- 9 Amy Godden 23.25

#### U14

- 4 Hannah Godden 20.46
- 5 Anna Brannigan 24.38

### Cragg Vale

#### U8

- 1 Thomas Kennedy
- 8 Jake Hirst
- 12 Lily Morgan
- 13 Ailsa Wilson

#### U10

- 2 Jack Crummett
- 9 Sophie Hamer
- 10 Skye Wilson
- 11 Rosie Crowther

#### U12

- 6 Ben Utley

#### U14

- 1 Sean Carey
- 7 Hannah Godden

## Our next local race

Saturday July 21<sup>st</sup> **Turnslack** 2.30 from Calderbrook Playing Fields near Summit

Our last session before the Summer holiday will be on **July 16<sup>th</sup>** and we will start up again on **September 10<sup>th</sup>**.

When you attend the Monday session could you please make sure you have a top to put on after training and a non-fizzy drink.

If you have other results / news please let us have them.

My address is [jgcrummett@tiscali.co.uk](mailto:jgcrummett@tiscali.co.uk)

# ISLE of JURA FELL RACE 2007 - Sponsored by The Isle of Jura Distillery



"What a fantastic event!"

That's the comment we get from everyone we bump into about this year's Jura race (they're usually proudly wearing a fast fading T-shirt). In our second year organizing the race we managed to lay on the best weather for nine years. And, even better, I got to run – it was Mandy's turn to be Race Director on the day. She did a great job at Race Control, so good in fact that I suggested she should do it every year – her reply is unprintable!

I hope you all enjoyed the race as much as I did, it was great to get a view from the Paps and it seemed to make for a close race up front with Ian Holmes just beating Lloyd Taggart, with our fellow Todmorden Harrier Jon Wright having a great run to clinch 3<sup>rd</sup> place. A big thank you to Donald Ewan Darroch and his team of marshalls who had an easier job this year compared to most when it's often a battle against wind and clag just to get to the summits to check you all through. They could actually wave to each other from the summits this year. And thanks to Glasgow Raynet who provided the flawless comms system – they're plotting some kind of big screen at base next year so that supporters can see who's passed through each checkpoint! Watch this space.

Apologies for the slight detour across Islay but this was unfortunately just one of those things. We were lucky with the weather and enjoyed a pleasant cycle both ways but I know some of you got slightly damp. We're assured that the Port Askaig pier will be ready for next year's race!

The junior races seem to get more popular every year, this year we had over 80 youngsters competing to get one of the coveted T-shirts. I think the kids look forward to the races more than the senior runners. I know of one chap who wasn't going to come to Jura this year but his 6 year old lad put him right. "Yes, Dad, we're going, I want to do the race again so you'd better get the ferry booked." We last saw them cycling back towards Islay, young Tom proudly wearing the 2007 T-shirt. "I slept in it" he assured us.

The island seemed to be full of celebrities this year. Not just legendary fellrunner Holmes, and numerous previous winners and race organizers, but also the well known author Will Self had taken up residence at the distillery Lodge. "You're Will Self", I said in a statement of the bleedin' obvious as he strolled down to the cooperage before the race. "So who are you then?" he stared down at me from his lofty height. Having explained that I was the assistant to Race Director, Mandy Goth, he proceeded to interview me "for this programme I'm doing for the BBC". He asked me why we ran over the hills, and what we experience when we're doing it. I regaled him with how we were just simple mountain loving folk who liked a challenge. ...and, "How do you run down mountain precipices?" he asked, "is it true that you windmill your arms to slow yourselves down?" Where did he get that impression? We'd all look a tad demented if we raced down the scree off pap three windmilling our arms. You'd have someone's eye out! I'm going to check it out at the next race; have we any closet windmillers out there? I pondered the question, looked puzzled and quoted Jos Naylor's "reading the stones" advice. I dread to think what else I rambled on about. I'm not sure I'm looking forward to hearing my broad Lancashire musings on Radio 4.

But, as for my picture on the front cover of GQ magazine. Now that is something to look forward to! Mark Russell, Chief Sub Editor of GQ, still turned up for the race despite his gruelling fell running baptism at the Achille Ratti hut in Langdale in February. We'd already warned him that the steep smooth curves of the Paps belied their rugged exterior and he confessed that he winced as he got his first close up view of the Paps on Friday, hardly believing their grand scale. But, with the encouragement of race guides Chris and John Preston he completed the race. A great effort for someone in their first ever fell race – we look forward to his article in GQ.

You may well get to see yourselves on video if you were at this year's race. I've heard that footage is likely to be posted on YouTube, and local, Scott Tait, was filming a video of the days events for the distillery website. We'll post links on [www.jurafellrace.org.uk](http://www.jurafellrace.org.uk) when available.

Our passions in life are fellracing and mountaineering. And we enjoy a dram or two of good malt whisky. So, it didn't take much to persuade us to become the organizers of one of the toughest fell races in Britain, sponsored by one of the best whisky distilleries in the world. Spending a week in such a friendly and stunningly beautiful place seems to get more pleasurable each year. We'd like to extend our special thanks to everyone on the island who make all of us feel so welcome...and to the Jura Distillery for their generous sponsorship of the race... and to all the locals who put in a lot of behind the scenes effort to help make the race the grand occasion that it always is... the camping field, the sumptuous grub, the beer and banter in the hotel, the pipe band, and the ceilidh. They make it a very special race in the hearts of fellrunners, many of whom return every year for their annual injection of Jura hospitality. We're looking forward to next May already. See you all there.

**Slainte**

**Mandy Goth & Phil Hodgson**

## JURA FELL RACE – by John Preston

Mark Russell was sitting at his desk considering his next assignment, a photo-shoot with the Sugababes, when his editor shouted over the background chaos that was the GQ Magazine office... "Mark, you like whisky and you do a bit of jogging don't you, and you said you needed a holiday, well I've got this great opportunity."

I imagine that's close to how Mark landed his most testing journalistic challenge to date. He'd just been volunteered to compete in the Isle of Jura Fell Race, undoubtedly one of the toughest races in the fell running calendar.

Mark Russell is the Chief Sub-Editor for GQ Magazine – for those not in the know it's the Gentleman's Quarterly, best described as an up-market FHM with all the flesh taken out and nothing at all like Nuts or so I'm told.

Through a series of connections including the Jura Distillery, a PR agency and GQ magazine Mark was on the road if you pardon the pun, to doing his first ever fell race. He had done the odd 10k and jogged a marathon but was a complete stranger to mountains and had certainly never considered the madness of fell running. Not being one to decline an opportunity he decided to accept the challenge. A bit of a run on a remote and beautiful Scottish Island followed by a wee dram can't be too difficult he mused to himself as he looked out of his office window across the London skyline from the 31<sup>st</sup> Floor of the Canary Wharf Tower.

"Mandy, Mandy, av jus bin speaking to the Jura Distillery and thers this bloke who works down thur in London for a magazine, he's writing an article on our race and he wants to do it – awesome! You'll need to get it sorted, I'll leave it with you." That was Phil Hodgson briefing wife and Ultra Organiser Mandy Goth that a southern softie pen pusher who'd never been up in mountain in his life wanted to do one of the toughest mountain races in the UK.

Mark was invited to a weekend taster session in the Lakes, a chance for Mandy and Phil to meet him and assess his fitness. A chance too for Mark to see what this fell running lark was all about. A gentle run up the Pikes and across Bowfell followed by the Crinkles quickly convinced him that fell running was not at all like cross-country and reality began to dawn. He did however pass the first test and a training plan that included all the big hills you can get in down south was drawn up.

The Jura Fell race is officially 16 miles and 7,500ft. Actually it's 8,500ft and it feels more like 18,000ft when you are running the 3 miles of tarmac to the finish. This is no race for a novice and all entrants are vetted by Mandy and Phil to check they have appropriate mountain experience. Based on Mark's performance in the Lakes and after much discussion about the safety issues it was decided Mark could take part but only if he were accompanied throughout. That task fell to Christine Preston.

A couple of days before the race Mark met up with Chris at the Big Hoose (Jura House) for a pre-race briefing. Cut-off times were the main discussion point. Even if he ran well it was going to be close and he'd never set foot on anything like this before. In his favour was enthusiasm and he had bags of it, you could see the excitement on his face. Chris was impressed by his attitude but realistic about his chances as were many of the runners in the Tod Harriers party. "He's never done anything like this before, he's no idea of what's ahead of him, so of course he's not worried," was Chris' summary after the meeting.

The morning of the race arrived, kit was checked, clothing adjusted, and off they went with Chris leading the way. Almost immediately Mark was at the back of the field watching the race disappear ahead of him. Chris has warned him that this would happen but had told him not to worry as the objective of the day was simply to keep going at a steady pace and enjoy it.

Beautiful clear weather made the navigation simple and the views just stunning. This has to be one of the most spectacular race routes in the world never mind the UK. There's something very special about racing in the mountains with views of the sea all around and Mark enjoyed every second until the ascent of the first Pap that is.

"This is killing me, I can't believe how tough this is, what's the pace like for you" he asked. "I'm getting cold, we need to press on to meet this checkpoint time, dig in Mark, a bit more effort and you'll be there," was Chris' response. And this was the pattern for the rest of the race, constant encouragement and guidance over which line to take, when to speed up when to be especially careful.

On the summit of Pap three Mark knew he was going to complete the race and this gave him a boost for what was to follow, the long scree descent that we had cunningly avoided discussing at the briefing. Mark's technique was unusual but effective. His backside certainly got some use on the steeper sections but he gritted his teeth and clenched his buttocks very tightly and made it intact to the bottom.

"One last climb Mark then you're home and dry," was perhaps a slightly rosy description by Chris of the last stage given most people find the three miles of road alone a desperate challenge. Once again though Mark pushed hard and ran well off the final summit and he was looking forward to the road run, "it's my surface, I'll be fine when we hit the road."

The opposite was true – it was more like the road hit him and every so often the pace dropped to a walk but never when people were watching of course. Much to Mark's delight we were not last but we were being chased down by other runners as we pushed on to the finish. Pride took over and he decided he was not going to give up hard won places at this late stage and again he dug in deep and kept going.

Crossing the finish line was a huge achievement for him and an experience he will never forget. It would be fair to say Mark was delighted and summed it up by saying, "Crossing that finish line today means more to me than any road race I have ever done, that was brilliant."

*Apologies for those who have already read this in the fellrunner – but it was just too good not to include Mandy*

## Dear Toddies,

Many of you will now know that I have just completed the Bob Graham (42 peaks in the Lake District within 24 hours). Without doubt a very special day with my mates.

In total, something like 22 people directly helped me to get round that day. That's a big number. I initially didn't think that I was able to gather this size of team. Asking people to accompany you in the middle of the night, in whatever weather, seems like it needs a hard sell, but no. I'm truly grateful for those that supported me (including those that unfortunately had other commitments).

Since joining the club some 3 years ago, regular Toddies would have seen me gradually improve. I've enjoyed taking on more daunting challenges every year. It is a real credit to the Toddies that, at all times, there has been masses of encouragement and advice. I'm truly grateful for all this support.

I get a real rush for being where I am now. I get a rush for being a Toddy. I get a rush for being in the medium group on a pack run. I get a rush for being picked for a relay race. I got a massive rush for being picked to help Phil on his Joss Naylor, and for helping Mandy & Kath on their BGs.

I know that I arrived on that Wednesday night some 3 years ago as a runner, but it wasn't always like that. Up to about 5 years ago I could just about run for bus but I would end up wheezing for days afterwards. I couldn't even take a sharp breath without coughing. I had accepted that running simply wasn't for me, but I'd always had an ambition to run a marathon.

Eventually as some form of mid life crisis and some friendly persuasion, I decided to get my act together to do a half marathon. It took me 4 months of training down at the gym, every session something always hurt; either my knees, ankles, muscles, even my back. I remember all the crap that I coughed out of my lungs, but clear they did – why did I not pursue this earlier in my life? Why did I wait until I was 38?

It seems almost quite feeble, and maybe a bit sad now, but it also took a long time before I had the confidence to run outside in case I brought unnecessary attention to myself. I started running around the White House as this was away from the public and the tracks are flat around the reservoirs. Remember this was just under 5 years ago. A couple of years later, and after eventually finishing a marathon, I took a big leap of faith and came along to a Toddy pack run.

Without doubt one of the best decisions I've made in recent years was arriving at the White House on that Wednesday night pack run. Before I could cry off I was running with Phil and the other mediums. Running flat out with my lungs bursting and Phil saying I was running okay - loved it.

I remember again with great affection, a week or so later, when speaking to Phil at the bar (where else?) the BG was mentioned. Phil piped up that he had done it. But he looked normal I thought. He certainly didn't look stringy like the fell runner stereotype. I was just about coping with the fact that I was talking to one of the fell running champions, when Dave Collins added that he had also done the BG. I was standing in the mist of two fell running champions. But they look normal I kept telling myself. That was a great night.

More recently, imagine the rush when a number of people mentioned that maybe I should do a BG myself. I've had a many a night just lying on my bed with a manic smile. How much better can this get.

For me the BG challenge could be anything. It matters only that it is a challenge in the hills, and it is done with friends – my 'new friends' as Tracey would put it.

There is a magical element to the BG. Every Toddy should simply experience it, even if its just helping at the roadside checkpoints. It is a bonding like nothing else. There is only one mission - you live it, you talk it, you think it. Tell me something else that can keep you motivated, anxious, joyful, expectant, all at the same time – okay maybe giving birth must be close.

That's what it's all about, being born into the world of fell running. The coming of age, the initiation as a fully fledged fell runner – blimey who would have guessed it, I certainly wouldn't have – not 5 years ago. I would have lost big money on this one. But hey, I'm now able to go onto the FRA forum and bulls\*\*t like the rest of them.

Running with the Toddies has enabled me to get to places that I wouldn't otherwise get to, to gain some great friends, and have a real giggle. Long may it continue.

So it comes down to a big thank you to you all. Thank you all very much, for your encouragement, support, friendship, memories, and great piss-ups. The Todmorden Harriers has got to be one of the best clubs around.

I stand up and salute you,

***Rhys, King for the Day, Watkins***

NB1 Big thanks to my best friend, Tracey. Little did we know where her encouragement would lead.

NB2 I had almost forgotten about the day itself. Set off from Moot Hall 24.00 hours Friday 22nd June, did leg one in clockwise direction, did leg two, did leg 3, did leg 4, did leg 5, Finished Moot Hall 72 miles later.....Felt okay most of the way round – didn't eat a single bounty bar, ate only half a pork pie, but had about 15 gels. Had a great time amongst my friends, what more do you want ?

## Christine Preston's BG - 23<sup>rd</sup> June 2007

I've been seriously thinking of doing the BG for 5 years now.

Originally intended to do my BG in my 40<sup>th</sup> year in 2004, I ruptured my cruciate ligament (knee) early that year whilst skiing, so had to put my adventure on hold. I read "Feet in the Clouds" sat out at lunchtimes at work, wanting to rush up to the Lakes, hardly able to walk, let alone do hill reps up Skiddaw!

However, 3 years on, five contenders started off Friday 22<sup>nd</sup>/23<sup>rd</sup> June at midnight for a clockwise round – me & Rhys amongst them. It was a party atmosphere in the car park & in front of the Moot Hall, just as I'd envisaged for years.

I felt so calm & relaxed, had done all day, which is very strange for me. We counted down to midnight on all our individual watches & we were off, waving good bye to everyone who had turned up at the start to see us off. Phil navigated for us both, Rachel, Jane & Adie carried for me, and Rhys had his own team, as did the other 3 contenders. There must have been 20 of us in all jogging & walking up Skiddaw with head torches lighting the way – it was magical watching them all disappear up the hill. There was lots of chat, and the atmosphere amongst us was excitement & anticipation. I loved that I felt light, didn't have to carry a pack full of kit, (sorry guys) and my legs & feet had some spring – that's something you certainly don't experience very much in the months of training for a BG, my legs constantly felt heavy & had to drag me up. There's something special about running in the dark, I love it, it feels adventurous, and it always reminds me of the fun we've had on the winter Wednesday bat runs.

The first leg whizzed by, and it only seemed a short time until we were following Phil down a route on Halls fell, past all the local landmarks of Dave's Rock, Dave's notch, Dave's crag, Phil's ledge & flippin Dave's clump of grass!!

Welcome tea & porridge served by my friends Kay & Angela at Threlkeld, and change of team to Bob, Richard, Jeff, Chris and Adie (who had asked to do 2 legs, but I think was regretting volunteering to do it at all). We chatted our way up into the mist on Clough Head with Rhys & his team, and then pootled, then bobbed up & down along with our own teams along the Dodds, Helvellyn etc down to Grizedale Tarn where we finally got a bit of a view before Fairfield and Seat Sandal. I think we took the wrong line off Seat Sandal as we didn't see the 'Sharks Tooth' stone & all those little cairns, but as we came out of the mist & could see down to Dunmail, I didn't really care, I could see another cup of tea and a trod heading generally in it's direction. There were so many cars at Dunmail – it was like the changover of the Calderdale Way. Lots of familiar faces came to give me words of encouragement as I sat & ate my 2<sup>nd</sup> breakfast of the morning – egg sandwich & baked beans, and plenty of time for another cup of tea. Thanks again to Angela & Kay.

I was given stern words by John & Dave Makin – for going too fast! Sorry guys & I was only following my navigators/pacers. I must say though I didn't realise we were well ahead of schedule. Dave then tried to make up to me by giving my feet a high quality spa treatment, cleaning my feet, changing my socks & shoes.

We set off up Steele Fell in cloud of talc (remnants from my pedicure) Dave navigating, Mick, Ossy and Martin in support for a 6 hour trek across the high peaks of Langdale & the Scafells. Rhys & his team were already out of sight, so it was just us 5 heading into the mist. I can't remember exactly which hills were in the mist and which were clear- but I do remember we had some lovely views into the Langdale valley. I think it was on the climb up to Sergeant Man that it finally clicked that it was me doing the BG this time & I wasn't just supporting. I confess that I did then have a couple of minutes of doubt that I could do it – but it couldn't last long as we had a picnic appointment on Rossett Pike – where 2 of the Achilli Ratti members have set up a permanent weekly camp. If you look down the valley from Rossett, you can see they've created their own straight line trod all the way down to the Langdale hut -there's just a bit of a dog-leg into the ODG front door!

My support were great company, and only had to resort to bad jokes once on the climb up Bowfell as I felt I struggled on the big climb, then we were off to the big rocky stuff, where we kept almost bumping into Rhys and his merry men. I found out afterwards that a few friends had climbed Bowfell laden with cake & good wishes, but unfortunately I missed them as I was a bit ahead of schedule.

I was excited approaching Mickledore and the promise of my first encounter with Broad Stand. Ozz was already up on top of the first large boulder proffering his hand down to help me scramble through the narrow cleft, and Dave shoved me through from behind. Once through, I could see from all the knotted ropes, frantic activity & solid rock an inch from my nose that this was it.

All I remember from the climb of Broad Stand was a barrage of instructions from Dave, and Chris & Alex who were roping it for me. As I'm not a climber I just did as I was told, and managed to clamber up the various chunks of rock with the aid of rope, shoulder, hand, knee, ladder, foot, thigh.....and not all of them were mine! It seemed no time at all that adventure of the climb turned into a scramble, following Dave foot for foot until we emerged on the rocky plateau of Scafell, and miraculously the rest of my team followed. Team wee with a view (or was it cloudy & the view is etched in my memory?) from the summit & we left the last peak of Leg 3. A fabulous steep descent down a proper scree gully & my favourite valley came into full scale view.

Wasdale was a hive of activity, as busy as I've ever seen it, so many people cheering, clapping & a contagious buzz of anticipation in the air. There was so much going on, so many people I don't remember the detail as John guided to my chair for a pit stop. Here were my mum & dad, Sharon (my sister) and friend Rachel. It was great to see them all here, and I was really happy that they seemed to be having as much fun as me. Another foot spa, talc everywhere, tea, corned beef hash, tea, cake and the background chatter of all my supporters.

Long ago – well about 4 years, on my first climb of Yewbarrow on a cold and nasty December day, I decided to make that hill my friend, I came to love it! I knew that if I didn't it might get me today. So I started that climb knowing it was tough, but also that my 'favourite' hill would take care of me. John navigated a very straight climb, my other companions for the next 6ish hours were Mandy, Anna and Allan Greenwood.



We seemed to progress – steadily, but it did feel like we did ok. Lots of chatter as I'd hoped, & loads of bilberries that I wanted to pick on the long way up, but Yewbarrow summit appeared on schedule. Down, up up, across, I think it was misty on Steeple as Allan & I went to that peak alone, Pillar – was that misty too? I remember fantastic, at their best, views of both Ennerdale & Wasdale as we came off Pillar, and then claggy again.

Pillar wasn't too bad, although cool & Anna wore less clothes than me! There was some debate, a bit of zig-zagging off Kirk-Fell & up Gable but still lots of chatter. Out of the mist, near the top of the Gable rocks we heard the unmistakable Accrington "Maandyy", John replied in his best imitation Accrington "Maanddy". That was the hardest climb of the day, but I knew we were near the top as I heard the echo from Phil's welcome greeting! John navigated us perfectly off the gloomy summit, on to the grassy then steep line down to Green Gable. I felt better when Phil reassured me that Honister was fine, and that my ground crew were not in clag. The remaining summits of Leg 4 flew by, knowing Honister was & lots of support were only minutes away was a great boost. As we came out of the mist off Grey Knotts, I saw Rhys just setting off up Dale Head – it was great to see him again, from a distance, but knowing he wasn't too far ahead, re-enforced that I was doing well.

Coming off Grey Knotts to Honister inevitably reminds me of Borrowdale Fell Race – my favourite of all races. This time, it seemed, everyone there seemed to be there for me & with me. I felt overwhelmed by the amount of support and number of people who had all journeyed there...again a sea of faces, I can't remember them all, but all seemed to be enjoying themselves. I was really pleased to see John Dennis & his 2 boys, George & Patrick - a bit of a surprise, but not really – he's talked of the BG for as long as I've thought about it & I remember a long winter afternoon discussion in front of the Dog & Gun Xmas 2005 fire, agreeing that he, me & Brett would all do the BG in 2007!

My feet spa'd, this time by Sharon who had learnt the Dave Makin 'technique' with added flair resulting in talc covering her designer jeans, me fuelled by rice pud, tea & the knowledge that ahead was definitely the last big climb of the day, I set off for Dale Head with an impressive entourage! I'd only planned on John, Rachel McEnery and Stuart joining me. I was more than impressed with everyone who joined me on Leg 5. Janet Makin – star tea & Dunmail bacon buttie maker, Nicola & Martin, Phil, Allan Greenwood all joined us, and I was surprised (honestly Mandy) that Dale Head felt no more difficult than it does on the Borrowdale route. Lots of chat around me, then we saw Geoff – cheers Geoff, I'm sure you took that photo the only second of my BG that I wasn't smiling – at least inside me! John and his boys were already at Dale Head - I think it was clear, but I could definitely see the view into Newlands, then off to Hindscaith & Robinson, Rhys and his still merry men in view again. Last hill of the day, and time for a group photo – wow! Peak 42, had I really summited another 41 today?

I love the run off Robinson – down a gentle grassy bit, then steep rocky section, where we managed to get past another of the BG teams who'd set off at midnight, and then right down the steep flank to a bracken lined green lane, tarmac down to Little Town! How had everyone managed to get round so quickly? That's how it seemed to me – for all my supporters, they'd had a leisurely drive & time for a pub stop if so desired. A quick change of footwear to road shoes & the last stretch on road to Keswick.

Here though, something strange happened in my head. I remember looking at my watch for the first time in hours, and noting 21:49. How far to Keswick? About 10k' I heard. I hate road 1  
Ok's, but this felt different. Could I do 10k in 51 mins? I wanted to! So, how come, after hours & hours of moving comfortably & quite happily at whatever pace I was going, did I then decide that I wanted to finish inside 22.30? My head was determined for some unknown reason (psychologists will have a field day with this admission, I'm sure).

I set off with 3 or 4, then more joined us, and I think 8 of us ended up on the 'run' into Portinscale. I felt we were going at a reasonable pace, but everyone else seemed very comfy, they waited for me to walk up the smallest of small inclines. Anna sang an enthusiastic performance of 'Old Man River' – really impressive as I could only concentrate on one foot in front of the other. Richard picked us up at Portinscale, it was great to see him again after Dunmail. Then Dave, Mick & Tony who had supported Rhys on Leg 5 ran out to meet me on the gravel track for my last & hardest half mile.

Voices urged me on, I could hear them clearly, although my focus was on the path under my feet. Anna & Tony telepathically knew I wanted to finish within the time I'd just decided. I heard them & felt everyone willing me on. The final run up past the houses & shops below Keswick Market Square took forever & then the final push up to the door of the Moot Hall. I looked at my watch as I collapsed to the floor 22.29 and a bit!! Despite the photo of my finish, I felt great! It was just that final effort of getting myself there inside that silly arbitrary time! Mums do what mums do best, and mine gave me an immediate & massive hug as I sat crumpled in front of that doorway. I'm not one for lots of attention, but I was so happy to see so many people who, throughout the day, had supported me & willed me on to achieve my dream. Rhys, also successful in a brilliant time of 22 hours 15 mins, plus his team of supporters swelled the welcoming numbers at the Moot Hall.

Traditional fizzy stuff to celebrate & then off to Langdale for an all night party!.....Well, for some, but not me that night. Still, I've got the "Leeds BG" to look forward to - 42 pubs in 24 hours celebration to look forward to!!

### **On reflection & two weeks on?**

It would have been great to have had perfect weather, but it might have been a bit scary seeing the enormity of the whole route spread out ahead of me, so I am very happy with the conditions we had on 23<sup>rd</sup> June 2007. I will enjoy the full panorama of views next time I'm on any of those 42 fells.

I do know for certain it was truly a team effort.

It was a great day, I loved it as much, if not more than I thought I would. It was my friends and family that made my tour of those 42 peaks the delight that I know will always make me feel very contented with my running.

Hey – and its only 7 years until I can have a go at the Joss Naylor and the 50 at 50! **Fantastic!**

# PUT SOMETHING BACK INTO RUNNING

OUR NEXT RACE IS

## BLACKSHAWHEAD FETE FELL RACE

Saturday September 1<sup>st</sup> 2.00pm

Race organiser Sarah Glyde

If you are available to help please ring her on 01422 847628 or E-mail on glyde@causewayfold.freemove.co.uk

PLEASE VOLUNTEER DON'T WAIT TO BE ASKED IT MAKES THE ORGANISERS JOB A LOT EASIER

### **Andy O'Sullivan's 25<sup>th</sup> Year of Promotions Race (UK Athletics Laws. Permit No 1087)**

11.15am, Sunday 2nd September 2007  
from the Falcon Inn, Littleborough. (A58 Halifax Rd)

Andems Runners are pleased to commemorate the 25<sup>th</sup> Anniversary of the 1<sup>st</sup> ever race organised by Andy O'Sullivan, MBE, BEM who has in those years organised 300+ races. This race is an approximate 5 Mile Road & Trail race through Whittaker & Rakewood.

All proceeds to local charities including C.R.Y & Children of Chernobyl.

Entry Via SAE or Collect number on Day **Entries Limited to 400 !! Postal Entries close on August 25<sup>th</sup>!! Please enter early!!!**

Entry fee £5.00 to club runners £7.00 to U/A £1.00 extra on day.

**Commemorative Tee Shirt to All Finishers** Cheques payable Andems Runners 25<sup>th</sup> to 40 Crowshaw Drive, Rochdale OL12 0SR. Tel Enqs on (01706) 750620 or

[andems.runners@btinternet.com](mailto:andems.runners@btinternet.com)

EXTENSIVE PRIZE LIST/spot prizes/first aid/well marshalled/hilly but scenic course/Sandwiches & Soft drinks on bar after race. Please Allow 5 Minutes Jog to start. Park at Police Station & adjacent Health Centre!

Not in Co-Op Car Park!!

Andy O'Sullivan 5

Name.....Age.....Sex.....

Club (If any).....Tel No.....

Address.....

UK Athletics Reg No.....

E- Mail Address

I accept that the Organiser cannot be held responsible for any injury, loss or damage incurred before, during or after the event. I am physically fit and an amateur as defined by UK Athletics and enter at my own risk

.....signed (By Parent if U/18).....Dated

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

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



**Sunday 16th September 2007**



**LANGDALE**

Start times: Marathon - 12noon  
½ Marathon - 12noon, 2km Fun Run (Flat Course) - 11.15am

### New Venue

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

**Entry Fee: Marathon - £15.50, ½ Marathon - £12.50,  
Fun Run £2** (medals for all plus ice cream for kids)

*There is a RACE LIMIT of 500 entrants*

Generous Prize List in All Categories - Plus £100 Cash for breaking Marathon Record and £50 for breaking 1/2 Marathon Course Record.  
1/2 Marathon Team Prizes - ladies & men 3 to count

### The closing date is:

Saturday 8th September 07

NO LATE ENTRIES OR ON THE DAY EXCEPT FUN RUN

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

Visit our website [www.greatlangdaleraces.org.uk](http://www.greatlangdaleraces.org.uk)

NEXT RACE ... Christmas Pudding 10K on Saturday 15th December AND Sunday 16th December 07 at 12noon

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

### ENTRY FORM

(Please use BLOCK CAPITALS)

Marathon ☐ (tick)

½ Marathon ☐ (tick)

Fun Run ☐ (tick)

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

Address.....

.....

.....

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

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

D.O.B..... Accommodation list required? Yes ☐ No ☐

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

**PLEASE SEND YOUR COMPLETED ENTRY FORM TO** Rod Berry, 27 Greenbank Rd, Ambleside Cumbria, LA 22 9BG Tel: 015394 31048 **Please book accommodation very early, it's going to be 'chocker'!**

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

**SIGNED**..... **DATE** .....