



TORRIER

MAR 2008



CONGRATULATIONS TO TOD LADIES

3RD IN THE PENNINE BRIDLEWAY RELAY
FULL RESULTS INSIDE

Subs are due

Renewal forms inside this issue

*FULL CHAMPIONSHIP DETAILS AND POINTS FROM
FIRST TWO RACES*

ARTICLES ON THE TROG AND HUDDERSFIELD 10K

*OUR NEXT RACE IS THE NOON STONE THIS
SATURDAY 1ST MARCH—BE THERE*

Whats On

Pack Runs

MAR—QUEEN, CLIVIGER
7PM START

APRIL— SHEPHERD'S REST
6.45PM START

Interval/ Speed Work

Tuesdays at 6.30pm

**AT TODMORDEN HIGH
SCHOOL**

Thursday 8th May Simon's Legendary Social Coach Trip

Trip to Pendle involving a run over to Down-
ham, some grub & a few beers

Give your name to Simon at Pack runs or ring
him on 01706 810331

WELCOME TO NEW MEMBERS

John Medcalf
Stephen Burnip
Patsy Reilly
Lucy Hobbs

COMMITTEE MEETINGS

Will now be at the White Hart, first
Monday of every month at 7pm

HUDDERSFIELD 10K ROAD POINTS

<u>NAME</u>	<u>(min)</u>	<u>(sec)</u>	<u>Road Pts</u>
Richard Butterwick M	43	40	76.6
Lee McCluskey M50	43	57	76.1
Andrew Bibby M50	45	27	73.5
Melanie Blackhurst F40	46	33	71.8
Richard O'Sullivan M45	46	33	71.8
Lucy Hobbs F35	49	10	68.0
Kevin Coughlan M45	49	37	67.4
Stephen Burnip M50	49	47	67.1
Nigel Hanson M50	50	24	66.3
Michael Hennigan M60	52	21	63.9
Elise Milnes F45	53	8	62.9
Moyra Parfitt F60	54	53	60.9
Mandy Goth F45	55	57	59.7
Myra Wells F50	58	9	57.5

Thanks

To Dave Wilson for being the mem-
bership secretary for the last few
years.

The new membership secretary is
Claire Duffield..

Contributions

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

GRAND PRIX 2008

Wadsworth Trog (9/2/08)

1st 2:38.15 / 2nd 2:47.44 / 3rd 2:55.16

hr:m.s GP Pts Fell Pts

Andrew Wrench	2:59.19	97.7	93.2
Andrew Horsfall	3:19.14	88.8	83.9
Steve Brandwood	3:40.42	86.8	75.7
Chris Preston	3:41.59	90.5	75.3
Lee McCluskey	3:47.08	83.5	73.6
Jane Smith	4:08.22	88.3	67.3
Mel Blackhurst	4:09.17	79.6	67.0
Nick Barber	4:10.08	66.8	66.8
Alison Richards	4:11.14	73.6	66.5
Rhys Watkins	4:20.53	67.2	64.0
Richard Leonard	4:24.06	71.0	63.3
Kath Brierley	4:26.42	78.1	62.6
Claire Duffield	4:28.42	68.8	62.2
Richard O'Sullivan	4:31.25	67.1	61.6

FULL RESULTS AND TABLES
WILL APPEAR ON THE WEBSITE
AFTER EACH RACE

GRAND PRIX FIXTURES 2008

March 8th Black Combe (Eng Champ) FM

March 16th Lytham Ultrafit 10 Road Med

March 23rd Guiseley Gallop Multi-terrain

10K Road Short

March 29th Midgley Moor Fell Short

April 6th Oldham Half Marathon Road Long

April 13th Kinder Downfall Fell Med

April 26th Three Peaks (Eng Champ) FLong

May 3rd Coniston Fell Med

May 11th Mytholmroyd Fell Med

May 18th Hendon Brook 13.5 Road Long

June 1st Saddleworth Fell Short

June 3rd Roberttown 7 Road Med

June 15th Kinder Trog Fell Long

June 28th Blackstone Edge (Eng Champ) FS

July 2nd Helen Windsor 10K Road Short

July 12th Oakworth Haul Fell Short

July 20th Kentmere (Eng Champ) Fell Med

Aug 2nd Borrowdale (Eng Champ) Fell Long

Aug 20th Whittle Pike Fell Short

Aug 24th Norland Moor 7 Trail Road Med

Aug 30th Dufton (Eng Champ) Fell Short

Sept 2nd Ron Hill birthday 5K Road Short

Sept 14th Langdale Half Marathon RLong

Sept 20th Three Shires Fell Long

Sept 27th Whernside Fell Long

Oct 5th Bronte Way Fell Med

Oct ?th Burnley Fire Station 7 Road Med

Nov 9th Lancaster Half Marathon Road Long

**Entry forms for Lytham, Guiseley Gallop were in last months issue.
Oldham Half Marathon attached**

Midgley Moor Sat 29th March

**11.00 am 5m/1250' from Booth
Cricket Club,**

£3.50 enter on the day

Kinder Downfall Sun April 13th

11.00am 10m/2500' from Hayfield Village. £4 to
organiser by 7th April payable to "Kinder Downfall
Race"

Details David Soles, 2 Cote Lane, Hayfield , High
Peak SK22 2HL

Forthcoming Fell Races

By Mad March Hare Duffield



Saturday 1st March 12.00 noon
Noon Stone AM 9 miles/ 2300ft
 Top Brink, Tod

If you don't already know about this you must have had your head in a bucket for the past month. Toddies production with all that entails for parking, admin, marshalling duties etc.

Saturday 8th March 11am
Half Tour of Pendle BM 9 miles/ 2250ft
 Barley Village, North of Burnley

Repeat after me, up down, up down, up down, stop. Pre entry only and be quick as they've got to be in by 4th March (available at <http://www.clayton-le-moors-harriers.co.uk>). Nice pub at the end (that I can't remember the name of).

Saturday 15th March 8:00am
Haworth Hobble/Wuthering Hike BL 33 miles / 4400ft
 Haworth Community Centre

A race so good they named it twice. Mammoth trek around Haworth, Tod, and Hebden. mostly on bridleways and decent paths. Not navigationally difficult if you can hold a map the correct way up. Fab organisation by the Keighley and Craven folk. Details on <http://www.kcac.co.uk>

Saturday 15th March 11:30
Windmill Whizz BM 7miles 800ft
 Ogden Reservoir Embankment, Halifax
Nice, traily, fast blast around the wind farm on Ovenden Moor. No serious navigation issues. Go for it.

Remember all these races require you carry full body cover. You might just need it one day think on.....

Forthcoming Road Races

By Mel Blackhurst



Sunday 9th March 11am
Roddlesworth Roller 6 miles
 M/T-Scenic and varied. Previously in the Grand Prix. £5.50 and £2 to enter on the day.

Sunday 16th March 11am
Ultrafit 10, Lytham St Annes.
 Organised by the Fire service. Completely flat so chance for a PB! In
 Grand prix-Entry in last month's Torrier.

Sunday 16th March 10.30am
Wilkinson Ackworth half-marathon .
 Fast route and very popular as part of Yorkshire county championships. Expensive to enter to at £13 and £5 extra on the day!!

Sunday 16th March-11am
Spenn 20
 One for the real sadists as it is hilly!. Start from Princess Mary Athletics Stadium, Cleckheaton. £5 to enter and £1 extra on the day.

Friday 21st March (Good Friday)
Salford 10k
 from Salford Sports Village. £7 and £1 on the day.

Friday 21st March 12noon
Caldervale Country 10
 Hilly and scenic. Ask Peter E about the homemade cakes!! £7 to enter and £1 extra on the day.

Sunday 23rd March 10.30am
Guiselley Gallop M/T 10k.
 In Grand prix with entry form in last month's Torrier.

Wednesday 26th March-6.45pm
Vera Hirst 5k,
 Littleborough. £4 on the night.

Sunday 30th March 11am
Burnley 10k
 Familiar pack run route. Start Blessed Trinity Sports College.

Sunday 30th March 10am
Wakefield Hospice 10k.
 This year electronic chip timing! £8.50 and £2 on the day. (Also fun runs)

More details and entry forms from ukresults.net

Recent Pres Reports
By Colin 'Scoop Dog' Duffield

So, the theory goes that if you had an infinite number of monkeys, randomly bashing at an infinite number of typewriters, for an infinite period of time, you would reproduce the entire works of Shakespeare.

However, we just have the one monkey...

White Holme Circular (press date 31/01/08)

Wrench takes Veterans Title

Todmorden athletes didn't have far to travel last Sunday to the second running of the White Holme Circular Fell Race. The race is a wild tour of the moors in between Littleborough and Todmorden, starting in Summit before climbing up to the exposed moors for a 12 mile circuit of the reservoir tracks above Blackstone Edge and Langfield. Despite being a relatively new event, the race attracted a healthy field of 85 runners, including many of the big names on the local scene.

The race was won by Ricky Graham of the Fell Ponies in a time of 1:17:42, shaving 18 seconds off the previous course record. Calder Valley's Jo Waites took the ladies race by storm, breaking the ladies record by over two minutes with a winning time of 1:28:57

Tod Harriers had plenty of interest at the sharp end with Andrew Wrench finishing first veteran and second overall, just in front of club mate Jon Wright in third.

A little further down the field several Harriers were engaged in their own race within a race and crossed the line within minutes of each other with Kevin Booth 35th, Colin Duffield 39th, Keith Parkinson 44th, and a bloodied James Riley in 46th.

Harriers prizes went to Derek Clutterbuck who took the veteran 70 prize, whilst the efforts of Wrench, Wright, and Booth ensured the team prize went to Todmorden's men.

Mary Towneley Loop Relay (press date 07/02/08)



Sean Willis & Andrew Horsfall PBW

Harrier Ladies are a Fine Third

Last Sunday saw the running of the ever popular Pennine Bridleway Relay Race. Run around a 47 miles loop, the event is run mainly on paths and tracks as it traverses the hillsides and valleys around Rossendale, Burnley, and the Calder Valley. The route is split into five legs, with teams fielding two runners on each leg.

Organised by Rossendale Harriers, the event is now in its fourth year, has become a steadily more popular event on each running. The 2008 event could boast 76 teams competing from the length and breadth of the North of England and representing the cream of fell running. Hot pre race favourites were last year's runaway winners, Horwich RMI, although the big guns from Cumbria were in town in the shape of Borrowdale Fell Runners, so a battle was inevitable. Amongst the local clubs, Todmorden, Calder Valley, and Halifax Harriers all fielded elite teams

In the ladies section, Calder Valley and Dark Peak looked the teams most likely to take the honours if all went to the form book, although Todmorden and Clayton Le Moors both sent a strong female squads and were regarded by many as 'dark horses'.

Apart from the Senior Men's and Ladies Teams, Todmorden also fielded Men's B and C Teams,

making them one of the best represented clubs in the competition.



Keith Parkinson & Paul Cotton

London Road and Salter Rake. All the Todmorden pairings seemed to enjoy themselves on this leg, making time and places as they relished the opportunity to compete on home ground. Particularly at home were Todmorden's A team pairing of Dave Collins and Martin Roberts who ran the 5th fastest time of the day and gained valuable places for their team before handing over the baton at Calderbrook with Todmorden laying in 7th place.

At the leg four change over, Todmorden's pairings all took the batons with a degree of pressure. The A and Ladies Teams were competing against the best to fell running scene had to offer, whilst the B and C Teams were engaged in their own battles with rival clubs. As the teams snaked across Whitworth Moor on the fastest section of the route, all the Tod runners dug in and performed well to hand over for the final leg in good position.

At the beginning of the final leg, which starts at Lobden Golf Club and travels back to the start in Waterfoot, it still seemed that Horwich were likely to take the title, although Borrowdale were chasing hard. Calder Valley were the first local team to the changeover, with Halifax and Todmorden close behind. Calder Valley's ladies were also first locals in the women's race, in second position to Todmorden's fifth. As the leg progressed, Todmorden's Kath Brierley and Ali Richards showed their class by overtaking two teams to cross the line 3rd ladies, just five minutes behind Calder Valley in 2nd after a whole day of racing.

In the men's race it was Borrowdale who crossed the line first in a time of four hours and forty eight minutes, with Horwich 2nd. Local honours went to Halifax Harriers in 6th, with Calder Valley 7th and Todmorden 10th.

The competition began as dawn broke over Waterfoot. The sounding of a hooter heralded the release of the first leg runners as they set out from Fearn's School for the 8.5 mile first leg. The cold northerly wind did nothing to subdue spirits and the competition was stiff from the off, but by the first handover Horwich were starting to dominate, a minute clear as the baton was passed at Kebs, with Borrowdale the closest of the perusing teams. Todmorden's first pairing of Andrew Horsfall and Sean Willis ran well to hand over in 9th place, and 1st local team. Meanwhile the ladies race was developing into a dogfight between any number of teams with Todmorden's Kay Leigh and Sarah Glyde 2nd after their leg, behind only Clayton Le Moors.

Leg Two, at 12.5 miles, is the longest leg of race and where many teams chose to play their strongest hands. The Todmorden teams were no exception in this and interesting battle was developing between the B, and Ladies Teams, the ladies having slightly the better of things at this stage with Chris Preston and Mel Blackhurst running a storming leg. However, there was no room for complacency as the race came steeply down the wooded valley from Blackshawhead to Callis Bridge, and the second changeover.

Leg Three saw the runners going up through Callis Woods and eventually going over to Warland via



Dave Collins & Martin Roberts

Todmorden B followed their A Team home in 28th place, whilst the C Team ran well to finish in 54th spot.

Wadsworth Trog (press date 14/02/08)



Andrew Wrench & Chris Smale

of Top Withins. .

Todmorden's women were exceptionally well represented in the race with six starters, this kind of race suiting the clubs experienced and 'fell tough' ladies. Showing well in the early stages was Chris Preston who was holding third place , with Ali Richards and Mel Blackhurst also holding high positions.

As the runners returned back across the road the Todmorden athletes were still running well but had to squeeze every last drop of energy out of their legs for the tussocky last few miles back to Old Town.

On the finishing line it was Karl Gray who took the honours finishing first in a record time of 2:38:15, almost ten minutes clear of Ian Holmes. Fastest Todmorden runners being Andrew Wrench in 5th place, with Andrew Horsfall making a welcome return to racing and finishing 15th.

First Lady home was Cath Farrow of Valley Striders in a time of 3:38:47, but Todmorden's Christine Preston chased her all the way to finish 2nd lady and first veteran. Next Todmorden lady was Jane Smith, who was 6th lady overall and first veteran 50. These two were backed up by Mel Blackhurst in 7th position, Todmorden easily taking the team prize.

Beast of a Start as Harriers Launch 2008 Fell Championships

Todmorden Harriers 2008 Fell championship got off to a tough start last Saturday with the 20 mile Wadsworth Trog race, organised by Calder Valley Fell Runners.

The race route is probably the toughest local race for Todmorden runners and its' length, tricky terrain and traditionally inclement weather has caused it be known by the alternative, but charming, name of 'The Beast' amongst the fell running community.

Fourteen Harriers were amongst those who set off from Old Town on the long trek over the moors in-between Hebden Bridge and Haworth. From the onset it was clear that the Fell running gods were smiling on the race as the sun came out and the wind dropped, making the race conditions as near perfect as anyone could remember.

Early in the race, Bingley's Ian Holmes and Calder Valley's Karl Gray broke away from the field and by the time the runners crossed Keighley Road for the middle third of the race they had built up a commanding lead, with Todmorden's Andrew Wrench leading the chasing pack as they headed towards the Bronte moors



Jane Smith

PENNINE BRIDLEWAY RELAY 2008

	TEAM		LEG 1		LEG 2			LEG 3		
Pos.	Number	Cat	Runners	Time	Runners	Time	AggPos	Runners	Time	AggPos
				Posn		Posn	Gain		Posn	Gain
1	Borrowdale	O	Jim Davies	00:56:55	Mike Fanning	01:24:19	3	Jonny Bland	00:58:32	2
	80		Andrew Schofield	2	Morgan Donnelly	4	-1	Martin Mickelson-Ba	1	1
10	Todmorden A	O	Andrew Horsfall	01:00:50	Andrew Wrench	01:30:51	9	Dave Collins	01:03:26	7
	29		Sean Willis	9	Chris Smale	9	0	Martin Roberts	5	2
28	Todmorden B	O	Keith Parkinson	01:09:11	Lee McCluskey	01:55:27	41	Mark Anderton	01:08:39	33
	30		Paul Cotton	25	Mick Craven	54	-16	Steve Brandwood	23	8
35	Todmorden Ladies	L	Kay Leigh	01:12:33	Christine Preston	01:49:46	38	Lisa Parsons	01:15:59	35
	31		Sarah Glyde	34	Mel Blackhurst	41	-4	Alice Heath	43	3
54	Todmorden C	O	Andrew Bibby	01:22:46	Richard O'Sullivan	01:58:17	57	Roger Haworth	01:15:26	52
	83		Wayne Morrison	59	Kevin Coughlan	58	2	Kevin Booth	42	5



Andy McFie & Peter Bowles

LEG 4			LEG 5		
Runners	Time	AggPos	Runners	Time	TOTAL
	Posn	Gain		Posn	Gain
Mikey Cunningham	0:38:29	2	Simon Booth	01:00:44	04:58:59
Paul Cornforth	3	0	Chris Steele	1	1
Andy McFie	0:40:25	8	Nick Wigmore	01:12:21	05:27:53
Peter Bowles	9	-1	Nick Barber	16	-2
Simon Anderton	0:43:05	30	Colin Duffield	01:20:57	06:17:19
Simon Galloway	17	3	Phil Hodgson	34	2
Rachel Skinner	0:49:41	37	Kath Brierley	01:19:59	06:27:58
Jane Smith	40	-2	Ali Richards	32	2
Mick Hennigan	0:56:29	53	Ben Crowther	01:38:02	07:11:00
Jeremy Godden	60	-1	Jeff Reid	68	-2

CLUB HANDICAP RESULTS 2008

Last Name	First Name	Handicap	Start Time	Finish Time	Race Time	Position
Duffield	Claire	15.00	11:45:00	12:40:42	00:55:42	1
Anderton	Simon	26.40	11:56:40	12:43:00	00:46:20	2
Donohue	Derek	24.30	11:54:30	12:44:03	00:49:33	3
Richards	Alison	24.30	11:54:30	12:44:18	00:49:48	4
Boulton	Stuart	18.40	11:48:40	12:44:53	00:56:13	5
Ehrhardt	Peter	17.00	11:47:00	12:44:55	00:57:55	6
Smith	Jane	20.00	11:50:00	12:44:57	00:54:57	7
Hodgkinson	Helen	13.00	11:43:00	12:45:01	01:02:01	8
Wright	Bev	16.00	11:46:00	12:45:18	00:59:18	9
Coughlan	Kevin	19.30	11:49:30	12:45:41	00:56:11	10
Reilly	Patsy	13.40	11:43:40	12:45:56	01:02:16	11
Parfitt	Moyra	13.40	11:43:40	12:45:57	01:02:17	12
Hennigan	Michael	13.40	11:43:40	12:45:58	01:02:18	13
Godden	Jeremy	19.30	11:49:30	12:46:17	00:56:47	14
Hodgson	Phil	25.00	11:55:00	12:46:38	00:51:38	15
Roberts	Sue	17.10	11:47:10	12:46:42	00:59:32	16
Chapman	Barry	10.00	11:40:00	12:46:45	01:06:45	17
Craven	Mick	23.30	11:53:30	12:47:09	00:53:39	18
Ritchie	Duncan	22.40	11:52:40	12:47:15	00:54:35	19
Woodhead	Charlotte	13.30	11:43:30	12:48:07	01:04:37	20
Milnes	Elise	15.00	11:45:00	12:49:22	01:04:22	21
Siddal	Mel	18.00	11:48:00	12:49:50	01:01:50	22
Milnes	Graham	15.00	11:45:00	12:49:55	01:04:55	23
Goth	Mandy	13.30	11:43:30	12:54:27	01:10:57	24
Clutterbuck	Derek	10.00	11:40:00	12:56:14	01:16:14	25
Roberts	Martin	28.00	11:58:00	12:58:59	01:00:59	26
Smith	Jim	none	11:30:00	13:11:01	01:41:01	27

Many thanks to Roger & Paula for organising this event.

My First Race As A Tod Harrier –Huddersfield 10k

They said it would be so easy...

After experiencing severe ‘jelly legs’ at the start, my worst fears were about to be realised as the race started with a 2 mile hill (great). I got into my stride and even managed to keep Mel Blackhurst in my sights for the first three miles. However, when faced with yet another hill (whoever said it was a fairly flat race was not being entirely truthful!), I realised my limitations as Mel flew up the hill and vanished around the bend.

Anyway, I finished in 49 minutes and so achieved my goal of 8 minutes per mile. The only other race I’ve done in the last 20 years was the Southport 10k in October (and that really is as flat as the proverbial pancake). That took me 49 minutes as well, so clearly the last six weeks running with Tod Harriers has paid dividends. So, I intend to keep tackling those hills and in the meantime, if all else fails, there’s an extremely flat 10-mile race coming up in Lytham St Anne’s very soon.

Lucy Hobbs

Toddies Handicap 20th Jan 2008



It's always a bit nerve-racking organising something.

Ever had that feeling when you have a party, and 7.30 arrives and no-one's there yet.

You know there'll be a good crowd of people but, in the back of your mind you're thinking: "What if nobody turns up...at all".

Then all hell lets loose and you spend the next two weeks clearing up the mess.

When I saw the forecast on Friday night I got that feeling again, but come Sunday, true to form, there they all were.

Fortunately Uncle Barry had agreed to take responsibility for the handicaps, so any complaints on that front could be easily deflected. I had rather underestimated the time required to flag a route but Mark and Ali had come to stay and fortunately I had a willing

volunteer.

Brian and Arthur had offered to collect the flags on their walk up to the pub. I did worry that, in their rush to get the beers in, they might take the flags in before the race had occurred but all went according to plan (well almost, eh Hazel?)

A field of 27 runners made it all worthwhile.

A worthy winner – well done Clare.

A fast time – well done Simon., And the prize for most appropriately dressed runner – see above.

A wrong turn, or two – bad luck Martin.

A number of very good runs in appalling weather.

Some cunning tactical runs which will no doubt be taken into account by the handicap committee next year.

An excellent meat pie – Well done to all at the Sportsman.

Oh, and a worthy winner of the esteemed plastic dog with the horn. It had better be well disguised next year Phil or it could become a permanent feature in your trophy cabinet!

Many thanks to all who turned out and particularly to all who helped. I will book a slot in the calendar next January for a re-run.

Roger

Claire's 10 Tips for Surviving the Trog

It was with some trepidation that I embarked on the Wadsworth Trog.

I had completed the Yorkshireman the previous year, but still didn't feel qualified to tick the "long fell race" box as it didn't have any of that bog-trotting and tussock negotiation that's customary in a race out on the moors. So, the Trog was to be my first proper "long fell race"... and what a tough race it turned out to be!

So, for anyone with similar doubts as I had about doing a Category "L" race, here are the 10 key tips which helped me survive "The Beast":

1. **TRAIN.** Bit of a no-brainer, this one, but I really had to put my mind to how I was going to prepare for the longer fell race. Since having Alex three years previously, I had pootled along aimlessly, not attempting to do anything other than maintain a basic level of fitness and stay healthy. But I was beginning to feel ready for a challenge and to do that I would have to increase my mileage and improve my endurance.

So, casting aside the guilt and separation anxiety, I slowly upped my running time from between 20min-1hr sessions to fairly regular 3-3 ½ hr plods.

2. **RECCE.** Being a "back-runner", I'd always used the "poor navigation skills" argument to get me out of committing to certain races, as I knew I'd always end up alone at some time during the race. But the time had come to dispel that myth too.

During my pootling stage, I took the opportunity to improve my navigational skills and now was the time to test them out.

I reccied the race in two separate chunks, taking the easier loop to the south of Keighley Road first. No problem, straight round with no diversions or mishaps!

Feeling chuffed with my first attempt, I decided to tackle the northern part of the race alone too. Aware that this was by far the trickier section of the course, I asked Phil "Awesome" Hodgson to talk me through it on the map.

Luckily, it was a fairly clear day when I reccied and the outward section over to Cock Hill went smoothly enough. Turning back for the moorland section to High Brown Knoll, I remembered Phil's advice, "When you get to Whinney Stones, look out for the stripey stone to locate the trod". (I'm sure there was a bit more detail than that, but it had slipped my mind at the time).

So I arrived at Whinney Stones – there were hundreds of stripey stones! The only thing for it was to pick one at random, hoping it would be the right one ... Of course it wasn't!

Anyway, to cut a long story short, after a lot of to-ing and fro-ing, and effing and blinding,

I discovered the magic route which gave way to a lovely runnable section over to the trig point.

Despite all the hard work, however, I was so much more relaxed on race day and confident that, even if I did find myself alone in the clag, I would still be able to find my way back.

3. **EAT WELL.** I've never really been very good with food, tending to eat whatever I fancy rather than what's good for me. But I've always aspired to eating a healthy diet and having a purpose somehow made this much easier. What's more, I soon began to enjoy a surge in energy which certainly paid off for me on the day.
4. **WEAR THE RIGHT CLOTHES.** I must admit, I fell down on this one, and suffered as a consequence. Refusing to believe the forecast of mild, clement weather, I instead based my kit choice on

conditions over previous years. Arriving in a sunny, mild Old Town without a t-shirt or pair of shorts to my name, I realised it was too late to do anything about it.

(Note to self: never, ever, leave home for a race without packing every piece of kit to hand!).

5. **PACE YOURSELF.** I never know how fast to set off. Sometimes I bomb off like an idiot, only to burn out after several miles, whereas in other events, I have set off at a steady pace and never really picked up speed. Everyone I spoke to about the Trog stressed the importance of a really steady start, so I made sure I took their advice.

Well, at least I thought I had, until Kath came sailing past me during one of those long uphill slogs about an hour into the race looking as fresh as a daisy! I had been thinking all along that she was miles in front of me and that I was just having a hard time panting along at a snail's pace.

Still, now that she'd put things in perspective, I was able to make some adjustments and maintain a sensible pace for the rest of the race.

6. **THINK POSITIVE.** This turned out to be the most vital tip for me on the day.

On the climb away from Walshaw Dean Reservoir, I hit the wall badly. All I could think of was the miles of hard slog ahead of me and how weak I was feeling by that point. Having only recently taken on board an energy gel and not feeling its benefit, I began to convince myself that I had bitten off more than I could chew and would have to retire at the next checkpoint.

I struggled over the hill to Walshaw and didn't feel much better on arrival there either. However, pride got in the way and I reluctantly set off on the next climb to Shackleton Knoll. On the way up, I gave myself a good talking to (probably out loud by this point, but it was ok as there was only a bloke from Clayton-Le-Moors nearby, and he was looking ten times worse than I was!), pushing all those negative thoughts out of my mind and replacing them with positive ones.

By the time I reached the knoll I felt great again and the rest of the race became much easier (despite the cramp!).

7. **DON'T WORRY ABOUT WHAT OTHER PEOPLE ARE DOING.** As I mentioned earlier, I'd had a good recce of the race and was confident that I knew exactly where I was going. That didn't stop me, however, from wondering whether the route choices of other runners in front of me were better than mine. Several times I found myself veering off in a direction I didn't want to go in, pulled like a magnet by the man in front. I stuck to my guns, though, and was much better off as a result, passing him easily as he struggled across the tussocks of Wadsworth Moor.
8. **REFUEL REGULARLY.** I've never been one for eating and drinking during exercise and had attempted to master the art during my longer training runs, but to no avail. On the day, I had to make myself keep sipping liquids and refuelling with energy gels – the only thing I could force down. This made me feel extremely queasy at times, but paid off as I still had enough energy for one final push up the hill from Nutclough Bridge to the finish.
9. **STRE-E-TCH.** This is a tip I swear by ever since the Yorkshireman. A good 20 minute stretch as soon as possible after completing the race, plus a good few stretches throughout the evening afterwards, equals 20 times less pain the day after ... and the day after that.
10. **CELEBRATE.** Finally, after all that preparation and hard work, it was time to relax, bask in my glory and treat myself to an extra large glass of wine, or two. What's the point in enduring such torture if you don't make the most of it afterwards?

Unfortunately, however, I'll have to save that tip for next time as, once exhaustion had set in, not even the finest glass of Mouton Cadet could force me to stay awake!

ERIC STUTTARD 8TH APRIL 1924 – 3RD FEBRUARY 2008

I met Eric when I started work at Mons Mill in the 1970's. Eric was the maintenance painter and busy painting the staircase and the windows on one of the landings. I asked him how many bays he finished in a week he said, "about two". I told him that by the time he'd done the whole mill he'd have to start again. He stopped work, came down the ladder and, in a strained voice said, "Don't rock the boat! This is my Forth Bridge...and it's ALL INSIDE!" the last phrase was delivered in a much louder voice and accompanied with a large grin.

This encounter seem to sum up the experience of being in Eric's company. Surreal but always with laughter attached.

Not long after Todmorden Harriers was formed I joined about a year later. We would train twice a week and run or race at the weekends, usually Sunday morning. At this time the jogging boom had only just begun to reach our frontiers.

Anyone in shorts, running along the roadside was shouted and jeered at and came in for criticism. Eric was in his mid fifties when he started running and was the oldest jogger in town. He appeared almost weekly in the local press and rarely turned down an opportunity to do a sponsored run for local charities and societies. He thrived on the taunts and jeers and eventually won some grudging admiration from his critics.

His running style was based on two phases.

PHASE1.Run as fast as possible from the start until worn out, then walk until recovered.

PHASE 2 Repeat phase 1.

We tried to talk him out of it but he felt better doing it this way.

There are many stories of running with Eric covering his instinctive navigational talents which led to discussions about disappearing stiles and the sudden appearance of new walls. After a morning of dehydration and hypothermia on the Gaddings moor trying out Orienteering we decided to use compasses in future event. You could hear the sheep sniggering as we passed. Eric was never upset by any of this and always had a very old joke to cheer us up.

Our most successful collaboration was in the Pram Race. We won the veterans' trophy year after year. In a notable final leg Eric was in the pram after choosing to drink orange juice instead of beer at the last pit stop. As a result his stomach contents went on in advance but we still won the vets prize.

There is much more in the same vein but Eric would be fed up of this by now and I agree.

At the beginning he helped put the Todmorden Harriers on the map with his sponsored runs. He created a good deal of discussion in the town about the role of exercise and running in particular as as a way to being healthy . He encouraged his own children and others to take up the sport and supported the Harriers to the end.

J Dowling 25th February 2008

Eric was one of the founder members of Todmorden Harriers in February 1978. He was our Honorary Club President.

He loved living and made the most of it at all times.

Club races and marshals -put something back into your club.

As a club we organise 7 races, 6 fell and 1 road.

Our club races and organisers are

Noon Stone March 1 st	Andrew Horsfall	Flower Scar May 7 th	Jon Wright
Hebden Bridge June 8 th	Andrew Bibby	Stoodley Pike July 8th	Rachel Skinner
Blackshawhead Fete August 31 st	Sarah Glyde	Shepherd's Skyline November 8th	Phil Hodgson
& the Hot Toddy in December Peter Ehrhardt			

So why do we do we have races?

The reason behind putting on races is to put something back into the sport. So the intention with our club races is that folk from other clubs can come and do them; and in return we go to their races – such as those put on by CVFR and other local clubs for instance.

And profit from our club races goes back into the club to keep our subs down as low as they are.

To stage those races we need over 100 marshals each year, that's equivalent to all the active members in the club marshalling on at least two club races per year.

The race organisers job is hard enough as it is without having to hassle folk into marshalling each year.

As a club we are pretty good in that we always have plenty of marshals on the day but sometimes it takes a bit of nudging and reminding. So **please think and volunteer in advance** it makes everyones life easier.

Some of the newer members in the club might be concerned about marshalling at a race, and not feel experienced or confident enough to do it. Please don't worry about it! Its easy and sociable to marshal, and its also fun to watch other runners race for a change. You can be manning a checkpoint out on the moor if you wish, or on the finish line, or help with registration - whatever you want!

ANYONE WITH COMPUTER SKILLS FANCY LEARNING HOW TO DO RESULTS AT THE MOMENT ITS UP TO CLAIRE & MYSELF. IT WOULD BE REALLY USEFUL IF SOMEONE ELSE KNEW WHAT TO DO.

Many thanks

Mandy

Forum (Toddlies Message Board)

Have you registered yet?

(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 .Once registered its dead easy we just have a shortcut on our desktop that takes us straight to the forum.

So far we have 67 registered users, the idea being that we can use it as noticeboard & are able to post information on teams, put photos up organise lifts and even get rid of bricks!!

So, please, please register as the more people we have on there the easier it is for us to communicate with everyone

Toilet Seat 2008

Welcome to the first edition of the Toilet Seat 2008! As ever, Auntie Hazel and I are eagerly awaiting your tales of woe and misery – quite a few of you have already dished the dirt on your clubmates – keep ‘em coming!

Yours,
Uncle Barry

Christmas gift recycling? Roger & Paula Hawarth were about to go away for a Christmas break. They gave Colin & Claire a present for Eleanor (Duncan and Sandra's baby). Duncan and Sandra were not at home so Colin wrapped the present, along with his own present to Eleanor, in a plastic bag and looked for a safe place as it was raining. He placed the gifts into a bin containing "grit" for the path. He pushed a note through the door, "Presents in bin". Poor Eleanor - the grit turned out to be ashes from the stove and the bin men came and took the lot away! That's 10 points to Colin – 5 for each lost gift.

Wrong pub (again): A very late Dave Collins turned up for the Wednesday Club run in January - at the Masons Arms in Todmorden – should have been at the White Swan in Hebden! 5 pts

Which way Martin? Being last man off on the Handicap and having seen all others going off to the left, Martin Roberts was spotted heading off to the right, causing much ado, yelling and waving to get him on the right track. Not content with this blunder, Martin even managed to get lost later into the race. When taken to task on this after the race, Martin said that he wasn't lost and was merely mislaid. Follow the stud marks in future Martin and collect 5 points on each count

Senior moment: Jane Smith discussing the Black Coombe Fell Race with Colin Duffield: "That second climb was really hard" said Colin. Jane's response of "Well, Colin, when did you do it?" was met with a baffled look as Colin replied, "Er, last week on a recce with you, Jane!" 5 points Jane (perhaps your early retirement is just in time, eh, Jane?)

Going Solo? Phil Hodgson had planned to go cycling on an early morning Chain Gang ride and was then to work from home for the rest of the day. Already tired out, poor Phil overslept and cried off from the ride. It was only after breakfast when Phil adjourned to his office that he realised that he'd forgotten to bring home vital journals from work, resulting in a very soggy Phil doing a 5 mile sprint to work and back with said journals and 5 points.

Party tricks A very red faced Phil Hodgson was spotted at Martin's 50th birthday party after a conversation with Ian Ferguson. It went something like this:

Ian: "I fancy doing the Jura this year – can you get me in as I tend to be a bit lax at entering races"

Phil: "You do realise this is a hard race Ian? It's got some very tough climbs in it and you have to qualify by doing some long A races first."

A.N.Other: "Phil! Do you realise who you're talking to? Ian has done Jura before – in fact he came second in it! And he's won more races than you've had pints of Timmy Taylor's!" 5 pts.

Ever ready? Not in Mark Harris' case. One week before he was due to take a group of students to Europe for a skiing trip at half term, Mark found his passport had run out. Wife Ali had then to run out (to Liverpool) on a mercy trip to renew it for him. 5 points Mark.

LEAGUE TABLE

Colin Duffield	10
Martin Roberts	10
Phil Hodgson	10
Dave Collins	5
Jane Smith	5
Mark Harris	5

ANTE POST BETTING

Current champion, Jane Smith, off to a good start, has proven form: 5:1
Colin Duffield, Martin Roberts and Phil Hodgson all off to a flying start but stamina could be suspect: 10:1
Dave Collins, always a threat, should stay the course: 12:1
Mark Harris, a dark horse – could be a good outside bet: 15:1
20:1 the field

CAPTION COMPETITION



Richard Leonard and Allan Greenwood arriving at Cock Hill on the Wadsworth Trog

Bottle of wine for the funniest caption!

Please post captions on the Toddies forum

(www.forum.todharriers.co.uk), or pass to Claire or Colin Duffield.

The best captions will be published in the next issue of the Torrier.

CLUB QUESTIONNAIRE

Earlier this year a number of Tod Harriers unfortunately fell for a spoof e-mail purporting to be a survey of club members.

It appears that someone (and given the nature of their questions, probably from Calder Valley) has hacked into the e-group, found a draft copy of our actual 'club profile' survey and thought it amusing to replace every reference to our drinking activities with that of running.

Entitled "Tell me a little about yourself" the e-mail was, thankfully, dismissed by most recipients - who were too busy getting pissed to think about running or being capable of filling it in. (A few did respond, and their answers are included in this Torrier - Toilet Seat Points to follow).

You are urged to disregard the original and any subsequent e-mail - BUT please fill in this official club survey below.

My Name is....

I first started drinking inAged

My Favourite Drinks are....

Best Local Pub....

Best Pub (if different)....

After a few drinks my best friend is....

Favourite music to dance to (when drunk) is

Most memorable session....

Most memorable session I can't remember....

Most embarrassing moment (attach photo if possible)...

Personal Best (please specify type of alcohol and units of consumption)...

What is your preferred style of drinking?

- a) speed training (down in one / yard of ale)
- b) long endurance (all-dayer)
- c) ultra (lost weekend)

What is your recommended training technique?

- a) consume one pint per each mile run
- b) ensure more elbow bending than knee bending
- c) keeping in the maximum zone on your beer-rate monitor

After a few too many, what best sums you up?

- a) lets have another
- b) "I Love You"
- c) Is there something wrong officer?
- d) OK Rhys, lets enter the race.

Please fill in this Questionnaire as accurately as possible.

Your answers are very important and are needed to help Uncle Barry calculate the New Club Handicap. Participants will be assessed on past performances and set off drinking, hopefully ending in a staggered finish all together. The date, pub venue and your target for alcohol consumption and time allowed will be announced soon.

My First Time (but where was Nell?)

By Buddy (aka Richard Butterwick)

I'd had a bit of a fumble round the Hot Toddy and I'd experimented a bit at university, and obviously I'd done it a few times on my own, but this was going to be my first time for real.

The Huddersfield 10k was to be my first race as an official club runner. I just hoped I would be able to keep it up and go all way.

Hearing that it was a very undulating course, I looked through last year's results to get an idea of finish times. I spotted in 118th place, one Nell McAndrew (we have a bit of history... she warmed me up last November!) completing it in 7:20 mile pace. Hmm, fate or what, just my kinda pace. The first time, with Nell McAndrew, now that would be something special.

As soon as I woke up, I glanced at my new sparkling virgin Toddy vest hanging proudly on the wardrobe. I started thinking about the race and suddenly realised I was suffering pre-race nerves, not something I'd experienced before. Would I injure myself on the way to the bus stop? Would the road be flooded at Eastwood? Would Graham & Elise remember to pick us up in Hebden?

So I turned to Paul McKenna (Myra's getting a bit annoyed, as there isn't really room for three!) and had a quick hypnotic Neuro Linguistic Programming session. My doubts and fears were soon replaced by images of success with Nell... that were rudely interrupted by Myra. How did she know?

The actual journey to the race went without incident. Found out some handy info about the Coniston route from Mandy and we even had time for a demoralising preview drive round the course (Huddersfield, that is). Whilst not wildly inaccurate 'undulating' was not the first word that sprang to mind, more like 'rollercoaster'. In fact, there was another unprintable word just before that!

As we packed into the narrow lane for the start I couldn't see Nell, but a plan started formulating. I'd aim for a 7min 1st mile and then an 8min 2nd uphill mile, which should place me somewhere in the vicinity of the elusive Nell. Then I'd stick to her arse for the ups and downs of the next 3 miles, and if I had the energy at the end, I'd push hard and shoot down the finish funnel.

After a long wait on the start line, we finally got the horn. It was a bit tight at first but it soon stretched out. The first mile's gentle up and downs felt like it went pretty much to plan but a glance at my watch showed that I'd been a bit over eager and was 30secs ahead of schedule. Thinking of the hills ahead I eased off and arrived at mile 2 almost bang on original schedule, but in worse shape. I had seen a Tod Andrew go past, but where was McAndrew?

The next 3 miles were mainly spent overtaking another fellow Toddy, Lee, on the downhills and struggling to find the energy not to lose him as he whizzed by on the uphills. By now it was a case of Nell? Nell who? Hell more like, I'm sure my feet were close to spontaneous combustion on the long steep downhill stretch near mile 4, or was it 5? At that point, I was even seeing little green men pushing prams!

Finally, one last thrust up saw us onto the main road and the last mile was heaven as I finally got my rhythm going. Faster and faster until exhausted I entered the funnel and 'Yes! I've done it.' Over the line and a wave of happiness engulfed me. I picked up my t-shirt and bottle of water, and then saw Lee and we congratulated each other, it was only when he asked what time I'd finished in, I thought to stop my watch!

As the other Todgies powered across the line, a couple said they thought that I might have come first (Toddy). I know it's probably bad manners, but my excuse is that it was my first time. The only way is down now!

Well done to all the Todgies, it was definitely a special first race in my new vest and so much better doing it in a group.

Nell doesn't know what she missed!

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

TOD LADIES

Tod ladies have had a great start to the year, by getting out racing in local & Grand Prix races. 3rd Ladies team in the Pennine Bridleway and Ladies team prize in the Wadsworth Trog, with Chris Preston in 2nd place (and she had a cold!) Jane Smith 1st LV50 and six ladies in total completed the tough 20 mile course – well done.

Watch out for Jane Smith this year on her comeback, to claim many LV50 prizes – and aiming for a medal in the English champs. Its also great to see so many female runners out on Wednesday evenings training hard at pack runs and on Graeme's Tuesday evening Interval sessions.

Hopefully all this training will pay off when we get out onto the fells in April – I hear there are quite a few of our ladies doing the 33 mile Howarth Hobble this year and the London marathon has at least two female entries from Tod. Are we becoming *ultra* keen? I think we are going to have a great year. Remember it doesn't matter how fast or slow you are as long as you get out and enjoy it!

Cheers,
Kath B



MOUNTAIN WILD

WILL GIVE 10% DISCOUNT TO TOD HARRIERS
IF BUYING IN BULK THEN LARGER DISCOUNTS
CAN BE NEGOTIATED

They now have some merino wool baselayers in stock. The brand is Terramar from the USA. The ladies & men's zip tops are nicely styled in beautiful soft 100% merino wool and at £40.99 for the ladies & £41.99 for the men's (full price) with your member's 10% discount, they are really good value (& much cheaper than Icebreaker!)

They can order Inov-8 footwear & Montane clothing, but they would ask that the person ordering knows the size they want.

The Oldham Mayor's Half Marathon

Sponsored by



11 am Sunday 6th April 2008

A single loop Town and Country road race from Oldham Town Centre into undulating Saddleworth countryside

Venue: Start and finish at Oldham Sports Centre, Lord Street, Oldham, OL1 3HA.
Changing, showers and refreshments at the Sports Centre

Route: Accurately measured route, sign marked, marshalled, 3 drinks stations

Entries: Postal entries by 31st March 2008

Club or AAA £7, Unattached £9 - Late / on the day entries are plus £1.

Send cheques, payable to "Oldham Mayoral Appeal" to Half Marathon Entries, The Mayor's Secretary, P.O. Box 30, Civic Centre, Oldham, OL1 1UJ.

All proceeds to The Mayor's Charity Appeal for Local Charities.

Photocopies and standard entry forms welcome! Entries acknowledged

Further information from Tony Marlor, e-mail a.marlor@ntlworld.com

Prizes: Presentation at 1.30 pm in the Sports Centre

First three male and female runners

The first male V40 / 50 / 60 AND FEMALE V35 / 45 / 55

Only one prize per entrant

Commemorative memento to all finishers

Supported by



Please enter me for the Oldham Mayor's Half Marathon

	Please tick	Male	Female
Name _____	£7.00 (NoEAA)
Address _____	£9.00 (others)
_____	Late entry		
_____	£8.00 (NoEAA)
_____	£10.00 (others)
Postcode _____	Male vet O40	Female vet O35	
Club _____	Male vet O50	Female vet O45	
	Male vet O60	Female vet O55	
Age on day (minimum age 17) _____	NoEAA Membership number _____		

From ukresults.net

I hereby declare that I am an amateur as defined by AAA and WCCA laws and accept that the organisers shall not be liable for any accidents . injury / loss or damage as a result of my participation in the event.

Signed _____

Date _____