



TORRIER

JAN 2008

HAPPY NEW YEAR TO ALL TODDIES



*Inside this issue
Championship Races*

AGM

*Monday 4th February
7pm*

*White Hart Todmorden
Any nominations to Derek or Mandy*

Whats On

Pack Runs

7PM START

FEB—HOLLINS INN WALSDEN

**MAR—QUEEN
CLIVIGER**

Interval/ Speed Work

Tuesdays at 6.30pm

**AT TODMORDEN HIGH
SCHOOL**

Tod Harriers Handicap Sunday 20th January,

starting and finishing at the **Sportsman, Kebs.**

Start times will be from 11.30 - 12.15 ish, it will be about 5.5miles off road.

There will be food in the pub afterwards.

The food is £3.50, but I need numbers and meat/veggi details by Wed 16th Jan.

Please drop me an e-mail or give me a bell if you would like to participate and let me know if you will be staying for food afterwards.

Barry is doing start times for everyone in this year's fell champs. If you were not in this please let me know also and I will ensure that we have a start time for you.

There is also a tradition at this time of year (started by Peter E) of bringing your unwanted Christmas presents to exchange. The owners of a plastic dog with trumpet will be pleased to hear that I would like to carry this on.

Please spread the word - I hope that there is enough interest out there to make this a enjoyable yet competitive event.

Roger. rogerandpaulahaworth@btinternet.com
01422 846510

Sat 23rd Feb

All Tod Harriers are invited to Calder Valley Annual
do

At Mytholmroyd Community Centre
featuring
Phoenix Ceilidh Band

Sat Jan 26th Navigation training

at Cock Hill farm c/o Jackie and Phil Scarf

If you want to learn to orientate a map, thumb the map, run on a bearing and aim off, you are invited to the Scarf School of Navigation.

The official programme is as follows...10-11am skills training on the farm, followed by refreshments, then Manshead Moor from 11.30 for 45 min orienteering course where you have to use your compass! [can be competitive] All welcome. Cost £1. We have spare compasses.

Families especially welcome. No dogs on moor/ fields, as sheep about. Let us know if you are coming: 01422 882555 or thescarfs@hotmail.com. by Friday morning 25/1/08

Our next race Noon Stone Sat March 1st 12.00

If available to help then please let
Andrew Horsfall know 01706 818623

Contributions

Please pass onto Mandy (mandy@todharriers.co.uk) or Andrew (andrew@andrewbibby.com)

Forum (Toddlies Message Board) goes live

. (www.forum.todharriers.co.uk)

Register via the website - choose a username and password.

Contact Keith on 01706 816323 or via email (website@todharriers.co.uk) to activate the account - only current club members will be accepted.

Messages will only be visible to registered, activated users.

Categories will be:

- General Banter
- Club Notice board (Grand Prix, teams, social events etc.)
- Lifts on offer or wanted
- Marketplace (tBay?) - exchange of goods (for sale/wanted) and services (e.g. any plumbers or gardeners out there?).

Suggestions for other categories are welcome.

PENNINE BRIDLEWAY RELAY

Sunday 3rd Feb

TEAM CAPTAINS

A	ANDREW HORSFALL	01706 818623
B	SIMON GALLOWAY	01253 827411
C	BEN CROWTHER	01706 818988
LADIES	CHRIS PRESTON	01535 646695

There are still places in the C (Allstars) team if you want to run then please contact Ben.

WELCOME TO NEW MEMBERS

Sarah Moss
Paula Sutherland
Michael Craven
Myra Wells
Richard Butterwick

Thanks

- To **John Crummett** for doing the stats over the last few years—Dave O'Neill is now taking on the job.
- **MMM** To James Logue (for the course planning) & Sue Roberts for the entries and food. An excellent day enjoyed by all.
- **Christmas Do**—to Dave & Helen Wilson for sorting out the food (clearing up on Saturday morning). To Kath for the tickets to Mel & Paul for the Band and finally to Phil for

AGM

The AGM is on Monday Feb 4th at the White Hart Todmorden

Current officers are Chair—Mandy Goth, Secretary Derek Donohue, Treasurer Richard Leonard, Membership Secretary Dave Wilson Press Secretary Colin Duffield

If anyone would like to stand for these offices then please contact Derek or Mandy

DATES FOR YOUR DIARY

Thursday 8th May

**Simon's Legendary Social Coach Trip
Involving a Real Coach.**

Details to follow

SAT DEC 6TH

**XMAS DO & PRESENTATION
TODMORDEN CRICKET CLUB**

2008 Club race programme launched

A new year means a new club championship, and this year's selection of road, trail and fell races has now been chosen. There's something for everyone here, and with the decision to increase the number of selected fell race from 12 to 18, there's a really good choice of shorter races closer to home, which should be particularly attractive to newer club members who may not yet feel up to the longer Lakeland races. As in past years, there are also twelve road and trail races in the calendar.

A quick reminder how the club's championships work. Firstly, to qualify for the 2008 Grand Prix competition, you'll need by the end of the year to have done at least eight of the thirty races on offer. They need to be a mixture of road/trail and fell, either four of each or five of one type and three of the other. The Grand Prix is handicapped, which means that you get more points if you're a woman, and more points too the older you are. It means that the prize doesn't necessarily go to a fast twenty-something man with liquid legs. The rest of us have a chance too.

Each race you run also often counts towards either the fell championship or the road/trail championship. To qualify for each of these you need to run six races of the right sort during the course of the year. You also have to have run at least one race of each length: so four short races, a medium and a long would get you there, but – say – two short and four medium races would not be enough to qualify. The only other thing to remember is that points for these championships are not handicapped for age (though there are separate men's and women's prizes).

The points are calculated by working out how you compare with the first three runners in the race. There's a 9% points bonus for those races which are national or county championships, where the strength of the field is normally stronger.

Right, having got that out of the way, let's see what needs to go immediately into your diary. The fell championship will get under way on Saturday February 9th with the wintertime favourite which is the Wadsworth Trog. This is a twenty-miler with 4000 feet of climbing, which is organised by our friendly rivals down the valley Calder Valley and starts from Old Town above Hebden Bridge. The Trog includes some high level routes along the watershed between the Calder and Aire river systems, and takes in Top Withens, Walshaw and Shackleton Hill. Pre-entry is essential, and you will need to get your entry in very soon to avoid the 200 limit being reached. More details at <http://www.cvfr.co.uk/Races/Trog/troghome.htm>.

The road championship begins three weeks later on Sunday Feb 24th, with the Huddersfield 10K. This is organised by the small Huddersfield Road Runners club, and heads off southwards from the town in the vague direction of Meltham. There's details and a map available at <http://www.huddersfieldroadrunners.co.uk/race.htm>. The entry form is included with this Torrier.

Looking ahead to March, the first medium fell race in the calendar is also an English Championship fell race. Black Combe is run over one of the least known areas of the Lakeland fells, over in the western corner of Cumbria near Millom. If you want to do this race, it's absolutely essential to sign up straight away. (You may already be too late). Details are on bcrunners.org.uk.

There's a 10 mile road race on Sun March 16th, along the nice flat roads and promenades of Lytham St Annes. This has been in the club race programme in previous years, and can sometimes be an opportunity to get yourself a PB time. No entry on the day, so you will need to send in the form, available with this Torrier.

Another 10K race in the road championship takes place the following weekend, the Guiseley Gallop, but this is a trail (multi-terrain) race rather than tarmac. This also often gets full up quickly, so it's worth entering in good time. We've made it easy by including this entry form too with this Torrier.

Finally, on Saturday March 29th, there's a short local fell race run, Midgley Moor, from Booth cricket club above Luddendenfoot. This is a 5-miler, with about 1250 ft of climbing. No need to pre-enter for this, just turn up to support an excellent local fell race over the heather moors above the Luddenden valley.

Local Fell Races

By Colin 'New Year, Clean Socks and a Bath ' Duffield

Sunday 27th January 11:30
Stanbury Splash BM 7 miles/ 1200ft
Penistone Hill, Near Haworth.

Fruity fun sponsored by Soreen, the malt loaf people. No major navigational issues, although it might help to have some idea where you're going. Was in the Grand Prix last year, if your medium term memory is functional.

Sunday 27th January 10:30
White Holme Circular CL 12 miles/1200 ft
Summit Pub, Summit

Up from the pub and round the ressessers. Simple. Full body cover needed I think. Could be chilly.

Saturday 9th February
Wadsworth Trog and Half Trog BL/BM 20 miles/4000ft
Old Town Cricket Club, Hebden Bridge

Full Trog in the Grand Prix, so probably something elsewhere in the Torrier about that. Be warned, the Half Trog is possibly the more difficult half.

GRAND PRIX FIXTURES 2008

With this issue are entry forms and details for the Trog, Huddersfield 10k, Lytham 10, Guiseley Gallop.

Feb 9th Wadsworth Trog Fell Long	June 28th Blackstone Edge (Eng Champ) FS
Feb 24th Huddersfield 10K Road Short	July 2nd Helen Windsor 10K Road Short
March 8th Black Combe (Eng Champ) FM	July 12th Oakworth Haul Fell Short
March 16th Lytham Ultrafit 10 Road Med	July 20th Kentmere (Eng Champ) Fell Med
March 23rd Guiseley Gallop Multi-terrain 10K Road Short	Aug 2nd Borrowdale (Eng Champ) Fell Long
March 29th Midgley Moor Fell Short	Aug 20th Whittle Pike Fell Short
April 6th Oldham Half Marathon Road Long	Aug 24th Norland Moor 7 Trail Road Med
April 13th Kinder Downfall Fell Med	Aug 30th Dufton (Eng Champ) Fell Short
April 26th Three Peaks (Eng Champ) FLong	Sept 2nd Ron Hill birthday 5K Road Short
May 3rd Coniston Fell Med	Sept 14th Langdale Half Marathon RLong
May 11th Mytholmroyd Fell Med	Sept 20th Three Shires Fell Long
May 18th Hendon Brook 13.5 Road Long	Sept 27th Whernside Fell Long
June 1st Saddleworth Fell Short	Oct 5th Bronte Way Fell Med
June 3rd Roberttown 7 Road Med	Oct ?th Burnley Fire Station 7 Road Med
June 15th Kinder Trog Fell Long	Nov 9th Lancaster Half Marathon Road Long

You MUST compete in a club vest if you want to score Championship Points.

Vests are available from Jane 01706 818663

PRE-ENTRIES

A lot of races are pre-entry especially the English championships. It is important to enter these races early as they do get over subscribed

At the time of going to press the Three Peaks is already full and for Black Coombe you need to enter now.

If you have not got an entry for the Three Peaks and want one then please give me your name so that I can run a reserve list, as they are allowing substitutions on the day.

Mandy

Details of all road races are on ukresults.net and fell races in the fell calendar or on fellrunner.org.uk

Recent Press Reports

By Colin Duffield

‘A little inaccuracy sometimes saves a ton of explanation.’ **Hector Hugh Munro**

Calderdale Way Relay (Press date 13/12/07)

Tod's Mudlarks Up to Relay Challenge

Last Sunday runners from far and wide shook off any mid winter sluggishness and headed for the hills for the 24th running of the Calderdale Way Relay Race.

The race is run in pairs over six legs, the length of the individual legs varying between 5 and 11 miles, the race totalling 50 miles overall and taking in tracks and footpaths around Halifax, Brighouse, Todmorden and Hebden Bridge. This year the heavy recent rain had turned much of the route into a quagmire, making times slower than usual for the 112 teams.

Calderdale clubs were well represented with Todmorden Harriers and Calder Valley Fell Runners fielding four teams each, organisers Halifax Harriers three teams, and Stainland Lions a whopping six teams.

Despite losing key men to illness and some recent departures from the club, Todmorden Harriers were determined to field their strongest available team in the elite category. Team Captain Dave Collins managing to blend newer runners with his seasoned ‘warhorses’ to achieve the best possible potential result, although he was well aware that Calder Valley’s elite men would be odds on for the prize for first local team.

Favourites Bingley, Horwich, and Pudsey all fielded class teams which would make it hard for the local teams to break into the upper echelons.

First away for Tod in the early morning drizzle were a couple of their big names, Andrew Wrench and Chris Smale, who ran a solid leg one to hand over in 4th place. Taking over at the changeover in Cragg Vale were Captain Collins, along with partner Paul Burnett, who was returning to fitness after a season blighted by niggling injury. This pair held their own on the nine mile leg to Centre Vale Park where Lee McCluskey and Simon Galloway took the baton for the short sharp climb up the Blackshawhead. The Blackshawhead to Shelf leg is one of the key legs, as time and position can be easily lost over the muddy 11 miles. Fortunately for Tod, Andy McFie and Sean Willis took the responsibility and ran well to hand over in 13th position. Mark Goldie and James Riley ran Leg Four before handing over to Nick Wigmore and Nick Barber at Shelf. The ‘two Nicks’ had to contend with the cream of the opposition as the route wound around the streets of Brighouse and down the Canal towpath before arriving at the finish in Copley with Tod finishing in 17th place, a commendable result in the light of the team’s depleted state. The result saw them 25 minutes and nine places behind a strong Calder Valley team with Jason Stevens and Steve Smithies bringing the Mytholmroyd club home as first locals.

In the ladies rankings Todmorden also looked strong despite their star runner Ali Richards still being sidelined through injury. Like the men, a number of newer members joined the experienced runners in a team that looked useful on paper, although classy ladies teams from Bingley, Dark Peak, and Calderdale’s own CVFR were expected to dominate proceedings if things went to the form book.

For much of the day the battle between the ladies was close, with Todmorden holding their own in the early stages after some strong runs, particularly from Leg Three runners Sarah Warburton and Lisa Parsons who clocked the third fastest ladies time on the day. However as the day progressed the top teams began to assert themselves and gaps started to appear.

At the finish it was Bingley Ladies who took the honours, with first Calderdale team going to CVFR in 7th place, Helen Allcock and Karen Mather running the anchor leg. Todmorden’s ladies arrived home shortly after their local rivals, just one place behind, with Mel Blackhurst and Sarah Glyde finishing strongly to bring the team home.

Elsewhere in the field Todmorden’s B team finished in 52nd place, which their Captain, Andrew Bibby saw as a minor triumph after several unplanned changes to his team. Todmorden also fielded a mixed team which came home in 99th place, and 11th mixed team.

Calder Valley’s other teams also showed well, the B team finishing in 74th place and the veterans in 42nd place.

Christmas Party and Presentation (Press date 20/12/07)

Harriers Toast Champions

Todmorden Harriers celebrated the ending of another athletics year in traditional style last Friday when the club gathered at Todmorden Cricket Club for the Christmas party and Prize Giving.

With almost 100 members present the event was one of the best attended in recent years and at the end of the night the consensus was that a good time was had by all.

Phil Hodgson was the night's Master of Ceremonies, joining Club Chairman Mandy Goth to present the club's 2007 prizes. He commented that the year had been another good one for the Harriers, in which the club had continued to grow and build on recent years' success. He went on to highlight the commendable performances in the fell running world, including the men's team's stunning 7th place in the British Hill Running Relay Championships and the continuing rise of the ladies fell team into a force in the ladies national rankings.

In addition to this Mandy commented that although in recent years the National Fell Running Championships had captured the club's attention, other members had achieved success in a gamut of running disciplines and these should be recognised. These luminaries included success in the ultra running world, including the two UK champions and various completed long distance 'rounds', and international appearances for club members in triathlon.

After the presentation was concluded, there was the opportunity for members to bop the night away to live music, provided by the excellent combo, 'The Hitmen'. The Harriers lived up to their reputation as a club who like a opportunity to let their hair down, although the sight of the clubs great and good 'throwing shapes' on the dance floor was enough to send some of the younger members straight to the bar!

It was left to evening's M.C, Phil Hodgson, to sum up the evening when he said, 'awesome night, awesome band, awesome club.'

The Stoop (Press date 20/12/07)

Jane takes Record Breaking Bow

Upwards of 230 runners gathered on Haworth Moor last Sunday for one of the traditional pre Christmas events of the fell running world, the Stoop Race.

The 5 mile race, which takes in 800 feet of climbing, sets off from Penistone Hill before winding its' muddy way around the moor, climbing to the lofty standing stone that gives the name its' name before descending to a finish at the doorway of the club house at the local cricket club.

This race was won by Salford's international Andi Jones in a time of 29:07, whilst Olivia Walwyn of Altrincham was first lady in a time of 35.13, shattering the previous ladies course record.

Local athletes were out in force with Todmorden's ladies having some success with Chris Preston coming home 1st lady V40 in 102nd position overall, and Jane Smith breaking the ladies' Veteran 50s record in her debut race in this category.

Tod's Dave Collins also showed well to finish in 53rd place in a time of 37.40, just a minute in front of fellow Harrier Peter Bowles in 67th.

Other local athletes included Calder Valley Fell Runners Rob Sharratt in 38th place with a time of 36:30 and his teammate Chris Godridge in 54th who stopped the clock at 37:45

Hot Toddy/Whimbery Naze (Press date 27/01/07)

Top Class Field For Toddy

Last Sunday Todmorden Harriers staged their annual 'Hot Toddy' road race.

The highly rated race is ran over 5.8 miles, starting in the centre of town before going down the main road to Walsden and then back via a loop around Lumbutts Road and Millwood. The event has become a Christmas favourite in the athletics community, habitually attracting a bumper turn out. This year over 300 runners pounded around the route, a field that included the top names in local road running and a number of raiders from further a field.

As with any race at this time of year conditions are always important in the Hot Toddy. This year, cold but dull weather hung over the throng of runners as they made their way out of town, with none of the snow and ice that has occasionally been a feature of the race in the past.

As the race unfolded there was a significant attack in the early stages of the race, with Damian Nicholls of Wilmslow quickly establishing a potentially race winning lead over the rest of the field. Foremost amongst the chasing runners being Halifax Harriers' budding star, Jonathan Hare.

In the ladies' race Todmorden resident Sue Beconsall, who runs in the colours of Bingley Harriers, had also built up an early lead and by the time she arrived back on Halifax Road for the final run in, the race was effectively won barring any slip-ups.

At the line Nicholls took the mens' race in a time of 29:39, with Hare closing the gap in the latter stages to finish just over 30 seconds adrift. Beconsall meanwhile swept home in 34:35, some three minutes clear of second lady, Margaret Jordan of Stainland Lions.

Other notable local performances came from Todmorden Michael Fryer running for Halifax Harriers and finishing in a time of 33:28, and Jason Stevens, a Calder Valley Fell Runner, running as unattached on the tarmac, and finishing in 19th place in a time of 32:27.

First finisher from the organising club was Nick Wigmore, who stopped the clock in 36:13, giving him 57th place.

At the finish competitors were rewarded for their efforts with a glass of 'Hot Toddy', a fortifying tonic made to a special Tod Harriers recipe that is kept secret to all but a privileged few.

In the separately ran 'Fun Run' there was a chance to burn off some Christmas excess on the one mile off road route. Amongst the 60 runners who tackled this course there were a large proportion of children, many of whom showed the adults a clean pair of heels. First to finish in the fun run were two names to look out for in the future, 12 year old Jack Walsh and 13 year old Simon Bolland.

After the races were concluded, Race Director Peter Ehrhardt thanked the landlord and staff at the White Hart for their excellent hospitality throughout the day, and the Mayor of Todmorden for kindly officiating the start of the race.

The Hot Toddy wasn't the only event in Christmas week that kept local athletes active in the festive season. On Boxing Day many on the local fell scene took part in the Whimberry Naze Fell Race. This is a short four mile dash, starting and finishing in Rawtenstall. The race was won in fine style by Andy Hilton of York Acorn, although Todmorden's own Chris Smale had a fine run to finish third overall and first veteran. This was despite him entering into the light hearted Christmas spirit and completing the course wearing a dinner jacket and bow tie!

Chris was joined in the race by Hot Toddy organiser Peter Ehrhardt who took a break from preparations of his own race by registering 137th place, and 5th veteran 60 at Whimberry.

Calder Valley were also represented with their top placing being Clive Greatorex in 63rd position, whilst new signing Sharon Godsman finished in 73rd and 6th lady.

Auld Lang Syne/Giants Tooth (Press date 10/12/08)

Collins Sees in the New Year

As New Year's celebrations got underway on December 31st, many of the fell running community took an opportunity to squeeze in one final race of 2007 at the Auld Lang Syne Race in Haworth.

The six and a half miler is ran from Penistone Hill, and always attracts a huge turnout which this year included a 'baker's dozen' of Todmorden Harriers. These 13 Harriers were witness to a stunning display of fell racing by 18 year old Alistair Brownlee of Bingley Harriers who broke the long standing course record and finished first in a field containing some of the biggest names in the country, including former record holder Ian Holmes, and Salford's international mountain and marathon runner, Andi Jones.

First Todmorden runner home was Dave Collins in 64th position in the 470 strong field. He was followed in quick succession by club mates Martin Roberts in 89th place, Peter Bowles in 112th and Simon Galloway in 117th.

In the ladies race, Altrincham's Olivia Walwyn was first over the line in a time of 47:05, another course record. Todmorden's ladies were well represented in the upper placings with Kath Brierley twelfth woman in 57:02, closely followed by Christine Preston two places and less than a minute behind.

All runners who completed the race were rewarded with a bottle of Daleside beer, a brew which they barely had time to drink before another popular race, the Giant's Tooth, held on New Year's Day. The three-mile race is run from Ogden Reservoir, on the outskirts of Halifax and the fast and furious nature of the race is guaranteed to bring in the New Year with a bang.

A total of 98 hardy souls completed the race, which was won by Shaun Dimelow of Peniston in a time of 17:33, just five seconds in front of Todmorden's Chris Smale who also took the prize for first veteran.

Steve Smithies of Calder Valley ran well to finish 7th with his fellow Calder runners Adrian Muir and Paul Biddulph also registering top twenty finishes in 17th and 18th positions respectively.

Todmorden's Peter Ehrhardt also found himself in the prizes, registering as first veteran 60 in a time of 26:24.

First lady was Bingley's Ruth Whitehead in 22:01, whilst Halifax's Carole Fryer finished 3rd and first veteran woman.

30th Anniversary

This year is the 30th anniversary of the founding of Todmorden Harriers

As a part of the 30th Birthday celebrations we are planning a 30k route around Tod.

The provisional date for this is Saturday 21st June.

It will be a slow social run, certainly not a race. It will be split into manageable stages of 5-10 miles, with designated start times for each section so you can run as little or as much as you like.

So keep your diary free, as we want to see as many as possible turning out and running at least a part of the route.

Keep an eye out for other 30th anniversary celebrations in future Torriers

Hot Toddy 2007

There's always some puzzle; this year it's – how come, when 319 runners complete the Hot Toddy, only 148 show up for their hot toddy? And in 2007 it was not that the pub failed to produce the stuff: not that the hot toddies were difficult to find (they were served at the bar, just inside the pub door): not that all the runners were under 18 (though rumour does have it that an under age runner came in half way down the field – watch out for him in about 5 years time when he's 18).

But there's no puzzle as to why this was the smoothest run Hot Toddy this century: a fine and accomplished team, mainly but not exclusively members of Tod Harriers, all focussed on ensuring a good event. There's lots of them, and they're all evidently happy to be put upon time after time.

319 runners was yet another increase, maybe we're seeing a resurgence of interest in running. What really pleased me was the 61 fun runners, many of them juniors, virtually a 40% increase on the number in 2006. We just need to get more of them into fancy dress next year.

I guess we'd have had fewer if Saturday's rain had continued to the Sunday: and my personal preference would have been for it to be bit colder. But things ran well: there were no glitches at the pub: the Mayor did her bit, Gordon Rigg's tangerines were all good, the Hot Toddies were fine, the results were produced quickly (and accurately) and the presentation went off well.

Despite the clement conditions, this was not a year for records. A new winner: a really good run in 2nd place: definitely not a new women's winner – will we have to give Sue an endurance prize next time? And some commendable runs in the Fun Run – hopefully some of these youngsters will want to stick with Tod Harriers.

Same again in 2008: Sunday 28 December, the White Hart, Fun Run at 10 30, Hot Toddy at 11 00. And we'll try to ensure that food is available.

Thanks to all.

Peter Ehrhardt. 5 Jan 08.

TODMORDEN HARRIERS MINI MOUNTAIN MARATHON - 6th Jan 2008

No.	Posn	NetPts	Name	cat	Start	Finish	Time	Penalty	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	#	#	#	#	24	Pts	pts rank
49	1	261	Jon Emberton	V40	10:06:00	13:15:30	189.5	9	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	270	1	
45	2	232	Phil Scarf	V40	10:02:00	13:15:30	193.5	13									1	1	1		1	1	1	1	1	1	1	1	1	1	245	3	
23	3	228	Bill Johnson	V40	09:33:00	13:04:59	212.0	32	1							1				1		1	1	1	1		1	1	1	1	260	2	
34	4	222	George Ehrhardt	open	09:45:00	12:57:35	192.6	13	1	1	1	1	1	1	1	1	1	1	1	1	1				1	1					235	4	
39	5	220	Steve Wilson	open	09:44:00	12:53:50	189.8	10									1	1	1		1	1	1	1	1	1	1	1	1	1	230	5	
6	6	214	Peter Bowles +Charlie Boyce	pair	09:07:00	12:08:30	181.5	2													1	1	1	1	1	1	1	1	1	1	215	6	
41	7	205	Tim Hayes	open	09:57:00	12:56:26	179.4	no penalty													1	1	1	1	1	1	1	1	1	1	205	9	
16	8	200	Colin Moses	V40	09:23:00	12:08:00	165.0	no penalty														1	1	1	1	1	1	1	1	1	200	10	
50	9	199	Rod Sutcliffe	V50	10:07:00	13:18:30	191.5	12		1	1	1	1	1	1	1	1	1	1	1					1	1					210	7	
44	10	196	Graham Lloyd	V40	10:01:00	13:14:58	194.0	14		1	1	1	1	1	1	1	1	1	1	1					1	1					210	7	
11	11	185	Roger Haworth	V40	09:14:00	12:12:40	178.7	no penalty	1	1	1	1					1	1	1		1	1	1	1	1		1			1	185	16	
46	12	183	Jackie Scarf	LV40	10:03:00	13:04:59	182.0	2													1	1	1	1	1	1	1	1	1	1	185	16	
24	13	176	Jane Smith + Richard Leonard	pair M	09:34:00	12:43:20	189.3	9													1	1	1	1	1	1	1	1	1	1	185	16	
3	14	176	Keith Binns+Ian Page	Pair	09:04:00	12:18:30	194.5	15														1	1	1	1	1	1	1	1	1	190	12	
22	15	175	Ben Crowther +Nick Barber	pair	09:32:00	12:29:43	177.7	no penalty	1	1	1	1				1	1	1		1	1	1	1	1	1	1	1	1	1	1	175	20	
5	16	173	Steve Hunter	V40	09:06:00	12:07:50	181.8	2									1				1	1		1	1	1	1	1	1	1	175	20	
40	17	170	Dave Wilson	V50	09:51:00	12:45:40	174.7	no penalty	1	1	1	1	1	1	1	1	1	1	1												170	22	
1	18	164	Tim Brooks	open	09:01:00	12:02:00	181.0	1													1	1	1	1	1	1	1	1	1	1	165	23	
8	19	161	Kevin Booth	open	09:09:00	12:37:40	208.7	29														1	1	1	1	1	1	1	1	1	190	12	
31	20	160	Rachel Skinner + Jeff Walker	pair M	09:41:00	12:25:10	164.2	no penalty													1	1	1	1	1	1	1	1	1	1	160	24	
4	21	158	Lynn Griffiths + Jennifer Porter	Pair L	09:05:00	12:37:10	212.2	32														1	1	1		1	1	1	1	1	190	12	
14	22	150	Stuart Boulton	open	09:19:00	12:10:02	171.0	no penalty		1	1	1	1	1	1	1	1	1							1	1					150	25	
48	22	150	Alison + John Corbett	pair VM	10:05:00	12:59:02	174.0	no penalty														1	1	1		1		1	1	1	150	25	
20	24	148	Dave Collins	V50	09:31:00	13:02:50	211.8	32									1		1		1	1	1	1	1	1	1	1	1	1	180	19	
27	25	135	Holly + Ben Page	pair JM	09:37:00	13:36:45	239.8	60									1		1	1		1	1	1	1	1	1	1	1	1	195	11	
10	26	133	Anthony Prior	open	09:13:00	13:10:20	237.3	57									1	1	1		1	1	1	1	1	1	1	1	1	1	190	12	
32	27	130	Esther Ilogue + Sophie Brown	pair L	09:42:00	12:36:50	174.8	no penalty									1		1		1	1	1	1	1	1	1			1	130	28	
25	28	127	John Crummet	V60	09:35:00	12:37:50	182.8	3	1	1	1	1				1	1	1	1					1	1						130	28	
9	29	125	Andrew Bibby + Mel Blackhurst	pair M	09:10:00	12:09:08	179.1	no penalty													1	1	1	1	1	1	1		1		125	31	
13	29	125	Helen Hodgkinson	L	09:17:00	12:11:49	174.8	no penalty	1	1	1	1					1	1	1		1				1	1	1				125	31	
2	31	125	Richard O'sullivan	V40	09:03:00	12:13:25	190.3	10													1	1	1	1	1	1	1		1	1	135	27	
7	32	124	Pete Jebb + Allen Greenwood	pair VM	09:08:00	12:13:59	186.0	6		1	1			1	1		1	1	1		1				1	1					130	28	
36	33	120	Mark + Chris Whitaker	pair M	09:47:00	12:36:20	169.3	no penalty														1	1	1		1			1	1	120	33	
29	34	115	John Page	V50	09:39:00	12:25:50	166.8	no penalty	1	1	1	1					1	1	1		1			1		1					115	34	
42	35	106	Claire Hanson	L	09:59:00	13:07:59	189.0	9	1								1	1	1		1	1	1	1	1	1					115	34	
17	36	100	John + Chris Preston	pair M	09:24:00	11:44:00	140.0	no penalty	1	1	1	1					1	1	1						1	1					100	36	
35	36	100	Howard Holmes + Sue Wilson	pair M	09:46:00	12:44:40	178.7	no penalty									1	1	1		1		1	1	1	1	1				100	36	
12	38	95	Trevor Smith	V60	09:16:00	12:00:00	164.0	no penalty													1	1	1	1	1	1	1	1	1	1	95	38	
18	39	90	Colin Duffield	open	09:26:00	12:24:23	178.4	no penalty	1	1	1	1					1	1							1	1					90	40	
19	39	90	John Ashton	V50	09:28:00	12:15:44	167.7	no penalty	1								1	1	1		1				1	1	1				90	40	
37	39	90	Martin Roberts	V40	09:48:00	12:40:40	172.7	no penalty										1	1			1	1		1	1	1				90	40	
38	42	80	Carl Greenwood	V40	09:49:00	12:20:34	151.6	no penalty														1	1	1			1			1	80	44	
28	43	78	Jim Smith	V60	09:38:00	12:44:40	186.7	7													1	1	1	1	1	1					85	43	
15	44	75	Claire Duffield	L	09:20:00	12:13:49	173.8	no penalty	1	1							1	1	1						1	1					75	46	
33	45	75	Derek Clutterbuck + 3	pair JV	09:43:00	12:48:20	185.3	5														1	1	1		1			1	80	44		
30	46	71	Peter Ehrhardt	V60	09:40:00	13:04:20	204.3	24													1					1		1	1		95	38	
26	47	65	Kath brierley + Jack Crummet	pair JM	09:36:00	12:13:50	157.8	no penalty	1								1	1	1						1	1					65	47	
47	47	65	Rebecca + Siarlot Lloyd	pair JL	10:04:00	12:33:57	150.0	no penalty	1								1	1	1						1	1					65	47	
43	49	35	Jo + Beth Emberton	pair L	10:00:00	11:49:00	109.0	no penalty														1			1	1					35	49	

HUDDERSFIELD ROAD RUNNERS AC

PROUDLY PRESENT IN CELEBRATION OF THEIR

25TH ANNIVERSARY

THE HUDDERSFIELD 10K

ARC Permit 08/2 Under *ARC* Rules

on **SUNDAY 24 FEBRUARY 2008 at 11:00am**

from

**HUDDERSFIELD RUGBY UNION CLUB, LOCKWOOD PARK,
HUDDERSFIELD HD1 3UR**

ARC & UK ATHLETICS AFFILIATED RUNNERS £6.50 UNAFFILIATED £8.50

- On Site Parking – Changing/Shower Facilities – Morning snacks/Lunchtime Bar -
Scenic undulating one lap course with fast finish – Race shop by **Run Direct** of Barnoldswick

T-Shirts to 10K finishers

Course Record: Male – **Rob Holladay** (Morpeth AC) 32:45 (1997) Female – **Rowan Smith** (Scarborough AC) 36:07 (2002)
£1,200 Prize List (Including £100 bonus for new course record (Male and Female) with vouchers by Run Direct and High Street Shopping:

First 6 males – First 6 females – All Veteran categories – First 3 male teams – First 3 female teams (3 to count)
Support Note: Race marshals will be withdrawn in line with a 15 minute mile pace

Entries to: Huddersfield Road Runners, c/o 69 Greenfield Avenue, Oakes, Huddersfield, HD3 4GA

Cheques payable to: Huddersfield Road Runners AC (enclose C5 size s.a.e. for number & directions)

Closing date for postal entries: 19 February 2008 - or earlier if race limit (600) reached

NO ENTRIES ON RACE DAY

Website (and results service): www.huddersfieldroadrunners.co.uk also www.ukresults.net

Phone help: Les Gruszka (race director) – 07810 223045 or Gordon Mitchell (club secretary) – 01484 310749

Email help: Hudds10k@hotmail.co.uk

Entry Form

This signed entry form constitutes a declaration that I will take part in the event entirely at my own risk, that I have no medical disabilities that may endanger me or other participants, and that I remain personally responsible for my own property at the race venue. As a 10K entrant I am over 15 years old.

FIRST NAME: SURNAME:

ADDRESS:

..... Postcode: Tel No.....

Email address

Affiliated club Member No.

Indicate(✓) Male ☐ Female ☐

Age on Race Day:

T-Shirt Size(✓): S ☐ M ☐ L ☐ XL ☐

Signature

Date:

Official Use Only

10K Entry (Affiliated £6.50)
(Unattached £8.50) £.....

Postal 10K Results £1.00 £.....

TOTAL PAYMENT £

Wadsworth Trog & Half Trog

20 miles/4000 feet climb and 9 miles/1500 feet climb

Saturday 9th February 2008

Starts: Half Trog 10:00 Full Trog 10:10

From the 'Old Town Cricket Club, Hebden Bridge'

The shorter Half Trog does not follow the initial road loop and it then returns to Old Town at Cock Hill missing out the loop north of the A6033 Hebden-Haworth road.

Map: O.S. South Pennines Outdoor Leisure 21 1:25000

The race will take place over rough terrain north of Hebden Bridge and the route could be extremely difficult in adverse weather conditions. Navigation skills are required although some sections will be flagged.

Start Trog	Start Half Trog	000283	Walker Lane
CP 1	CP 1	009304	High Brown Knoll Trig
CP 2	CP 2	020307	Dean Head Dam
CP 3 (cut off at 12.00)	CP 3	011327	Cock Hill A6033
CP 4		995320	Haworth Old Road/barn
CP 5		004338	Top O'Stairs
CP 6		982354	Withins ruin
CP 7		969336	Walshaw Dean Res.
CP 8		975314	Walshaw
CP 9		984314	Shackleton Knoll
CP 10		995313	Haworth Old Road – FP
CP 11 (cut off at 14.00)		011327	Cock Hill A6033
CP 12	CP 4	009304	High Brown Knoll Trig
CP 13	CP 5	015278	SheepStones Trig
CP14	CP 6	998277	Wood End – bridge
Finish	Finish	998285	Old Town Cricket Club

Kit Check at start. Correct Map, Full Body Cover, Compass, Whistle, Hat, Gloves and emergency food. (See FRA guidelines)

I will disqualify all who fail the kit check.

Please bring the correct kit.

NO KIT NO RUN

Entry Fee £6.00 (includes refreshments).

Cheques payable to 'CVFR'

Entries by 2nd February to Thirza Hyde,
17 Moorlands Crescent, Ovenden, Halifax,
HX2 8AA. **NO ENTRIES ON THE DAY**

--<

Please enter me for the for :

Make sure you tick the box to indicate WHICH RACE you want to run!

FULL TROG: (✓)

☐

HALF TROG: (✓)

☐

Name.....

Club.....

Address.....

.....

.....Postcode.....

Telephone.....

Mobile Number.....

Age (on day of race).....

Category:	✓	Category:	✓
Male		Female	
V40		FV40	
V50		FV50	
V60		FV60	

I understand that this race is held in accordance with the rules and safety requirements of the FRA. I confirm that I am aware of the organiser's information and requirements in connection with this race. I accept the hazards involved in fell running and acknowledge that I am entering and running this race at my own risk. Other than the organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the organiser accepts no liability to me for any loss or damage of any nature to myself or my property arising out of my participation in this race.

Signature.....

Date.....



13th Guiseley Gallop

(Multi-Terrain Approx Distance 10K)

Skyrac Athletic Club

www.Skyrac.org.uk

Supported by COMPLETE RUNNER & Active Print Solutions Ltd

Easter Sunday 23 March 2008 – 10.30am

From West Side Retail Park, Guiseley, Leeds

Tracks, Paths, Leeds-Liv Canal Towpath, Road. Past Emmerdale's Woolpack in Esholt
Course Records- Men: Martin Scaiff 2003 34:05. Women: Gill Keddie 2003 38:52

Extensive Prize List in Veteran 5 year categories – NEAA Permit 0708052 – Age 17+ on day

For all finishers a bottle of Briscoe's Brewery Guiseley Gallop Beer

Guiseley Gallop Entry Fee £6.50 (Unattached £8.50)

Plus £1 for Results £2 Extra on the Day

Results by www.ukresults.net

Cheques payable to Skyrac AC. Entries with 9"x 6" SAE by 17 March to
Guiseley Gallop 7 Silverdale Close Guiseley Leeds LS20 8BQ Tel 07779 748301

This race forms part of the Airedale Triple Challenge – the others being

The Baildon Boundary Race - Sun 6 April 07968 218177 www.baildonrunners.tk baildonrunners@yahoo.co.uk

The Meanwood Valley Trail Race - Date to be Arranged - www.valleystriders.org.uk Bob Jackson 0113 2892830

Certificates for runners who complete all 3 races & trophies for 1st MU40, M40-49, M50+, WU35, W35-44, W45+
.....

Male ☐ Female ☐

Name

Address

Telephone

Club

Signature

Age on day of Race _____

E Mail Address

Date of Birth

I declare that I am an amateur according to UK Athletics laws. I understand that I take part entirely at my own risk and accept the organisers shall not be liable for any injury or illness to my person or loss of property.

Results by www.ukresults.net

Why run on your own?

Whether you run for fitness or competition join Skyrac runners at 7:30 Tuesdays from the new Nunroyd clubhouse.
Benefit from running with runners with 30 years of experience. Followed by quiz, food and drinks in the bar.

Chevin Fell Race 7:30 Wed 4 June 2008

Details 01274 660519

From ukresults.net

**LANCASHIRE FIRE A.C
AND WESHAM ROAD RUNNERS**

17th ULTRAFIT ST ANNES 10 MILE

(inc. F.S.S.A.A. Championships)

(Under UKA Rules: Permit No: 2156)

SUNDAY 16th MARCH 2008

START 11.00am (note new time)

ON LINE ENTRIES: www.ukresults.net

ENTRY FEES: a) £6.00 for Members of Affiliated Clubs
b) £8.00 for non members of Affiliated Clubs
Cheques payable to "Lancs Fire A.C"

NO ENTRIES ON DAY. Closing date 15th March. *SAE required only if directions are required*
LIMIT SET AT 400 RUNNERS.

MINIMUM AGE: 16 and over on the day of the race

COURSE: Officially measured 10 miles flat - one lap

CHANGING Available at St. Annes Fire Station, St. Andrews Road North, St. Annes.
Limited shower and toilet facilities, other facilities nearby.

REFRESHMENTS: Hot Pies, tea or coffee after the race (on production of race number).

NUMBERS: Collected on the day at St. Annes Fire Station: 9.00 to 10.45 hours

PRIZES: **Individual:** M/F & All Vets Cats. **Teams:** Male (4)/Fem.(3) : Details in Programme.
Goody bag issued to all runners on the day with their number.

FURTHER ENQUIRES: Dave Waywell (01253) 357637 or 07762 283626

Name Tel No: M/F

Address D.O.B. Age on Day

.....Post Code:.....Club/Brigade

DECLARATION:- Please enter me for the above race. I accept that the organisers shall not be liable for any injury or illness to my person as a result of taking part, nor for any loss of property. I am medically fit and I am an amateur, as defined by UK:athletics rules.

Signed Date NOEAA Number

PLEASE SEND YOUR ENTRIES TO:

DAVE WAYWELL 114 ASHFIELD ROAD BLACKPOOL FY2 0EN

From ukresults.net

For Official Use

Data Protection : If you do not wish any details to be passed on to a third party, including other running related organisations, tick this box. ☐