

MAY 07

## CONGRATULATIONS



To Tod ladies for three team wins in a weekend  
Coniston, Bluebell trail & Coiners Fell Race

And to Phil Hodgson on the successful completion of his Joss Naylor challenge  
Read all about it inside this issue.

### MARSHALS WANTED

**Sat 9th June  
2pm Calder Holmes Park**

There may not be a Hebden Bridge Carnival, but there still is a fell race.

Andrew Bibby is race organiser and is looking for helpers.

Please ring him if you are able to help on  
01422 844026

### Trip to Downham

**Thurs June 7th**

Leaving Hebden Bridge 6.30pm

Picking up in Todmorden

Drop off at the Nick of Pendle

Go for a run and meet in Downham for something to eat & a few drinks

Cost £10 for coach & food

See Simon Anderton if interested 01706

810331 or E-mail him on

[sj@sanderton.fsnet.co.uk](mailto:sj@sanderton.fsnet.co.uk)

# Mandy's Page

## Pack Runs

**MAY—NEW DELIGHT, JACK  
BRIDGE COLDEN**

**JUNE—ROBIN HOOD, CRAGG  
VALE**

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

**AT TODMORDEN HIGH  
SCHOOL**

## 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.

## SUBS ARE DUE

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

Dave Wilson is membership  
secretary get your cheques  
to him ASAP.  
923 Rochdale Rd  
Tod OL14 6UF

## TRACK SESSIONS

Any one interested in fur-  
ther track sessions then  
please contact Andrew Bibby  
(01422 844026) or Rachel  
01422 843679

## GREAT NORTH RUN

The club can claim two guaranteed entries  
for this year's Great North Run on  
30th September. To qualify you must have  
run a half marathon in the last 12  
months in

Men 1:25

Women 1:40

If you would like to claim a place reply to  
this email or phone me on 01422

842510 by 5th May. I need to know your  
qualifying race, date and your time.

The total number of places is limited so  
we must apply ASAP.

## GRAND PRIX RACES

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: TURN SLACK

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

TS Sun Nov 18: GILL PIMBLOTT MEMORIAL TRAIL



Derek Donohue at Paddy's Pole

## Team managers/ captains wanted

It has been suggested that we have ladies and men's captains for the road & Fell (I'm told most other clubs do this).

The aim being to encourage people to get out and race etc etc

Anyone fancy doing their bit then please contact Mandy 01422 844936 or Derek 01422 842510

**TODMORDEN HARRIERS**



Paul Brannigan



Dave O'Neill

## 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

# GRAND PRIX RESULTS

## CALDER VALE

06/04/2007	55.45	56.53	57.2	
	Time	Adj Time	GP Pts	Road Pts
80 Andrew Bibby	1.13.44	1.04.51	87.3	76.8
88 Kerry Edwards	1.14.53	1.07.40	83.7	75.6
92 Jeff Anderson	1.15.07	1.10.22	80.5	75.4
95 Mel Blackhurst	1.15.37	1.04.32	87.8	74.9
117 Sarah Glyde	1.18.19	1.10.46	80.0	72.3
122 Alice Heath	1.18.41	1.11.06	79.7	72.0
146 Peter Ehrhardt	1.22.12	1.07.18	84.2	68.9
192 Derek Clutterbuck	1.32.13	1.03.16	89.5	61.4



## PADDY'S POLE

22/04/2007	27.27	27.43	27.5	
	Time	Adj Time	GP Pts	Fell Pts
24 Shaun Godsman	30.25	30.25	99.2	99.2
30 Jon Wright	30.56	30.56	97.5	97.5
43 Andrew Wrench	31.21	30.11	100.0	96.3
62 Alex Whitem	32.11	32.11	93.8	93.8
90 Mark Goldie	33.30	33.30	90.1	90.1
117 Andy McFie	35.01	35.01	86.2	86.2
131 Martin Roberts	35.41	31.47	95.0	84.6
140 Paul Brannigan	36.00	34.20	87.9	83.8
154 Dave Collins	36.49	32.06	94.0	82.0
181 Derek Donohue	37.57	34.29	87.5	79.5
22 Alison Richards	38.31	34.48	86.7	78.3
195 Jimmy Jackson	38.39	36.51	78.1	78.1
228 Neil Hodgkinson	41.02	41.02	73.5	73.5
48 Sharon Godsman	41.51	37.49	79.8	72.1
56 Alice Heath	43.00	38.52	77.7	70.2
57 Jane Smith	43.12	33.19	90.5	69.8
283 Peter Ehrhardt	46.08	35.51	84.2	65.4
83 Sue Roberts	47.03	38.40	78.0	64.1
290 Stuart Boulton	47.53	43.05	70.1	63.0
296 Dave O'Neill	49.43	44.16	68.2	60.7
91 Moyra Parfitt	50.00	31.49	94.9	60.3
95 Louise Abdy	52.03	41.44	72.3	58.0
299 Derek Clutterbuck	54.11	34.19	88.0	55.7
305 Jeremy Godden	59.32	53.33	56.3	50.7

## BLUEBELL 10

06/05/2007	1.03.07	1.04.11	1.04.21	
	Time	Adj Time	GP Pts	Road Pts
10 Dave Collins	1.14.53	1.06.57	95.4	85.3
33 Paul Brannigan	1.17.33	1.14.16	86.0	82.4
43 Simon Anderton	1.19.22	1.13.13	87.2	80.5
53 Derek Donohue	1.20.39	1.14.24	85.9	79.2
65 Peter Bowles	1.23.02	1.23.02	76.9	76.9
70 Andrew Bibby	1.24.12	1.14.03	86.3	75.9
98 Mel Blackhurst	1.27.23	1.14.34	85.7	73.1
105 Alice Heath	1.28.21	1.19.51	80.0	72.3
107 Sarah Glyde	1.28.35	1.20.03	79.8	72.1
109 Richard Blakeley	1.28.41	1.10.28	90.7	72.0
143 Jennifer Porter	1.32.32	1.18.15	81.6	69.0
167 Lynne Griffiths	1.35.35	1.17.00	83.0	66.8
169 Stuart Boulton	1.35.47	1.27.42	72.8	66.7
193 Mel Nichols	1.38.36	1.29.06	71.7	64.8
242 Moyra Parfitt	1.46.12	1.12.14	88.4	60.2
259 Michael Hennigan	1.49.44	1.49.44	58.2	58.2
261 Derek Clutterbuck	1.50.24	1.15.45	84.3	57.9
268 Dave O'Neill	1.51.23	1.41.12	63.1	57.4

Because there was separate races for Men and Ladies the positions are those in the respective races.

9% has been added for Championship status



2007 FELL TABLE

			Midgley Moor	Paddys Pole	Stanbury	Edale Skyline		
1	Mark Goldie	M	92.0	90.1	89.8	78.2	4	<b>350.1</b>
2	Shaun Godsman	M	102.9	99.2		88.7	3	<b>290.8</b>
3	Paul Brannigan	V40	79.7	83.8	85.4		3	<b>248.9</b>
4	Martin Roberts	V45	82.3	84.6	81.7		3	<b>248.6</b>
5	Dave Collins	V50	82.7	82.0	83.1		3	<b>247.8</b>
6	Alison Richards	L		78.3	76.2	70.7	3	<b>225.2</b>
7	Derek Donohue	V45		79.5	73.0	69.4	3	<b>221.9</b>
8	Sharon Godsman	L	73.6	72.1	72.0		3	<b>217.7</b>
9	Kath Brierley	LV40	73.8		71.7	67.9	3	<b>213.4</b>
10	Jane Smith	LV45	70.4	69.8	63.6		3	<b>203.8</b>
11	Jonathan Wright	M		97.5		99.0	2	<b>196.5</b>
12	Sue Roberts	LV40	65.1	64.1	64.3		3	<b>193.5</b>
13	Andrew Wrench	V40		96.3		89.8	2	<b>186.1</b>
14	Peter Ehrhardt	V60		65.4	64.5	55.6	3	<b>185.5</b>
15	Jeremy Godden	V45	71.0	50.7	62.0		3	<b>183.7</b>
16	David O'Neill	V45	61.1	60.7	60.6		3	<b>182.4</b>
17	Phil Hodgson	V50			76.7	77.8	2	<b>154.5</b>
18	James Riley	M			77.8	73.2	2	<b>151.0</b>
19	Neil Hodgkinson	M		73.5	70.8		2	<b>144.3</b>
20	Christine Preston	LV40			74.7	67.8	2	<b>142.5</b>
21	Alice Heath	L		70.2		68.3	2	<b>138.5</b>
22	Stuart Boulton	V45		63.0		60.3	2	<b>123.3</b>
23	Moyra Parfitt	LV60		60.3	61.6		2	<b>121.9</b>
24	Louise Abdy	LV45	58.2	58.0			2	<b>116.2</b>
25	Derek Clutterbuck	V75	56.9	55.7			2	<b>112.6</b>
26	Alex Whitem	M		93.8			1	<b>93.8</b>
27	Andy McFie	M		86.2			1	<b>86.2</b>
28	Peter Bowles	M			78.9		1	<b>78.9</b>
29	Jimmy Jackson	V40		78.1			1	<b>78.1</b>
30	Ben Crowther	M			76.8		1	<b>76.8</b>
31	Keith Parkinson	V50	76.4				1	<b>76.4</b>
32	Andrew Bibby	V50			75.3		1	<b>75.3</b>
33	Richard Leonard	V45			74.0		1	<b>74.0</b>
34	Rhys Watkins	V40				73.3	1	<b>73.3</b>
35	Jeff Anderson	V45			71.5		1	<b>71.5</b>
36	Richard Blakeley	V60			69.7		1	<b>69.7</b>
37	Melanie Blackhurst	LV40			69.5		1	<b>69.5</b>
38	John Preston	V45				69.4	1	<b>69.4</b>
39	David Wilson	V50			65.9		1	<b>65.9</b>
40	Jennifer Porter	LV40			65.8		1	<b>65.8</b>
41	Lynne Griffiths	LV45			65.7		1	<b>65.7</b>

## 2007 ROAD/TRAIL TABLE

			Calder Vale 10	Bluebell 10	Liversedge 1/2M	Radcliffe 12	Ackworth 1/2M		
1	Melanie Blackhurst	LV40	74.9	73.1	75.7		76.3	4	<b>300.0</b>
2	Derek Clutterbuck	V75	61.4	57.9	60.5	59.5		4	<b>239.3</b>
3	Andrew Bibby	V50	76.8	75.9	76.1			3	<b>228.8</b>
4	Jeff Anderson	V45	75.4		72.1	72.9		3	<b>220.4</b>
5	Sarah Glyde	L	72.3	72.1		73.3		3	<b>217.7</b>
6	Alice Heath	L	72.0	72.3			70.5	3	<b>214.8</b>
7	Stuart Boulton	M45		66.7	68.2	68.4		3	<b>203.3</b>
8	Dave Collins	V50		85.3		85.6		2	<b>170.9</b>
9	Andy McFie	M				83.5	84.9	2	<b>168.4</b>
10	Paul Brannigan	V40		82.4			85.2	2	<b>167.6</b>
11	Richard Blakeley	V60		72.0		76.2		2	<b>148.2</b>
12	Peter Ehrhardt	V60	68.9		68.9			2	<b>137.8</b>
13	Moyra Parfitt	LV60		60.2		63.1		2	<b>123.3</b>
14	Alex Whittem	M				97.0		1	<b>97.0</b>
15	Greg Elwell	M					83.1	1	<b>83.1</b>
16	Simon Anderton	V45		80.5				1	<b>80.5</b>
17	Keith Parkinson	M50				80.4		1	<b>80.4</b>
18	Derek Donohue	V45		79.2				1	<b>79.2</b>
19	Peter Bowles	M		76.9				1	<b>76.9</b>
20	Kerry Edwards	L	75.6					1	<b>75.6</b>
21	Rachel Skinner	L			70.5			1	<b>70.5</b>
22	Jennifer Porter	LV40		69.0				1	<b>69.0</b>
23	Lynne Griffiths	LV45		66.8				1	<b>66.8</b>
24	Melanie Niicholls	L		64.8				1	<b>64.8</b>
25	Claire Duffield	L				64.0		1	<b>64.0</b>
26	Mel Siddal	LV40				60.8		1	<b>60.8</b>
27	Charlotte Woodhead	L				60.8		1	<b>60.8</b>
28	Michael Hennigan			58.2				1	<b>58.2</b>
29	David O'Neill	V45		57.4				1	<b>57.4</b>

## 2007 GRAND PRIX TABLE

			Midgley Moor	Paddys Pole	Stanbury	Edale Skyline	Calder Vale 10	Bluebell 10	Liversedge 1/2M	Radcliffe 12	Ackworth 1/2M	OPTIMUM POINTS	Fell Races	Road Races
1	Derek Clutterbuck	6	89.8	88	0	0	89.5	84.3	86.9	85.4	0	523.9	2	4
2	Dave Collins	5	94.8	94	95.3	0	0	95.4	0	95.7	0	475.2	3	2
3	Paul Brannigan	5	83.6	87.9	89.6	0	0	86	0	0	89	436.1	3	2
4	Melanie Blackhurst	5	0	0	81.7	0	87.8	85.7	88.7		89.4	433.3	1	4
5	Peter Ehrhardt	5	0	84.2	82	71.6	84.2	0	83.4	0	0	405.4	3	2
6	Alice Heath	5	0	77.7	0	75.6	79.7	80	0	0	78	391	2	3
7	Moyra Parfitt	4	0	94.9	96.8	0	0	88.4	0	92.8	0	523.9	2	2
8	Stuart Boulton	5	0	70.1	0	67.1	0	72.8	74.5	74.7	0	359.2	2	3
9	Mark Goldie	4	92	90.1	89.8	78.2	0	0		0	0	350.1	4	0
10	Andrew Bibby	4	0	0	88.3	0	87.3	86.3	86.6	0	0	348.5	1	3
11	Derek Donohue	4	0	87.5	80.3	76.4	0	85.9	0	0	0	330.1	3	1
12	Jeff Anderson	4	0	0	77.1	0	80.5	0	76.9	77.8	0	312.3	1	3
13	Shaun Godsman	3	103	99.2	0	88.7	0	0	0	0	0	290.8	3	0
14	Richard Blakeley	3	0	0	93.1	0	0	90.7	0	95.9	0	279.7	1	2
15	Martin Roberts	3	92.4	95	90.8	0	0	0	0	0	0	278.2	3	0
16	David O'Neill	4	68.6	68.2	68.1	0	0	63.1	0	0	0	268	3	1
17	Jane Smith	3	91.2	90.5	82.4	0	0	0	0	0	0	264.1	3	0
18	Kath Brierley	3	90.9	0	88.3	83.7	0	0	0	0	0	262.9	3	0
19	Andy McFie	3	0	86.2	0	0	0	0	0	83.5	84.9	254.6	1	2
20	Alison Richards	3	0	86.7	84.4	78.3	0	0	0	0	0	249.4	3	0
21	Sarah Glyde	3	0	0	0	0	80	79.8	0	81.1	0	240.9	0	3
22	Sharon Godsman	3	81.4	79.8	79.7	0	0	0	0	0	0	240.9	3	0
23	Sue Roberts	3	79.2	78	78.2	0	0	0	0	0	0	235.4	3	0
24	Jeremy Godden	3	79	56.3	68.9	0	0	0	0	0	0	204.2	3	0
25	Jonathan Wright	2	0	97.5	0	99	0	0	0	0	0	196.5	2	0
26	Andrew Wrench	2	0	100	0	93.3	0	0	0	0	0	193.3	2	0
27	Alex Whitem	2	0	93.8	0	0	0	0	0	97	0	190.8	1	1
28	Keith Parkinson	2	89.5	0		0	0	0	0	91.4		180.9	1	1
29	Phil Hodgson	2	0	0	87	88.3	0	0	0	0	0	175.3	2	0
30	Christine Preston	2	0	0	88.7	81.6	0	0	0	0	0	170.3	2	0
31	Lynne Griffiths	2	0	0	83	0	0	83	0	0	0	166	1	1
32	Jennifer Porter	2	0	0	78.2	0	0	81.6	0	0	0	159.8	1	1
33	Peter Bowles	2	0	0	78.9	0	0	76.9	0	0	0	155.8	1	1
34	James Riley	2	0	0	77.8	73.2	0	0	0	0	0	151	2	0
35	Louise Abdy	2	72.6	72.3	0	0	0	0	0	0	0	144.9	2	0
36	Neil Hodgkinson	2	0	73.5	70.8	0	0	0	0	0	0	144.3	2	0
37	Claire Duffield	2	0	0	69.7	0	0	0	0	70.8	0	140.5	1	1
38	Simon Anderton	1	0	0	0	0	0	87.2	0	0	0	87.2	0	1
39	Kerry Edwards	1	0	0	0	0	83.7	0	0	0	0	83.7	0	1
40	Greg Elwell	1	0	0	0	0	0	0	0	0	83.1	83.1	0	1
41	Richard Leonard	1	0	0	82.3	0	0	0	0	0	0	82.3	1	0
42	Jimmy Jackson	1	0	81.9	0	0	0	0	0	0	0	81.9	1	0
43	Rachel Skinner	1	0	0	0	0	0	0	78	0	0	78	0	1
44	Ben Crowther	1	0	0	76.8	0	0	0	0	0	0	76.8	1	0
45	Rhys Watkins	1	0	0	0	76.1	0	0	0	0	0	76.1	1	0
46	David Wilson	1	0	0	75.5	0	0	0	0	0	0	75.5	1	0
47	John Preston	1	0	0	0	74.9	0	0	0	0	0	74.9	1	0
48	Mel Siddal	1	0	0	0	0	0	0	0	74	0	74	0	1
49	Melanie Nicholls	1	0	0	0	0	0	71.7	0	0	0	71.7	0	1
50	Charlotte Woodhead	1	0	0	0	0	0	0	0	67.3	0	67.3	0	1
51	Michael Hennigan	1	0	0	0	0	0	58.2	0	0	0	58.2	0	1

# Grand Prix Information

## The next three races:

### **Saturday May 19<sup>th</sup> Fairfield Horseshoe Fell Race**

9m/3000' (AM)

Start 2.00pm from Rydal Hall, Ambleside. Parking on Ambleside show field (800m from registration) – parking charge £1.

Closing date for pre-entries has expired and no substitutions will be allowed on the day.

An electronic dibber system will be used at all 5 checkpoints and at the finish of the race.

*This race is the next English Championship counter. Described by Ambleside AC as “an excellent fell running course with good climbs and descents with rocky sections in places.”*

*Full kit is obligatory – no exceptions will be made for hot weather.*

#### **Checkpoints:**

1. Nab Scar (GR356072) (north side of wall stile)
2. Great Rigg Man (GR356105) (by small summit cairn)
3. Fairfield Summit (GR358118) (summit cairn)
4. Dove Crag (GR374104) (summit cairn near wall)
5. Gate (GR374056) (a gate near Low Sweden Bridge)

### **Sunday May 27<sup>th</sup> Leyland 10**

Start 11.00am from Worden Park, Leyland

Entry form in this issue.

£5 pre-entry (£7 if entering on day). (V65s and LV60s receive a discount!)

*This is a fast 2-lap 10 miler around country lanes and parkland. All runners receive an “eco friendly prize” – intriguing!*

### **Saturday June 2<sup>nd</sup> Duddon Valley Fell Race**

20m/6000' (AL)

Start 11.00am from the Newfield Inn, Seathwaite, Duddon Valley, Cumbria

Entry form in this issue.

£7 pre-entry by May 25<sup>th</sup>, but enter early as the race is an English and British Championship counter.

An electronic dibber system will be used at all 9 checkpoints and at the finish of the race.

Competitors will also be required to call out their race number at all manned checkpoints.

*Full body cover is obligatory. Runners are advised to carry food. Further details available at [www.duddonvalley.co.uk](http://www.duddonvalley.co.uk)*

#### **Checkpoints:**

Track through Wallabarrow Farm GR220963 and Grassguards Farm GR223981 public footpath through gate GR211993 to:

1. 15m NE of Harter Summit (GR218997) (Cut-off 12.40pm)
2. Hardknott Summitt (GR232024) (Cut-off 13.00)
3. Little Stand Summit (GR250033) (Cut-off 14.00)
4. Three Shires Stone (GR277027) (Cut-off 14.30)
5. Swirl How Summit (GR272005) (Cut-off 15.00)
6. 50m West of Dow Summit (GR261978) (Cut-off 15.40)
7. White Pike Summit (GR248955) (Cut-off 16.15)
8. Caw Summit (GR230944) (Cut-off 16.25)
9. Wall crossing marked by a coloured post, then flagged to finish (GR231953)



## Recent Press Reports

If you have done great deeds, or little ones, and you'd like to see those deeds layed bare before the Todmorden masses, you need to talk to Colin Duffield 01422 846593 (email [claire.colin@virgin.net](mailto:claire.colin@virgin.net)). And remember...

'Early in life I had noticed that no event is ever correctly reported in a newspaper, good thing too'-George Orwell , Collected Essays (almost)

### **Midgely Moor/Donard Commedagh/Liver Hill (Press date 05/04/07)**

#### *Godsman Races to Glory on Midgely Moor Fells*

Todmorden Harrier Shaun Godsman registered a win in a local fell race last Saturday as he joined 14 his fellow Harriers competing in the Midgely Moor Fell Race. The race, organised by members of Calder Valley Fell Runners, sees the competitors setting off from Booth Cricket Club for a five-mile dash around the moor, visiting six checkpoints in prescribed order. The route between checkpoints is often a matter of each runner's preference, this leaves plenty of room for route choices as runners try to gain vital seconds on their rivals. If the hill mist is down this can be very much a navigator's race, and although this year the mist stayed away the importance of picking a good line through the heather clad moor was still paramount for any serious contender.

Godsman dominated the race from the off, using his flat racing speed to take time off his pursuers on the trodden paths rather than the more direct routes over the rough moor. In doing so his winning in a time of 38.33 was not only a minute and a half clear of second placed man Owen Beilby of Wharfedale but the fastest winning time for the race since the record was set in 2002 by Steve Oldfield of Bradford and Airedale.

In the ladies' race, Janet McIver of Dark Peak Fell Runners continued her outstanding early season form by breaking the course record, and leaving the opposition trailing. Strong showings from Todmorden's ladies included a downhill gallop to the line with Kath Brierley and Sharon Godsman bidding to register as first Tod lady, only 10 seconds separating the two at the finish. Club mate Jane Smith finished 3 minutes later to ensure Todmorden took the ladies team prize.

Also last Saturday, some of the Harriers number turned their attention to the British Fell Running Championships at the prestigious Donard Commedagh Hill Race in Northern Ireland. The 6.4 mile race climbs Northern Ireland's highest peak Slieve Donard on route and attracted over 200 mountain runners, among which were three Todmorden Harriers and a number of runners from neighbouring club Calder Valley Fell Runners who had also made the trip over the water. International runner, Rob Hope of Pudsey and Bramley, won the race. First Calderdale man home was CVFR's Karl Grey who finished in eleventh place in the race, which was won by Rob Hope of Pudsey and Bramley. First Todmorden finisher was an in form Jon Wright who came home in 23<sup>rd</sup> place, followed by club mates Andrew Wrench in 32<sup>nd</sup> and James Riley in 147<sup>th</sup>.

In the week prior to the Midgely Moor and Donard Commedagh, there was opportunity to warm up for the weekend at the Liver Hill Fell Race in Rawtenstall. This fast and furious 5 miler is traditionally held to celebrate the arrival of the lighter nights and the opportunity to run away from the roads in the evenings. Pick of the Todmorden contingent was Mark Goldie who crossed the line in 35.53, some two and a half minutes and five places behind the winner, Darren Kay of Horwich. First Todmorden lady was Kath Brierley who finished in 88<sup>th</sup> place overall and eighth in the women's rankings, five minutes behind ladies winner and potential future star, 16 year old Rachel Searson of Blackburn. Elsewhere in the field, Todmorden's Simon Galloway ran strongly to finish in 42<sup>nd</sup> place, followed three minutes later by club mate Keith Parkinson in 70<sup>th</sup> spot. A little further down the field, Tod's evergreen septuagenarian Derek Clutterbuck left many younger runner struggling in his wake to come home in 167<sup>th</sup> place.

### **Caldervale 10 (Press date 12/04/07)**

#### *Bibby Scores Early Points in Championship*

Competition in the Todmorden Harriers Road Championship stepped up a gear over the Easter holidays after the Caldervale 10 race in North Lancashire.

Eight Harriers travelled to the sunny Bowland countryside for the race and competition was intense, with less than two minutes separating the first four Tod athletes. Andrew Bibby lead the Harriers home in 80<sup>th</sup> place in a time of 1.13.44, followed by first lady Harrier, Kerry Edwards, just eight places and one minute adrift.

These two were followed in quick succession by Jeff Anderson, and reigning ladies' Road Champion, Mel Blackhurst.

The race was won by Ken Chapman, formerly of Salford Harriers, now running without a club. His time of 55.45 seeing him home comfortably ahead of second placed Garry Dixon of Barrow.

### **Pendle Fell Race/Calderdale Hike (Press date 17/04/07)**

*No Broomstick Required for Jon on Witches Hill*

Todmorden Harriers were well represented in the hugely popular Pendle Fell Race recently. The event is one of several annual races that climb the famous witches Hill from the picturesque village of Barley and this year attracted a quality field of 215 runners.

The race was won by Danny Hope of Pudsey and Bramley AC who flew around the 5 mile course, without the aid of a broomstick, in a time of 31.47. However, he was pushed all the way by the chasing pack that included in-form Todmorden man Jon Wright who eventually finished in fourth place in a time of 34.32.

Other Todmorden interest at the sharp end of the race was provided by Alex Whitem who also ran strongly to finish three places behind his club mate in seventh place.

Elsewhere in the field, there were also creditable runs from Harriers, Dave Collins who finished in 50<sup>th</sup> place, Keith Parkinson in 107<sup>th</sup>, and Simon Galloway in 112<sup>th</sup>.

In contrast to the test of speed and nerve at Pendle, another group of Harriers tested their stamina in the Calderdale Hike last Saturday.

The race, which starts from Sowerby before setting off on a 38 mile tour of bridleways and tracks around Calderdale and Airedale, has separate categories for runners and walkers and was a counter in this year's Montrail UK Ultra Running Championships.

Again foremost amongst the 'long distance' Harriers was veteran 50, Phil Hodgson who is currently riding high in the national rankings for these super length challenges. He finished first in his age category and twelfth overall, finishing in 6 hours and forty minutes.

Next Harrier to complete the arduous route in the sweltering temperatures was Chris Preston, followed some time later by club mate Colin Duffield.

The next event concentrating the Harriers' energies will be the Paddy's Pole Fell Race in North Lancashire. This tough four and a half miler has been chosen as a national counter in the English Fell Running Championships, and it is important that the club wheel out their 'big guns', in both the men's and ladies' races.

### **Paddy's Pole (Press date 26/04/07)**

The latest round of this year's English Championships took the fell running community to North Lancashire for the Paddy's Pole Race.

Despite its' curious name, the race itself is a no nonsense dash over 4.5 miles, starting with a steep climb, before a fast middle section before the final giddy descent to the finish. The nature of the route made it necessary to split the ladies and men's race in order to avoid any possible congestion on the narrow paths that made up the course.

In the ladies race it was series front-runner, Natalie White of Bingley Harriers who glided home first in a time of 34.09, fifteen seconds ahead of second placed Sarah Tunstall of York.

A healthy turnout of Todmorden ladies saw them rise to seventh in the team placings following good runs from Alison Richards in 22<sup>nd</sup> and Sharon Godsman in 48<sup>th</sup>. Alice Heath made up the team, finishing in 56<sup>th</sup> place.

In the men's race Kendall's Joe Symonds surprised some by taking the honours in a time of 27.27, pipping former national champion Simon Bailey in second.

First Todmorden man was an in form Shaun Godsman in 24<sup>th</sup> position, just three minutes adrift of the winner. The Harriers' men's team matched their female counterparts, also finishing in seventh place in the team stakes, with Jon Wright (30<sup>th</sup>), Andy Wrench (43<sup>rd</sup>), Alex Whitem (62<sup>nd</sup>), and Mark Goldie (90<sup>th</sup>) making up the team.

In contrast to the understated ambiance found at fell races, five Todmorden runners ventured south last Saturday to the glitz and glamour of the London Marathon. First home was Nick Wigmore who dipped below the three hour barrier in a time of 2.58. Next home was experienced ultra marathon runner Rhys Watkins, who was possibly one of the few people in the huge field to find the distance a bit short. First Todmorden lady was Mel Blackhurst in a time of 3.46, followed by Mel Siddall in a time of 4.11. Jeff Anderson made up the travelling Tod contingent in a time of 5.01.

Jon on Peak form (press date 03/05/07)

According to the old Yorkshire adage, Ingleborough, Wharfedale, and Pen-y-Ghent are the 'highest hills twixt t'Tweed and t'Trent'.

Last Sunday these famous fells saw the running of the 53rd Three Peaks Fell Race, which reverses the order of the hills, but has every inch as much height gain.

The race has a long history and is probably the most famous fell race in the country. Furthermore, the presence of such luxuries as ice cream vans and children's rides in the control field gives the race something of a carnival feeling. Also, the 600 entrants momentarily double the population of starting village Horton in Ribblesdale before they leave the village for the long climb up Pen-y-Ghent.

This year the sun shone, which made life pleasant for the spectators but caused competitors to swelter as they made their way around the 24 mile course, the breeze that blew on the tops of the hills doing nothing to alleviate the sunburn that afflicted many of the runners.

After clashes with other races in recent years, causing fewer Todmorden runners to participate in the race, this year it was business as usual for Harriers who sent a strong team of ten runners up to North Yorkshire, including four 'Three Peaks First Timers'.

First Todmorden runner back was Jon Wright who had an outstanding run to finish in eleventh place, just twenty seconds away from a top ten finish in a field packed with the best long distance fell runners in the country, including race winner Rob Jebb of Bingley Harriers. Next Tod athlete back was Andrew Wrench in a creditable 67th place. Newcomer Andy McFie made up the Todmorden top three in 151st place, finishing just a shade over the four hour mark.

In the ladies finishers, Bingley Harrier and Skipton local Mary Wilkinson proved too strong for the rest of the field finishing in a time of 3.30.22. First lady Harrier was Chris Preston who was sixth female finisher and first veteran lady, whilst club mate Ali Richards continued her rich vein of form to finish a pleasing twelfth lady.

Todmorden Results for the Three Peaks Race:

9, Jon Wright (3.12.25 ); 67, Andrew Wrench (3.44.07 ); 151, Andy McFie (4.02.44 ); 154, Chris Preston (4.03.00 ); 242, Alison Richards (4.17.41 ); 255, Rhys Watkins (4.21.31 ); 261, Derek Donohue (4.22.32); 349, Colin Duffield (4.44.00 ); 384, Alice Heath (4.51.52 ); 447, John Lee (5.21.00 ).

Also last weekend, there was a much lower key race held locally. The Wardle Skyline is a seven mile tour around the hills north of Watergrove Reservoir, taking in 1000 feet of climbing long its' length as it visits, Brown Wardle Hill, Rough Hill, and Hades Hill before a tough finish and a final climb back to the village centre.

First Harrier home was Alex Whittem, who continued his recuperation from persistent injury with a hard fought fourth place in a race dominated by Calder Valley duo, Karl Grey and Ben Mounsey, who finished first and second respectively.

Next Harrier home was Mark Goldie who crossed the line in thirteenth place after losing some ground and places on the final half mile in the teeth of stiff opposition.

The ladies' race was won by Katie Ingram of Horwich, who just held off the chasing Calder Valley pairing of Jo Waites and Sally Newman, who followed her home in second and third places.

Todmorden Ladies were represented by Sharon Godsman who ran well to finish fifth lady, and Claire Duffield who arrived home in tenth place in the female rankings.

**Forthcoming Fell Races**  
**By Colin Duffielski 'The May Pole'**

**Mearley Clough** AS 3.5 miles / 1200ft

Calfs Head, Worston, Clitheroe

*Just in case you feel the need to run up Pendle again. If you do this race, and the Half Tour, Full Tour, and Pendle Fell Race, all in the same year, you get to take Pendle Hill home with you. Allegedly.*

Sunday 13<sup>th</sup> May 11:30pm

**Mytholmroyd Fell Race** BM 7 miles/ 1350ft

Mytholmroyd Community Centre

Goes over familiar ground on the Wadsworth hillside check out <http://www.halifaxharriers.co.uk/Halifaxracesv3.htm> for a pretty comprehensive route description.

Wednesday 16<sup>th</sup> May 7.30pm

**Blackstone Edge** AS 3.5 miles / 1200ft

Lydgate Hamlet, Blackstone Edge Old Road

*Tough little race that's deceptively fast for the amount of climbing. You won't get lost but your quads won't not speak to you for a month. To be frank, I wouldn't blame them.*

*Did you know that the FRA website now has calendar details for up coming races?*  
<http://www.fellrunner.org.uk/2007races.htm>

## **Forthcoming road races – from Mel B**

Sunday 13th May Eyam 1/2 marathon.11AM

Not Andrew Bibby's favourite race.Very hilly!! £11 to enter.

Wed 15th May Geoff Doggett Memorial 5K race 7.15pm

Falcon Inn Littleborough.

Sun 20th May Simonstone Road race 7.15pm.

10KA starting at Simonstone hotel near Burnley.£6.Can enter on night.

Sunday 20th May Pulse 10K Roundhay Park,Leeds

11am.Multilap route within park.£8,can enter on day.In aid of British Heart Foundation.

Sunday 20th May 10am.Calderdale Charity 5K Run

Spring Hall,Huddersfield Road,Halifax £5 and £1 on day.

Wed 23rd May Greenaway 10k 7.30pm

Princess Mary Athletics stadium £6 AND £1 on night.

Sunday 27th May Leyland 10 miles.In Grand Prix-more

details later. £5-reduction for V65/LV60 £3!!(as there should be in more races!!)£2 extra on day.

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

# TODMORDEN JUNIORS NEWS

## LETTER

Since our last news letter there has been one local race at Liver Hill, Rossendale.

What a great turnout with fantastic performances from all who ran.

Unfortunately there were no U8 and U10 courses but that didn't deter anybody

### U12

2 <sup>nd</sup>	Ted Yearsley	9.47
6 <sup>th</sup>	Sam Hamer	10.13
13 <sup>th</sup>	Jack Crummett	10.57
18 <sup>th</sup>	Jay Connor	11.42
23 <sup>rd</sup>	Joe Brannigan	11.58
39 <sup>th</sup>	Sophie Hamer	13.21
40 <sup>th</sup>	Joe Lord	13.23
52 <sup>nd</sup>	Lilly Morgan	15.04

### U14

7 <sup>th</sup>	Joe Yearsley	16.15
14 <sup>th</sup>	Anna Brannigan	20.35

### **Coiners results**

#### **U8 (~ 0.5ml 150ft)**

Edward Galloway	3.55
Holly Davies	4.04
Jack Galloway	4.30
Ailsa Wilson	5.06
Lily Morgan	5.17

#### **U10 U10 & U12 ran the same course (~ 1ml 370ft)**

Jack Crummett	11.36
Sophie Hamer	12.57
Jay Connor	Time not given
Skye Wilson	15.30
Joshua Dyer	15.53
Rosie Crowther	16.17
Emily Galloway	16.39
Alex Kiriakas	18.58
Libby Oxley	19.33

### **U12**

Ted Yearsley	1st	9.59
Sam Hamer	4th	10.39
Ben Utley	8th	12.48
Joe Brannigan	10th	13.18

### **U14 (~2.4ml 600ft)**

Joe Yearsley	4th	26.13
Anna Brannigan	5th	32.24 (1st girl)

### **Club Vests**

Official Club vests can be obtained from Jane Smith (01706 818663) or ordered thro' Eileen or John & Kath (Jack's parents). Sizes Small or Lady's Small (still fits boys !) will probably be adequate and cost £11.50.

### **14 and over**

Graeme Wrench (Grade 4 coach) is inviting any interested runners (aged 14 and over) to join in the Senior Todmorden Harriers training sessions held at the High School on Tuesday evenings (6.45-7.45). Parents are also more than welcome.

### **Help wanted**

Interested in helping with the Juniors on a Monday evening and becoming a Coach ? Then contact Eileen. There is funding available to fulfil your life long ambition. The Olympics are only 5 years away !

### **WANTED JUNIOR PRESS SECRETARY**

#### **Job description**

**To collect results from Junior races to go in the paper.**

**Also provide some information on the race how many runners, distance of race etc.**

**Colin Duffield the senior's press secretary is happy to help but has not got the time to do both jobs.**

**If interested speak to Colin on  
01706 846593**

# RUNNING LONDON by Rhys Watkins

There I was on the train on the way to the start. A few more stops and we would be getting off for the short walk to the start. Lots of people were standing, crammed in like sardines. It's little wonder why Tracey doesn't like coming to the start with me. People had heads in other peoples armpits; runners, supporting kids and partners were getting hot and flustered; people farting; and that potent varnish smell of germolene. It was all a bit uncomfortable. The train stopped in the middle of nowhere, again. I tried my northern socialising skills out, but didn't get further than 'yes this is my first time' from someone before I realised everyone in the carriage was listening into our conversation, and I felt a bit intimidated. So much so I shut up, and just pulled faces at some kid opposite.

Still I was surrounded by runners, on the way to a run. How better can this be. The sun was out, and I even had a seat. Then all of a sudden I started to have a nose bleed. Not really what I wanted. I hadn't even been picking my nose to save weight. Within moments everyone seemed to be watching my every move. Look he's got a bloody nose bleed; Thank goodness I'm not in his shoes; Cor that's a tough one; I wouldn't know where to look; Poor lad, that's his running days over, you could hear them thinking. It's a nose bleed and I'm suddenly the centre of everyone's attention, again. Of course nobody offered any assistance, but then I could have been a carrier for some rare and infectious northern disease, like man flu. So, I took off my knotted hanky from my head and bunged up my nose. Funny 'cos after that everyone was avoiding eye contact with me. I had my Toddy vest covered up, but you can count on me to be an ambassador for the club, anytime, anywhere.

My one bit of advice, I now recall, is head for the toilets first. Everything else can wait, other than the starting gun, of course. The deed done, my bag handed over to some spotty scout youth, I casually wandered over to pen 2. There are 1-9 pens depending on whether you are Elvis, a rhino, or a serious runner. I was in the same pen as loads of other club runners, and a fairy. I looked around and to my delight there was no lobsters or wombles to compete with (like last time). Concentrate on that fairy I told myself.

Thankfully we just about managed not to stop within the first mile. After that I was able to pick my own pace. The pressure was off, although worryingly that fairy was still a bit too close.

My strategy was simply, run the first few miles at 3-15 pace, see how I go, and back off if need be. I was pleasantly surprised to be exerting myself relatively comfortably, so I tried to stick to the 3-15 schedule. Mile by mile flew by. Every mile marker I checked my split time. 'The watch doesn't lie' was going to be my motto. I did miss to press my watch at a few of the mile markers in the 2<sup>nd</sup> half which annoyed me 'cos it looked like I was running just over 14 minute miles, instead of 7. But I took one of my secret pills, a coffee bean in chocolate, which seemed to put my mind back on track.

Once you're at Big Ben then it's fairly quick to the finish, I remember. When you get on the embankment you expect to see Big Ben – after all you've only got a couple of miles to go. But I couldn't see it. You can see the Thames disappearing around the corner several miles ahead. Big Ben was obviously hidden by the trees directly ahead. No far now. But I've been here before, and know that there is a sting to this race. Sure enough a mile, or so later, you see the top of Big Ben slowly coming into view further round the bend of the river – not where I thought it was. It's a long, long way, certainly more than just over one mile. How am I going to get to the finish in less than 15 minutes. Yes I was a bit down at this stage. A great run up to now, but my legs were getting heavier and Big Ben looked so small in the distance. Even my watch isn't making sense. Where's mile 25 marker? I can't remember seeing it. I could see how far I needed to go, and it wasn't good.

Of course I reach Big Ben, eventually. Oh and the joy of that downhill bit just after. I'm doing the best I could, seconds are ticking by, hang in there. The guy in front has a bit of a stagger. His legs buckle beneath him, and he collapses onto the road just in front of me. Not that I had any energy, but I was just too far away to break his fall. Still I haven't time for this. I saw the crowds gasp and shout at him to get up. They can all sort him out, I thought. I run past the side of him, only to realise the crowds were helpless behind the barriers. That chap was on his own. I didn't know who was behind but there couldn't have been many that close to him. It's only a flipping time. Stop you bugger. 300m from the finish and I turn round, run back and start to help him up. Only a copper was moving over too and he waved me on. A BIG thank you to Mr Copper. Humanity restored, I went round the corner and down the Mall to record my best time ever : 3 hours, 15 minutes and 31 seconds.

For me I didn't think the heat was that much of a problem (21°C I believe) – probably as there was a lovely breeze. Although, there was one point that I was getting a bit too hot, but half a bottle of water over my head sorted that out. Mind you, I've never seen so many people veering uncontrollably across the road, people staggering, people simply out of it. It was becoming common place to see runners sitting in the gutters getting assistance. A tad worrying when you are pushing yourself at the end.

Nonetheless, I expect there to be plenty of 'competition' to get the few Toddy places available next year (assuming we get any). It really is a superb race, and really worth going for. Make it your first marathon and you will not be disappointed. Afterwards, sitting on the cordoned-off road, by the Cenotaph, drinking beer in the sun, within earshot of Downing Street, with not a care in the world – priceless.

Thank you Toddies for the place and special thank you to Graeme for Tuesday night training. Oh yes, I got beaten by a Deaf Man and that Fairy, but thankfully no wombles/lobsters.

## Two legs good, four legs better? (riding the Mary Towneley loop)

One would have thought I should know better by now, at my age! Having "good ideas" really should be a thing of the past where I'm concerned, but I never learn.

The plot being to do the Loop anti - clockwise starting at Jane and Richards new home in Mankinholes, working round via a few pubs such as The Newdie and The Ridge at Widdop then on to The Crooked Billet at Worsthorne, then on to The Ram at Cliviger before hitting The Buck at Cowpe. From here my plan was to make The King Bill near Watergrove res for my last pint. Now all you mountain bikers and fellow runners may think "well yeh- whats the big deal?" Well the "big-deal" my friends was that I was riding my rather large Hanovarian bay mare horse complete with saddle bags for essentials such as whiskey and jelly babies and a few clothes, for three days, seven to eight hours a day albeit with pre booked overnight livery and accomodation. Now I've done some daft stunts in my time-Eiger, Materhorn, skied the Rote Naser in Zermat but this one actually made me check my policies when I got back to see if I had been covered for death,loss of limbs etc the answer was no.

Riding a half ton horse is quite demanding any time but when the blasted thing decides it will throw a wobbler and spook at every skylark or idiot motorcyclist that passes, then the task becomes more taxing as you move further away from home, you just can't get a taxi back .The perspective of the views and the countryside from the saddle was ammazing, really! The weather on Saturday was lovely on leg one to a yard about two miles north of Worsthorne but Sunday over to Rawtenstall was miserable in driving rain over Thievely Pike down to Lumb. Things perked up I must say in the evening when a visit to a classy Indian for a nosebag and plenty of scoops took the pain away. Monday dawned wet , cold, grey, and miserable and yet I still have a third of the Loop to complete! A long steep climb up onto Cowpe Lowe found me in the driving rain and low cloud that would make the next two hours or so over Rooley Moor to Broadley near Whitworth very very unpleasant indeed. The rain has now filled my boots up to my knees, penetrated my three layers of Lowe Alpine's best effort to my underwear and worst of all--My Soul!!! The final section over Brown Wardle to Walsden was "testing" to say the least. My horse was not happy (it's a frightening drop into the quarries at Summit) I had lost the plot completely and just needed to get through the last couple of miles (please God!) before I exspire. At this point Abbey decided to bolt in an effort to finaly kill the bastard on her back that has made her work so hard for three days. I lie not when I say I prayed, cried, and pulled my arms out of the sockets but managed to pull her up half a mile down the lane. I jumped off, It's all over now, or is it? One mile to go and Abbey stood on my foot and crushed the big toe on my left foot. What was I in my previous life?? an axe murderer! I did not deserve that--or did I ?

We are so lucky to live in a beautiful area and whether we run, bike, walk or ride we allways get a new canvas that changes and changes and that's what makes all our crazy adventures worthwhile. Many thanks to Pat for logistical backup in her new motor!

Rodeo Ray

## Please sponsor us!

Sue, Annie and Ella Roberts are doing the "Race for Life" at Broughton Hall on May 13th. It is for cancer research uk a subject close to our hearts ( we`re running for **MANDY**). It is only 5 km, but quite a challenge for the girls, so dip into your pockets ( a pound will do!) and please sponsor us. See me at the pack run or E Mail

[suecheers@aol.com](mailto:suecheers@aol.com)

THANKS!

# On running the Nine Trigs

Maps are dangerous things. You get them down from the shelf, open them up, start planning routes, and before you know it you're out knackered on the hills on Easter Sunday.

My mistake, obviously, was not actually measuring on the map just how far I'd be running. But the idea was a simple one. Some years ago I'd devised the Six Trigs route round the Hebden Bridge watershed, a nice, logical, route which provided a twenty-something mile challenge, just about right (so I thought) for a good day out. Who'd want anything else? And then (this is a year or so back now) I open up my Torrier and – guess what? – find that John and Kath have been at work devising the *Seven Trigs*! Oneupmanship (oneuppersonship) or what?

This was not something to be taken lying down. I pulled out the South Pennines map and got to work.

John and Kath's route took them from Tod north to the Bride Stones and Hoof Stones Height, then across to Thieveley Pike and Trough Edge End, before dropping down to Littleborough to pick up the trig points of Blackstone Edge, Manshead and Little Holder Stones on the way back. Seven trig points, sure enough. But add on the trig point just north of Wardle near Watergrove reservoir and the one on Dog Hill east of Blackstone Edge, and you'd end up with - Nine Trigs!

Once planned, there was then the little complication that it had to be done. I took the car to the bottom of the track by the Top Brink early in the morning whilst Lumbutts was still sleeping gently and started. This is what happened:

7.10am. Leave the car, run past the pub and down to the main road near the bikers' café. Then up to Cross Stone and the bridleway along the side of Tod golf course. I'm finding I'm running slowly up the long climb across Whirlaw common.

7.50am. Arrive at the Bride Stones. Tod looking very beautiful down in the valley. Head down to Kebs and decide to go the direct way, across the moor to Hoof Stones Height. The trig point is clearly in sight, gleaming white in the morning sun.

8.20am. Take the path down towards Sheddon Clough. Find it without problem (slight contrast from the pack run where I led everyone here into a trackless waste of tussocks). The Pennine Bridleway gets me down to Cliviger, and then it's the usual route up Thieveley Pike.

9.30am. There's always a good view from Thieveley, as the West Pennine moors come into sight. I stop for a first peanut butter sarnie. Then it's easy running along the ridgeway bridleway to the Bacup road and then on to Trough Edge End trig point. Pass a farmer repairing a wall – pretty well the first person I've seen so far.

10.15am. Trough Edge End. I come round the back end of Hades Hill and drop down to pick up the P Bridleway again briefly. The trig beyond the reservoir isn't actually on access land but I sneak up to it. The views now are to the south, to Hollingworth Lake and beyond.

11.15am. Leave the nameless trig and get slightly lost. End up on Shore Rd rather than Calder Brook Rd, meaning I miss my planned short-cut round the north of Littleborough. It's a long climb up past the Rake on to the Roman Rd, and then a minor detour to the Blackstone Edge trig. Two trail bikers look aggressively at me before heading off over bare peat.

12.30pm. Frankly I'd like to be going home at this point, straight down the Pennine Way. No chance – instead, it's a long slog across to Dog Hill.

1.15pm. Leave Dog Hill, and pick up the minor road near Baitings reservoir before taking the concessionary path towards Great Manshead. A herd of bullocks charges across to check me out.

2.00pm. Great Manshead, great view. North along the ridge. A short way ahead gleams another trig stone, the one at Crow Hill at the back of the Travellers Rest. But this one doesn't count, it's a trap – madness (and Mytholmroyd) lies that way. Instead, I turn back west, and struggle up Turley Holes moor near the shooting lodge. The GPS says I've come 34 miles. Another sarnie doesn't really help that much. I know this moor well (so I think) but still get the line wrong and find myself at the Two Lads. Then I pick a lousy line across to the Little Holder Stones. I'm walking pitifully slowly through the rough heather.

3.00pm. Finally get to Little Holder. Again get the bloody line wrong, heading much too far west and ending up at Stony Edge. An extra half mile – just what I could have done without. Finally manage to get the legs moving again, past Gaddings dam to get down to the Shepherd's Rest. Take the road back to the car. Look at GPS: 37.6 miles. What a ridiculous way to spend a day. Go home. Sleep.

Andrew B



# PHIL's JOS NAYLOR CHALLENGE – May 5, 2007

What a day! In the weeks up to the big day I'd been visualising the feeling of sprinting down into Greendale and getting there under the 12 hours. As I'd imagined it would be with 10 minutes or so to spare it still hasn't sunk in that I got so close to 11 hours – all the training and the three week rest obviously paid off.

I set off from Pooley Bridge with Shaun Godsman and Geoff Davies in support. The 11:34 schedule was going to be tight but I definitely felt up for it. For the first time in months my legs didn't feel heavy, no doubt a combination of the rest and the adrenalin. We ran much of the way to the first summit and found we'd shaved 6 minutes off the schedule with only a few miles gone. A slight worry that I might be going off too quickly was outweighed by the fact that I was feeling great. "Run how you feel" I told myself. My other worry was the clag. Mist cloaked the hills from Arthur's Pike onwards but my reccies, and the directions provided courtesy of John Crummett, with his remarkable recall for every twist, turn and shortcut, kept us on track, with the additional comfort factor of a GPS back up. The first leg, the most runnable section of the challenge, passed in a flash, as we ticked off High Street and the other 10 summits and cruised down the last hill to reach Kirkstone Pass 10 minutes up. Mandy and Keith had the hot drinks and butties ready. John Preston and Rhys Watkins were warming up ready to take me over leg 2 with Shaun doing a second leg as bagman.

Leg 2 might be the shortest leg but the ascents of Red Screes, Hart Crag, Fairfield and Seat Sandal add up to a fair old climb. My one mistake had been reaching for a pork pie as we set off. One bite and my taste buds revolted. I spit it out and handed it to Shaun. His mistake was eating it. We could both taste it as it repeated on us for the next hour. Maybe that's what caused both calves to cramp up as I slipped coming off Red Screes? I rarely get cramp and managed to run through it with gritted teeth, haunted by the sobering thought that it could ruin my chances. However, the copious amounts of carbo drink and water continually on offer from my crew slowly eased the pain. Having zig-zagged down off Seat Sandal it had reduced to a slight twinge as we reached our support team at Dunmail Raise having taken another couple of minutes off the schedule.

With the clag still well down I might have got worried when I saw Dave Makin and Tash Fellowes busy poring over a map checking out the leg 3 route, but I knew they'd already worn a new trod across to High Raise with all the recceing they'd done. You really don't need a GPS when you've got Dave navigating. With Chris Preston and John Thompson making up the four man crew Dave led an impeccable line over Steel Fell and across to High Raise. More supporters fed us the obligatory crisp butties on Rossett Pike. My first bad spell of the day was going up Bowfell. I remembered the dreaded spaced out sickly feeling from the Bob Graham and other long distance events but this time it didn't seem as bad. The secret is to eat and drink when you don't feel like eating and drinking and the teams on every leg were determined to make sure I did. Every half hour they cajoled and persuaded, "Come on, eat this", "Have some water", "Here Phil, have some fudge", "Come on, get this gel down yer neck", ... and it worked. The gels in particular. Bounty bars were my secret weapon on the BG, this time it was Go Gels (impolitely referred to as sperm sachets by some in the know). The dizziness soon receded and by Esk Pike I felt good again. Reaching the summit of Great End, the clag lifted for the first time and inspired by the stunning views we managed to knock another 8 minutes off the schedule in the next 2 km as we careered down semi-suicidal gullies from the top of Great End down to Styhead Pass. Another merry band of supporters cheered us in. Dave Wilson had staggered up there loaded with spare clothes, food and drink despite being poorly. We were half an hour up, I could hardly believe it. "There's still a long way to go", I was reminded, "and the hills get bigger from here." I



Phil being congratulated by Joss Naylor



Some of the support crew

I took a few extra minutes rest in the sunshine before the long pull up Gable with Ozzy Kershaw, Mick Howard, Tony Shandley and Dave in support. Ozzy led us on a great line off Gable down a scree and as we approached Jos's Gully on Kirk Fell we heard a shout as Mandy, Janet, Keith, and Rhys jogged over to cheer us on and offer encouraging hugs. (not Keith and Rhys I hasten to add in a very deep voice!) Despite another bad spell up Pillar we were holding on to our half an hour's leeway and when we reached Scoat Fell with well over 2 hours left to go we knew it was in the bag. "Just keep it steady", they encouraged, "Lift those feet, no tripping." A quick out and back over

Steeple and a grassy plod up Haycock was followed by another exhilarating scree run. Ozzy and Dave, being just a tad competitive, created a mini dust storm as they raced each other down in best kamikaze style. I took it a little more sedately. We ran the lovely little trod over the Pots of Ashness before making the long steep ascent of Seatallan. We finally saw the last summit of Middle Fell to the Southeast. "One more to go" I grinned. As we raced down the path from Middle Fell towards Jos's house in Greendale we could hear whoops and cheers as we were spotted. The gnawing pain in my quads evaporated temporarily as the last adrenalin rush of the day provided a final surge of energy. I sprinted the last metres to the Bridge to touch the parapet. I'd done it! Bloody hell, I'd actually enjoyed most of it as well. 11 hours 2 minutes, I could hardly believe it. Mandy hugged me, "You were awesome", she told me. She's my inspiration. I was amazed to see half the support team there to welcome me in. And, Jos Naylor himself was there waiting to congratulate me. He still looks the business at 74. "Well done lad", he shook my hand, "Tha's done well, that's a fast time", he beamed, "only a minute slower than mine".

\* \* \* \* \*

One of the highlights of such challenges is the teamwork and camaraderie before, during and after the event. It makes it a very different experience to a normal fell race. You've got to do the running, you've got to get your head round it and keep focused on the goal but you're very reliant on the team to make it happen on the day. It's a humbling experience to have everyone rooting for you, encouraging you and responding to your every whim. So, my thanks to the team who made it happen for me - you know who you are - you were magnificent.

**PHIL HODGSON**



# Toilet Seat 2007

Well, it's been quite some time since the odd antics of some of our members were 'flushed out', in fact the last newsletter to be published was in September 2006. Jim Smith (can always be relied on) ended up the worthy winner of the 2006 trophy but it will be interesting to see who will entertain us all this year with their antics, especially as we now have many new members in the club – I'm looking forward to hearing from you.....

Yours,  
Uncle Barry

**Festive frolics (1):** Stuart Bolton fell off his bike and broke his collar bone on the way home from the New Year festivities at Kath and John's. Worse, he didn't realise it was broken until half way through the next day! Whilst in hospital after the op his over consumption of the grape gave him violent indigestion (chest pains) but unfortunately they did not realise that that was what it was until he'd had a shipload of painkillers and a compulsory ECG. He went home high as a kite and now collects 5 points for being drunk in charge of a bicycle.

**Festive frolics (2):** Whilst putting the Christmas decorations back into the loft, Richard O'Sullivan tripped over the ladder and went straight through the ceiling, breaking his shoulder blade. That's 5 points for clumsiness Richard!

**Doh** Yet another Toddie managed to turn up at the wrong pub: Derek Donohue ended up sitting in the Mason's car park in March and wondering where everyone was. He thought it was still February. To add insult to injury he'd also left his fell shoes on the kitchen table and had to retrieve these before he could (eventually) make a very late entrance at the Queen in Cliviger. Here's 5 points towards a new organiser, Derek

**Gearman competition:** Dave Makin is a strong contender for the Gearman trophy for possessing 32 pairs of fell shoes: he's even buying them on Ebay now. Why? 5 pts Dave

**Black eyed Susie?** No, it was Mark Harris arriving home from his trip to Norway with a black eye! On the last night, after a few very expensive beers, Mark & Co spotted a skidoo in the snow with its keys in the ignition so Mark decided it was playtime. Alas, he did not get the opportunity as a very large and hairy Norwegian appeared, and Mark hit the deck. Eventually the situation was calmed when Mark learned that the skidoo had in fact been stolen – and that the theft had nothing to do with him! 5 points Mark (and what did you tell the kids in school?)

**A stitch in time?** Not in Richard Leonard's experience: having missed his pre-op appointment to sort out his varicose veins, Richard could not have his op done at the allotted time and had to wait several weeks for a new slot, thus messing up his carefully laid plans i.e. races to do & races to miss. Never mind, here are 5 points towards a time management course.

**Watch out there's a thief about** in the form of Mandy Goth: on a recent trip to the Lakes, Sue Roberts left very early in the morning, leaving a carefully folded (should have been a clue) pile of clothes on the bunk above her bed. Knowing how scatty Sue is, Mandy bundled them up in a bag with the intention of returning them to her. Part way home, on ringing Sue, Mandy discovered that the clothes were not hers – oops! Thankfully, Chris Preston had decided to return to the hut to collect some shoes that she thought she'd left (hadn't brought them in the first place) and returned them to their rightful owner. I make that 5 points to Mandy towards a life of crime and 3 points to Chris for poor organisation.

**Urrrrgh!** John Preston dropped his only car key down a portaloo on a car park in Wales. He eventually admitted his error and asked for a plastic bag. Shame he hadn't requested the bag two days earlier as the toilet had by now been emptied. 5 points John (and what is this thing with keys and runners?)

**The downhill fell road runner**  
**indeed** Kebs 2007 - a fixed route, well signposted, everybody got a photocopied map, best estimate wins. Some runners, however, personalised the route. Peter (race organiser) suggests the score for each for the following for Jane Smith: 5 points for choosing a road route (by someone who claims to be a fell runner); 5 points for shortening the route & enhancing her chances; and some more points for not confessing when she got back (2). Maintained she thought it was the correct route! There's more to come but not in this issue as we're out of space! Uncle Barry (ed).

## League Table

Jane Smith	12
Stuart Bolton	5
Richard O'Sullivan	5
Derek Donohue	5
Dave Makin	5
Mark Harris	5
Richard Leonard	5
Mandy Goth	5
John Preston	5
Chris Preston	3

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**Minimum age 21**

**Entry fee £7.**

cheques payable to:Duddon Race Committe A/C

Surname\_\_\_\_\_Forename\_\_\_\_\_

Age on race day\_\_\_\_\_

Male\_\_\_\_\_Female\_\_\_\_\_

Address\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Club \_\_\_\_\_Phone \_\_\_\_\_ Vehicle reg  
No \_\_\_\_\_

I understand this race is held in accordance with the  
rules and safety  
requirements of the FRA. I am aware of the organiser's  
information and stipulations and i accept that any injury  
occurring to me during the course of the race is in no  
way the  
responsibility of the race organiser.  
I am aware of the orgaiser's stipulations for full body  
cover,  
map and compass to be carried or worn.

I am above the minimun age for the course entered (stipulated above).

ANY E CARD THAT IS LOST BY ME WILL BE PAID FOR AT THE CHARGE OF £18.00

**Signed\_\_\_\_\_please return form by 25th May 07**

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<b>Name</b>	<b>Surname</b>	<b>Club</b>
<b>Address</b>	<b>Date of Birth</b>	<b>Age</b>
	<b>Male/Female</b>	
<b>Post Code</b>	<b>NOEAA No.</b>	
<b>Telephone No</b>	<b>Ten Miler</b> <input type="checkbox"/>	<b>Fun Run No. issued on the day</b>

**Declaration: I declare that I am eligible as defined by UKA rules and that I am medically fit to run.**

**Signed.....Date...../...../2007**

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