



TORRIER



Toddies at Dufton Fell Race



Inside this issue

Final fell table

*Only one race to go in the Grand
Prix/ Road championship*

*Lancaster 1/2 marathon Sunday
9th November*

Our next race

Shepherd's Skyline Saturday Nov 8th

Marshals wanted

*If available see Phil or Mandy
Further details inside*

Whats On

Pack Runs Wednesday's 7pm start

**OCT — SHOULDER OF MUTTON
MYTHOMROYD,**

**NOV— WHITE SWAN
HEBDEN BRIDGE**

**DEC— QUEEN HOTEL
TODMORDEN (OPP RAILWAY STATION)**

**JAN— RED LION
LITTLEBOROUGH**

**FEB - HOLE IN THE WALL,
HEBDEN BRIDGE**

Batruns are back

**And will run alternate Weds starting this
week (8th October)**

**There will be a special Hal-
loween Bat Run (involves
wearing dodgy masks) and a
Guy Fawkes run (watch out
for Ben & his fireworks)**



FRA RELAYS

Sun 19th Oct

**There is a mini-bus booked which
will leave Todmorden at 7.30am
from Central Garage Stansfield Rd,
Todmorden.**

**Returning to Tod by about 6.30pm
Priority is given to runners but there
are still a couple of places spare.
See Mandy if you fancy a day out.**

Teams are as follows:

A Team

**Leg 1 Chris Smale
Leg 2 Ben C and Nick Wigmore
Leg 3 Andrew H and Alistair R-D (navigation)
Leg 4 Andy McFie**

Ladies Team

**Leg 1 Jane Leonard
Leg 2 Kath Brierley & Kay Leigh
Leg 3 Chrispy & Sarah Warburton (Nav leg)
Leg 4 Sue Roberts**

Vets Team

**Leg 1 Simon Galloway
Leg 2 Martin Roberts & Dave Collins
Leg 3 John Preston & Phil Hodgson
Leg 4 Simon Anderton**

JUNIOR TRAINING

Tuesday's

**TODMORDEN HIGH SCHOOL
at 5-30pm to 6-30pm**

Age 8 yrs - up to 12 yrs

£1 session

bring a bottle of water not juice

Interval/ Speed Work

Tuesdays at 6.30pm

**AT TODMORDEN HIGH
SCHOOL**

DATES FOR YOUR DIARY

CHRISTMAS DO & PRESENTATION

SATURDAY 6TH DECEMBER 08

7.30PM ONWARDS TODMORDEN CRICKET CLUB

Buffet followed by presentation followed by Live Band

BIG NOISE

Featuring our very own Simon Anderton

Cost £ 15

Guests are welcome—the more the merrier so if you think you know someone who would like to come please twist their arms

Nominations for Club Person of the Year to be given to Mandy or Derek who will compile a list.

WANTED—SOMEONE TO COLLECT NAMES AND MONEY PLEASE

CALDERDALE WAY RELAY

We have entered four teams in the Calderdale Way Relay.

If you would like to run then please let one of the team captains or Derek 01422 842510 or myself know 01422 844936 or e-mail me on mandy@todharriers.co.uk. Or sign up on the Forum on the club noticeboard section.

TEAM CAPTAINS

A	DAVE COLLINS	01422 835192
LADIES	KATH BRIERLEY	01706 819417
VETS	RICHARD LEONARD	01706 818663
ALLSTARS—CAPTAIN WANTED		

Todmorden Harriers – 30th Anniversary

So, what happened in 1978? ... synthetic human insulin was invented, cellular mobile phones were introduced, the average house price was £14,000, the world's first test tube baby was born in the UK...and Todmorden Harriers & Athletic Club was formed by a small group of enlightened Todmordenites. A great year indeed!

What were you doing 30 years ago? Hmmm, 1978...that takes me back... as Tod Harriers was being born I was hitch hiking to Kathmandu through Iran and Afghanistan; not a trip I'd care to repeat in current geopolitical circumstances. It's a long way from Kathmandu to Todmorden and it took me 18 years to get here in a roundabout sort of way...but that's another story.

The original founders included a number of well respected local athletes including Harry Clayton, Eric Stuttard, Graham Wrench, John McDonagh, Derek Barker & Peter Waterhouse. Graham is one of the original founders who have lived to see Tod Harriers recent rise to prominence in fell running and he continues his close involvement with the club by coaching us, every Tuesday night, in the finer arts of speedwork,...and pain. I'm sure all our founders would have been proud of their legacy; a club which is not only thriving in terms of performance and a growing number of members but in a diversification of sporting disciplines. "More than just a running club..." is fast replacing the widely used "drinkers with a running problem" as our unofficial motto. Although fell and road running are the core activities we have more and more members attempting, and often excelling at, alternative sports such as triathlon, cycling, climbing, ultra races, and...extreme liloing!

Todmorden was the birthplace of two Nobel prize winners (one for splitting the atom), numerous professional musicians, artists, authors and sportspeople, and John Kettley the weatherman, (and it was the place where Dr Harold Shipman first practiced - did you know that a German translation of Todmorden means "death-murder"). And, although it now sits fully in Yorkshire, the boundary with Lancashire once went straight through the middle of the town hall. Together with its close neighbour, Hebden Bridge, it forms the centre of the universe as far as Todmorden Harriers are concerned. It's surrounded by wild moorland, has probably the best network of public footpaths in England, is dissected by numerous quiet country roads, has a year long programme of relatively local fell and road races, great mountain biking, a skyline dominated by Stoodley Pike, numerous excellent pubs, boasts many sightings of UFOs (usually after the pubs have shut!), and, including the surrounding areas, it's home to many enthusiastic, and talented runners and colourful characters.

The club itself has one or two such characters in its midst. There's the current Club President Jim Smith and his partner in crime Tony Shaw. Both were awesome performers in races like Wasdale and Ben Nevis in their prime and Jim, who still competes at the age of 69, sums up their philosophy as: "We can't run, but we've shifted a few pints". Then there's the inimitable Mandy Goth, Club Chairwoman since time immemorial and the ex social secretary of CAMRA, and Uncle Barry – an uncanny lookalike for the chap who swam across a bay quicker than the pouring of a pint of Guinness...there seems to be a common thread emerging? All in all we're a diverse group boasting people from many walks of life but every one with our own individual passion for running and, although we have one or two far flung members in Australia and Wales we take great pride that most members actually live somewhere near Todmorden and regularly turn out on our weekly pack runs, speedwork sessions, races, and social events.

Our Wednesday packruns are from a different pub each month. The two criteria used to determine which pubs we use are obviously: good running and good beer. All abilities catered for and you're guaranteed a warm welcome. And, as variety is one of the spices of life we occasionally liven up the Wednesday packruns with RAIDruns (runs to amazing and interesting destinations). Batman is regularly out on the moors at night with fellow Tod Batties with headtorches – they're already looking forward to the imminent annual Halloween and Guy Fawkes batruns (usually involving outrunning

wayward fireworks!). Simon's annual Pendle coach trip has become legendary, particularly in coach surfing circles (especially difficult when the coach doesn't turn up).

We have a well attended Grand Prix race series and in recent years we've steadily moved up the English championship fell running rankings and have had numerous mountain marathon and Bob Graham successes. 2008, our 30th year, has been our most successful year, with the number of members approaching the two hundred mark and yet more great performances in championships, races and relays. And we've had lots of fun doing it - our greatest strength remains the informality of the club and not taking ourselves too seriously - although sometimes it does take on Shankly proportions: "some people say that running's a matter of life and death, ...but it's much more important than that".

If you want to know more there's lots of info on our website. See: www.todharriers.co.uk



Our 30th Anniversary was celebrated at the end of June with a 30km run around the Todmorden boundary. Colin Duffield had plotted an excellent Tour of Todmorden (that sounds like a race in the making?) and on a day of mixed weather over 60 Harriers joined in at some point to run round the moors surrounding the town before meeting up afterwards to toast the occasion at the Sportsman's pub – a great little hostelry on the road above Bridgestones. In true Tod Harriers style everyone there received a specially brewed anniversary ale in club colours and further partying continued into the early hours with an evening of acoustic entertainment at a camping barn just below Stoodley Pike. I'm already looking forward to our 40th celebrations – a 40 mile run followed by karaoke perhaps? And maybe a club whisky should be commissioned? (Jura malt of course!)

Phil Hodgson

RACE RESULTS

3 Shires 20/9/08

(1st 1.57.23; 2nd 1.59.56; 3rd 2.02.53)

Dufton 31/8/08

(1st 28.55; 2nd 29.26; 3rd 29.38)

		time		fell pts	GP pts
Chris Smale	M40	31	54	100.2	107.1
Dave Collins	M50	37	21	85.6	99.2
Martin Roberts	M50	39	36	80.7	91.6
Paul Brannigan	M40	39	48	80.3	85.8
Alison Richards	F	41	39	76.8	84.9
Claire Duffield	F35	41	59	76.1	84.3
Andrew Bibby	M50	42	7	75.9	89.9
Phil Hodgson	M50	42	15	75.7	87.7
Kath Brierley	F45	42	54	74.5	94.1
Chris Preston	F40	44	7	72.5	87.1
Jeremy Godden	M45	44	26	71.9	80.8
Richard Leonard	M45	45	21	70.5	80.0
Jane Leonard	F50	45	37	70.1	92.0
Sue Roberts	F45	51	12	62.4	77.9
Mandy Goth	F45	53	55	59.3	75.9
Derek Clutterbuck	M75	59	59	53.3	85.7

Stainland 7 7/9/08

(1st 41.34; 2nd 42.51; 3rd 45.05)

		time		road pts	GP pts
Paul Brannigan	M40	50	40	85.2	90.3
Richard Butterwick	M	50	47	85.0	85.0
Andrew Bibby	M50	54	7	79.8	92.2
Claire Duffield	F35	55	4	78.4	86.7
Mick Craven	M50	55	45	77.4	86.6
Melanie Blackhurst	F40	56	3	77.0	92.0
Richard O'Sullivan	M45	58	6	74.3	80.5
Jeremy Godden	M45	59	43	72.3	79.6
Kevin Coughlan	M45	1	0	71.9	77.9
Elise Milnes	F45	1	0	71.3	89.4
Stephen Burnip	M50	1	5	66.2	75.3
Moyra Parfitt	F60	1	7	64.4	96.0
Graham Milnes	M50	1	9	62.1	70.0
Derek Clutterbuck	M75	1	12	59.5	88.0
Myra Wells	F50	1	13	59.1	76.5
Ian Stansfield	M60	1	19	54.2	68.9

Langdale 1/2 marathon 14/9/08

(1st 1.17.50; 2nd 1.22.12; 3rd 1.23.46)

Richard Butterwick	M	1	38	43	82.3	82.3
Melanie Blackhurst	F40	1	44	11	78.0	93.1
Kevin Coughlan	M45	1	52	8	72.5	78.6
Stephen Burnip	M50	2	3	21	65.9	74.9
Myra Wells	F50	2	16	36	59.5	76.9
Ian Stansfield	M65	2	34	9	52.7	67.0

			time		fell pts	GP pts
Jon Wright	M	2	6	18	95.1	95.1
Andrew Wrench	M40	2	8	40	93.3	98.8
Alistair R- Dawson	M	2	16	10	88.2	88.2
Alison Richards	F	2	37	55	76.0	84.1
James Riley	M	2	42	11	74.0	74.0
Simon Anderton	M45	2	45	39	72.5	80.6
Kath Brierley	F45	2	48	47	71.1	89.9
Sarah Warburton	F	2	53	1	69.4	76.8
Jane Leonard	F50	3	5	12	64.8	85.1
Richard Leonard	M45	3	7	35	64.0	72.6
Louise Abdy	F45	?			?	?
Mandy Goth	F45	3	27	53	57.8	73.9
John Metcalf	M45	3	27	54	57.8	64.9

Ron Hill 5k

25/9/08

(1st 15.27; 2nd 15.27; 3rd 15.37)

			time		road pts	GP pts
Duncan Richie	M	19	51		78.1	85.1
Simom Galloway	M40	20	30		75.6	87.4
Richard Butterwick	M	21	13		73.1	79.7
Kath Brierley	F45	21	18		72.8	98.5
Claire Duffield	F35	21	39		71.6	86.4
Rhys Watkins	M40	21	39		71.6	82.1
Eric Emerson	M55	21	44		71.3	89.9
Keith Parkinson	M55	21	53		70.9	89.3
Kevin Coughlan	M45	22	21		69.4	82.0
Jeremy Godden	M45	22	22		69.3	83.2
Mel Siddall	F45	22	24		69.2	92.7
Melanie Blackhurst	F40	22	26		69.1	90.0
Bev Wright	F35	23	10		66.9	84.3
Stephen Burnip	M50	23	47		65.2	80.8
Peter Ehrhardt	M60	24	50		62.4	83.9
Helen Hodgkinson	F35	25	18		61.3	76.9
Mandy Goth	F45	25	56		59.8	81.7
Myra Wells	F50	26	12		59.2	83.4
Dave O'Neill	M50	26	28		58.6	70.8
Derek Clutterbuck	M75	28	26		54.5	88.0
Jenny Ehrhardt	F	29	44		52.1	62.9
Ian Stansfield	M65	30	52		50.2	69.6
John Newby	M75	34	58		44.3	70.4

Whernside

27/9/08

(1st 1.26.18; 2nd 1.26.26; 3rd 1.31.00)

			time		fell pts	GP pts
Andrew Wrench	M40	1	35	9	92.6	98.0
Dave Collins	M50	1	49	2	80.8	93.6
Jeff Walker	M	1	56	31	75.6	75.6
Paul Brannigan	M40	1	57	42	74.8	80.0
Alison Richards	F	2	0	32	73.1	80.9
Kath Brierley	F45	2	2	32	71.9	90.8
Jeremy Godden	M45	2	3	46	71.2	79.9
Mick Craven	M50	2	5	52	70.0	80.2
Sarah Warburton	F	2	6	42	69.5	76.9
Rachel Skinner	F35	2	10	22	67.6	74.8
Helen Hodgkinson	F35	2	34	0	57.2	64.6

Bronte Way 5/10/08

(1st 53.43; 2nd 57.06; 3rd 57.13)

			time		fell pts	GP pts
Paul Brannigan	M40	1	6	11	84.6	90.4
Simon Galloway	M40	1	10	22	79.6	85.1
Mel Blackhurst	F40	1	13	37	76.1	91.5
Kath Brierley	F45	1	15	52	73.8	93.3
John Metcalf	M45	1	19	21	70.6	79.3
Peter Marshall	M60	1	19	56	70.1	90.2
Kevin Coughlan	M45	1	20	1	70.0	77.0
Sue Roberts	F45	1	23	45	66.9	83.4
Graham Milnes	M50	1	29	35	62.5	73.3
Elise Milnes	F45	1	29	49	62.4	79.8
Derek Clutterbuck	M75	1	41	51	55.0	88.5
Myra Wells	F50	1	41	59	54.9	73.1
Jim Smith	M65	2	5	32	44.6	63.7

Our next race

Shepherd's Skyline**Saturday 8th November****1pm from Shepherds Rest Inn,
Lumbutts Road, Todmorden**

16 and over

Also Junior races in all categories

All help gratefully received. If you want to run in the main race then you can always marshal the junior races.

See Phil/ Mandy if able to help

Forthcoming Road Races**Sunday 12th October 11am-Gin Pit 5.**

Off road, along a disused railway line, has previously been in G.P-Start Miners Welfare Club, Gin Pit Village, Tyldesley (North Manchester) £5 and can enter for £1 extra on day.

Sunday 12th October 11am Waddington 10k Road Race. £6 and can enter on day.**Sunday 12th October 10am. Pier to Pier**

15km. Starts at North Pier and surprise, surprise its pancake flat!! Expensive at £12 and wise to preenter.

Sunday 19th October 11am Natterjack Seaside

10k. Start-Victoria Park, Southport. Another one for a P.B!

Sunday 26th October-Some old favourites 10am-

Accrington 10k. Register at Highams Playing Fields. The race starts on the flat but after about a mile a long downhill section before the long gradual climb back up.

Same day-Another race previously in the Grand Prix Holmfirth 15. Start-Holmfirth High School, School Heys Road, Thongsbridge. £10 and £1 extra on the day.

Sunday 2nd November-Through the

Viggages, Abbey Village, Near Chorley. 10.30am. Definitely my personal pick of this month's road races. 8.5 miles, plenty of steep climbs but pleasantly scenic and rural.

Sunday 9th November Lancaster half marathon-In Grand Prix so details elsewhere in the Torrier.**Sunday 9th November 12 noon Gill Pimblott**

Memorial 5k run. Probably a long way for a short race and it will cost you £4 and extra £1 to enter on the day.

Sunday 16th November Preston 10.10am. Hillier than you might think! Start from Hutton Grammar School. £7 with extra £1 to enter on the day.**Sunday 16th November 11.30am Christine Navan**

Cowm Reservoir 5k. Organised by the master organiser himself, Andy O'Sullivan and described as super flat.

More details should you want them on uk.results.net.

Mel

2008 ROAD TABLE				Huddersfield 10k	Guiseley Gallop 10k	Helen Windsor 10k	Ron Hill 5k	Lytham 10m	Robertstown 7m	Norland Moor 7m	Stainland 7m	Oldham 1/2m	Hendon Brook 13.5	langdale 1/2m	Lancasret 1/2m	Completed Races	total points	Qualified?	qualifying TOTAL
1	Richard Butterwick	M		76.6	79.7	88.3	73.1	75.3		82.3	85.0			82.3		8	642.6	Q	494.2
2	Melanie Blackhurst	F40		71.8	80.2	76.5	69.1		76.6		77.0		78.8	78.0		8	608.0	Q	467.1
3	Richard O'Sullivan	M45		71.8	80.9			76.9			74.3	78.8	78.4			6	461.1	Q	461.1
4	Claire Duffield	F35			79.2	79.6	71.6			75.1	78.4		74.9			6	458.8	Q	458.8
5	Kevin Coughlan	M45		67.4		78.5	69.4		75.5	69.5	71.9		72.9	72.5		8	577.6	Q	440.8
6	Stephen Burnip	M50		67.1	70.2	72.5	65.2	70.4	70.2	63.4	66.2	69.5		65.9		10	680.6	Q	419.9
7	Peter Ehrhardt	M60			70.6	68.9	62.4			65.7		70.7	69.4			6	407.7	Q	407.7
8	Myra Wells	F50			62.5	62.6	59.2	61.3		58.2	59.1			59.5		7	422.4	Q	364.2
9	Ian Stansfield	M65			49.0	53.8	50.2		49.9	46.9	54.2			52.7		7	356.7	Q	309.8
10	Duncan Ritchie	M				85.7	78.1		85.0	79.7			79.1			5	407.6	X	407.6
11	Mel Siddall	F45				68.6	69.2		73.7	65.1		72.3				5	348.9	X	348.9
12	Elise Milnes	F45		62.9	68.8	69.8					71.3					4	272.8	X	272.8
13	Paul Brannigan	M40			90.3	86.8					85.2					3	262.3	X	262.3
14	Moyra Parfitt	F60		60.9	67.7				68.5		64.4					4	261.5	X	261.5
15	Dave O'Neill	M50			68.2	65.9	58.6			56.7						4	249.4	X	249.4
16	Simon Galloway	M40			85.6	81.2	75.6									3	242.4	X	242.4
17	Mick Craven	M50			82.5			77.2			77.4					3	237.1	X	237.1
18	Andrew Bibby	M50		73.5		82.2					79.8					3	235.5	X	235.5
19	Kath Brierley	F45				79.1	72.8			77.2						3	229.1	X	229.1
20	Lucy Hobbs	F35		68.0		80.1		71.5								3	219.6	X	219.6
21	Jeremy Godden	M45					69.3			73.7	72.3					3	215.3	X	215.3
22	Bev Wright	F35				74.5	66.9		72.3							3	213.7	X	213.7
23	Nigel Hanson	M50		66.3				69.9	67.9							3	204.1	X	204.1
24	Michael Hennigan	M60		63.9	67.7				70.6							3	202.2	X	202.2
25	Helen Hodgkinson	F35				74.1	61.3			66.2						3	201.6	X	201.6
26	Graham Milnes	M50			62.9	64.1					62.1					3	189.1	X	189.1
27	Mandy Goth	F45		59.7			59.8			57.7						3	177.2	X	177.2
28	Nick Barber	M			88.7					86.2						2	174.9	X	174.9
29	Derek Clutterbuck	M75					54.5			54.4	59.5					3	168.4	X	168.4
30	Derek Donohue	M45				84.7										1	84.7	X	84.7
31	Deon Bamford	M40				84.3										1	84.3	X	84.3
32	Sarah Glyde	F				79.5										1	79.5	X	79.5
33	Kevin Booth	M40								78.4						1	78.4	X	78.4
34	Phil Hodgeon	M50								77.5						1	77.5	X	77.5
35	Lisa Parsons	F40				76.7										1	76.7	X	76.7
36	Lee McCluskey	M50		76.1												1	76.1	X	76.1
37	Jeff Anderson	M45						72.6								1	72.6	X	72.6
38	Rhys Watkins	M40					71.6									1	71.6	X	71.6
39	Eric Emerson	M55					71.3									1	71.3	X	71.3
40	Keith Parkinson	M55					70.9									1	70.9	X	70.9
41	Hazel Chapman	F55				60.4										1	60.4	X	60.4
42	Barry Chapman	M60				57.4										1	57.4	X	57.4
43	Carla Williamson	F35				54.5										1	54.5	X	54.5
44	Katy Moore	F35						54.5								1	54.5	X	54.5
45	Jenny Ehrhardt	F					52.1									1	52.1	X	52.1
46	Laurence Bristow	M						51.0								1	51.0	X	51.0
47	John Newby	M75					44.3									1	44.3	X	44.3
48	Jim Smith	M65				42.3										1	42.3	X	42.3

2008 FELL TABLE			Midgley Moor	Saddleworth	Blackstone Edge	Oakworth Haul	Whittle Pike	Dufton	Black Combe	Kinder Downfall	Coniston	Mythomroyd	Kentmere	Bronte Way	Wadsworth Trog	Three Peaks	Kinder Trog	Borrowdale	Three Shires	Whernside	Completed Races	Total points	Qualified?	Qualifying TOTAL
	attendance		19	4	19	16	20	16	23	4	32	25	18	13	14	21	13	12	13	11				
	average points		66.1	82.2	74.8	79.2	73.7	74.1	76.1	72.4	66.7	68.4	76.9	67.0	70.2	73.3	76.3	71.3	72.5	73.1				
1	Chris Smale	M40			96.3		95.8	100.2	97.5		89.1		100.6			95.1		79.8			8	754.4	Q	585.5
2	Andrew Wrench	M40					98.5		97.7	95.9	91.6	98.5			93.2		100.1		93.3	92.6	9	861.4	Q	584.0
3	Alistair Rhodes Dawson	M			91.4		90.6				84.9	87.0	89.7				87.9	80.9	88.2		8	700.6	Q	534.8
4	Dave Collins	M50	79.8		84.1	96.4	84.6	85.6	86.9				85.8			83.5		76.6		80.8	10	844.1	Q	522.8
5	Martin Roberts	M50			81.9	94.4		80.7	84.7		78.5		80.1			73.3					7	573.6	Q	495.1
6	Simon Galloway	M40	78.2	82.3	82.0	92.0	78.8						76.0	79.6			77.2				8	646.1	Q	491.9
7	Andrew Bibby	M50			77.1	85.8	74.2	75.9					74.3			69.6	78.5				7	535.4	Q	465.8
8	Kath Brierley	F45	70.7			85.5	76.6	74.5	73.2				75.2	73.8	62.6	73.5	76.5		71.1	71.9	12	885.1	Q	462.1
9	Phil Hodgson	M50					75.4	75.7	76.0							77.3	77.7	79.7			6	461.8	Q	461.8
10	James Riley	M				87.9	79.9		78.2							72.4		67.3	74.0		6	459.7	Q	459.7
11	Alison Richards	F						76.8	77.7		71.9		79.1		66.5	73.9			76.0	73.1	8	595.0	Q	456.6
12	Jeremy Godden	M45		74.6	75.9	82.7		71.9	70.8	68.9	67.7	70.7	71.8				69.2			71.2	11	795.4	Q	448.1
13	Claire Duffield	F35	72.7	79.9	74.2			76.1	72.2		70.1	74.5	73.0		62.2						9	654.9	Q	439.9
14	Christine Preston	F40	72.0					72.5	72.9		70.8				75.3	75.2		69.0			7	507.7	Q	438.7
15	Mick Craven	M50	72.9							73.0	69.2	76.0	73.3				72.7	67.6		70.0	8	574.7	Q	437.9
16	Melanie Blackhurst	F40	68.7			79.9	70.8		63.1		57.3		71.0	76.1	67.0	66.4					9	620.3	Q	433.5
17	Jane Leonard	F50	62.1		72.9			70.1	71.3		70.9				67.3	66.8	70.8	66.3	64.8		10	683.3	Q	423.3
18	Richard Leonard	M45	70.1					70.5	73.0		69.1				63.3	66.8			64.0		7	476.8	Q	413.5
19	Sarah Warburton	F	61.4		71.7						64.1	72.3							69.4	69.5	6	408.4	Q	408.4
20	Helen Hodgkinson	F35	57.4		63.5		67.9				58.2	64.1	62.1							57.2	7	430.4	Q	373.0
21	Peter Ehrhardt	M60	61.1		62.1				63.0		58.2		64.7			58.1					6	367.2	Q	367.2
22	Mandy Goth	F45					57.9	59.3	61.3		56.8						59.5	54.6	57.8		7	407.2	Q	352.6
23	Louise Abdy	F45			59.4						53.9	60.0					62.0	54.6	58.4		6	348.3	Q	348.3
24	Andrew Horsfall	M40		91.9	87.5										83.9	80.8					4	344.1	X	344.1
25	Sue Roberts	M45			63.9		64.2	62.4	65.0		64.6	64.4	63.9	66.9							8	515.3	X	325.1
26	Nick Barber	M			85.0							85.5	82.9		66.8						4	320.2	X	320.2
27	Paul Brannigan	M40						80.3					79.7	84.6						74.8	4	319.4	X	319.4
28	Dave O'Neill	M50	61.1		58.6	62.6	59.6					57.4									5	299.3	X	299.3
29	Jon Wright	M														95.0		91.5	95.1		3	281.6	X	281.6
30	Kevin Coughlan	M45	61.4			78.4						63.5		70.0							4	273.3	X	273.3
31	Richard O'Sullivan	M45	64.3			80.6					64.3				61.6						4	270.8	X	270.8
32	Derek Clutterbuck	M75				58.7	49.6	53.3		51.9				55.0							5	268.5	X	268.5
33	Steve Brandwood	M50							85.9		81.1				75.7						3	242.7	X	242.7
34	Moyra Parfitt	F60	57.5		63.2		61.2				57.1										4	239.0	X	239.0
35	Ben Crowther	M							75.4			80.0	80.2								3	235.6	X	235.6
36	Derek Donoghue	M45							70.0			79.0					80.2				3	229.2	X	229.2
37	Richard Butterwick	M					75.4				66.2	72.5									3	214.1	X	214.1
38	Duncan Ritchie	M					76.9				64.9	72.0									3	213.8	X	213.8
39	John Metcalf	M45				80.1								70.6					57.8		3	208.5	X	208.5
40	Rhys Watkins	M40							74.8						64.0	69.6					3	208.4	X	208.4
41	Stephen Burnip	M50	59.1			71.8						62.7									3	193.6	X	193.6
42	Geoff Read	M45			70.4						52.1	60.9									3	183.4	X	183.4
43	Andy McFie	M							86.5							79.4					2	165.9	X	165.9
44	Simon Anderton	M45															79.1		72.5		2	151.6	X	151.6
45	Lucy Hobbs	F35				80.6						69.1									2	149.7	X	149.7
46	Jeff Walker	M									70.6									75.6	2	146.2	X	146.2
47	Lee McCluskey	M50													73.6	68.0					2	141.6	X	141.6
48	John Preston	M40							73.4									67.7			2	141.1	X	141.1
49	Mick Howard	M45									65.0					70.8					2	135.8	X	135.8
50	Rachel Skinner	F35									65.7									67.6	2	133.3	X	133.3
51	Ian Stansfield	M65				49.1	43.0					39.2									3	131.3	X	131.3
52	Richard Blakeley	M65									63.8					65.2					2	129.0	X	129.0
53	Michael Hennigan	M60	57.1									55.4									2	112.5	X	112.5
54	Myra Wells	F50										53.1		54.9							2	108.0	X	108.0
55	Sean Willis	M40										95.4									1	95.4	X	95.4
56	Sean Carey	u16					92.1														1	92.1	X	92.1
57	Roger Haworth	M40									73										1	73.0	X	73.0
58	Peter Marshall	M60												70.1							1	70.1	X	70.1
59	Lisa Parsons	F40	67.4																		1	67.4	X	67.4
60	Graham Milnes	M50												62.5							1	62.5	X	62.5
61	Elise Milnes	F45												62.4							1	62.4	X	62.4
62	Stuart Bolton	M45														58.0					1	58.0	X	58.0
63	Bev Wright	F35									56.8										1	56.8	X	56.8
64	Trevor Smith	M60									56.8										1	56.8	X	56.8
65	Petra Davey	F40										53.5									1	53.5	X	53.5
66	Mel Siddall	F45									48.5										1	48.5	X	48.5
67	Jim Smith	M65												44.6							1	44.6	X	44.6
68	Mel Morrell	F										43.4									1	43.4	X	43.4

2008 GRAND PRIX TABLE - 29 races			No of races		Midgley Moor	Saddleworth	Blackstone Edge	Oakworth Haul	Whittle Pike	Dufton	Black Combe	Kinder Downfall	Coniston	Mythomroyd	Kentmere	Bronte Way	Wadsworth Trog	Three Peaks	Kinder Trog	Borrowdale	Three Shires	Whernside		Huddersfield 10k	Guiseley Gallop 10k	Helen Windsor 10k	Ron Hill 5k	Lytham 10m	Robertstown 7m	Norland Moor 7m	Stainland 7m	Oldham 1/2m	Hendon Brook 13.5	Langdale 1/2m	Lancaster 1/2m	completed races	total points	avg per race	Fell Races	avg per fell race	Road Races	avg per road race	Best Combination	QUALIFIED?	GP SCORE		
1	Kath Brierley	F45	15	88.2			108.2	96.8	94.1	91.3					95.0	93.3	78.1	91.7	96.6		89.9	90.8				98.2	98.5			95.8						15	1406.5	93.8	12	92.8	3	97.5	5F-3R	Q	783.2		
2	Moyra Parfitt	F60	8	92.0		101.2		97.8					91.4												90.7	100.8			102.1		96.0					8	772.0	96.5	4	95.6	4	97.4	4F-4R	Q	772.0		
3	Melanie Blackhurst	F40	17	81.6			96.1	85.2		75.0			68.0		85.4	91.5	79.6	78.9							84.9	94.8	91.3	90.0		91.4		92.0		94.1	93.1		17	1472.9	86.6	9	82.4	8	91.5	3F-5R	Q	738.4	
4	Andrew Bibby	M50	10			91.3	101.6	87.9	89.9						88.0			82.4	93.0						84.3		94.2				92.2					10	904.8	90.5	7	90.6	3	90.2	5F-3R	Q	734.5		
5	Simon Galloway	M40	11	83.5	88.0	87.7	98.3	84.2							81.3	85.1			82.5							90.7	86.0	87.4								11	954.7	86.8	8	86.3	3	88.0	5F-3R	Q	707.4		
6	Derek Clutterbuck	M75	8				94.4	79.8	85.7		83.4					88.5													80.5	88.0						8	688.3	86.0	5	86.4	3	85.5	5F-3R	Q	688.3		
7	Claire Duffield	F35	15	80.4	88.5	82.1			84.3	79.9			77.6	82.4	80.8		68.8									87.6	88.0	86.4		83.1	86.7		82.9				15	1239.5	82.6	9	80.5	6	85.8	3F-5R	Q	687.0	
8	Mick Craven	M50	11	83.6							83.7	79.4	87.2	84.0					83.4	77.5		80.2				91.6			85.6		86.6					11	922.8	83.9	8	82.4	3	87.9	5F-3R	Q	685.7		
9	Peter Ehrhardt	M60	12	79.6		80.9					82.0		75.9		84.3			75.7								87.1	85.0	83.9			81.1		87.2	85.6			12	988.3	82.4	6	79.7	6	85.0	3F-5R	Q	676.0	
10	Jeremy Godden	M45	14		83.8	85.2	92.8			80.8	79.6	77.4	76.0	79.4	80.7				77.7				79.9						83.2		81.1	79.6				14	1137.2	81.2	11	81.2	3	81.3	5F-3R	Q	667.2		
11	Richard O'Sullivan	M45	10	70.1			87.8						70.1				67.1								77.2	87.0			82.7		80.5	84.7	84.3				10	791.5	79.2	4	73.8	6	82.7	3F-5R	Q	647.2	
12	Kevin Coughlan	M45	12	67.0			86.2								69.2		77.0									72.5		85.1	82.0		81.8	75.3	77.7		78.7	78.6	12	931.1	77.6	4	74.9	8	79.0	3F-5R	Q	638.6	
13	Richard Butterwick	M	11					75.4					66.2	72.5			77.0									76.6	79.8	88.3	79.9	75.3		82.3	85.0			82.3	11	863.6	78.5	3	71.4	8	81.2	3F-5R	Q	631.9	
14	Stephen Burnip	M50	13	69.2			84.1								73.5											76.3	79.8	82.4	80.8	80.0	79.8	72.1	75.3	79.1		74.9		13	1007.3	77.5	3	75.6	10	78.1	3F-5R	Q	629.6
15	Duncan Ritchie	M	8					76.9					64.9	72.0													85.7	85.1		85.0	79.7			79.1			8	628.4	78.6	3	71.3	5	82.9	3F-5R	Q	628.4	
16	Mandy Goth	F45	10					74.1	75.9	77.4			71.8						75.2	69.8	73.9				74.2			81.7			72.4					10	746.4	74.6	7	74.0	3	76.1	5F-3R	Q	604.8		
17	Helen Hodgkinson	F35	10	63.5		70.3		76.6					64.4	70.9	68.7							64.6					82.0	76.9			73.3						10	711.2	71.1	7	68.4	3	77.4	5F-3R	Q	583.3	
18	Dave O'Neill	M50	9	69.3		66.5	71.0	67.6						65.1												75.7	73.1	70.8			62.9						9	622.0	69.1	5	67.9	4	70.6	5F-3R	Q	559.1	
19	Ian Stansfield	M65	10				66.5	59.0						53.1												62.3	68.4	69.6		63.5	59.6	68.9			67.0		10	637.9	63.8	3	59.5	7	65.6	3F-5R	Q	516.0	
20	Paul Brannigan	M40	7						85.8						85.1	90.4						80.0				95.0	91.9					90.3					7	618.5	88.4	4	85.3	3	92.4	-	X	618.5	
21	Myra Wells	F50	10											70.7		73.1									73.5	80.0	81.0	83.4	78.5		75.3	76.5		76.9			10	768.9	76.9	2	71.9	8	78.1	-	X	543.6	
22	Phil Hodgson	M50	7					87.4	87.7	87.1								89.6	90.1	92.4																	7	621.6	88.8	6	89.1	1	87.3	-	X	534.5	
23	Chris Smale	M40	8			102.9		102.4	107.1	104.2			95.2		107.5			101.6		85.3																8	806.2	100.8	8	####	0	####	-	X	524.1		
24	Andrew Wrench	M40	9					104.3		102.2	100.6	96.0	103.3				97.7		104.9		98.8	98.0															9	905.8	100.6	9	####	0	####	-	X	515.3	
25	Dave Collins	M50	10	92.4		97.5	111.7	98.0	99.2	100.7					99.5			96.7		91.5		93.6														10	980.8	98.1	10	98.1	0	####	-	X	509.1		
26	Mel Siddall	F45	6										60.4														84.3	92.7		90.5	80.0		88.9				6	496.8	82.8	1	60.4	5	87.3	-	X	496.8	
27	Nick Barber	M	6			85.0								85.5	82.9		66.8									88.7				86.2						6	495.1	82.5	4	80.1	2	87.5	-	X	495.1		
28	Martin Roberts	M50	7			92.9	107.1		91.6	96.1			89.0		90.8			83.2																		7	650.7	93.0	7	93.0	0	####	-	X	478.5		
29	Jane Leonard	F50	10	81.6		95.8			92.0	93.7			93.0				88.3	87.7	93.0	87.0	85.1															10	897.2	89.7	10	89.7	0	####	-	X	467.5		
30	Alistair Rhodes Dawson	M	8			91.4		90.6					84.9	87.0	89.7				87.9	80.9	88.2																8	700.6	87.6	8	87.6	0	####	-	X	447.8	
31	Christine Preston	F40	7	86.6					87.1	87.6			85.1				90.5	90.4		82.9																	7	610.2	87.2	7	87.2	0	####	-	X	442.2	
32	Alison Richards	F	8						84.9	85.9			79.6		87.5		73.6	81.8					84.1	80.9												8	658.3	82.3	8	82.3	0	####	-	X	424.2		
33	Elise Milnes	F45	5													79.8									78.9	86.3	87.5				89.4						5	421.9	84.4	1	79.8	4	85.5	-	X	421.9	
34	Lucy Hobbs	F35	5				91.9								78.8										77.5		91.3		81.5								5	421.0	84.2	2	85.4	3	83.4	-	X	421.0	
35	Sue Roberts	F45	8			78.7		80.1	77.9	80.1			79.6	79.4	78.7	83.4																				8	637.9	79.7	8	79.7	0	####	-	X	402.6		
36	Richard Leonard	M45	7	78.7					80.0	81.9			77.6				71.0	75.0			72.6																7	536.8	76.7	7	76.7	0	####	-	X	393.2	
37	James Riley	M	6				87.9	79.9		78.2								72.4		67.3	74.0																6	459.7	76.6	6	76.6	0	####	-	X	392.4	
38	Michael Hennigan	M60	5	73.4										71.3											78.0	82.7			86.2								5	391.6	78.3	2	72.4	3	82.3	-	X	391.6	
39	Sarah Warburton	F	6	72.2		79.3							70.9	80.0							76.8	76.9														6	456.1	76.0	6	76.0	0	####	-	X	385.2		
40	Louise Abdy	F45	6			75.9							68.0	75.8						78.3	69.8	74.8														6	442.6	73.8	6	73.8	0	####	-	X	374.6		
41	Andrew Horsfall	M40	4		97.2	92.6											88.8	85.5																			4	364.1	91.0	4	91.0	0	####	-	X	364.1	
42	Derek Donohue	M45	4								77.9				87.8					89.2							92.5										4	347.4	86.9	3	85.0	1	92.5	-	X	347.4	
43	Bev Wright	F35	4																																												

57	Andy McFie	M	2							86.5							79.4																		2	165.9	83.0	2	83.0	0	####	-	X	165.9	
58	Mick Howard	M45	2									71.5					78.0																		2	149.5	74.8	2	74.8	0	####	-	X	149.5	
59	Rachel Skinner	F35	2									72.7								74.8															2	147.5	73.8	2	73.8	0	####	-	X	147.5	
60	Jeff Walker	M	2									70.6								75.6															2	146.2	73.1	2	73.1	0	####	-	X	146.2	
61	Jim Smith	M65	2											63.7								56.3													2	120.0	60.0	1	63.7	1	56.3	-	X	120.0	
62	Sean Willis	M40	1										98.2																						1	98.2	98.2	1	98.2	0	####	-	X	98.2	
63	Sean Carey	u16	1						92.1																										1	92.1	92.1	1	92.1	0	####	-	X	92.1	
64	Peter Marshall	M60	1											90.2																					1	90.2	90.2	1	90.2	0	####	-	X	90.2	
65	Eric Emerson	M55	1																			89.9													1	89.9	89.9	0	####	1	89.9	-	X	89.9	
66	Deon Bamford	M40	1																			89.4													1	89.4	89.4	0	####	1	89.4	-	X	89.4	
67	Keith Parkinson	M55	1																				89.3												1	89.3	89.3	0	####	1	89.3	-	X	89.3	
68	Sarah Glyde	F	1																			87.9													1	87.9	87.9	0	####	1	87.9	-	X	87.9	
69	Kevin Booth	M40	1																							82.4									1	82.4	82.4	0	####	1	82.4	-	X	82.4	
70	Hazel Chapman	F55	1																			81.6													1	81.6	81.6	0	####	1	81.6	-	X	81.6	
71	Jeff Anderson	M45	1																																	1	78.1	78.1	0	####	1	78.1	-	X	78.1
72	Trevor Smith	M60	1									75.9																								1	75.9	75.9	1	75.9	0	####	-	X	75.9
73	Roger Howarth	M40	1									75.1																								1	75.1	75.1	1	75.1	0	####	-	X	75.1
74	Barry Chapman	M60	1																			70.9														1	70.9	70.9	0	####	1	70.9	-	X	70.9
75	John Newby	M75	1																				70.4													1	70.4	70.4	0	####	1	70.4	-	X	70.4
76	Stuart Boulton	M45	1														65.1																		1	65.1	65.1	1	65.1	0	####	-	X	65.1	
77	Jenny Ehrhardt	F	1																				62.9													1	62.9	62.9	0	####	1	62.9	-	X	62.9
78	Petra Davey	F40	1										62.8																							1	62.8	62.8	1	62.8	0	####	-	X	62.8
79	Carla Williamson	F35	1																				62.1													1	62.1	62.1	0	####	1	62.1	-	X	62.1
80	Katy Moore	F45	1																						61.1										1	61.1	61.1	0	####	1	61.1	-	X	61.1	
81	Laurence Bristow	M	1																						51.0										1	51.0	51.0	0	####	1	51.0	-	X	51.0	
82	Mel Morrell	F	1										48.1																						1	48.1	48.1	1	48.1	0	####	-	X	48.1	

Tod News 24/07/08 (Kentmere/Oakworth Haul/Widdop)

Todmorden Harriers once again battled against the best runners in the country as they travelled to the Lake District for the Kentmere Horseshoe Race, which this year formed round four of the English Fell Running Championships.

This classic 12 mile circular route takes in over 3000ft of total ascent including a steep unrelenting climb up Ill Bell and the summits of High Street and Kentmere Pike. The dry but breezy weather made near ideal conditions with good visibility for the 500 plus runners who were led home by John Heneghan of Pudsey and Bramley.

Chris Smale continued this year's solid form with 15th place to reinforce his position in the overall standings. He was followed in by teammates Alistair Rhodes Dawson in 77th with Dave Collins rounding off a busy week in 108th.

Ali Richards used her local Lakeland knowledge to good advantage on the way to crossing the line as 11th lady, just a few seconds over the 2 hour mark, with Kath Brierley and Claire Duffield not far behind to sustain the Ladies team's strong showing in this year's championships.

The previous weekend had seen 16 Harriers make a shorter trip for the Oakworth Haul. This 6 mile race, held in conjunction with the Oakworth Gala, was the latest instalment in the club's own fell championship.

Despite some tricky navigational challenges, Dave Collins put in a strong performance to take first in the V50 category and 5th place overall, pursued home in 9th, and 2nd V50, by Martin Roberts and Simon Galloway in 13th place.

Kath Brierley was first Todmorden lady in 25th place and winner of the LV40 category, with Mel Blackhurst taking 2nd place in the same category. The club's sizeable prize haul was added to further by Derek Clutterbuck, first V70, and Ian Stansfield, first V60.

On Wednesday a handful of Harriers joined the near 100 strong field for the Calder Valley Fell Runners organised race at Widdop. The tough 7 mile tussock littered moorland route takes in over 1200 feet of climbing. Dave Collins was once again first Todmorden man home in 19th place overall with Elise Milnes coming in first Todmorden lady in unseasonably unpleasant conditions for the time of year.

Tod News 31/07/08 (Turnslack/Moonraker 10k/Chernobyl 10k/Moors the Merrier/Oxenhope)

With no major Championship races last weekend, many Todmorden Harriers took the opportunity to have a break from racing whilst others found alternative ways of enjoying the sunshine.

There was no slacking off, however, for the three Harriers who competed in the Turnslack Fell Race near Summit on Saturday. This tough 8 mile course features over 2000 feet of ascent and is considered one of the most testing of the local fell races with several streams, stiles and bogs to negotiate. Starting from Calderbrook Church the race climbed up Turn Slack Hill before making its way across open moorland to reach Freeholds Top. The return route descended via Ramsden Wood Reservoir before taking in a couple of steep climbs over Ramsden Hill and Noon Hill, at times requiring runners to resort to scrambling up the grassy inclines on all fours. The day was made even more challenging by the hot sunny weather which may have accounted for a smaller than normal field of just 65 runners, who were rewarded at the finish with a refreshing cold hose down. One man who revelled in the heat was Salford International runner John Brown who came home in 63:24, nearly 7 minutes ahead of second placed Karl Grey of Calder Valley.

Todmorden's Andy McFie put in an excellent run to finish in 12th place overall and 4th V40 in a time of 81:02. He was followed in by Mick Craven who put in a solid performance with a strong finish that pushed him up the field to 33rd in 90:26, ahead of Richard Butterwick in 39th.

The following day a trio of Todmorden runners travelled to Middleton for the Moonraker 10k which attracted a field of 188 runners. In a race won by Ian Grimes of Newham & Essex Beagle, Bohuslav Barlow was first local man home in 102nd place in a time of 50:01. He was followed in by newcomer Carl Heald competing in his first road race in 132nd and Ian Stansfield in 178th.

Meanwhile, Eric Emerson completed the Chernobyl 10k at Preston in a creditable time of 43:32 to finish 66th out of 310 finishers.

At Mytholmroyd several Harriers took on an endurance test in the 'Moors the Merrier' challenge. Organised by the Long Distance Walkers Association entrants had the option of walking or running either along route of 27 miles, or a 'short' option of 21 miles. Starting from the Community Centre, both routes took participants around the moors above Mytholmroyd and Hebden Bridge. Whilst Elise Milne, Graham Milnes and Rachel Lockley took on the shorter route, itself a major undertaking, Colin Duffield battled against the difficult conditions to complete the long route in 5 hours 57 and finish in 8th place.

The previous Saturday had seen another trio take on the Oxenhope Village Fete Race. The scenic 3 mile route followed a wet circuit around the village and nearby reservoir. Martin Roberts had a fine run crossing the line in 3rd place just 13 seconds behind the winner and also took the first local male award. Sue Roberts won the corresponding prize as first local lady finisher. The third Todmorden runner was Ian Stansfield in 20th place overall and first V60.

Tod News 07/08/08 (Borrowdale/Cliviger 6)

Todmorden Harriers joined the elite field of 460 fell runners that gathered on Saturday for the Borrowdale Fell Race, a counter for both the British and English Fell Running Championships.



The 17 mile race starts and finishes at Rosthwaite taking competitors up 6500ft of total ascent over some of the hardest Lakeland terrain including Bessyboot, Great Gable, Dale Head and England's highest mountain Scafell Pike whose rocky summit was treacherously wet underfoot.

Weather conditions were relatively good for much of the route but low cloud made navigation difficult with even some of Britain's top fell runners struggling to find their way. Rob Jebb had led the race until Great Gable but after losing considerable time on the descent allowed Simon Booth from Borrowdale Fell Runners to take the win for a record 10th occasion in 2.49.50. This added challenge also led to a high number of retirements from the race with nearly a tenth of the starters not completing the full distance, making the Todmorden performances all the more creditable.

Triumphing against the hard going in 39th place was Todmorden's first man home, Jon Wright. He was followed in by team mates Alistair Rhodes-Dawson in 127th and just a few minutes further back by Chris Smale, and Phil Hodgson who along with Dave Collins and Mick Craven contributed to the V50 team finishing in an exceptional 5th place.

For the ladies Chris Preston was first over the line. After warming up on Tuesday with the 6.5 mile Whalley Nab Trail race, she completed the testing Borrowdale course with an excellent placing as 32nd lady. Jane Leonard continued a fine season finishing as 41st lady.

Closer to home it was the roads of Cliviger that tempted four Harriers to pull on their running shoes on Sunday morning for the 30th Cliviger Recreation and Community Association's 6 mile race. Starting at Mount Lane Sports Field the hilly route travelled via Red Lees Road towards Burnley before crossing Towneley Park and returning to the start via the main Todmorden road and a tough final climb up Red Lees.

First of the 115 runners completing the course in the warm conditions was Marc Hartley for Staffordshire Moorlands AC in 33:22. Finishing in 98th overall and as first female V50 was Myra Wells in 55:06, ahead of Katie Jukes who was competing in her first race for the Todmorden club. A previous finisher of the New York Marathon, Katie completed the shorter distance in 57:07. For the men, Richard Butterwick was first Harrier home in 27th place, in a time of 40:02, followed in by Kevin Coughlan in 45:43 and 59th place.

Tod News 14/08/08 (Crow Hill/Golf Ball/ EC Update)

Many Todmorden Harriers turned out to assist race organiser Clive Greateorex for the Crow Hill fell race at Mytholmroyd last Tuesday. With no let up in the heavy rain all evening it was probably a more attractive proposition to be running rather than marshalling the course. The 5 mile race which is a favourite with many runners climbs up from Mytholmroyd to Crow Hill, with a total ascent of 1000 feet, before returning to the finish with a steep descent back through the woods. It was no surprise that local runners excelled in the increasingly all too common poor conditions for this summer, with Calder Valley's Karl Grey eventually triumphing over Todmorden's Chris Smale. Harriers' Chairman Mandy Goth, who is more usually seen competing in long and ultra races, completed the short course in 57th place with Dave O'Neill hot on her heels in 58th. Afterwards at race HQ in Mytholmroyd Community Centre, Clive thanked all the helpers.

The following night a pair of Harriers took part in Rossendale Harrier's Golf Ball fell race, named after the distinctive landmark structure passed on route. The 140 runners were led in by Andy Buttery from the host club. Simon Galloway had a strong run for Todmorden to finish in 44th place with Jeremy Godden in 82nd.

With just one race to go in the English Fell Running Championships the Todmorden club are once again well placed in several categories and may yet have their best showing. The Ladies team lie in 4th place, with some good individual standings, including Ali Richards in 23rd position overall and Chris Preston in 36th. Jane Leonard is currently in 3rd place in the Ladies V50 category.

Chris Smale is also holding 3rd place in the men's V40 class. The men's V50 team are also having a good season and are currently ranked in 6th place.

This year's Championships will close with a short steep race at Dufton at the end of this month.

Tod News 21/08/08 (Lakeland 100 & 50/Sedburgh Hills/Worsthorne Moor/Pilgrim's Cross)

Todmorden Harriers sent representatives to take part in the Lakeland 100 and the Lakeland 50, a pair of ultra long distance running challenges that are sure to become landmark events in the future.

This was the inaugural running of this event and attracted 30 competitors for the 100 miler and 41 competitors for the 50 miler. It certainly lived up to the expected reputation of being the toughest race in Britain. Although it follows tracks and paths for the entire route these are often very rough and rocky. The combination of rough terrain, exacerbated by torrential rain during Saturday which made many of the paths more like rivers, navigational skills required, night running and 24,000 feet of ascent/descent added up to a gruelling test of strength and endurance.

Only 11 competitors finished the Lakeland 100 race, which was won by Steve Birkenshaw who led from the start and amazingly achieved his objective of getting under 24 hours. His phenomenal time of 23 hrs 40 mins will take some beating. Nick Gracie and Warren Bates came in joint second in 27hrs 03mins. Todmorden Harriers, Ozzie Kershaw and Phil Hodgson, had an impressive run to come in joint sixth in 29hrs 44mins.

Most of the competitors completed the Lakeland 50 despite the tough conditions. The race was won by Gerrard Moore and Phillip Pearson in 12hrs 3mins, an outstanding time in such bad weather. Over an hour separated them from the next group of 4 runners who came in together in joint third. Todmorden Harriers, Richard Leonard and Rhys Watkins were the next runners home, putting in a great performance to win the team prize in a time of 14hrs 35mins.

A pair of Harriers travelled to the Howgills on Sunday for the Sedburgh Hills Fell race, a 14 mile circuit that takes in 6000 feet of ascent with several climbs including the highest point, the Calf, and visits the impressive Black Force waterfall. Despite suffering shoe problems, Alistair-Rhodes Dawson managed to hold on for 23rd place in a time of 2 hours and 40 minutes. Kath Brierley had to contend with the mist and drizzle that came along as she finished around an hour later.

Closer to home, also on Sunday, several Todmorden runners tackled the local Worsthorne Moor Fell Race. In the ladies race, Elise Milnes finished in 17th place with a time of 61:03, pursued two minutes later by Rachel Lockley in 20th. In the Men's race it was just as close with Graham Milnes, in 91st, edging out Derek Clutterbuck in 95th and Ian Stansfield in 97th.

The previous Wednesday Chris Smale was the lone Harrier to contest the Pilgrim's Cross Fell Race. In a highly competitive field, Chris comfortably took the honours in the V40 category, finishing just over a minute behind the overall winner, Michael Corbishley from Rossendale.

Tod News 28/08/08 (Whittle Pike/Norland Moor)

Whittle Pike was the destination on a wet Wednesday evening for the 20 Harriers who joined a record field of 170 runners at Cowpe for the 4½ mile fell race. The course, which has previously hosted the English Championships, is reputed to have no flat sections and features several climbs and steep descents which were made even more treacherous by the muddy conditions underfoot.

The heavy downpour that greeted the start did nothing to dampen the pace, or the spirits, as the race started with a rapid dash up a ½ mile road section before climbing sharply into the fells. John Brown of Salford led an elite group up to the high point at Whittle Pike which was lost in cloud, with Todmorden's Andrew Wrench and Chris Smale in close attendance. On the descent though, it was Pudsey's Gary Devine who held his nerve on the severe ground and finished nearly a minute ahead of Brown in a time of 41:57. Andrew Wrench crossed the line in 3rd place with Chris Smale 7th. Sean Carey continued his progress in senior races and won the U16 category, finishing 11th overall. In the team standings Todmorden narrowly missed out to Rossendale.

First Todmorden lady to finish was Kath Brierley whose lightening descent was rewarded with 2nd in the LV45 category and 7th lady overall. She was followed in by Mel Blackhurst, who won the LV40 prize, and Helen Hodgkinson which resulted in a 3rd place for the ladies team. Prior to the main event, several junior races were held which whilst run over shorter distances were just as testing. Todmorden's Jack Crummet again showed good promise and ran an excellent race to win the U10 race.

Improved weather was welcomed on Sunday for the seven mile Norland Moor Trail Race, as many Harriers completed a double for the week. The varied terrain course started with a lap of the Old Rishworthians rugby pitch before it climbed stiffly up through woodland and along a bridleway. A short road section then led onto a loop around Norland Moor. This was followed by a stony descent down to and across the River Calder and ended with a fast flat finish that returned the runners to the rugby field. Andi Jones of Salford won the race in a new record time of 40:28, five minutes ahead of his nearest rivals. Nick Barber led the Todmorden contingent home in 13th place in a time of 51:03, having gained several places in the latter stages. Kath Brierley was again first Todmorden lady with another dazzling descent that landed her the LV45 prize.



Tod News 4/09/08 (Dufton/Blackshaw Head)

The final English Championship fell race on Saturday at Dufton saw some excellent performances from Todmorden runners, particularly from the ladies team. With the race also being a counter for the British championships it was a very select field that took on the 5 mile course in good conditions, from the agricultural show field.

The ladies' race was won by Natalie White of Bingley Harriers in a time of 35:56. First Todmorden lady was Ali Richards in 26th place; rapidly followed over the line by Claire Duffield in 28th and Kath Brierley in 33rd. Chris Preston finished as 2nd lady V40 and 41st overall.

The men's race was won by John Heneghan of Pudsey & Bramley in 28:55, a time many runners would be happy with on the flat, but with 1500 feet of steep ascent and descent squeezed in between it was an impressively fast pace. Not far behind was the first Todmorden man home, Chris Smale, who rounded off an excellent showing in this year's championship with another solid run.

Closer to home, many Harriers were either involved in the organisation of, or took part in, the Blackshaw Head Fete Fell Race. Whilst the fete itself suffered from a waterlogged field, it did nothing to deter the 64 runners that lined up for the 5½ mile course. The leading group of five runners that included both Sean Carey and Nick Barber in contention for the win took a wrong path mid way through the race and lost valuable time. Unfortunately, too much time and effort had been lost and despite strenuous attempts they were unable to regain the front of the race. Local resident Greg Elwell running in the colours of Halifax Harriers triumphed in 43:04.

First Todmorden Harrier to finish was Nick Barber who recovered back to 8th place just over a minute behind the winner. With top future prospects Sean Carey in 12th and Matt Crowley in 18th not far behind, they narrowly landed Todmorden the award of first team ahead of neighbours Calder Valley. Sean added to this season's growing credits as he pipped his club mate to the U18 prize which was some consolation for the lost places in the overall placing.

First lady home was Todmorden based, but unattached runner, Lauren Jeska in 49:35. The first Harrier lady was Paula Haworth, who along with Sarah Moss and Rachel Allen combined to take the honours as first ladies team.

Tod News 11/09/08 (Stainland 7/Leeds Half Marathon/Ben Nevis/Grisedale Horseshoe/Helvellyn Tri)

The latest chapter of Todmorden Harrier's road championship was contested over Stainland Lions' tough undulating 7 mile course on Sunday. After a fast downhill start the route climbed steadily upwards to Barkisland before three steep hills in the last couple of miles tested runners' stamina to the limit. The race was won by Ben Mounsey of the host club in 41:34. After Richard Butterwick had led the Todmorden contingent round, Paul Brannigan made a supreme push on the final steep rise to take the honours as first Todmorden finisher. The event's unofficial reputation as a 'fell race on the roads' even persuaded Jeremy Godden into his first road race and he was rewarded by breaking the hour mark.



However, it was the ladies who walked away with armfuls of prizes. Claire Duffield transferred her recent excellent fell performances to the road as she finished as 3rd lady overall. Mel Blackhurst followed her in as 4th lady, and 1st V40, and together with Elise Milnes Todmorden took the ladies team prize. Moyra Parfitt added another V60 win to round off a very successful outing.

Sunday also saw three Harriers tackle the roads of Leeds for the reprieved half marathon. First Todmorden runner home was Nick Barber in an excellent time of 1 hour 21 minutes with Rachel Lockley and Katie Jukes also completing the course.

On Saturday, several Harriers were in sunny Scotland tackling the Ben Nevis race that attracted a quality international field, as it was also part of the World Sky Running Championship. In pleasantly warm dry conditions, 450 runners set off to the strains of a traditional pipe band straight up to the top of Britain's highest peak before the tortuous descent back down to Fort William. Spaniard Agusti Roc won the prestigious race by just 13 seconds ahead of Bingley's Rob Jebb who had led for nearly all the race. Todmorden's Andrew Wrench and Jon Wright did the club proud finishing in 23rd and 24th places respectively with just 11 seconds separating them after a close battle throughout. Andrew Horsfall was third Todmorden runner to finish, squeezing home under the 2 hour mark.

Less comfortable weather was experienced in the Lake District on Saturday for the Grisedale Horseshoe at Glenridding. The normal 10 mile route, with over 5000 feet of ascent, had to be extended by a mile due to a swollen river and 78 runners braved the gale force winds and poor visibility. Amongst them Todmorden runner Ali Richards navigated brilliantly through the wet conditions to finish an exceptional 2nd lady. Kath Brierley and Sue Roberts finished together enabling the ladies to secure the team prize. James Riley was the sole Todmorden male entrant with a quality performance that was close to matching his previous best time, despite the extra distance.

Proving that variety is the spice of the club, three Todmorden Harriers were amongst the 500 who managed to complete the Helvellyn Triathlon on Sunday. Justifiably ranked as one of the toughest triathlons in the country the event held no fear for the local trio that took on the multi-disciplinary endurance challenge. Starting with a mile swim in the ever cold Ullswater, competitors then transferred to their bikes for a hard 38 mile ride including a steep climb out of Ambleside over Kirkstone Pass that would not be out of place on the Tour de France, before a 9 mile fell run over the summit of Helvellyn. Simon Anderton, competing in this event for Rochdale Tri, finished in 177th in 4 hours 7 minutes. Just 3 minutes behind was Sarah Warburton, continuing her superb development in the sport, in 199th overall and after taking several places on the run finished as 10th female. Simon Galloway was the third Todmorden finisher a further 5 minutes back in 233rd.

Tod News 18/09/08 (Yorkshire Man Full & Half Marathon/ Langdale Half Marathon)

Many Todmorden Harriers made a short trip to Haworth but for a long race on Sunday. The Yorkshireman off-road marathon and half marathon were both held on Sunday on exceptionally muddy terrain. The full event covers the traditional 26 mile distance but with the added challenge of over 3000 feet of ascent including an uphill finish to the top of the cobbled main street. The half distance is a longer half and included over 1750 feet of ascent. Provisional results indicated that Nick Barber and Ben Crowther were first Todmorden runners to finish the full marathon in an excellent time of 4 hours 18 minutes closely followed by Derek Donohue. Afterwards runners were able to relax and enjoy the traditional Morris Dancing entertainment in Haworth but resisted the temptation to join in.

Six Harriers travelled to the Lake District for the 20th anniversary of the Great Langdale Half Marathon which attracted 450 runners including Ron Hill MBE and runners from as far away as South Africa. Billed as Britain's most scenic road race, the circular route travelled the hilly roads of the Langdale Valley and featured several steep climbs. The weather was kind and after a sunny start, much of the race was run in ideal dry cloudy conditions. This event was also paired with a full marathon, consisting of two laps of the course, but the Todmorden entrants limited themselves to the single lap which counted towards the club's road championship. The race was comfortably won by Paul Muller of Horwich RMI Harriers in 1:17:50 nearly 5 minutes ahead of the next competitor.

First Todmorden runner was Richard Butterwick followed by Mel Blackhurst, running the course for the 4th consecutive year and beating her previous best time by 4 minutes. Ian Stansfield celebrated his 65th birthday, wearing race number 65.

Tod News 25/09/08 (Good Shepherd/ Brown Wardle Hill)

Good weather greeted the 90 runners for the Good Shepherd Classic Fell Race on Saturday. The 15 mile race which finished at the Church of the Good Shepherd in Mytholmroyd raised funds for the Rainbow House orphanage in Poland. The route started at Dauber Bridge and climbed directly up to Stoodley Pike before dropping down to Withens Clough reservoir. A wild moorland loop was then followed taking the runners past the Cloven Stone and along Warland drain before descending to London Road. A second steep climb up to Stoodley Pike was followed by a descent to Cragg Vale before the last section past Robin Hood Rocks to reach the finish.

The race was comfortably won by James Logue of Horwich RMI in just over 2 hours. First finisher of nine Todmorden runners was Dave Collins in 13th place overall and winner of the Vet 50 category. He was followed in by Ben Crowther in 20th and Peter Bowles in 39th. First Todmorden lady, and 6th lady overall, was Mel Blackhurst with Moyra Parfitt completing the course as 1st Lady Vet 60.

On Tuesday five Harriers joined a field of 63 to celebrate prolific race organiser Andy O'Sullivan's 25th anniversary race at Brown Wardle Hill. The 5 mile scenic course was run over varied terrain of road, trail and fell including a climb up Brown Wardle Hill. Rossendale's Andy Buttery won the race in a time of 32:10. Martin Roberts finished first Harrier in 11th place narrowly edging out team mate James Riley. Phil Hodgson came in 24th with Jeremy Godden in 32nd. Sole Todmorden lady entrant was Mandy Goth in 54th.

Elsewhere at the weekend, Todmorden Harriers were spread wide and far with Lucy Hobbs finishing 53rd of 174 runners and an excellent 5th woman at the Kirkstall Valley trail race in Leeds. Ian Stansfield tackled the Boggart Chase 10k and Peter Ehrhardt completed the Pennington Flash 5 Mile Trail Race.

Tod News 2/10/08 (Ron Hill 70th/ Three Shires/ Whernside/ Thieveley Pike)

Running legend Ron Hill was joined by around 500 other runners in celebrating his 70th birthday with a 5k race in Littleborough on Thursday evening. Whilst he maintained his remarkable record of taking a daily run for the past 44 years he was unable to claim to be the oldest runner in the race, with over 10 others more senior taking part including Todmorden Harriers Derek Clutterbuck and John Newby.

After a short delay whilst a live TV interview with Ron was carried out by BBC local news, the start was broadcast live giving runners the added challenge of dodging the camera crew on the crowded starting straight.

A fast and furious penultimate race in Todmorden Harriers road championship developed as Duncan Ritchie turned up the heat on Richard Butterwick, who currently heads the standings, to ensure that the title will not be decided until the final counter in November.

In the quest to be ladies road champion, Claire Duffield applied similar pressure upon current leader Mel Blackhurst to close the gap at the top, although the honour of first Todmorden lady on the night went to Kath Brierley with a sensational sprint finish.

In the club's fell championship races are coming thick and fast with last weekend's Whernside race being preceded the week before with the Three Shires fell race. The championship will reach its climax with the Bronte Way Fell race next weekend at Haworth.

Andrew Wrench is putting in a strong late challenge to try to dislodge English Championship Bronze Medallist Chris Smale from the top spot. Long time ladies leader Kath Brierley has also come under some recent late pressure from Ali Richards and the destiny of both titles will go to the wire.

In the Three Shires race, the Harriers had an excellent showing with two runners, Jon Wright and Andrew Wrench, placing in the top ten of a 300 plus field. Ali Richards also put in an excellent performance to finish 8th lady.

The modern Lakeland Classic, which was celebrating its 25th anniversary, takes in a 12mile route from Little Langdale over Wetherlam, Pike O'Blisco and Lingmoor with over 4000ft of ascent.

Although some mist was encountered on the summits early on, the sun shone brightly as the race unfolded. However, wet conditions persisted underfoot as even the recent dry spell had not been enough to mask the effects of the exceptionally wet summer that had nearly forced the cancellation of the event.

After a close race Ricky Lightfoot of Ellenborough was the overall winner in just under 2 hours. Not far behind was first Todmorden man Jon Wright who finished in 6th place edging out team mate Andrew Wrench. Alistair Rhodes-Dawson completed another solid run in 26th place to earn the Todmorden team 3rd place.

Starting and finishing at the village of Dent in the Yorkshire Dales, the Whernside Fell Race was another tough 12 mile test with Andrew Wrench leading in the Todmorden runners in 6th place.

Closer to home on Saturday, the Thieveley Pike Fell Race attracted almost 100 entrants to its short steep 4 mile course that climbed up from Holme Chapel in Cliviger. Calder Valley runners Ben Mounsey and Shaun Godsman held a clear lead from team mate Alex Whitem throughout before Mounsey managed to open up a small gap at the finish to take the win.

A late decision to switch from the junior race to the senior course proved profitable for Todmorden's Sean Carey, who despite making the wrong footwear choice, was still able to finish in 11th place overall and first U16. Matt Crowley also switched to the senior race and finished 2nd U16 and 40th overall. Jane Leonard finished 2nd lady, and 1st LV50, after holding off a strong challenge from Rossendale's Karen Taylor throughout the race. The ladies race was won by Sharon Godsman of Calder Valley.



Contributions

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

We would especially like any photos

I know there's lots of you out there doing all sorts of interesting things - please please write about it

Cheers

Mandy

Welcome to New Members

Rachel Allen

Phil Cook

Lauren Butler

Victorious Toddie in Ireland's Burgeoning Hill Running Sport

summer. <http://www.imra.ie/events/>

Young whipper snapper Ben Crowther claimed 7th Place in last Sundays series of 6 Munster challenge Races held in Ireland this Bar Na Stuichie, is a short sharp ascent of a race, followed by a mile of bog then fast decent through deep gully cuts in a field, or vertical sorts, full of neck high rushes, so if you don't jump quick your down the bottom of them, then you do a lap of the same route. This brought home to me the plight of Irish Runners who do not benefit from the great access we have in this country and home much the Celtic Tiger has missed out on a few good land access reform laws. We have such superb access, and this being an effective county championship, was only attended by 28 people, four juniors that only did one lap. The Race is allowed as the landowner is a runner, - Mr Shaun Toomey (a lovely native



Gaelic speaker of exquisite politeness) who won, beating the erstwhile Tod Harriers Hanger-on-ner – Mr J.I. Logue to second place, on his First Vet 40 Race (he being born that day) and his First Irish Mountain Running Association Race ever – mine also. About seven miles is the course, on two laps, great prizes of Munster Challenge T's and the likes of scissors, screw and plug set and three of the finest Tea Urns you ever did see.

I hope Ireland can encourage political change to allow access to its beautiful land. It's a country benighted by its past as a authoritarian-ly ruled and subjugated state with many of the land owners hanging on to the old traditions of 'git orf moi laaaaannnd!' when the whole country could benefit in health and wealth by a change in attitude to access and 'Hill, or Mountain Running' as they called they quaintly called the fine fell running sport. I move you to petition the Irish government to open access to land like we have in this country and encourage our Celtic cousins on to the hills!

Ben

This year's "**Calder Valley Winter Score Event**" will be on **Sunday 23rd November**, from: Trough Farm, Stocks Lane, Luddenden HX2 6SR. (SE046269)

All Tod Harriers are welcome.

As usual you will have 3 hours to get to as many checkpoints as possible, in any order, and then back to the house. Back at Trough Farm there will be hot food for when you finish, and prizes for the winners.

For safety, you must carry full waterproofs, as well as full body cover of clothing and a whistle and compass. It will cost £5 (which covers the food and the pre-marked map that you'll be given when you start) and you can start at any time between 09:30 and 10:30 - everyone starts at a different time. Under 18's have to run with a senior.

Please let me know beforehand if you are intending to take part, so that we know how many maps and how much food to do.

Cheers, Bill Johnson watchcave@hotmail.com

Running Injuries Survey

Thanks to all those who filled their survey in. I have passed them onto Jenny.

You can ring her on 07815 917746 for your free ½ hour massage. Anyone not passed them back or wants to fill one in then see me - Mandy

3 Peaks Cyclo Cross 2008 or up and down Pen y Ghent on a fixed gear bike



Let me tell you about 3 Peaks 2008 whilst I'm still buzzing. Firstly, I'm not the first Toddy to do the 3 Peaks.. to my knowledge Alan Mellor did it once, Simon has done it once, I did it 2 years ago and there may be others ? I believe this is the first Torrier report..

This year all the riders were lumped together in one start with 500 bikes bombing up the road 4 abreast through Horton in Ribblesdale before a left turn to start the climb of Ingleborough. A steep carry up the grassy face and a really enjoyable flat section across the moor before peaking out on the Summit.

Warm sunny conditions for the race and a fast descent off the grassy far side of Ingleborough. Things were going well and I felt in good shape. So to Ingleton on the downhill road section and onto the Hill Inn to start the steep carry up Whernside. Descending off Whernside I hit the stone setts which I had assured Simon in the car on the way up "is definitely rideable"

I hit the series of very large steps which I negotiated successfully i.e I stayed on and called to a spectator "remind me not to ride that bit again" A second set of steps brought a flyer over the handlebars and a smallish distance down the hillside. "Are you o.k?", "Yep", followed by "that was pretty impressive"

A bit further down the track I had a coming together of derailleur and spokes causing the rear wheel to lock and making a big mash of my gears. With the help of a passing walker we reseated the back wheel and bent the derailleur back into position and after 10 minutes I was off again. So another few miles along the track and it was down to Ribblesdale for a pittance stop and to pick up some more rations.

Even with my stop I was pleased with my progress and heading out on the road back to Horton was making good time. Whallop ! the second coming together of spokes and derailleur was fatal, for the bike at least. As I stood by the roadside spectator Steve Brandwood caught me on his bike and then Simon's van shortly after that with Mandy in it who had blagged a lift. "It's over. Unless I can find another bike". Queue a rustling of activity from the back of the van. I had my fixed gear roadbike in the back with road tyres as smooth as Duncan Goodhew's slap which Simon had been having a go on. I could use that until I get to Pen Y Ghent café ! and then..? the plan didn't extend that far yet.

At Pen Y Ghent café I asked an official if I could continue on the fixed gear for the last climb up Pen Y Ghent. Technically I thought it was probably outside the rules as Cyclo Cross bikes are of a certain geometry and you're not allowed anything namby pamby or god forbid useful, like suspension for example. He gave me a look like "What are you crazy", said it's up to you and I was off.

Mandy had kindly offered me the use of her shiny road bike 'for the road section' but was clearly not daft enough to let me use it for the off-road stuff.

Let me explain what a fixed gear bike is. You have one big gear, there is no freewheeling but you *have* got brakes. So on the way up a hill you have one big gear and your shoes are clipped into the pedals. And now a thought experiment... take a hill completely at random (say Pen Y Ghent) Clip a dummy onto a bike and point him down the hill and sever the brake cables. I calculate that the rotation speed of the pedals by the time said dummy reaches the bottom to be exactly 1 million r.p.m !

Anyway Pen Y Ghent came and went and then onto the road to the finish at Helwith Bridge. Bearing in mind my reluctance to draw attention to myself or the 'road' bike in case I got disqualified. Roger Ingham, M.C, professional Yorkshireman and the only bloke in Britain who doesn't need a tannoy. The Public Address boomed "and here comes Mark Anderton from Todmorden Harriers and he's just ridden up Pen Y Ghent on a Fixed gear bike"

Finishing in 5 hours ten I was pleased with my ride. A quick photo by Parky and I was off.

I would certainly recommend the 3 Peaks for the Sporting amongst you (of which there are many) and a spare Cross bike is useful. Cheers for the support !

Mark Anderton.



Lancaster & Morecambe Race Series 2008

All main races start at 11.00 a.m.

Race Series Entry fee: £25 Attached, £33 Unattached

2 mile fun run at each race (excluding Golden Ball 5 km)

Fun runs start at 11.15 a.m. £2 entry fee

Golden Ball 5 km

11th May 2008

£4 Attached, £6 Unattached

Venue: Golden Ball Pub, Snatchems

Morecambe 10 km

8th June 2008

£6 Attached, £8 Unattached

Venue: Station Pub, Morecambe

Wagon & Horses 10 mile

3rd August 2008

£7 Attached, £9 Unattached

Venue: Wagon & Horses Inn, Lancaster

Lancaster Half-Marathon

9th November 2008

£9 Attached, £11 Unattached

Venue: Salt Ayre Leisure Centre

★ All races under UK Athletics Rules ★ Generous donations to local charities ★

★ Race Series t-shirt to those competing in all four races ★

★ Awards for all finishers in all events ★

★ Prizes for each event: First 5 Men, First 5 Women, First Vet in each category ★

★ All races £1 extra on the day ★

----- Please tick the races you are entering and detach here -----

LANCASTER & MORECAMBE RACE SERIES 2008

5 km <input type="checkbox"/>	10 km <input type="checkbox"/>	Fun run (8th Jun) <input type="checkbox"/>	10 mile <input type="checkbox"/>	Fun run (3rd Aug) <input type="checkbox"/>	Half-Marathon <input type="checkbox"/>	Fun run (9th Nov) <input type="checkbox"/>
OFFICE USE ONLY	OFFICE USE ONLY	OFFICE USE ONLY	OFFICE USE ONLY	OFFICE USE ONLY	OFFICE USE ONLY	OFFICE USE ONLY

Surname:..... Address:.....

First Name:.....

Date of Birth:.....

Age on Race Day:..... Gender: M ☐ F ☐ Postcode:.....

UKA Affiliated Club:..... Telephone:.....

T-Shirt Size: S ☐ M ☐ L ☐ XL ☐ e-mail:.....

I declare that I am an amateur as defined by UK Athletics Rules. I certify that I am fit to run and understand that the organisers will in no way be held responsible for any injury or illness to myself or for the loss or damage to my property during the event.

Signed:..... Date:.....

Entries to: W. Gardner, 58 Sibsey Street, Lancaster, LA1 5DF. Telephone: 01524 60537
Cheques payable to: **Race Series**. Please enclose a S.A.E 9"x6" for race number and race information.
Please ensure you have enclosed the correct fee.
Closing date one week prior to race date.