



Toddies on the recent Pendle Trip



**YOUR CLUB
NEEDS YOU**

Many thanks

to all those who turned out to help at the Flowerscar Fell Race and
to the race organiser Jon Wright

Our next races are
The Hebden Bridge Fell Race

Sun Jun 8th

Stoodley Pike Fell Race

Tues 8th July

Details on the What's On Page

Whats On

Pack Runs Wednesday's 7pm start

**JUNE - ROBIN HOOD,
CRAGG VALE**

**JULY - SPORTSMANS,
KEB COTE,
LONG CAUSEWAY**

**AUG - HARE & HOUNDS,
LANE ENDS,
OLD TOWN**

**SEPT - MASONS ARMS,
BACUP ROAD JUNCTION,
TODMORDEN**

HEBDEN BRIDGE FELL RACE

Sun June 8th 11.00 am 5.9m/1150'
Calder holmes Park, Hebden
Bridge

Anyone available to help contact
Andrew Bibby on 01422 844026

STOODLEY PIKE FELL RACE

Tues July 8th 7.30pm 3.7m/700'
from Top Brink Inn, Lumbutts
Contact Rachel Skinz if available to
help 07962 322791

Interval/ Speed Work

Tuesdays at 6.30pm

**AT TODMORDEN HIGH
SCHOOL**

If you want to improve your speed/
recovery rates then come along.

Graeme Wrench runs the sessions and
is a level 3 coach. He is there to help
you with your running style etc.

It definitely works, just look at how some run-
ners i.e Claire Duffield have been seen to im-
prove so come along—all abilities welcome.

Welcome to New Members

**Alec Becconsall (2nd clm)
Melinda Morrell
Mandy Kazmierski
Carla Williamson**

Thanks to Simon

For organizing yet
another enjoyable
Pendle Trip

Good fun was had
by all



Simon "coach surfing"

Contributions

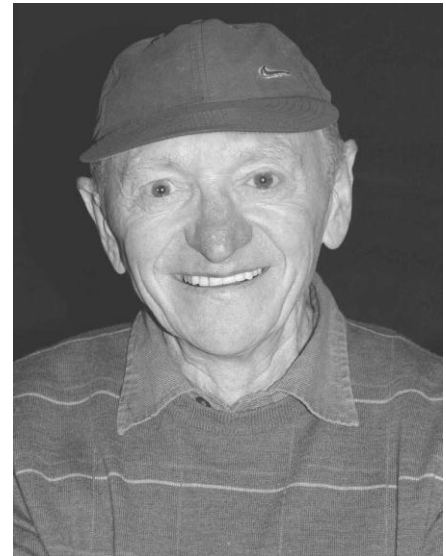
Please pass onto Mandy (mandy@todharriers.co.uk) or Andrew
(andrew@andrewbibby.com)

We would especially like any photos

Todmorden Harriers new Club President – Jim Smith

You will have read of the sad death of Eric Stuttard, our club President for the past 7 years. Eric was a keen participant and supporter of sport in Todmorden for many years and a founder member of Todmorden Harriers. A man with a twinkle in his eye – at his funeral he was played out to “The King of the Swingers”. One of his requests was that his ashes be carried by the fastest Todmorden Harriers to Stoodley Pike and be scattered there. We are arranging this with his wife and family.

The Committee have deliberated on the choice of Eric’s successor and, in order to be able to recognise, and honour, the contributions of more of our “senior” members, have decided that the post will from now on be for two years rather than for life. The Committee is therefore pleased to announce that the **Todmorden Harriers Club President for 2008-09 will be Jim Smith.**



Jim has expressed his willingness to take on this role. “I would be honoured”, he told Mandy when asked. We know he’ll make a great President and figurehead for the club. I’m sure you’ve all met Jim at pack runs and races and know what a friendly and considerate chap he is, but how many of you know what an awesome runner he was in his prime. A short summary penned by Jim in the style of the “member’s profiles” on our website follows. Jim is far too modest:

I started running in ... **1959.**

I started running because ... **of soccer training.**

My favourite thing about running is ... **to get out on the moors, far from the madding crowd.**

I joined Tod Harriers in ... **1992**

I joined Tod Harriers because ... **Alan Ainsworth recommended the club.**

My favourite thing about Tod Harriers is ... **the friendships made.**

My personal running achievements ... **see below.**

My favourite race(s) ... **Ben Nevis and Jura**

My personal bests are ...	Ben Nevis	1:39:19	(1973)
	Jura	3:40:47	(1974)
	Manx mountain Marathon	4:52:42	(1972)
	Wasdale	4:12:31	(1975)
	Langdale	2:20:04	(1975)

Anything else you’d like to say ...

(1) **a big thank you to Mandy who puts in masses of work on our behalf.**

(2) **I was led astray by fellow Todmorden Harrier Tony Shaw (who recorded 3:54:41 at Wasdale in 1976 and 3:58:44 at Ennerdale in 1978) in post-race boozeups. “We can’t run, but we’ve shifted a few pints”, sums up both of us!**

30th Anniversary

It was 30 years ago today....

Saturday 21st June

The Run

- A thirty kilometre social run around Tod (see map elsewhere).
- Tours the boundary, touching the race routes of the Stoodley Pike Fell Race, Noonstone FR ,
Shepherds Skyline, Hot Toddy and Flower Scar
- Visiting The highest points in Tod and, of course, Stoodley Pike
- Split into bite sized sections (see over) so you can join in or drop out as you wish (but you'll have to
arrange your own transport)
- Remember, we're going to be out five and a half hours, so bring some fluid and maybe a snack
- Post run beer and food at the Sportsman's (Kebs)!!
- Timings below

Leg One-Kebs to Callis Bridge (65mins)

Leave Kebs at 8am Sharp

Arrive Callis Bridge 09:05

Leg Two- Callis Bridge to Walsden Post Office (90 mins)

Leave Callis Bridge 09:15

Arrive at Walsden Post Office at 10:45

Leg Three- Walsden PO to Bacup Road (End of Limers Gate, by the Observatory) (75 mins)

Leave Walsden PO at 10:55

Arrive Bacup Road 12:10

Leg Four- Bacup Road to Kebs (95 mins)

Leave Bacup Road 12:20

Arrive Kebs 13:55

Lunch at 14:30

Further info Colin Duffield (01422 846593, email colin@todharriers.co.uk)

There will be a bottle of Todmorden Anniversary Ale for all those present

The Party

- An evening at Height Gate Camping barn (17th Century Farmhouse)
- Stunning remote location in the shadow of Stoodley Pike
- Open Mic format, bring your guitar, spoons, grand piano
- Bring your own drink, although the club will be providing a barrel for everyone to toast the last thirty years
- Food available on a 'Jacobs Join' basis
- Camping etc all possible

The plot is too either meet at Menzolit Car Park at 7pm or make your own way there

The map for how to get there is on a different page.

Further info Derek Donohue (01422 842510, email Derek@todharriers.co.uk)

Please let Derek know if you are plotting to come as we need to co-ordinate food

Up to date info will be posted on the website under news



**TODDIE
BEER
NOW ON
SALE**

Our specially commissioned and brewed 30th Anniversary Ale is now on sale at the Bare Arts Brewery Shop.

It costs £2.20 per bottle with 10p coming back to club funds thanks to the support generosity of the brewery. So the more you drink, the more we all benefit.

The 4.6% Light Ale (with our logo on the neck tag) is quite fruity and not too bitter so should appeal to all tastes and is an ideal rehydration after a long (or short) run on the hills. So get stocked up.

The shop is opposite Morrisons; open 4-8 Fridays, 11-3 Saturdays, 3-7 Sundays.

Here's to the Next Thirty!

Todmorden Harriers have teamed up with local Brewery 'Bare Arts' to mark the clubs 30th anniversary with a specially brewed 'Todmorden Harriers Ale'.

The beer will be on sale to the general public at the Bare Arts shop on Rochdale Road, also the club have a large enough stock to use as prizes in the seven races they organise and also distribute the tipples to their 180 members.

Club Secretary and co-ordinator of the anniversary celebrations, Derek Donohue said, 'I'm not sure how much running I'll be doing after drinking a bottle, but it's a fantastic beer. It makes it even better that it's a real Todmorden production. The people at Bare Arts have been terrific'

In addition to the brew, the club are also planning a 30 kilometre run around the moors around the town on the 21st June. The run will be split into 8-12 kilometre sections and the Harriers are hoping as many members as possible will turn out on the day to mark the milestone.



Derek & Mandy

'There's been a lot of water under the bridge in the last thirty years, a lot of success and a lot for us to be proud of.' Said Mandy Goth, Chairman of the club since 1989, 'We're a small town club with our roots very firmly in Tod and its' surrounding area, we recently worked out that three quarters of our membership live in Tod and Hebden. That's' a rare thing these days when clubs try to attract top runners from all over the country to join them. Even so we constantly challenge the bigger clubs. I can't pay a big enough tribute to the members, past and present. I hope as many as possible join us for the celebrations.'

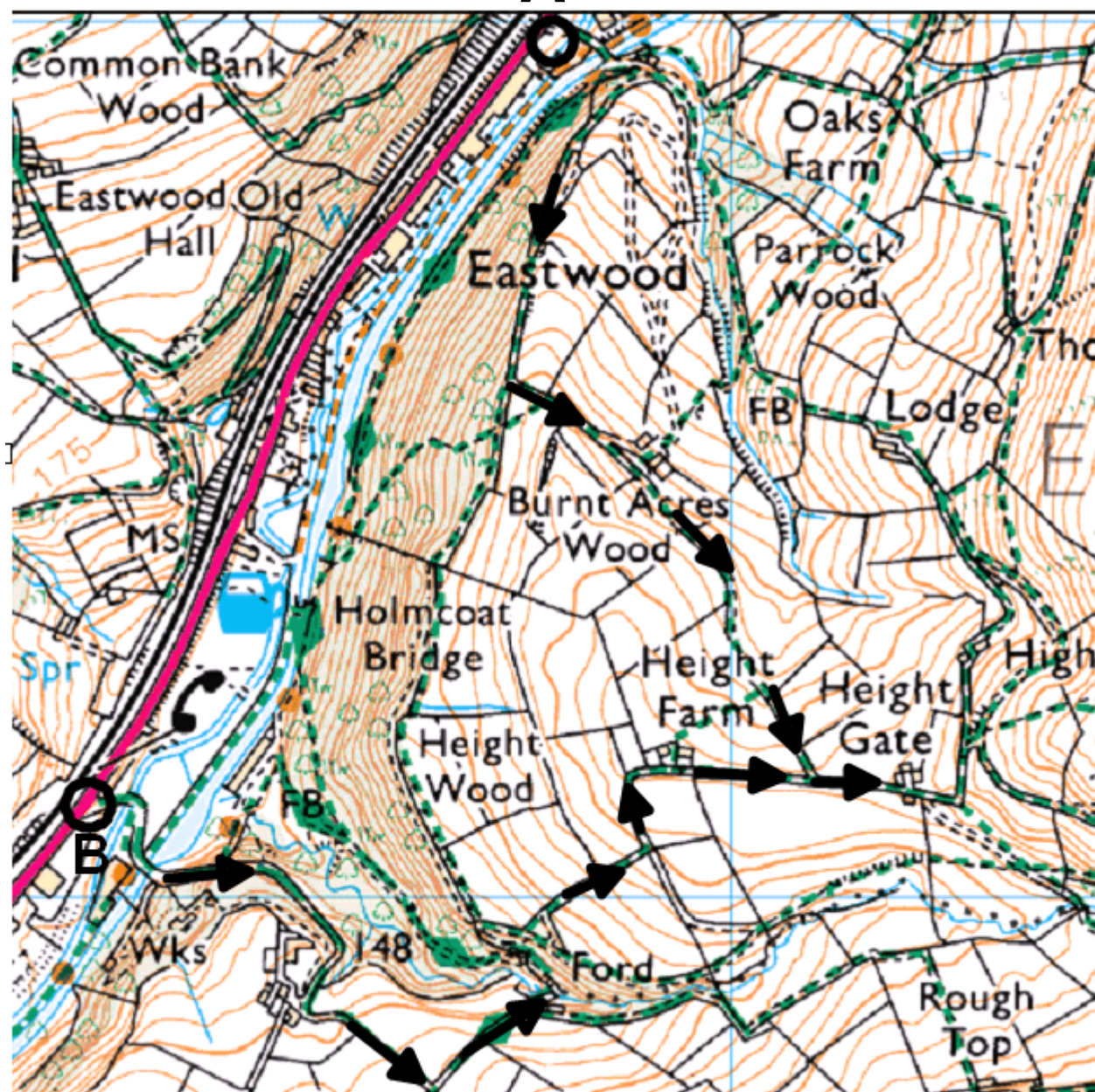
Anyone wishing to find out more about Todmorden Harriers can visit their website at www.todharriers.co.uk .

Any past or present members who need further information about the anniversary celebrations can phone Colin Duffield on 01422 846593.





A



Route A: Park in Menzolit car park, on Burnt Acres Lane, Eastwood. Walk over the bridges, and after the house on the left double back to the right following a path uphill. At the top turn left and follow the track behind the ruin and always straight on. At the T-junction turn left on a wide track. The hostel is 100m ahead.

Route B: Start at Stoodley glen, NO PARKING. Take the road over the canal and towards the houses. Go through the farm gate and follow the track uphill. At the hairpin bends keep going uphill. Eventually you reach pass a farm on the left. Watch out for dogs. Carry straight on, the hostel is 200m past the farm.

From the Archives...

This month, we are marking the 30th Anniversary of Todmorden Harriers. To honour the occasion, we are having a 30k (ish) run (details elsewhere in this Torrier). In true Harriers' style, we are also having a party (details also in this issue) and we have commissioned some special Tod Harriers beer, which is on sale at Bare Arts (opposite Morrisons).

As Toddies archivist, I thought it would be a good time to share with you some of the club's past. Courtesy of our club Secretary, Derek Donohue, I have been treated to a glimpse of the minutes of the original Harriers' committee meetings. They make for interesting and sometimes amusing reading and I will be publishing some of the best bits in forthcoming Torriers.

For June's contribution, I thought it would be appropriate to start with a reproduction of the minutes of the very first meeting, back in February 1978.

Todmorden Harriers and Athletic Club

Inaugural meeting

This club is formed on this the 26th day of February 1978.

The meeting opened at 10.30am.

People present:- Elizabeth Stansfield; Trina Link; June Booth; Andrew Hayes; D. Barker; Harry Clayton; Nick Shipton; Kevin Hird; K. Brennan; Eric Stuttard; John Clegg; J. Barrett; D. Duke; John Davidson; John McDonagh; James P. Waterhouse.

Mr J. McDonagh elected as chairman. Proposed: P. Waterhouse. Seconded: June Booth. All in favour.

Mr J.P. Waterhouse elected as Secretary. Prop: J. McDonagh. Seconded: D. Barker. All in favour.

Mr E. Stuttard elected as Treasurer. Prop: J. McDonagh.

Management Committee elected: N. Shipton; D. Barker; H. Clayton; K. Brennan; E. Stansfield; T. Link; J. Booth.

Mr D. Duke elected as Coach. Prop: J.P. Waterhouse. Seconded: E. Stuttard. All in favour.

1. Proposal by H. Clayton. "This club apply to be affiliated to: Northern Counties Athletic Association and Women's Northern Counties Athletic Association". Seconded by D. Duke. Motion carried 16 votes to nil.
2. Proposal by D. Barker. "The minimum age of a member should be 9 years and there should be no upper age limit, the club should be an open club". Seconded: H. Clayton. Motion carried 16 votes to nil.
3. Proposal by E. Stuttard. "Subscription rates should be 9yrs-12yrs: 75p; 13yrs to 15yrs: £1.25; 16yrs and over: £2.50". Seconded by D. Duke. Motion carried 16 votes to nil.
4. N. Shipton proposed, "A fee of 10p should be paid for each training session, 5p for the under 12yrs olds". Seconded by J. Booth. All in favour.
5. N Shipton proposed, "Subscription to be paid before the AGM with one month's grace for defaulters". Seconded by E. Stansfield. All in favour.
6. Chairman proposed, "£5 subscription from Honorary members. Subscription to be reviewed at next AGM". Motion carried 16 votes to nil.
7. D. Barker proposed, "that club colours should be white vest with royal blue and red sash. White short with royal blue and red trip". Secretary to investigate (suppliers and prices). Seconded A. Hayes. All in favour.

Next meeting for Committee: Sunday 12/3/78 at 10am.

Meeting closed 12.15hrs.

If you have any old race results, press cuttings, etc. which I could use to compile our club archives, please see me at pack runs, or contact me at claire@todharriers.co.uk, or on 01422 846593.

Hopefully, I will soon have enough information to be able to start posting it on the website.

Best wishes,

Claire

RACE RESULTS

Kinder Downfall 13/4/08

(1st 1.07.00; 2nd 1.09.33; 3rd 1.11.59)

		time	fell pts	Gp pts
Andrew Wrench	M40	1.12.27	95.9	100.6
Mick Craven	M50	1.35.11	73.0	83.7
Jeremy Godden	M45	1.40.53	68.9	77.4
Derek Clutterbuck	M75	2.14.03	51.9	83.4

3 Peaks 27/4/08

(1st 2.53.39; 2nd 2.54.16; 3rd 2.57.36)

		time	fell pts	GP pts
Chris Smale	M40	3.20.48	95.1	101.6
Jon Wright	M	3.21.05	95.0	95.0
Dave Collins	M50	3.48.47	83.5	96.7
Andrew Horsfall	M40	3.56.22	80.8	85.5
Andy McFie	M	4.00.30	79.4	79.4
Phil Hodgson	M50	4.07.01	77.3	89.6
Chris Preston	F40	4.13.55	75.2	90.4
Alison Richards	F	4.18.17	73.9	81.8
Kath Brierley	F45	4.19.51	73.5	91.7
Martin Roberts	M50	4.20.19	73.3	83.2
James Riley	M	4.23.36	72.4	72.4
Mick Howard	M45	4.29.32	70.8	78.0
Rhys Watkins	M40	4.29.48	70.8	74.2
Andrew Bibby	M50	4.34.31	59.6	82.4
Lee McCluskey	M50	4.40.44	68.0	77.2
Jane Leonard	F50	4.46.00	66.8	87.7
Richard Leonard	M45	4.46.01	66.8	75.0
Mel Blackhurst	F40	4.47.43	66.4	78.9
Richard Blakeley	M60	4.52.52	65.2	88.2
Peter Ehrhardt	M60	5.28.23	58.1	75.7
Stuart Boulton	M45	5.29.19	58.0	65.1

Hendon Brook 18/5/08

(1st 1.26.19; 2nd 1.27.09; 3rd 1.27.13)

		time	road pts	GP pts
Duncan Richie	M	1.49.51	79.1	79.1
Melanie Blackhurst	F40	1.50.19	78.8	94.1
Richard O'Sullivan	M45	1.50.52	78.4	84.3
Claire Duffield	F35	1.55.59	74.9	82.9
Kevin Coughlan	M45	1.59.12	72.9	78.7
Peter Ehrhardt	M60	2.05.10	69.4	85.6

Mytholmroyd 11/5/08

(1st 46.22; 2nd 48.23; 3rd 48.27)

		time	fell pts	GP pts
Andrew Wrench	M40	0.48.27	98.5	103.3
Sean Willis	M40	0.50.03	95.4	98.2
Alistair Rhodes Dawson	M	0.54.53	87.0	87.0
Nick Barber	M	0.55.49	85.5	85.5
Ben Crowther	M	0.59.42	80.0	80.0
Derek Donoghue	M45	1.00.26	79.0	87.8
Mick Craven	M50	1.02.46	76.0	87.2
Claire Duffield	F35	1.04.05	74.5	82.4
Richard Butterwick	M	1.05.50	72.5	72.5
Sarah Warburton	F	1.06.03	72.3	80.0
Duncan Richie	M	1.06.17	72.0	72.0
Jeremy Godden	M45	1.07.31	70.7	79.4
Lucy Hobbs	F35	1.09.03	69.1	78.8
Sue Roberts	F45	1.14.04	64.4	79.4
Helen Hodgkinson	F35	1.14.28	64.1	70.9
Kevin Coughlan	M45	1.15.11	63.5	69.2
Steve Burnip	M50	1.16.06	62.7	73.5
Geoff Read	M45	1.18.23	60.9	68.4
Louise Abdy	F45	1.19.32	60.0	75.8
Dave O'Neill	M50	1.23.08	57.4	65.1
Michael Hennigan	M60	1.26.08	55.4	71.3
Petra Davey	F40	1.29.17	53.5	62.8
Myra Wells	F50	1.29.51	53.1	70.7
Mel Morrell	F	1.49.53	43.4	48.1
Ian Stansfield	M65	2.01.45	39.2	53.1

Robertstown 7 1/6/08

(1st 22.35; 2nd 22.37; 3rd 22.38)

		time	road pts	GP pts
Duncan Richie	M	46.09	85.0	85.0
Melanie Blackhurst	F40	51.16	76.6	91.4
Kevin Coughlan	M45	52.00	75.5	81.8
Mel Siddall	F45	53.17	73.7	90.5
Bev Wright	F35	54.19	72.3	82.4
Michael Hennigan	M60	55.37	70.6	86.2
Stephen Burnip	M50	55.57	70.2	79.8
Moyra Parfitt	F60	57.17	68.5	102.1
Nigel Hanson	M50	57.48	67.9	75.9
Ian Stansfield	M60	1.18.38	49.9	63.5

Saddleworth 1/6/08

(1st 22.35; 2nd 22.37; 3rd 22.38)

		time	fell pts	GP pts
Andrew Horsfall	M40	24.4	91.9	97.2
Simon Galloway	M40	27.3	82.3	88.0
Claire Duffield	F35	28.2	79.9	88.5
Jeremy Godden	M45	30.2	74.6	83.8

Coniston 3/5/08

(1st 1.11.46; 2nd 1.12.48; 3rd 1.12.57)

		time	fell pts	GP pts
Andrew Wrench	M40	1.19.10	91.6	96.0
Chris Smale	M40	1.21.23	89.1	95.2
Alistair Rhodes Dawson	M	1.25.25	84.9	84.9
Steve Branwood	M50	1.29.26	81.1	93.9
Martin Roberts	M50	1.32.22	78.5	89.0
Roger Haworth	M40	1.39.20	73.0	75.1
Alison Richards	F	1.40.50	71.9	79.6
Jane Leonard	F50	1.42.18	70.9	93.0
Chris Preston	F40	1.42.25	70.8	85.1
Jeff Walker	M	1.42.41	70.6	70.6
Claire Duffield	F35	1.43.26	70.1	77.6
Mick Craven	M50	1.44.42	69.2	79.4
Richard Leonard	M45	1.44.56	69.1	77.6
Jeremy Godden	M45	1.47.06	67.7	76.0
Richard Butterwick	M	1.49.27	66.2	66.2
Rachel Skinner	F35	1.50.24	35.7	72.7
Mick Howard	M45	1.51.35	65.0	71.5
Duncan Richie	M	1.51.40	64.9	64.9
Sue Roberts	F45	1.52.13	64.6	79.6
Richard O'Sullivan	M45	1.52.41	64.3	70.1
Sarah Warburton	F	1.53.04	64.1	70.9
Richard Blakeley	M60	1.53.40	63.8	86.3
Peter Ehrhardt	M60	2.04.28	58.2	75.9
Helen Hodgkinson	F35	2.04.36	58.2	64.4
Mel Blackhurst	F40	2.06.35	57.3	68.0
Moyra Parfitt	F60	2.06.52	57.1	91.4
Mandy Goth	F45	2.07.35	56.8	71.8
Bev Wright	F35	2.07.35	56.8	64.8
Trevor Smith	M60	2.07.39	56.8	75.9
Louise Abdy	F45	2.14.36	53.9	68.0
Geoff Read	M45	2.19.04	52.1	58.5
Mel Siddall	F45	2.29.35	48.5	60.4

Forthcoming Grand Prix races

Four fell races and one road race between now and the end of July to tickle your fancy and earn you valuable Grand Prix points.

Road first: the Helen Windsor 10K is a popular race held mid-week, on Wednesday July 2nd. It starts at the Greetland All Rounders club, and will take you on a scenic tour of the by-roads road the back of Greetland and Norland. Organising club Halifax Harriers admits that it's a bit hilly for PBs, but it's well

worth running. 300 maximum, so use the entry form in this month's Torrier.

Sunday June 15th is the day of the Kinder Trog, a fifteen mile fell race which will take you on to the beautiful high Kinder plateau, site of the famous battle for access rights in 1932. Be prepared for almost 3500 feet of climbing. Registration at the Scout Hut, Swallow House Lane, Hayfield (GR SK035873). Entry Fee £4.50, on day only.

Not very far to go on Saturday June 28th for our local Blackstone Edge fell race. Split this year into ladies' race (1pm) and men's (2pm), because of the expected very large field. This is not just in our GP, it's also an English Championships fell race, so better to get an entry in now: £4 to Kevan Shand, 13 Chichester Close, Smithybridge, Littleborough, OL15 8QL by June 22nd.

Another short fell race is on July 12th, across the hill in Oakworth. The Oakworth Haul (5 miles, 690 ft climb) starts at the Oakworth Gala field in Victoria Rd. Entry on the day should be fine.

Finally, July 20th sees another English Championship fell race, this time in the Lakes. The Kentmere horseshoe involves about twelve miles of running and 3300' feet of climb. Pre-entry only, by July 12th, using a standard FRA application form. Send with £4.50 cheque (payable Pete Bland" to Pete Bland, 12 Danes Rd, Staveley, Kendal, LA8 9PW. (Stop off at Wilf's café on the way back for some home made cakes, too)

Mick Craven



2008 FELL TABLE				Midgley Moor	Saddleworth	Black Combe	Kinder Downfall	Coniston	Mythomroyd	Wadsworth Trog	Three Peaks	Qualified?	Completed Races	Points
1	Andrew Wrench	M40				97.7	95.9	91.6	98.5	93.2			5	476.9
2	Claire Duffield	F35		72.7	79.9	72.2		70.1	74.5	62.2			6	431.6
3	Christine Preston	F40		72.0		72.9		70.8		75.3	75.2		5	366.2
4	Jeremy Godden	M45			74.6	70.8	68.9	67.7	70.7				5	352.7
5	Richard Leonard	M45		70.1		73.0		69.1		63.3	66.8		5	342.3
6	Jane Leonard	F50		62.1		71.3		70.9		67.3	66.8		5	338.4
7	Melanie Blackhurst	F40		68.7		63.1		57.3		67.0	66.4		5	322.5
8	Mick Craven	M50		72.9			73.0	69.2	76.0				4	291.1
9	Alison Richards	F				77.7		71.9		66.5	73.9		4	290.0
10	Chris Smale	M40				97.5		89.1			95.1		3	281.7
11	Kath Brierley	F45		70.7		73.2				62.6	73.5		4	280.0
12	Andrew Horsfall	M40			91.9					83.9	80.8		3	256.6
13	Dave Collins	M50		79.8		86.9					83.5		3	250.2
14	Steve Brandwood	M50				85.9		81.1		75.7			3	242.7
15	Peter Ehrhardt	M60		61.1		63.0		58.2			58.1		4	240.4
16	Martin Roberts	M50				84.7		78.5			73.3		3	236.5
17	Rhys Watkins	M40				74.8				64.0	69.6		3	208.4
18	Sarah Warburton	F		61.4				64.1	72.3				3	197.8
19	Sue Roberts	M45				65.0		64.6	64.4				3	194.0
20	Richard O'Sullivan	M45		64.3				64.3		61.6			3	190.2
21	Helen Hodgkinson	F35		57.4				58.2	64.1				3	179.7
22	Alistair Rhodes Dawson	M						84.9	87.0				2	171.9
23	Andy McFie	M				86.5					79.4		2	165.9
24	Simon Galloway	M40		78.2	82.3								2	160.5
25	Ben Crowther	M				75.4			80.0				2	155.4
26	Phil Hodgson	M50				76.0					77.3		2	153.3
27	Nick Barber	M							85.5	66.8			2	152.3
28	James Riley	M				78.2					72.4		2	150.6
29	Derek Donoghue	M45				70.0			79.0				2	149.0
30	Lee McCluskey	M50								73.6	68.0		2	141.6
31	Richard Butterwick	M						66.2	72.5				2	138.7
32	Duncan Ritchie	M						64.9	72.0				2	136.9
33	Mick Howard	M45						65.0			70.8		2	135.8
34	Richard Blakeley	M60						63.8			65.2		2	129.0
35	Kevin Coughlan	M45		61.4					63.5				2	124.9
36	Stephen Burnip	M50		59.1					62.7				2	121.8
37	Dave O'Neill	M50		61.1					57.4				2	118.5
38	Mandy Goth	F45				61.3		56.8					2	118.1
39	Moyra Parfitt	F60		57.5				57.1					2	114.6
40	Louise Abdy	F45						53.9	60.0				2	113.9
41	Geoff Read	M45						52.1	60.9				2	113.0
42	Michael Hennigan	M60		57.1					55.4				2	112.5
43	Sean Willis	M40							95.4				1	95.4
44	Jon Wright	M									95.0		1	95.0
45	John Preston	M40				73.4							1	73.4
46	Roger Haworth	M40						73					1	73.0
47	Jeff Walker	M						70.6					1	70.6
48	Andrew Bibby	M50									69.6		1	69.6
49	Lucy Hobbs	F35							69.1				1	69.1
50	Lisa Parsons	F40		67.4									1	67.4
51	Rachel Skinner	F35						65.7					1	65.7
52	Stuart Bolton	M45									58.0		1	58.0
53	Bev Wright	F35						56.8					1	56.8
54	Trevor Smith	M60						56.8					1	56.8
55	Petra Davey	F40							53.5				1	53.5
56	Myra Wells	F50							53.1				1	53.1
57	Derek Clutterbuck	M75					51.9						1	51.9
58	Mel Siddall	F45						48.5					1	48.5
59	Mel Morrell	F							43.4				1	43.4
60	Ian Stansfield	M65							39.2				1	39.2

2008 ROAD TABLE				Huddersfield 10k	Guiseley Gallop 10k	Lytham 10m	Robertstown 7m	Oldham 1/2m	Hendon Brook 13.5	Qualified?	Road Races	Points
1	Richard O'Sullivan	M45		71.8	80.9	76.9		78.8	78.4		5	386.8
2	Stephen Burnip	M50		67.1	70.2	70.4	70.2	69.5			5	347.4
3	Melanie Blackhurst	L40		71.8	80.2		76.6		78.8		4	307.4
4	Richard Butterwick	M		76.6	79.7	75.3					3	231.6
5	Kevin Coughlan	M45		67.4			75.5		72.9		3	215.8
6	Peter Ehrhardt	M60			70.6			70.7	69.4		3	210.7
7	Nigel Hanson	M50		66.3		69.9	67.9				3	204.1
8	Michael Hennigan	M60		63.9	67.7		70.6				3	202.2
9	Moyra Parfitt	L60		60.9	67.7		68.5				3	197.1
10	Myra Wells	L50		57.5	62.5	61.3					3	181.3
11	Duncan Ritchie	M					85.0		79.1		2	164.1
12	Mick Craven	M50			82.5	77.2					2	159.7
13	Claire Duffield	F35			79.2				74.9		2	154.1
14	Mel Siddall	F45					73.7	72.3			2	146.0
15	Lucy Hobbs	L35		68.0		71.5					2	139.5
16	Elise Milnes	L45		62.9	68.8						2	131.7
17	Ian Stansfield	M65			49.0		49.9				2	98.9
18	Paul Brannigan	M40			90.3						1	90.3
19	Nick Barber	M			88.7						1	88.7
20	Simon Galloway	M40			85.6						1	85.6
21	Lee McCluskey	M50		76.1							1	76.1
22	Andrew Bibby	M50		73.5							1	73.5
23	Jeff Anderson	M45				72.6					1	72.6
24	Bev Wright	F35					72.3				1	72.3
25	Dave O'Neill	M50			68.2						1	68.2
26	Graham Milnes	M50			62.9						1	62.9
27	Mandy Goth	L45		59.7							1	59.7
28	Katy Moore	L35				54.5					1	54.5
29	Laurence Bristow	M				51.0					1	51.0

For those who are not aware the tables and results
are on the Tod Harriers website where they are updated regularly

Any queries contact Dave O'Neill on 01706 815930

or don@todharriers.co.uk

2008 GRAND PRIX TABLE				Midgley Moor	Saddleworth	Black Combe	Kinder Downfall	Coniston	Mythomroyd	Wadsworth Trog	Three Peaks		Huddersfield 10k	Guiseley Gallop 10k	Lytham 10m	Robertstown 7m	Oldham 1/2m	Hendon Brook 13.5		Qualified?	Fell Races	Road Races	Points
1	Melanie Blackhurst	F40	9	81.6		75.0		68.0		79.6	78.9		84.9	94.8		91.4		94.1		Q	5	4	748.3
2	Claire Duffield	F35	8	80.4	88.5	79.9		77.6	82.4	68.8				87.6				82.9		X	6	2	648.1
3	Richard O'Sullivan	M45	8	70.1				70.1		67.1			77.2	87.0	82.7		84.7	84.3		Q	3	5	623.2
4	Peter Ehrhardt	M60	7	79.6		82.0		75.9			75.7			87.1			87.2	85.6		X	4	3	573.1
5	Stephen Burnip	M50	7	69.2					73.5				76.3	79.8	80.0	79.8	79.1			X	2	5	537.7
6	Mick Craven	M50	6	83.6			83.7	79.4	87.2					91.6	85.6					X	4	2	511.1
7	Andrew Wrench	M40	5			102.2	100.6	96.0	103.3	97.7										X	5	0	499.8
8	Moyra Parfitt	F60	5	92.0				91.4					90.7	100.8		102.1				X	2	3	477.0
9	Jane Leonard	F50	5	81.6		93.7		93.0		88.3	87.7									X	5	0	444.3
10	Christine Preston	F40	5	86.6		87.6		85.1		90.5	90.4									X	5	0	440.2
11	Jeremy Godden	M45	5		83.8	79.6	77.4	76.0	79.4											X	5	0	396.2
12	Michael Hennigan	M60	5	73.4					71.3				78.0	82.7		86.2				X	2	3	391.6
13	Richard Leonard	M45	5	78.7		81.9		77.6		71.0	75.0									X	5	0	384.2
14	Richard Butterwick	M	5					66.2	72.5				76.6	79.8	75.3					X	2	3	370.4
15	Kevin Coughlan	M45	5	67.0					69.2				72.5			81.8		78.7		X	2	3	369.2
16	Kath Brierley	F45	4	88.2		91.3				78.1	91.7									X	4	0	349.3
17	Alison Richards	F	4			85.9		79.6		73.6	81.8									X	4	0	320.9
18	Myra Wells	F50	4						70.7				73.5	80.0	78.5					X	1	3	302.7
19	Chris Smale	M40	3			104.2		95.2			101.6									X	3	0	301.0
20	Duncan Ritchie	M	4					64.9	72.0							85.0		79.1		X	2	2	301.0
21	Dave Collins	M50	3	92.4		100.7					96.7									X	3	0	289.8
22	Steve Brandwood	M50	3			99.6		93.9		86.8										X	3	0	280.3
23	Andrew Horsfall	M40	3		97.2					88.8	85.5									X	3	0	271.5
24	Martin Roberts	M50	3			96.1		89.0			83.2									X	3	0	268.3
25	Simon Galloway	M40	3	83.5	88.0									90.7						X	2	1	262.2
26	Lee McCluskey	M50	3							83.5	77.2		84.4							X	2	1	245.1
27	Nick Barber	M	3						85.5	66.8				88.7						X	2	1	241.0
28	Mel Siddall	F45	3					60.4								90.5	88.9			X	1	2	239.8
29	Sue Roberts	F45	3			80.1		79.6	79.4											X	3	0	239.1
30	Lucy Hobbs	F35	3						78.8				77.5		81.5					X	1	2	237.8
31	Nigel Hanson	M50	3										74.2		78.2	75.9				X	0	3	228.3
32	Mandy Goth	F45	3			77.4		71.8					74.2							X	2	1	223.4
33	Sarah Warburton	F	3	72.2				70.9	80.0											X	3	0	223.1
34	Rhys Watkins	M40	3			78.4				67.2	74.2									X	3	0	219.8
35	Dave O'Neill	M50	3	69.3					65.1					75.7						X	2	1	210.1
36	Helen Hodgkinson	F35	3	63.5				64.4	70.9											X	3	0	198.8
37	Ian Stansfield	M65	3						53.1					62.3		63.5				X	1	2	178.9
38	Phil Hodgson	M50	2			87.1					89.6									X	2	0	176.7
39	Richard Blakeley	M60	2					86.3			88.2									X	2	0	174.5
40	Alistair Rhodes Dawson	M	2					84.9	87											X	2	0	171.9
41	Andrew Bibby	M50	2								82.4		84.3							X	1	1	166.7
42	Andy McFie	M	2			86.5					79.4									X	2	0	165.9
43	Derek Donoghue	M45	2			77.9			87.8											X	2	0	165.7
44	Elise Milnes	F45	2										78.9	86.3						X	0	2	165.2
45	Ben Crowther	M	2			75.4			80.0											X	2	0	155.4
46	James Riley	M	2			78.2					72.4									X	2	0	150.6
47	Mick Howard	M45	2					71.5			78.0									X	2	0	149.5
48	Bev Wright	F35	2					64.8								82.4				X	1	1	147.2
49	Louise Abdy	F45	2					68.0	75.8											X	2	0	143.8
50	Geoff Read	M45	2					58.5	68.4											X	2	0	126.9
51	Sean Willis	M40	1						98.2											X	1	0	98.2
52	Paul Brannigan	M40	1											95.0						X	0	1	95.0
53	Jon Wright	M	1								95.0									X	1	0	95.0
54	Derek Clutterbuck	M75	1				83.4													X	1	0	83.4
55	Lisa Parsons	F40	1	78.2																X	1	0	78.2
56	Jeff Anderson	M45	1												78.1					X	0	1	78.1
57	John Preston	M40	1			77.7														X	1	0	77.7
58	Trevor Smith	M60	1					75.9												X	1	0	75.9
59	Roger Howarth	M40	1					75.1												X	1	0	75.1
60	Rachel Skinner	F35	1					72.7												X	1	0	72.7
61	Graham Milnes	M50	1											71.0						X	0	1	71.0
62	Jeff Walker	M	1					70.6												X	1	0	70.6
63	Stuart Boulton	M45	1								65.1									X	1	0	65.1
64	Petra Davey	F40	1						62.8											X	1	0	62.8
65	Katy Moore	F45	1												61.1					X	0	1	61.1
66	Laurence Bristow	M	1												51.0					X	0	1	51.0
67	Mel Morrell	F	1						48.1											X	1	0	48.1

Recent Press Reports

By

Colin Duffield/Phil Hodgson/Kath Brierley

Anniversary Waltz/Bunny Run

Press Date 24/04/08

Todmorden's new signing Alastair Rhodes-Dawson was the star amongst the 10 Harriers who tackled the Anniversary Waltz Fell Race in Cumbria at the weekend.

The race, won by Dark Peak's Lloyd Taggett, is fast becoming a Lake District classic and visits the peaks of Robinson, Dale Head, High Spy and Catbells before returning to the race HQ in the Newlands Valley.

Rhodes-Dawson stopped the clock in 1:58, breaking the prestigious two hour barrier and giving him 53rd place in the 420 finishers. He was followed home shortly afterwards by team mate Martin Roberts.

Closer to home, the Bunny Run season of races in Haworth continued last week with the 3rd of this year's events.

In what could best be described as wintry conditions, first Todmorden runner home was again Paul Brannigan who was 53rd in the 250 strong field, his finishing time of 20:05. Derek Donohue was next Harrier over the line in 21:04, whilst Tod's first lady home was Sue Roberts in 26:05.

A short while later, Todmorden junior Joseph Brannigan made it a family affair when he followed his father across the line in 28:15.

Three Peaks

Press Date 03/05/08

Todmorden Harriers were up against many of the best mountain runners in the world at Saturday's Three Peaks Fell Race. This year the race was also the venue for the World Long Distance Mountain Running Championships, the first time Britain has hosted this prestigious event. The Three Peaks, in its 54th year is one of the oldest classic fell races and provided a challenging course for top international athletes from 23 countries as far afield as New Zealand, Russia, South Africa and the USA. The 24 mile course includes ascents of Yorkshire's three peaks: Penyghent, Whernside and Ingleborough, each one a tough ascent in its own right, and fast sections on path and track between the peaks. The 758 runners streaming over the start line at Horton in Ribblesdale included 92 foreign competitors and the cream of British fell running. In the early part of the race Billy Burns of Salford Harriers was the first to the summit of Penyghent with a group of ten runners in hot pursuit. By the second summit of Whernside the field had stretched out with Mitja Kosoveli of Slovenia 30 seconds in front of Scotsman Jethro Lennox. However, at the top of Ingleborough these two had swapped places with Lennox pulling nearly two minutes ahead of the Slovenian but looking over his shoulder at the charge being made by Mercia's Thomas Owens. Jethro's strength held out and the Scot won gold in 2.53.39 with Owens in silver medal place only 37 seconds behind. The ladies race was dominated from start to finish by Anna Pichtova of the Czech Republic, the World mountain Running Champion in 2007, who broke the ladies record in 3.14.43, nearly two minutes faster than the previous best time. The men's team prize went to Yorkshire club Pudsey and Bramley. The ladies team prize was won by Russia.

Todmorden Harriers put in a fine performance in such awesome company. Chris Smale, was on top form after training specifically for this event and finished 45th closely followed by team mate Jon Wright in 47th. Next Harrier home was Andrew Horsfall who crossed the line in 206th place with a time of three hours and 56 minutes. Tod's star Vet 50, Dave Collins, ran a brilliant race, finishing 162nd and leading the Tod Harriers super-veterans team to 6th position.. The Tod ladies went one better with Chris Preston, Ali Richards and Kath Brierley all putting in fine performances and finishing 5th ladies team.

Coniston/Coiners

Press Date 10/05/08

The May Day Bank Holiday Weekend saw Todmorden Harriers decamp en masse to Cumbria for the Coniston Fell Race. The exhilarating 8 mile route which follows the ridges from Wetherlam to Swirl Howe and Coniston Old Man has become a favourite of the Todmorden club and a regular fixture in the club's Fell Championship. This year a massive 32 Harriers tackled the course, many of them taking advantage of the spring weather to camp in the village and enjoy a weekend in the heart of the fells.

The race set off under clear blue skies on a perfect spring day, much in contrast to the official forecast of high winds and mountain fog. Apart from the Harriers, some of the top names from the fell running world were amongst the 300 starters who left the starting field for the first, and steepest climb of the route, the leg sapping Mouldry Bank. Multiple former winner and fell running legend Ian Holmes led the way, along with his Bingley club mate, Rob Jebb, but with Todmorden's Chris Smale and Andy Wrench in close attendance the omens looked good for a successful day for the Harriers.

As the runners made their way around the route the clear weather gave the competitors stunning views of the highest Lakeland fells as the field snaked along the narrow ridges.

On the final descent off the Old Man of Coniston, Holmes used his famous descending skills to make sure of victory, crossing the line some 200 yards clear of Jebb. Amongst the Harriers, Andy Wrench looked strong at the death, claiming a creditable 9th place, and Chris Smale finishing 20th after holding his own with the leaders until the last descent.

In the ladies race Natalie White of Bingley dominated throughout, for a time keeping pace with the elite men. Todmorden's interest at the sharp end being provided by Lakeland resident Ali Richards, who continues to make headway back towards top form after a nasty injury at the end of last year, and again forced her way into a quality ladies top ten.

Bunched just behind Richards were club mates, Jane Leonard, Chris Preston and, Claire Duffield showing how well Tod's ladies are currently performing in these Lakeland tests.

On the following Bank Holiday Monday there was fell running to be had closer to home with the Calder Valley Fell Runners organised 7 mile Coiners Fell Race. First Tod Harrier home in this was Nick Barber who continues to improve and crossed the line in 22nd place on a muddy route in a race won by Calder runner Ben Mounsey. Next Harriers home were James Riley in 30th and Colin Duffied in 40th amongst the 80 strong field.

Prior to the senior races CVFR organised a series of junior races, in which the

Tod juniors performed well. The courses are both steep and challenging, with a fast downhill finish. Although only two of the Harriers ran, they both won their respective races. Sean Carey age 14 who is fairly new to racing, and who has made considerable improvement over the last 12 months, comfortably won the three mile course under 16 race in a time of just over 22 minutes. Jack Crummett age 9 had closer competition but managed to keep 3 seconds ahead of his Calder Valley competitor, winning the one mile race in a time of 10.28.

Flower Scar/ Mytholmroyd

Press Date 15/05/08

Last Wednesday saw Todmorden Harriers reprise one of their club races as the Flower Scar Fell Race returned. The tough four mile race was rested last year but returned this year under clear blue skies and spring sunshine, and attracted a good crop of 90 runners amongst them many of the local stars of the fell running scene.

As the race started on Todmorden High School playing fields and the runners headed for Scaitcliffe and the start of the draining 1400 foot climb up to Flower Scar Moor, the fancied runners were all in the mix, these included Calder Valley Fell Runners' Ben Mounsey and Shaun Godsman, Pudsey and Bramley's Danny Hope, Horwich's James Logue and Todmorden's own Chris Smale. Amongst the women, Jo Waites of Calder Valley looked hot favourite to win, although Halifax Harrier's international junior, Holly Page and Bingley's Ruth Whitehead were both capable of providing a shock on the night.

After an initial nip and tuck battle, the runners reached the turnaround point at the trig point on the very highest point of the moor, with Smale, Mounsey and Godsman neck and neck and setting up a thrilling dash back to the valley.

At the event Godsman proved too quick on the downhill, the former Todmorden man taking the race in 28:52, with Mounsey and Smale both following within half a minute for second and third places, Smale also taking the veterans' prize.

True to form, Jo Waites took the women's' race in 33:44, some five minutes clear of the next woman.

Elsewhere in the field, Todmorden's junior star, 14 year old Sean Carey, put in a storming performance to take ninth place, taking the scalps of some genuinely good adult fell runners, his performance boding well for the future.

After the race, organiser Jon Wright thanked the runners for their support, the landowners, Mrs and Mrs Helliwell, Colin, Stephensons Feeds and the Hare and Hounds Inn for their hospitality in hosting the race HQ.

The following weekend it was business as usual for the Harriers as their Fell Championship continued at the Halifax Harriers organised Mytholmroyd Fell Race.

23 Harriers were in attendance for this seven mile tour of Wadsworth Moor.

With a sudden arrival of summer, the runners suffered in the blazing heat but the Harriers coped with the sun as well as most, first home being Andy Wrench in 3rd place, with Sean Willis second Tod man in 7th position. Alastair Rhodes-Dawson completed the counters for the team prize after also gaining a top twenty place, but Tod just missed out on the collective prize, losing out to a strong team from neighbouring club Calder Valley.

First lady Harrier was Claire Duffield, crossing the tapes as 6th woman, with club mates Sarah Warburton and Lucy Hobbs following in 6th and 8th place in the ladies rankings.

Geoff Doggett/Hendon Brook

Press Date 22/05/08

After some months frenetic fell racing, it was the turn of Todmorden Harriers road running enthusiasts to show their mettle last week with two very different races.

Warm sunshine warmed the competitors who arrived in Littleborough for the Geoff Doggett 5k last Tuesday. Organised by prolific race organiser and charity fundraiser, Andy O'Sullivan OBE, the race follows a well established race route, taking in the delights on Hollingsworth Lake en route. The race was won by Essex athlete Ian Grime, clocking a fast time of just under 16 minutes.

Six Tod runners were present, first of which was U18 Ashley Wright who put a marker down with regard to his future potential by coming in 41st in the 200 strong field. Next two Harriers home were Mark Anderton and Richard Butterwick in 48th and 49th position, Anderton squeezing in front of his club mate by just three seconds. Todmorden ladies Mel Siddal and Bev Wright both ran well to finish in 100th and 115th, whilst veteran Harrier Ian Stansfield crossed the line in 193rd.

On the following Sunday it was time to put on the road running shoes again as a number of Harriers travelled to Colne for the Hendon Brooke 13.5 Mile Road Race. A regular feature in the Tod club's road championship, this race is notorious for its' succession of hard climbs that will sap the strength of even the most determined runner. First Harrier over the tape was Duncan Ritchie with a time of 1 hour and 49 minutes. He was followed just over a minute later by Mel Blackhurst, who registered as third lady overall and first veteran. Richard O'Sullivan was next Tod athlete over the line in a time of 1 hour 51 minutes, followed by Claire Duffield (1:56), and Kevin Coughlan who put in a fine performance in his debut race at longer distance to finish in 1 hour and 59.

Peter Ehrhardt completed the Tod contingent in 2 hours and five minutes.

FELL RUNNING ENGLISH CHAMPIONSHIPS - 2008

With two races of the six race series completed Tod Harriers are well placed to grab medals in 2008. After some great individual and team performances at Black Combe and the Three Peaks the standings are currently as follows:

Best placings in individual categories

Mens Open	Chris Smale	19 th
Mens V40	Chris Smale	3 rd
Mens V50	Dave Collins	10 th
Mens V60	Peter Ehrhardt	16 th
Mens V65	Richard Blakeley	3 rd
Ladies Open	Chris Preston	28 th
	Ali Richards	28 th
Ladies V40	Chris Preston	11 th
Ladies V45	Kath Brierley	7 th
Ladies V50	Jane Smith	3 rd

Team placings

Mens Open Team	11 th
Mens V40 Team	7 th
Mens V50 Team	5 th
Ladies Team	5 th

This is our best ever overall start to the English Championships. I hope you've all applied for **Blackstone Edge** (June 28th), **Kentmere** (July 20th), **Borrowdale** (August 2nd), and **Duften** (August 30th). Keep up the training - (see Chris Smales' epic blogs on the forum) – the more Toddies who turn out for these races the better our chance of medals and of having a great night out at the FRA Awards Presentation Evening in October. If you need any info on the races email us or come and have a chat with Mandy or me on Wed nights. A recce of Borrowdale is a must for those who've entered this 17 mile Lakeland classic. Anyone up for recceing on Sat July 5th get in touch.

Phil

FOUND

One ladies berghaus hooded sweatshirt

Size 14

Anyone lost it please contact Claire on 01422 846593

A GOOD SEASON SO FAR FOR TOD LADIES

Tod Ladies are getting warmed up for the season with some excellent results so far. We are currently 5th in the English Ladies Team Fell championships, and were 4th English ladies team in the 3 Peaks race. So get your training in for Blackstone Edge, Kentmere & Borrowdale.

Congratulations & a big pat on the back to Chris Preston who was 1st lady in the Fellsman Hike a mere 61 miles, Claire Duffield for 1st lady at Saddleworth and Ali Richards for 2nd lady at Two Riggs. Jane Leonard should also get a mention for her impressive return to form, she had a storming run at Jura and is regularly picking up prizes at races - (leave some for the rest of us) - is it due to being newly married or retiring earlier this year? We seem to be building up a growing number in the road races with Mel B, Mel S, Lucy, Bev, Moyra & Claire making regular appearances.



Rachel and Helen are out racing again, and seem to be improving in every race - go for it girls - I've seen that twinkle in your eyes - I can see I'll have to put some extra training in to try & keep in front of you.

Moyra has been a star in keeping our newer members running on Wednesday nights - even though she claims she doesn't know where she is going she still turns up without having lost anyone.

It's great to see some of our newer members having a go in the road and fell races too, its one of the best ways to improve, so keep on getting your races in - we need you all fit for our growing ladies team. Our participation in races has been significant this year, no other club had as many female runners at Jura and the Duddon, so keep at it!

Kath B (Ladies Captain)

PS If I've left your race performances out I apologise, but there are so many now - do let me know if you think anyone deserves a mention.



Local Fell Races

By Colin 'we're all going on a summer holiday' Duffield

Sunday June 8th

Hebden Bridge Fell Race BS 5.9miles/1150ft

Hebden Park 11am

Harriers production, I'm sure race supremo Andrew Bibby will be wanting people to help. Opportunities for wearing bright yellow tabards, pointing, shouting, taking peoples names etc

Sunday June 15th

Knowl Hill Fell Race BM 6miles/1300ft

Brown Cow PH, Norden, Rochdale 11am

Seems straightforward navigationally. Two little runnable climbs and one tough one.

Friday June 20th

Wicken Hill Whizz AS 3miles/1000ft

Mytholmroyd Community Centre 7:30pm

From the valley floor to Crow Hill and back.

First day of the three day CVFR Midsummer Madness event. But of course you'll all be joining in the Harriers 30th events, won't you?

Saturday June 28th

Blackstone Edge AS 3.5miles/1200ft

Lydgate Hamlet, Blackstone Edge Old Road 1 pm Ladies 2pm Men

English Champs, Tod Champs, etc. Could be a tad crowded.



Alistair Rhodes –Dawson at Anniversary Waltz

Local Road races by Mel Blackhurst

Sunday 8th June Harwood House 10k-Trail and Road.10.30am Ladies,11am Men.£7.50 and £2 extra on the day.Runner's family get cheap entry to house and adventure playground(so good you won't be able to get the kids away to look round the house etc)

Sunday 8th June West Yorks Road Race 5 miles.Fire and Rescue HQ,Bradford Road,Birkenshaw.£5.

Sunday 15th June-Longridge Lions 7.11am.Start Civic Hall,Preston.

Sunday 15th June Castle Howard 10k.11.15AM.Cost-£7.50,can enter on the day but likely to fill up.

Sunday 22nd June(if you want to recover from the 30th anniversary celebrations!?!)Penny Lane Striders 10k Road Race.11am.Fast and flat around Sefton Park.£7 to enter and £1 extra on day.

Tuesday 1st July Rochdale 10k. 7.15pm Springfield Park,Bolton Road,Rochdale.£5 to enter,can turn up on the night.

Wednesday 2nd July -Helena Windsor 10k-In our Grand Prix,details elsewhere.Undulating course,well organised by Halifax Harriers.

Sunday 6th July City of Manchester 10k.11am.Expensive at £14 and pre-entry only!

More details on uk.results.net.

Mel

TODMORDEN HARRIERS WEBSITE DISCUSSION FORUM

Here's part 1 of a guide from Keith Parkinson to help you use the Tod Harriers website forum.

Forum Address

Go to the forum by using any of the following addresses:

www.forum.todharriers.co.uk or www.todharriers.co.uk/forum or simply visit www.todharriers.co.uk and follow the forum links.

Password Protection

When you follow the addresses above you will be prompted for a Secure Directory username and password. The username is **toddies**. The password is **noonstone**. Tick the box to "remember my password" - this means that next time you won't have to fill in the details. I admit that this first level of protection is somewhat annoying, but has been added by me to stop automated spammers making bogus registration attempts. The username and password are openly published on the website but spamming machines cannot read them.

Registration

Only registered users can read messages or post new messages. To register you must first click on the "Register" link at the top right of the page. Then click on the agreement/declaration - this is a legal requirement (I am presuming you are at least 13yrs old).

You will next see the registration page. You ONLY need to complete the first five sections marked with an asterisk (*) - I'll take them one at a time.

Username: As this is a members-only forum please pick a username that should be recognisable to other members of the club e.g. based on your name or a well-known nickname. If there are several people with the same first name you may want to add the initial letter of your surname (e.g. Andrew B or Andrew W). Have a look at the "Member list" link to see what other people have already chosen. If you choose something really obscure then people won't know who you are.

E-mail address: You must choose a valid address that you look at on a regular basis. This will not be made available to anyone else looking at the forum.

Password: I would recommend that you use one of your regular passwords that is easy to remember - this isn't a sensitive area like online banking so keep it simple.

Confirm password: Just in case you made a typo the first time. Remember that passwords are case-sensitive.

Confirmation code: Type in the numbers and letters you see (this is an anti-spam measure).

Ignore all the complex looking Profile Information and Preferences stuff. This can safely be left alone or revisited at a later time if you feel the urge and are bored.

Click the "Submit" button at the foot of the page and you will see a message saying that an email has been sent to you - check your email now.

Welcome email: The automatically generated email will be titled "Welcome to TODDIES Forums" from website@todharriers.co.uk. This will confirm your forum username and password.

Activation

When I next read my emails I will see one telling me that you have applied to join. I will go to the admin section of the forum and have a look at your username and password. If it is obvious to me that you are a member because of your name and email address I will "activate" your account and this will generate an automatic email to you. If I cannot recognise you I will first check with Claire (membership secretary) to see if your email address has been given to her and/or I will send a personal email to request further details from you. When I'm satisfied that you are a genuine paid-up member I will activate your account. The confirmation email you then get is entitled "You have been added to this usergroup".

The First Visit

After activation, go to the forum (see addresses above) and enter your forum username and password in the login boxes at the foot of the forum index page. Tick the box next to "log me on automatically after each visit". The forum will then recognise you next time. If your browser offers to remember the password choose the yes option. Here's where it gets tricky... For some reason, the damned thing refuses to accept the password at the first attempt of the first visit - have another go and it will work. You may then get the old "Secure directory username and password" prompt - remember, this is user=toddies password=noonstone. If you are by now totally confused/annoyed/suicidal it is time to pick up the phone and dial **01706 816323** and talk to me. I will talk you through the process in real time if you need help.

Now try clicking on a topic. You may get asked for your forum username and password one last time (b****y annoying or what!?) - I promise it won't be as complex every time you visit. You can now look at messages, post replies, start your own topics etc. When you have finished your session - and what comes next is important - **don't log out!** (link at top right). Just close the browser window or go on to the next website you want. If you log out you have to go through the log in faff-up all over again next time.

I will cover how to use the message boards in detail in my next tutorial. We currently have 73 users on board and most have managed to register and log in without help and the majority are frequent visitors/posters.

KEITH website@todharriers.co.uk Tel 01706 816323

Toilet Seat 2008

Well, you've been fairly busy amassing points this past few weeks – I must admit that I am quite stunned and shocked, but also pleased, to see the lengths that some of our Club members will go to in order to gain points for this prestigious trophy.

Yours,
Uncle Barry

March hares? No, April Bunny Run:

Paul Brannigan gains 5 points for turning up on March 25th for the April 1st Bunny Run. No points for son Joe though Paul, it's not his fault that you're a bit hapless!

Sheepish behaviour? No, it's

Richard's new hobby: Jane glanced through her kitchen window one morning, spotted a sheep in the back garden and called upon Richard to exercise his policing skills and apprehend it. As Richard entered the garden the sheep deftly jumped over the fence into the allotment. Richard's attempt at jumping the fence resulted in him lying face down in the muck. Undeterred, Richard grabbed the sheep and frog-marched it across the road into a neighbour's garden (*who'd live next to this man, given the choice? – ed.*). Five minutes later Jane was yelling, "it's back! it's back!" More wrestling was observed and Richard eventually managed to prevent it entering the allotment for a second time. The pantomime finally ended with the sheep being swiftly frog-marched down the road into a place of safety. 5 points to Richard for un-neighbourly behaviour.

More non-PC behaviour? The editor of this page reserves the right not to publish the next story. Suffice to say it involved a bog, a pair of trainers, Richard Leonard and some rather rude remarks from another runner who will remain anonymous. Richard does, however, collect 5 points for the retelling of this tale to Auntie Hazel, who was subsequently rendered speechless for several seconds.

Acts of vandalism increasing? Uncle Barry was unaware that he'd clipped a police car outside the Hebden Bridge station, until a bit fell off his bus about 2 miles up the road. Not too great a crime I hear you say, until you hear the news that our Barry had been awarded a prize for careful driving only the week before! Add 5 points to your prize Uncle Barry!

Sleepless in Seattle? No, Brainless in

London: Branny got invited to a reception at the House of Lords (*how? – ed*). Arriving early, Paul's party decided to get some fresh air. They wandered through the alleyways, taking in the waste and recycling skips (*why? – ed*) and then reached the Speakers house. On walking inside (*what?! – ed*) they were met by a security guard who gave them two options; he could escort them back or he could 'call it in', which apparently meant they'd be swooped upon by armed police in less time than it took Linford to get down the home straight. The first option seemed appropriate and they arrived back at the reception to find armed police berating their hosts for allowing guests to wander around freely. Ooooh Errr – 5 points Paul

Careless moments (1): Whilst changing after the Anniversary Waltz, Kath Brierley popped her fell shoes behind the car with her spare car keys neatly tucked inside them. She then reversed over them and drove home. The following morning found Kath driving back to the car park and spending quite some time locating and then prizing said shoes out of the mud. 5 points for careless behaviour, Kath

Careless moments (2): Sue and Martin Roberts carefully tied pet dog Sammy to the car before doing the Anniversary Waltz, only to find that he'd chewed through the lead whilst they were racing and disappeared. They eventually found him stood stock still – face to face with a sheep! 5 points each for really dumb behaviour!

Coniston Capers (1): Jane Leonard, after having quaffed several glasses of wine at the post-race supper, fell backwards off her chair into the side of the gazebo. On her downward flight Jane grabbed hold of some gazebo material and wrenched it aloft to reveal the bare rear end of a hapless Helen Hodgkinson, who'd disappeared behind the tent to take a sneaky pee! 5 points to Jane for unladylike behaviour, and a further 5 points to Helen for the same offence!

Isle of Jura a point-free zone? Never!

Phil Hodgson was spotted frolicking in the sea wearing nothing but a Batman thong and picks up an easy 5 points. In his defence he stated that he'd forgotten to pack his swim shorts. (*editor reserves the right to question the notion of even owning, never mind the packing and subsequent wearing of such a garment*).

More Jura tales: Not so handyman Rhys spent ages hunting for a tin opener for a tin of beans whilst making supper one evening during his stay on Jura. Having found an old and somewhat rusty implement, Rhys then spent a further eon trying to open the flipping tin, turned said tin over to see whether the other end was easier to open, only to find a ring pull had been affixed there for his convenience. (duh, 5 points Rhys).

Coniston Capers (2): It has been rumoured that our Jane lost the power of speech during that same post-race supper (*I don't believe it! – ed*). Even more strange, Jane was found to have barbed wire marks on her back and arms the following morning – and says she hasn't a clue how she acquired these...picks up a further 5 points here for carelessness.

LEAGUE TABLE

Phil Hodgson	15
Jane Leonard	15
Martin Roberts	15
Paul Brannigan	10
Colin Duffield	10
Richard Leonard	10
Barry Chapman	5
Kath Brierley	5
Mark Harris	5
Sue Roberts	5
Rhys Watkins	5

Cryptic Quiz Time-Answers

1. Have a loan of Mr Winton *Borrowdale*
2. A suitable race for someone who works in a mint *Coiners*
3. The meadow in which the fete's usually held, maybe a blacksmith lives there too? *Fairfield Horseshoe*
4. Has Paris' girlfriend married royalty? *Helen Windsor*
5. Ageing pig gets 50% of snickers *Oldham Half Marathon*
6. Gordons' coal mine, a bit like the Jacksons *Gin Pit 5*
7. Small sea bird (maybe Artic?) in a village near Heptonstall, but actually closer to Littleborough *Turnslack*
8. Dance around again this time next year *Anniversary Waltz*
9. Catweazle actor visits trail where you could notch a 4 or a 6 *Baildon Boundary Way*
10. Put ten thousand under the ground? *Bury 10k*
11. Ann, Charlotte, and Emily sat in the corner with little Jack Horner, but he ate all the curds. They got what was left.
Bronte Way
12. Special Agent Dale Cooper only had two identical ones , this year we're going for the trio *Three Peaks*
13. Genus Corvus on the high ground just above Mytholmroyd *Crow Hill*
14. Mr Laurel laid to rest on wet Peniston Hill *Stanbury Splash*
15. Both's stealing technique demonstrated *Beefy's Nab*
16. A chicken Godfather checks out poet Rupert *Hendon Brook*
17. Irishman with a friend from Warsaw in the English Fell Champs last year *Paddy's Pole*
18. The trackster man gets a bus pass five thousand times *Ron Hill 65th Birthday 5k*
19. Benevolent deity or skilled triallist, I dunno which. *Good Shepherd*
20. Alf White's track run up in North Yorkshire *James Herriot Trail*

Thanks to everyone who submitted their answers.

And the winner was.....Helen Hodgkinson, who proved she had far too much time on her hands by getting 20/20!

Nice marathon

A few club members (currently Andrew B, Chris P and Rhys) have booked to run the Nice-Cannes marathon on Sunday November 9th. If you're interested in an Autumn weekend in Provence, running along the edge of the Mediterranean, more Toddies will be welcome. The trip is likely to be from either Fri or Sat until Monday Nov 10th. Contact Andrew who has the info you need to book in

Fellsman – thoughts from another long day out.

Usually I don't think of the distance, I see 'long races' as just another long day out in the hills.

Ingleton Community Centre full of familiar faces greeting each other.

Passed kit check & rewarded with a massive round tally.

26 checkpoints! Blimey, that's a lot.

Getting warm in the hall so wander outside – crikey it's hot already, and it's only 8.30 in the morning!

9am. Under starters orders. We set off & it feels like a battle scene from Braveheart. Mad men chasing off up Ingleborough. Felt like everyone passed me on that climb.

I'm supposed to be running with Phil, Oz, Colin Hutt and Rhys' friend Bill, but know from previous experience that they don't know the meaning of a steady start, so they are long gone and it's only half a mile from the start.

Ingleborough is very tough – hot, sticky, trying to keep up a jog. I look back near the top & saw a string of hikers making their way up the hill.

Feel a little more relaxed, at last. The first climb done, down to the Hill Inn (one of the first pubs I ever went in).

Whernside – up & nice & steady. Up to the top, passing runners ahead, no sign of Phil & Oz – maybe I'll see them later?

Back of Whernside to Kingsdale. This is new territory for me & it's great grassy running – soft grass, gentle gradient.

Up steeply. Muggy & very hot – Gragareth. Passed a couple of chaps already slowing in the intense heat, perhaps they set off too fast?

Hike a right for 4k to Great Coum, passed a few more & 2 chaps in the distance, then caught them just before the summit.

Lovely run off down towards Dent. One of my new companions found his mug left at last years Fellsman tied to a gatepost at Flinters Gill cp. Made his day.

Lots of cheers from race supporters at Dent.

First lady. Heck, would rather not know as there's so far to go. Ask my 2 companions if they mind if I try to stay with them as one of them had done the Hike 10 times before, I didn't know where I was going and the pace seemed comfy.

Chat all the way up to Blea Moor, keeping left out of the boggy ground as instructed. Really hot now, maybe a storm brewing, but not even a sniff of a breeze on top, remember 2 marshals sat on deckchairs outside their tent in the sunshine.

Only one companion now, we chat all the way down to the valley, pass a garden full of turkeys and chickens?! A mile running along the road, beside a cool refreshing river. Desperately want to jump in to cool down.

Stone House checkpoint & a late pasta lunch with plenty of salt. Think it's about 2.30pm. It's roasting in the refreshment tent. Mug of tea, on the move. Not easy. More of a face wash than a drink. We chat all the way up the lane to Great Knoutberry cp. Apparently it's about 20 mins up & back down to the same stile in the wall, so a chance to see a few fellow hikers on the way up & down.

Bit of a trudge across to Redshaw. My companion has gone quiet & urges me to 'forge ahead'. He tells me we are 15 mins down on a 15 hour schedule compiled with 30 mins leeway – sounds like a BG schedule.

Wow! Didn't realise we were looking so good.

Head down now, the aim is to get to Cray before 7.30 so I don't get grouped until Park Rash. (Tactics of a long run going into the night – the further you can run on your own before being compulsorily grouped for the night section, the less reliant you are on other runners slowing you up – harsh but fair!!) Need to push on, time to start working.

Snaizholme & Dodd Fell. Excited youngsters rushing to clip my tally & remind me I'm still 1st lady.

Fleet Moss. "1st Bird!"

Choice of beans or rice pudding straight from the cans – no bowls this time so spoon some cold beans into my mug & set off across the bog. At least I know this bit. John, Moss and I recced it at Easter in the deep snow.

Hope I can remember. It's not too bad now – apparently traditionalists go straight through the middle. I follow the line of disappearing posts, but worryingly I can only see 3 sets of footprints. Where did everyone else go?

Survived the bog to Middle Tongue & caught up with 3 other 'Hikers'. They know my name & seem surprised to see me, but they all look strong. 7.07pm. Do you think we can make the cut-off before 7.30? I'm sure we won't as there's Hells Gap checkpoint before Cray.

I try, I really try, sprinting down the rough lane to keep up with them to Cray at 7.45. These guys seem strong so it'll be ok to be grouped with them for the rest of the run.

Surprisingly, the marshal at Cray asked if we want to be grouped? Resounding 'No' from everyone. Great, I can get all the way to Park Rash at my own pace. I can relax a bit now & settle back into my own pace. Time for a cheese & honey sandwich, and hot cup of tea, watching a fellow hiker wash his feet & change his socks and then brace myself for the climb up Buckden Pike.

It's a beautiful evening, still & really warm. I'm behind the 3 guys I followed to Cray & the one with Clean Socks, but they don't seem to get away on the climb and I keep them all in view all the way to the top. 'Clean Socks' takes some photos at the summit as the sun turns red so I pass him, keen to keep up with the other 3.

Think they're trying to get rid of me. The pace seems to increase. I'm determined to keep up with them, as they're running well. We pass 2 other hikers, fading on the way to Top Mere. I know the marshal there. He seems happy to see me & tells me Phil & Oz are

only 15 minutes ahead – encouraging me to try & catch up with them. The 3 guys ahead are still going strong. I can't let them go so dig in. I'm not letting them leave Park Rash without me in their group!
I make it to the cp only a few seconds behind them, great!

A familiar voice says 'hi' from inside the tent – it's Oz, and Phil. Apparently they're dead on their feet! Yeah right, that's a bit like them telling me they're setting off steady.

Grouped in a legion of 6 and I'm quite happy with my luck, everyone seems strong & we must only have about 12 miles to go. We're asked if we want to wait for the next 2 hikers. 'No'. we've passed them already, and they seem to be getting slower. (Sorry guys, but it's now a race & I've worked hard to get here). Am I showing a little bit of the competitiveness here that I'm told I have in abundance?

So we yomp up Great Whernside, there's quite a bit of chat, some stumbling over rocks as the dusk settles in. I'm surprised we can't see the beacon on the summit until we're virtually there.

It's still roasting, nearly 10pm but we're told to put on our long trousers – it's in the rules. Head torches out and off we go looking for "2 large cairns" which direct us to the fence we can follow all the way down the hill. Running downhill in the dark – bat runs are great practise for this. Luckily I know the next bit pretty well, so I'm able to earn my team stripes with a bit of easy night navigation and lead the group to Capplestone Gate and the start of the beacons guiding us to Yarnbury checkpoint. Here they ask if we want to be de-grouped. No!

It's a sprint down the road into Grassington and I'm lagging behind. Sorry guys, I think you should have de-grouped, I'm letting you down at the last minute. I just can't go any faster and I'm conscious that Phil & Oz are very near to the time they did last year. Down Grassington Main Street, passed drinkers enjoying their Saturday night pints outside in the balmy air. We're cheered on. Wonder if we can finish in time to join them for a pint before last orders?

Down to the river, over the bridge, still running really hard. It's uphill to the finish in Threshfield, only a little way, but I'm desperately hoping that we can walk a bit. We do, and then there's the finish, a final run into the school grounds and we all squash into the doorway to announce our numbers & relinquish the tallies with all 26 checkpoints clipped. Done it. Wow. Felt alright too 'til that last couple of miles.

Hugs, kisses, shaken hands between the six of us. Great!

I feel sick. Cup of tea, and hopefully feel better. Another cup of tea, no longer fancy a beer and trip to the pub. More tea. We just sit there, some eating, most just drinking tea. There's not many other hikers around. Not sure where everyone is. Still feel sick.

I collect my kitbag & have a shower! Feels fantastic, and the nausea is subsiding a bit. Back for more tea, chatting, still can't face any food except a bit of tinned fruit.

It's just after 1am. Sleep. I lay my sleeping bag out in the designated ladies dorm – the floor of a classroom, and put my head down. I never sleep well the night after a long run, my legs twitch and my body just does not relax. Amazing, you'd think that after all those miles and at that time of night I'd sleep like a baby. I manage a couple of hours, until I hear another group of hikers arrive, they're elated, naturally.

John's still out & so is Mandy & I have an idea that they may do about 18 – 19 hours – which means they should be in about 3 – 4am. So I get up to cheer them in at the finish. First a cup of tea!. The catering staff must be really fed up of me now. They don't seem to be, and they are very jolly considering it's the middle of the night. I sit & wait on a bench for an hour or so, drinking tea & chatting to the nurses on call to support the event – they've only had a few 'patients' with blisters & sore feet. A disappointingly quiet night for them. There's more folk around now, mostly drinking tea and shuffling to the showers or to the dorms. Suddenly I'm tired as the sky begins to lighten and the birds begin to sing. I've checked that everything's ok with John (and Tracey, his running partner). I've been allowed in the Fellsman Control Centre, and found out they've left Park Rash at 2.45 am, so it'll be about 3 hours til they finish. Time for another sleep.

Tracey wakes me, they're all back safely, lots of blisters and sore feet, but back in time for breakfast.

The Fellsman is the fabulous event that I was promised. Sensational Dales scenery, great organisation, friendly hikers and 'staff', and amazing organisational feat, think I'll be back again.

It's Monday night after the Fellsman and I feel jet-lagged, wide awake at midnight, still excited and in awe of the wonderful weekend's adventure. So I decide to put pen to paper and share my day with my fellow Toddies.

I had a great day, and won what has to be one of the best prizes ever – a miniature leather hiking boot. I keep picking up the Jim Nelson Trophy to study the names of all the famous ladies who have previously held it... Jean Rowe, Sarah Rowell, Anne Stentiford, Glynda Cook, Ruth Pickvance,... OK, I'm not in their league but I'm honoured to look after this little trophy for a year, and have my name engraved under theirs.

Chris Preston

Isle of Jura Fell Race 2008

I've lost count of the calls and emails thanking us for putting on this year's race. It was certainly a great day on the hills and we're sure everyone, as usual, enjoyed the race, the banter, and the post race celebrations (and the wonderful weather) that make this race one of the best in the calendar. It was great to see all you usual suspects, and lots of new faces.



While Mandy and myself organise the race we couldn't do it without the fantastic team who support us. Donald Ewen Darroch pulls together an experienced team of local marshalls and somehow gets them into position, with the Raynet operators, at all 8 checkpoints whatever the weather. Willie Hill and the Strathclyde mountain rescue team volunteer every year to provide the essential back up between the Paps. Communications and race monitoring are the forte of the Glasgow Raynet crew. Doctor Grigor stitches us up when the course bites us and sorts the ever more popular junior races. Jill Darroch and her team work tirelessly providing the race refreshments (it must take weeks to bake all those cakes!). Camping, showers, etc are provided by Fiona and Steve at the Jura Hotel. A willing team of Tod Harriers, Achille Ratties and volunteers from at least four other clubs sort the registration, kit checks and results. And we get fantastic support and sponsorship by Willie Cochrane and his team at the Jura Distillery who provide the T shirts, certificates, prizes and much more. Thank you - we couldn't do it without you.

It's hard to judge how many entries and reserves to take when the race fills up within a couple of weeks of opening but we obviously got it right this year with 179 starters against our target of 180. That's 10 more than the previous record. And with only 6 retirements and no time-outs we saw 173 finishers – another record. And what a race. Bingley's Rob Jebb had a storming run to finish only 50 seconds outside Mark Rigby's 1993 record with Ian Holmes and Jethro Lennox battling for second right up to the line. An awesome performance by Carnethy's Angela Mudge saw her knock nearly 5 minutes off her own record set in 2003. And, with 26 runners getting the coveted under 4 hours glass this was a race to remember. Amazingly the weather was kind for the second year in a row – we could get used to it but with all this good visibility people will be getting to know some of the lounge committee's jealously guarded secret trods!

First Toddlies were Jane "Leonard" finishing as first lady vet in an amazing time of 4.37.41. Next was Chris Preston in 4.48.15 as second lady vet. Other Tod results were Rhys (Pale Rider) Watkins, Richard Leonard 5.06.20, Andrew Bibby 5.16.17, John Preston 5.25.34, Kath Brierley 5.31.27, Stuart Boulton 5.48.06, Helen Hodgkinson 5.53.48, Mandy Goth & Sue Roberts 6.13.54. There are some wonderful photos on the web follow the link from the Jura website www.jurafellrace.org.uk

Next year, the 29th race, will hopefully see the first recipient of the newly inaugurated "George Broderick Plaque" for completing 21 races. We hope to see lots more recipients in subsequent years.

For those of you who have never been to Jura put it on your "to do" list. It truly is a magical place

Slainte

Mandy & Phil



Injury strikes

I've always done loads of sport and games. Running about, football, cricket, tennis, snooker, golf, chess, darts, cards (rummy, three card brag, cheat) and never practised or thought about my technique. Warm up and down? I used to shuffle the cards before late night poker. On odd occasions I'd get a twinge but this would soon pass and for all that time I'd never been injured apart from falling over and grazing my leg or getting bruised fingers from a cricket ball. When I joined the club and people told me someone was injured elastoplast always came to mind.

And now it's happened. Two months ago on the squash court I found out that if I wore my running shoes rather than my squash shoes I could reach more balls and turn and swivel quicker which made me chase a ball I would have previously given up. I lunged towards the back of the court, planted my right leg and swivelled 90 degrees on my knee to make a shot. It wasn't until the next day when I went running that it hurt and since then the following four runs I've had to stop and walk back. Acute pain below the knee made it impossible after 30 mins running even on the canal bank and on my last attempts I took some bus fare with me just in case.

So I'm really gutted. I never thought about how complicated the knee joint was or the unnecessary strain I was putting it under or that the 32 bits of them might not last forever.

So I've learnt something. If I want to run again soon which I hope to in a few weeks I need time off for it to heal and the physio and other runners suggested in the meantime the gym.

I'd never been in one before. Had an induction at Waterside and a guy called Duncan put me through my paces on the different cardio machines. They were all new to me. He looked very fit and highlighted the bits of me that would be improving. Can you feel those quads working Jeff? he said. Unashamedly I asked which bits are they then? He smiled but then he's always smiling. I would too if I had a body like his. But there must be reasons why he looks like that. Never seen him down the Fox and Goose.

So when I'm back running I'm going to do it properly. Warm up and down, keep my tummy tucked in (more difficult at the moment) not loll about from side to side as if I'm on the catwalk and most importantly listen to my body.

When I return I mean to run up hills like Lisa Parsons, down hills like Jane Leonard and on the flat like Mel Blackhurst or Sarah Glyde (sorry I couldn't decide, but either will do).
Will need to grow my hair though.

See everyone soon (I hope!)

Jeff Anderson

Message from Mandy

I'm sure most of you are aware that in December 2006 I found a lump, which turned out to be malignant. Thankfully due to the help and support of Phil and many friends both in and outside Todmorden Harriers, I managed to keep reasonably fit throughout the chemo and radiotherapy. I am now back out and about and enjoying participating in races and hope to soon be back to 100% fitness.

I feel that I was very lucky to have such backup and would now like to put something back in. The main problem with a lot of cancer charities is that the money all disappears into a big pot and I also feel very strongly that a lot of research is put into drugs and not into the why. Also once you've finished your treatment you are very much left to get on with it.

In Hebden Bridge, they are in the process of setting up a Women's Cancer support network called Living Well. They aim to promote the health and well-being of women with cancer, and their supporters, in the Upper Calder Valley area by enabling women with cancer to access complementary care, support, and therapies alongside their conventional NHS treatment and to promote a holistic, complementary approach to cancer within the wider community. (I have more detailed information on the group it's aims etc if anyone is interested)

I am running the Verdon Canyon Challenge www.trailverdon.com in France on 28th June 2008 this is a 102km trail race with 6150m of ascent and I am looking for sponsorship with a view to providing some funds to help the Living Well Group get started.

If you would like to sponsor me I will be at pack runs or you can always e-mail me on mandy@todharriers.co.uk

I will be putting more information on the news page on the Tod website in the next week or so

The Krypton Challenge 2008

"An Ironman would be too easy", we convinced ourselves after far too many beers in the Old Dungeon Ghyll.

"What's harder than an Ironman?" we mused.

"Diamondman? ... no that sounds naff"

"What about Superman? ... Hmmmmmm?"

A moment of inspiration, "I've got it, ... Kryptonman!"

We laughed and debated potentially epic formats for this new challenge.

"It definitely can't include swimming", I said, "I'm a crap swimmer ... and canoeing is bad for my back".

"What about liloing?" Dave suggested. It sounded perfect to me. And daft enough. A trial run on lilos on Coniston was followed a few months later by some exhilarating extreme white water liloing down a raging Great Langdale Beck. We were hooked. And as a result, ... the Krypton Challenge was born. (along with Ultra running - Team Krypton and the Kryptonettes)



The inaugural event, on the 2008 May Bank holiday weekend, attracted six intrepid lilotriathletes. Despite invites to the numerous other fell runners on the campsite nobody else appeared to fancy a dip in the cool waters of Coniston. Entrants included race pioneers Dave and Phil, young Rattis Dave and Mark Jackson, and tri-chicks ChrisP and Sue Roberts. The latter two appeared not to be taking things too seriously as Sue had to borrow a bike and Chris turned up with a lilo shaped like a giant lobster – (my attempts at finding a Donald Campbell's Bluebird shaped lilo had come to nought!). The boys, with carbon steeds and racing lilos, were in more competitive mood.

The format: 200 metre out and back lilo race across the shallow end of Coniston; 4 mile bike race on a twisty undulating road; 500m run up and down a hill. Not quite the epic long distance challenge we'd originally envisaged but not bad for starters.



Quite an audience had gathered at the start to cheer us on. "Old Dave" had obviously been practising in secret on the Leeds Liverpool canal as he pulled clear of the field with an impressive butterfly technique. Phil had hoped that buffalo gloves and waterproof socks might give him a propulsive edge but they just filled with water. Some desperate soggy flapping somehow secured him second place just ahead of Mark. "Young Dave", on his misguidedly patriotic stars and stripes lilo, and Sue, were not far behind. Unlike Chris. Her lobster belied its watery conception and wallowed, lobster like, as Chris tried every technique possible to propel it forwards. She tried lying on her tummy, its pink antennae providing a novel chin rest, she tried straddling it and paddling like a canoe, she tried lying on it backwards and kicking her legs. It refused point blank to gain much in the way of forward momentum. Some time later ... Chris finally emerged at the finish, face as pink as the lobster, to tumultuous applause.

The biking was hairy. My choice of course had assumed a quiet road along the backwaters of Coniston so it was something of a shock to find we were sharing it with road traffic full of gawping tourists. With trepidation we hammered round each blind bend, elbows and knees tilted towards tarmac, trying to catch the rider in front. Dave J's tri experience showed as he powered his ultralight machine to the fastest time. Phil managed second place with Mark and Dave M (on a knobbly tired mountain bike!) not far behind.

The overall positions were delicately poised for the final event. We ran up the hill and rounded a tree, lungs bursting and legs anaerobically challenged, before sprinting back down to the finish. Our audience cheered Dave J over the line first, Dave M followed with Phil in third. So who had won overall? Amazingly the combined times of the two Daves were exactly the same to the nearest second! The title was therefore awarded to the winner of the main event – the lilo. Old Dave had become **Krypton Man 2008**. He strutted proudly as he received the handsome trophy.

So, the Krypton challenge has been initiated. Next year's event, the day after the Coniston fell race will be even bigger and better so don't forget your cossies and lilos and ... YOU TOO could become **Mr (or Ms) Krypton**.

Captain Krypton - Todmorden Harriers (A lot more than just a running club!)

PRESENT



A SINGLE LAP SCENIC COURSE AROUND OPEN MOORLAND ROADS

ON

FROM GREETLAND ALL ROUNDERS SPORTS CLUB ROCHDALE ROAD GREETLAND HALIFAX

[illegible]

Name..... Date of Birth.....

Male/Female.....Age on race day.....Tel No:.....

Address.....

Post code.....

BAF Club or Unattached..... UKA Membership No.:

DECLARATION

I confirm that I will take all reasonable precautions regarding health & safety and I accept that the organizers shall not be liable for any injury or illness as a result of taking part, nor any loss of property.

Signature..... Date.....

Please tell us where you obtained this entry form.....

RACE NUMBER: (For office use only):