



TORRIER

SEPT 08



Todmorden Harriers 30th Anniversary Run Before



.....and after

Don't forget

Our next club race is this Saturday (30th Aug) at the Blackshawhead Fete at 2pm. All support welcome

Stop Press

**We have replaced the Burnley Fire Station 7 with the Stainland 7
Full details inside**

Whats On

Pack Runs Wednesday's 6.45pm start This month only

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

Interval/ Speed Work Tuesdays at 6.30pm AT TODMORDEN HIGH SCHOOL

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

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

—all abilities welcome.

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 write about it

Cheers
Mandy

TEAM CAPTAINS WANTED FOR IAN HODGSON RELAY

Sun 5th October
We have two teams entered an A and ladies/mixed

FRA RELAYS

Sun 19th Oct
We hope to have three teams A, Vets and Ladies

Anyone willing/ able please contact
Mandy 01422 844936 or Derek
01422 842510

Welcome to New Members

**David Baldaro
Carl Heald**

JUNIOR TRAINING

Will re-open Tuesday 16th September

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

Please note change of day

Todmorden Harriers 30th Anniversary

a few photos



Alice Heath



Katy Moore



Ian Stansfield



Sarah Warburton



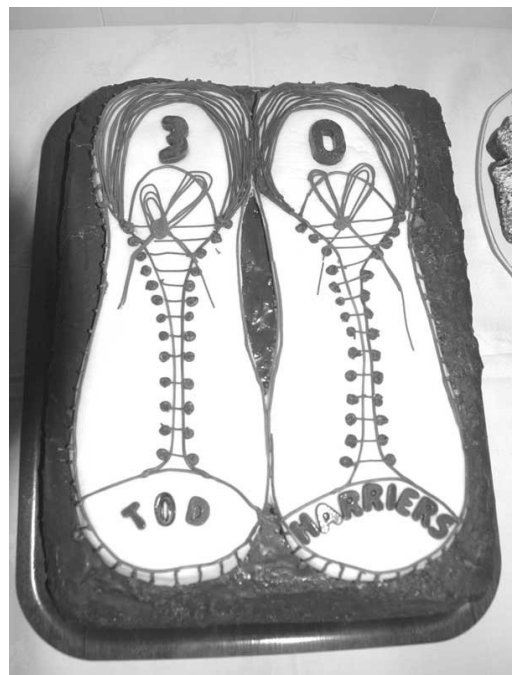
Moyra Parfitt



Myra Wells



Runners arriving at Walsden Colin Duffield & Andy McFie closely followed by Helen Hodgkinson



The Cake

Article to follow in next edition

Make your Autumn a Grand Prix occasion

The evenings may be getting darker (boo hiss) but there's still plenty of life left in this year's Club championships, with nine Grand Prix races remaining to tackle between September and the start of November. Don't forget that the Tod website carries fully updated points tables for the road and fell championships and for the handicapped Grand Prix itself. If you're not sure of the rules, ask someone who looks knowledgeable at a Wednesday pack run.

The Dufton fell race, the last English championship counter, is on August 30th but sadly entries closed at the end of July so let's start with a nice short 5K road race, the Ron Hill Birthday on Tuesday September 2nd, starting just down the road at the Falcon inn in Littleborough. The entry form is attached – be warned that organiser Andy O'Sullivan is claiming that entries on the day will not be accepted.

Already full but we have a couple of spare numbers anyone wanting to run see Mandy

SUNDAY SEPT 7TH STAINLAND 7 (see below)

Sun Sep 14th is the date for the Langdale Half marathon, a tough road race given the topography but a firm favourite with many in the club. Entries need to be in by September 1st, and if you turn up on the day you'll only be able to enter the fun run, which may be fun but which won't gain you any of the coveted GP points. Lots of pretty Lakeland scenery to run past. Good training for winter road running.

Two fell races complete the picture for September. On Saturday Sep 20th you can return to the Lakes to compete in the Three Shires race, a 13m race with 4000' of climbing from the Three Shires inn in Little Langdale. This is the 25th anniversary race, and 'old' runners will be welcome. (We have plenty of them). Refreshingly, entry on the day only. If you haven't done the 3 Shires before and want more details, there's information on amblesideac.org.uk waiting for you.

September will end with another long fell race, this time 12.1m and 3000', and in the Yorkshire Dales rather than the Lakes for a change. The Whernside race starts from the village of Dent (so not the route up Whernside you may have done from the Three Peaks earlier in the year). This is an old race which is being resurrected this year – map of the route is available at <http://www.dentdale.com/whernsidefellrace.HTM>. Entry presumably possible on the day, since no booking information is readily available.

Details of races in October and November next time.

STOP PRESS

AS THERE IS A CLASH BETWEEN THE BRONTE WAY, THE BURNLEY FIRE STATION 7 AND THE IAN HODGSON RELAY IT HAS BEEN DECIDED TO REPLACE THE FIRE STATION 7 WITH THE STAINLAND 7 ON THE 7TH SEPTEMBER. (ENTRY FORM ENCLOSED)

RACE RESULTS

Kinder Trog 15/6/08

(1st 1.52.18; 2nd 1.53.35; 3rd 1.55.08)

		time	fell pts	GP pts
			104.	9
Andrew Wrench	M40	1.53.35	100.1	
Alistair Rhodes Dawson	M	2.09.23	87.9	87.9
Derek Donoghue	M45	2.21.41	80.2	89.2
Simon Anderton	M45	2.23.42	79.1	87.9
Andrew Bibby	M50	2.24.51	78.5	93.0
Phil Hodgson	M50	2.26.13	77.7	90.1
Simon Galloway	M40	2.27.16	77.2	82.5
Kath Brierley	F45	2.28.37	76.5	96.6
Mick Craven	M50	2.36.21	72.7	83.4
Jane Leonard	F50	2.40.33	70.8	93.0
Jeremy Godden	M45	2.44.11	69.2	77.7
Louise Abdy	F45	3.03.24	62.0	78.3
Mandy Goth	F45	3.10.54	59.5	75.2

Blackstone Edge 28/6/08

(1st 27.09; 2nd 27.15; 3rd 27.23)

		time	fell pts	GP
Chris Smale	M40	30.51	96.3	102.9
Alistair Rhodes Dawson	M	32.30	91.4	91.4
Andrew Horsfall	M40	33.58	87.5	92.6
Nick Barber	M	34.57	85.0	85.0
Dave Collins	M50	35.20	84.1	97.5
Simon Galloway	M40	36.13	82.0	87.7
Martin Roberts	M50	36.18	81.9	92.9
Andrew Bibby	M50	38.32	77.1	91.3
Jeremy Godden	M45	39.09	75.9	85.2
Claire Duffield	F35	40.02	74.2	82.1
Jane Leonard	F50	40.44	72.9	95.8
Sarah Warburton	F	41.28	71.7	79.3
Geoff Read	M45	42.14	70.4	79.0
Sue Roberts	F45	46.31	63.9	78.7
Helen Hodgkinson	F35	46.46	63.5	70.3
Moyra Parfitt	F60	46.59	63.2	101.2
Peter Ehrhardt	M60	47.51	62.1	80.9
Louise Abdy	F45	50.04	59.4	75.9
Dave O'Neill	M50	50.41	58.6	66.5

Helen Winsor 10k 2/7/08

(1st 35.39; 2nd 36.06; 3rd 36.29)

		time	road pts	GP pts
Richard Butterwick	M	40.51	88.3	88.3
Paul Brannigan	M40	41.35	86.8	91.9
Duncan Richie	M	42.05	85.7	85.7
Derek Donohue	M45	42.36	84.7	92.5
Deon Bamford	M40	42.47	84.3	89.4
Andrew Bibby	M50	43.54	82.2	94.2
Simom Galloway	M40	44.27	81.2	86.0
Lucy Hobbs	F35	45.04	80.1	91.3
Claire Duffield	F35	45.21	79.6	88.0
Sarah Glyde	F	45.24	79.5	87.9
Kath Brierley	F45	45.36	79.1	98.2
Kevin Coughlan	M45	45.58	78.5	85.1
Lisa Parsons	F40	47.03	76.7	89.9
Melanie Blackhurst	F40	47.11	76.5	91.3
Bev Wright	F35	48.26	74.5	84.9
Helen Hodgkinson	F35	48.42	74.1	82.0
Stephen Burnip	M50	49.47	72.5	82.4
Elise Milnes	F45	51.42	69.8	87.5
Peter Ehrhardt	M60	52.21	68.9	85.0
Mel Siddall	F45	52.36	68.6	84.3
Dave O'Neill	M50	54.43	65.9	73.1
Graham Milnes	M50	56.17	64.1	72.3
Myra Wells	F50	57.36	62.6	81.0
Hazel Chapman	F55	59.41	60.4	81.6
Barry Chapman	M60	1.02.48	57.4	70.9
Carla Williamson	F35	1.06.13	54.5	62.1
Ian Stansfield	M60	1.07.05	53.8	68.4
Jim Smith	M65	1.25.12	42.3	56.3

Oakworth

(1st 39.39; 2nd 40.15; 3rd 40.16)

Dave Collins	M50	41.33	96.4	111.7
Martin Roberts	M50	42.25	94.6	107.1
Simon Galloway	M40	43.33	92.0	98.3
James Riley	M	45.33	87.9	87.9
Andrew Bibby	M50	46.42	85.8	101.6
Kath Brierley	F45	46.47	85.5	108.2
Jeremy Godden	M45	48.27	82.7	92.8
Lucy Hobbs	F35	49.40	80.6	91.9
Richard O'Sullivan	M45	49.42	80.6	87.8
John Metcalf	M45	49.59	80.1	90.0
Mel Blackhurst	F40	50.07	79.9	96.1
Kevin Coughlan	M45	51.07	78.4	86.2
Steve Burnip	M50	55.48	71.8	84.1
Dave O'Neill	M50	1.03.58	62.6	71.0
Derek Clutterbuck	M75	1.08.16	58.7	94.4
Ian Stansfield	M65	1.21.33	49.1	66.5

RACE RESULTS

Kentmere 20/7/08

(1st 1.26.17; 2nd 1.26.40; 3rd 1.29.25)

					fell pts	GP pts
Chris Smale	M40	1	34	44	100.6	107.5
Alistair Rhodes Dawson	M	1	46	13	89.7	89.7
Dave Collins	M50	1	51	5	85.8	99.5
Nick Barber	M	1	55	2	82.9	82.9
Ben Crowther	M	1	58	50	80.2	80.2
Martin Roberts	M50	1	59	5	80.1	90.8
Paul Brannigan	M40	1	59	39	79.7	85.1
Alison Richards	F	2	0	35	79.1	87.5
Simon Galloway	M40	2	5	22	76.0	81.3
Kath Brierley	F45	2	6	48	75.2	95.0
Andrew Bibby	M50	2	8	21	74.3	88.0
Mick Craven	M50	2	10	8	73.3	84.0
Claire Duffield	F35	2	10	32	73.0	80.8
Jeremy Godden	M45	2	12	43	71.8	80.7
Mel Blackhurst	F40	2	14	19	71.0	85.4
Peter Ehrhardt	M60	2	27	21	64.7	84.3
Sue Roberts	F45	2	29	9	63.9	78.7
Helen Hodgkinson	F35	2	33	36	62.1	68.7

Norland 24/8/08

(1st 40.28; 2nd 45.29; 3rd 46.02)

							Pts	GP
Nick Barber	M		51	3			86.2	86.2
Richard Butterwick	M		53	26			82.3	82.3
Duncan Richie	M		55	10			79.7	79.7
Kevin Booth	M40		56	9			78.4	82.4
Phil Hodgson	M50		56	48			77.5	87.3
Kath Brierley	F45		57	0			77.2	95.8
Claire Duffield	F35		58	36			75.1	83.1
Jeremy Godden	M45		59	44			74.7	81.1
Kevin Coughlan	M45	1	3	20			69.5	75.3
Helen Hodgkinson	F35	1	6	25			66.2	73.3
Peter Ehrhardt	M60	1	6	56			66.7	81.1
Mel Siddall	F45	1	7	37			65.1	80.0
Stephen Burnip	M50	1	9	23			63.4	72.1
Myra Wells	F50	1	15	36			58.2	75.3
Mandy Goth	F45	1	16	13			58.7	72.4
Dave O'Neill	M50	1	17	36			57.7	62.9
Derek Clutterbuck	M75	1	20	54			54.4	80.5
Ian Stansfield	M60	1	33	52			47.9	59.6

Borrowdale 2/8/08

(1st 2.49.50; 2nd 2.53.56; 3rd 2.57.30)

					time	fell pts	GP pts
Jon Wright	M	3	26	53		91.5	91.5
Alistair Rhodes Dawson	M	3	53	59		80.9	80.9
Chris Smale	M40	3	57	17		79.8	85.3
Phil Hodgson	M50	3	57	38		79.7	92.4
Dave Collins	M50	4	7	16		76.6	88.8
Chris Preston	F40	4	34	39		69.0	82.9
John Preston	M40	4	39	50		67.7	72.3
Mick Craven	M50	4	40	5		67.6	77.5
James Riley	M	4	41	14		67.3	67.3
Jane Leonard	F50	4	45	50		66.3	87.0
Louise Abdy	F45	5	47	10		54.6	69.8
Mandy Goth	F45	5	47	10		54.6	69.8

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		23	4	32	25	18		14	21	13	12						
	average points		66.1	82.2	74.8	79.2	73.4		76.1	72.4	66.7	68.4	76.9		70.2	73.3	76.3	71.3						
1	Andrew Wrench	M40					98.5		97.7	95.9	91.6	98.5			93.2		100.1				7	675.5	Q	583.9
2	Chris Smale	M40			96.3		95.8		97.5		89.1		100.6			95.1		79.8			7	654.2	Q	574.4
3	Alistair Rhodes Dawson	M			91.4		87.0				84.9	87.0	89.7				87.9	80.9			7	608.8	Q	527.9
4	Dave Collins	M50	79.8		84.1	96.4	84.0		86.9				85.8			83.5		76.6			8	677.1	Q	520.7
5	Martin Roberts	M50			81.9	94.4			84.7		78.5		80.1			73.3					6	492.9	Q	492.9
6	Simon Galloway	M40	78.2	82.3	82.0	92.0	78.8						76.0				77.2				7	566.5	Q	489.3
7	Kath Brierley	F45	70.7			85.5	76.6		73.2				75.2		62.6	73.5	76.5				8	593.8	Q	460.5
8	Andrew Bibby	M50			77.1	85.8	74.2						74.3			69.6	78.5				6	459.5	Q	459.5
9	Jeremy Godden	M45		74.6	75.9	82.7			70.8	68.9	67.7	70.7	71.8				69.2				9	652.3	Q	445.0
10	Mick Craven	M50	72.9							73.0	69.2	76.0	73.3				72.7	67.6			7	504.7	Q	437.1
11	Claire Duffield	F35	72.7	79.9	74.2				72.2		70.1	74.5	73.0		62.2						8	578.8	Q	436.5
12	Christine Preston	F40	72.0						72.9		70.8				75.3	75.2		69.0			6	435.2	Q	435.2
13	Melanie Blackhurst	F40	68.7			79.9	70.8		63.1		57.3		71.0		67.0	66.4					8	544.2	Q	423.8
14	Jane Leonard	F50	62.1		72.9				71.3		70.9				67.3	66.8	70.8	66.3			8	548.4	Q	420.0
15	Peter Ehrhardt	M60	61.1		62.1				63.0		58.2		64.7			58.1					6	367.2	Q	367.2
16	Phil Hodgson	M50					75.4		76.0							77.3	77.7	79.7			5	386.1	X	386.1
17	Sue Roberts	M45			63.9		64.2		65.0		64.6	64.4	63.9								6	386.0	X	386.0
18	James Riley	M				87.9	79.9		78.2							72.4		67.3			5	385.7	X	385.7
19	Helen Hodgkinson	F35	57.4		63.5		67.9				58.2	64.1	62.1								6	373.2	X	373.2
20	Alison Richards	F							77.7		71.9		79.1		66.5	73.9					5	369.1	X	369.1
21	Andrew Horsfall	M40		91.9	87.5										83.9	80.8					4	344.1	X	344.1
22	Richard Leonard	M45	70.1						73.0		69.1				63.3	66.8					5	342.3	X	342.3
23	Nick Barber	M			85.0							85.5	82.9		66.8						4	320.2	X	320.2
24	Dave O'Neill	M50	61.1		58.6	62.6	59.6					57.4									5	299.3	X	299.3
25	Mandy Goth	F45					57.9		61.3		56.8						59.5	54.6			5	290.1	X	290.1
26	Louise Abdy	F45			59.4						53.9	60.0					62.0	54.6			5	289.9	X	289.9
27	Richard O'Sullivan	M45	64.3			80.6					64.3				61.6						4	270.8	X	270.8
28	Sarah Warburton	F	61.4		71.7						64.1	72.3									4	269.5	X	269.5
29	Steve Brandwood	M50							85.9		81.1				75.7						3	242.7	X	242.7
30	Moyra Parfitt	F60	57.5		63.2		61.2				57.1										4	239.0	X	239.0
31	Ben Crowther	M							75.4			80.0	80.2								3	235.6	X	235.6
32	Derek Donoghue	M45							70.0			79.0					80.2				3	229.2	X	229.2
33	Richard Butterwick	M					75.4				66.2	72.5									3	214.1	X	214.1
34	Duncan Ritchie	M					76.9				64.9	72.0									3	213.8	X	213.8
35	Rhys Watkins	M40							74.8						64.0	69.6					3	208.4	X	208.4
36	Kevin Coughlan	M45	61.4			78.4						63.5									3	203.3	X	203.3
37	Stephen Burnip	M50	59.1			71.8						62.7									3	193.6	X	193.6
38	Jon Wright	M														95.0		91.5			2	186.5	X	186.5
39	Geoff Read	M45			70.4						52.1	60.9									3	183.4	X	183.4
40	Andy McFie	M							86.5							79.4					2	165.9	X	165.9
41	Derek Clutterbuck	M75				58.7	49.6			51.9											3	160.2	X	160.2
42	Lucy Hobbs	F35				80.6						69.1									2	149.7	X	149.7
43	Lee McCluskey	M50													73.6	68.0					2	141.6	X	141.6
44	John Preston	M40							73.4									67.7			2	141.1	X	141.1
45	Mick Howard	M45									65.0					70.8					2	135.8	X	135.8
46	Ian Stansfield	M65				49.1	43.0					39.2									3	131.3	X	131.3
47	Richard Blakeley	M65									63.8					65.2					2	129.0	X	129.0
48	Michael Hennigan	M60	57.1									55.4									2	112.5	X	112.5
49	Sean Willis	M40										95.4									1	95.4	X	95.4
50	Sean Carey	u16					91.8														1	91.8	X	91.8
51	John Metcalf	M45				80.1															1	80.1	X	80.1
52	Paul Brannigan	M40											79.7								1	79.7	X	79.7
53	Simon Anderton	M45															79.1				1	79.1	X	79.1
54	Roger Haworth	M40									73										1	73.0	X	73.0
55	Jeff Walker	M									70.6										1	70.6	X	70.6
56	Lisa Parsons	F40	67.4																		1	67.4	X	67.4
57	Rachel Skinner	F35									65.7										1	65.7	X	65.7
58	Stuart Bolton	M45														58.0					1	58.0	X	58.0
59	Bev Wright	F35									56.8										1	56.8	X	56.8
60	Trevor Smith	M60									56.8										1	56.8	X	56.8
61	Petra Davey	F40										53.5									1	53.5	X	53.5
62	Myra Wells	F50										53.1									1	53.1	X	53.1
63	Mel Siddall	F45									48.5										1	48.5	X	48.5
64	Mel Morrell	F										43.4									1	43.4	X	43.4

2008 ROAD TABLE				Huddersfield 10k	Guiseley Gallop 10k	Helen Windsor 10k	Ron Hill 5k	Lytham 10m	Robertstown 7m	Norland Moor 7m	Burnley 7m	Oldham 1/2m	Hendon Brook 13.5	langdale 1/2m	Lancasret 1/2m	Completed Races	total points	Qualified?	qualifying TOTAL
1	Stephen Burnip	M50		67.1	70.2	72.5		70.4	70.2	63.4		69.5				7	483.3	Q	419.9
2	Richard Butterwick	M		76.6	79.7	88.3		75.3		82.3						5	402.2	X	402.2
3	Richard O'Sullivan	M45		71.8	80.9			76.9				78.8	78.4			5	386.8	X	386.8
4	Melanie Blackhurst	F40		71.8	80.2	76.5			76.6				78.8			5	383.9	X	383.9
5	Kevin Coughlan	M45		67.4		78.5			75.5	69.5			72.9			5	363.8	X	363.8
6	Peter Ehrhardt	M60			70.6	68.9				65.7		70.7	69.4			5	345.3	X	345.3
7	Duncan Ritchie	M				85.7			85.0	79.7			79.1			4	329.5	X	329.5
8	Claire Duffield	F35			79.2	79.6				75.1			74.9			4	308.8	X	308.8
9	Mel Siddall	F45				68.6			73.7	65.1		72.3				4	279.7	X	279.7
10	Myra Wells	F50			62.5	62.6		61.3		58.2						4	244.6	X	244.6
11	Lucy Hobbs	F35		68.0		80.1		71.5								3	219.6	X	219.6
12	Nigel Hanson	M50		66.3				69.9	67.9							3	204.1	X	204.1
13	Michael Hennigan	M60		63.9	67.7				70.6							3	202.2	X	202.2
14	Elise Milnes	F45		62.9	68.8	69.8										3	201.5	X	201.5
15	Ian Stansfield	M65			49.0	53.8			49.9	46.9						4	199.6	X	199.6
16	Moyra Parfitt	F60		60.9	67.7				68.5							3	197.1	X	197.1
17	Dave O'Neill	M50			68.2	65.9				56.7						3	190.8	X	190.8
18	Paul Brannigan	M40			90.3	86.8										2	177.1	X	177.1
19	Nick Barber	M			88.7					86.2						2	174.9	X	174.9
20	Simon Galloway	M40			85.6	81.2										2	166.8	X	166.8
21	Mick Craven	M50			82.5			77.2								2	159.7	X	159.7
22	Kath Brierley	F45				79.1				77.2						2	156.3	X	156.3
23	Andrew Bibby	M50		73.5		82.2										2	155.7	X	155.7
24	Bev Wright	F35				74.5			72.3							2	146.8	X	146.8
25	Helen Hodgkinson	F35				74.1				66.2						2	140.3	X	140.3
26	Graham Milnes	M50			62.9	64.1										2	127.0	X	127.0
27	Mandy Goth	F45		59.7						57.7						2	117.4	X	117.4
28	Derek Donohue	M45				84.7										1	84.7	X	84.7
29	Deon Bamford	M40				84.3										1	84.3	X	84.3
30	Sarah Glyde	F				79.5										1	79.5	X	79.5
31	Kevin Booth	M40								78.4						1	78.4	X	78.4
32	Phil Hodgeon	M50								77.5						1	77.5	X	77.5
33	Lisa Parsons	F40				76.7										1	76.7	X	76.7
34	Lee McCluskey	M50		76.1												1	76.1	X	76.1
35	Jeremy Godden	M45								73.7						1	73.7	X	73.7
36	Jeff Anderson	M45						72.6								1	72.6	X	72.6
37	Hazel Chapman	F55				60.4										1	60.4	X	60.4
38	Barry Chapman	M60				57.4										1	57.4	X	57.4
39	Carla Williamson	F35				54.5										1	54.5	X	54.5
40	Katy Moore	F35						54.5								1	54.5	X	54.5
41	Derek Clutterbuck	M75								54.4						1	54.4	X	54.4
42	Laurence Bristow	M						51.0								1	51.0	X	51.0
43	Jim Smith	M65				42.3										1	42.3	X	42.3

2008 GRAND PRIX TABLE - 22 races			No of races	Midgley Moor	Saddleworth	Blackstone Edge	Oakworth Haul	Whittle Pike	Black Combe	Kinder Downfall	Coniston	Mythomroyd	Kentmere	Bronte Way	Wadsworth Trog	Three Peaks	Kinder Trog	Borrowdale		Huddersfield 10k	Guiseley Gallop 10k	Helen Windsor 10k	Lytham 10m	Robertstown 7m	Norland Moor 7m	Oldham 1/2m	Hendon Brook 13.5	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	Melanie Blackhurst	F40	13	81.6			96.1	85.2	75.0		68.0		85.4		79.6	78.9				84.9	94.8	91.3		91.4			94.1	13	1106.3	85.1	8	81.2	5	91.3	3F-5R	Q	723.2
2	Claire Duffield	F35	12	80.4	88.5	82.1			79.9		77.6	82.4	80.8		68.8						87.6	88.0			83.1		82.9	12	982.1	81.8	8	80.1	4	85.4	4F-4R	Q	675.4
3	Peter Ehrhardt	M60	11	79.6		80.9			82.0		75.9		84.3			75.7					87.1	85.0			81.1	87.2	85.6	11	904.4	82.2	6	79.7	5	85.2	3F-5R	Q	673.2
4	Richard O'Sullivan	M45	9	70.1			87.8				70.1				67.1					77.2	87.0		82.7			84.7	84.3	9	711.0	79.0	4	73.8	5	83.2	3F-5R	Q	643.9
5	Stephen Burnip	M50	10	69.2			84.1					73.5								76.3	79.8	82.4	80.0	79.8	72.1	79.1		10	776.3	77.6	3	75.6	7	78.5	3F-5R	Q	627.9
6	Richard Butterwick	M	8					75.4			66.2	72.5								76.6	79.8	88.3	75.3		82.3			8	616.4	77.1	3	71.4	5	80.5	3F-5R	Q	616.4
7	Kevin Coughlan	M45	8	67.0			86.2					69.2								72.5		85.1		81.8	75.3		78.7	8	615.8	77.0	3	74.1	5	78.7	3F-5R	Q	615.8
8	Dave O'Neill	M50	8	69.3		66.5	71.0	67.6				65.1									75.7	73.1			62.9			8	551.2	68.9	5	67.9	3	70.6	5F-3R	Q	551.2
9	Kath Brierley	F45	10	88.2			108.2	96.8	91.3				95.0		78.1	91.7	96.6					98.2			95.8			10	939.9	94.0	8	93.2	2	97.0	-	X	682.3
10	Moyra Parfitt	F60	7	92.0		101.2		97.8			91.4									90.7	100.8			102.1				7	676.0	96.6	4	95.6	3	97.9	-	X	676.0
11	Andrew Bibby	M50	8			91.3	101.6	87.9					88.0			82.4	93.0			84.3		94.2						8	722.7	90.3	6	90.7	2	89.3	-	X	640.3
12	Simon Galloway	M40	9	83.5	88.0	87.7	98.3	84.2					81.3				82.5				90.7	86.0						9	782.2	86.9	7	86.5	2	88.4	-	X	618.4
13	Mick Craven	M50	9	83.6						83.7	79.4	87.2	84.0				83.4	77.5			91.6		85.6					9	756.0	84.0	7	82.7	2	88.6	-	X	599.1
14	Duncan Ritchie	M	7					76.9			64.9	72.0										85.7		85.0	79.7		79.1	7	543.3	77.6	3	71.3	4	82.4	-	X	543.3
15	Phil Hodgson	M50	6					87.4	87.1							89.6	90.1	92.4							87.3			6	533.9	89.0	5	89.3	1	87.3	-	X	533.9
16	Chris Smale	M40	7			102.9		102.4	104.2		95.2		107.5			101.6		85.3										7	699.1	99.9	7	99.9	0	#####	-	X	518.6
17	Andrew Wrench	M40	7					104.3	102.2	100.6	96.0	103.3			97.7		104.9											7	709.0	101.3	7	####	0	#####	-	X	515.3
18	Mandy Goth	F45	7					74.1	77.4		71.8						75.2	69.8		74.2					72.4			7	514.9	73.6	5	73.7	2	73.3	-	X	514.9
19	Dave Collins	M50	8	92.4		97.5	111.7	97.3	100.7				99.5			96.7		91.5										8	787.3	98.4	8	98.4	0	#####	-	X	506.7
20	Helen Hodgkinson	F35	8	63.5		70.3		76.6			64.4	70.9	68.7									82.0			73.3			8	569.7	71.2	6	69.1	2	77.7	-	X	506.2
21	Jeremy Godden	M45	10		83.8	85.2	92.8		79.6	77.4	76.0	79.4	80.7				77.7								81.1			10	813.7	81.4	9	81.4	1	81.1	-	X	503.2
22	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
23	Martin Roberts	M50	6			92.9	107.1		96.1		89.0		90.8			83.2												6	559.1	93.2	6	93.2	0	#####	-	X	475.9
24	Jane Leonard	F50	8	81.6		95.8			93.7		93.0				88.3	87.7	93.0	87.0										8	720.1	90.0	8	90.0	0	#####	-	X	463.8
25	Myra Wells	F50	6									70.7								73.5	80.0	81.0	78.5		75.3			6	459.0	76.5	1	70.7	5	77.7	-	X	459.0
26	Alistair Rhodes Dawson	M	7			91.4		87.0			84.9	87.0	89.7				87.9	80.9										7	608.8	87.0	7	87.0	0	#####	-	X	443.0
27	Christine Preston	F40	6	86.6					87.6		85.1				90.5	90.4		82.9										6	523.1	87.2	6	87.2	0	#####	-	X	440.2
28	Ian Stansfield	M65	7				66.5	59.0				53.1									62.3	68.4		63.5	59.6			7	432.4	61.8	3	59.5	4	63.5	-	X	432.4
29	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
30	Alison Richards	F	5						85.9		79.6		87.5		73.6	81.8												5	408.4	81.7	5	81.7	0	#####	-	X	408.4
31	Mel Siddall	F45	5								60.4											84.3		90.5	80.0	88.9		5	404.1	80.8	1	60.4	4	85.9	-	X	404.1
32	Sue Roberts	F45	6			78.7		80.1	80.1		79.6	79.4	78.7															6	476.6	79.4	6	79.4	0	#####	-	X	397.9
33	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
34	James Riley	M	5				87.9	79.9	78.2							72.4		67.3										5	385.7	77.1	5	77.1	0	#####	-	X	385.7
35	Richard Leonard	M45	5	78.7					81.9		77.6				71.0	75.0												5	384.2	76.8	5	76.8	0	#####	-	X	384.2
36	Louise Abdy	F45	5			75.9					68.0	75.8					78.3	69.8										5	367.8	73.6	5	73.6	0	#####	-	X	367.8
37	Andrew Horsfall	M40	4		97.2	92.6									88.8	85.5																					

45	Ben Crowther	M	3						75.4			80.0	80.2												3	235.6	78.5	3	78.5	0	#####	-	X	235.6					
46	Bev Wright	F35	3								64.8													84.9		82.4				3	232.1	77.4	1	64.8	2	83.7	-	X	232.1
47	Nigel Hanson	M50	3															74.2						78.2	75.9					3	228.3	76.1	0	####	3	76.1	-	X	228.3
48	Rhys Watkins	M40	3						78.4						67.2	74.2														3	219.8	73.3	3	73.3	0	#####	-	X	219.8
49	Geoff Read	M45	3				79.0				58.5	68.4																		3	205.9	68.6	3	68.6	0	#####	-	X	205.9
50	Jon Wright	M	2													95.0		91.5												2	186.5	93.3	2	93.3	0	#####	-	X	186.5
51	Richard Blakeley	M65	2								86.3						88.2													2	174.5	87.3	2	87.3	0	#####	-	X	174.5
52	John Preston	M40	2						77.7										92.3											2	170.0	85.0	2	85.0	0	#####	-	X	170.0
53	Lisa Parsons	F40	2	78.2																				89.9						2	168.1	84.1	1	78.2	1	89.9	-	X	168.1
54	Andy McFie	M	2						86.5							79.4														2	165.9	83.0	2	83.0	0	#####	-	X	165.9
55	Mick Howard	M45	2								71.5					78.0														2	149.5	74.8	2	74.8	0	#####	-	X	149.5
56	Graham Milnes	M50	2																					71.0	72.3					2	143.3	71.7	0	####	2	71.7	-	X	143.3
57	Sean Willis	M40	1									98.2																		1	98.2	98.2	1	98.2	0	#####	-	X	98.2
58	Sean Carey	u16	1						91.8																					1	91.8	91.8	1	91.8	0	#####	-	X	91.8
59	John Metcalf	M45	1					90.0																						1	90.0	90.0	1	90.0	0	#####	-	X	90.0
60	Deon Bamford	M40	1																					89.4						1	89.4	89.4	0	####	1	89.4	-	X	89.4
61	Simon Anderton	M45	1														87.9													1	87.9	87.9	1	87.9	0	#####	-	X	87.9
62	Sarah Glyde	F	1																					87.9						1	87.9	87.9	0	####	1	87.9	-	X	87.9
63	Kevin Booth	M40	1																								82.4			1	82.4	82.4	0	####	1	82.4	-	X	82.4
64	Hazel Chapman	F55	1																					81.6						1	81.6	81.6	0	####	1	81.6	-	X	81.6
65	Jeff Anderson	M45	1																						78.1					1	78.1	78.1	0	####	1	78.1	-	X	78.1
66	Trevor Smith	M60	1								75.9																			1	75.9	75.9	1	75.9	0	#####	-	X	75.9
67	Roger Howarth	M40	1								75.1																			1	75.1	75.1	1	75.1	0	#####	-	X	75.1
68	Rachel Skinner	F35	1								72.7																			1	72.7	72.7	1	72.7	0	#####	-	X	72.7
69	Barry Chapman	M60	1																					70.9						1	70.9	70.9	0	####	1	70.9	-	X	70.9
70	Jeff Walker	M	1								70.6																			1	70.6	70.6	1	70.6	0	#####	-	X	70.6
71	Stuart Boulton	M45	1													65.1														1	65.1	65.1	1	65.1	0	#####	-	X	65.1
72	Petra Davey	F40	1									62.8																		1	62.8	62.8	1	62.8	0	#####	-	X	62.8
73	Carla Williamson	F35	1																					62.1						1	62.1	62.1	0	####	1	62.1	-	X	62.1
74	Katy Moore	F45	1																						61.1					1	61.1	61.1	0	####	1	61.1	-	X	61.1
75	Jim Smith	M65	1																					56.3						1	56.3	56.3	0	####	1	56.3	-	X	56.3
76	Laurence Bristow	M	1																						51.0					1	51.0	51.0	0	####	1	51.0	-	X	51.0
77	Mel Morrell	F	1									48.1																		1	48.1	48.1	1	48.1	0	#####	-	X	48.1

Local Races for September

On the Fells

Thursday 4th September 6:45pm

Hades Hill Race BS 5 miles/1200 feet

Taylor Street, Whitworth.

Derek Clutterbuck's annual lung burster. Nice bloke, nice race, suitable evening out for anyone.

Sunday 14th September 10am

Yorkshireman Half and Full Marathons

CL/BL 13.1 miles/26.2 miles, 1750/3000 feet

Haworth Primary School

Not the sort of marathon that attracts people in diving suits and rhino outfits. Possibly both events now full.

Saturday 20th September 10:30 am

Good Shepherd Classic 15 miles/2000 feet

Good Shepherd Centre, Mytholmroyd

Interesting and suprisingly tough tour of t'Royd and Erringden. Certainly worth a recce and it helps if you know which way up to hold a map.

Saturday 27th September 3pm

Thieveley Pike 4.25 miles/ 1300 feet

Holme Chapel, Cliviger

All that's best about short, pennine fell races. If it doesn't hurt you're doing it wrong. Still you won't get lost.

September certainly seems to be a busy month for all types of race!!

Sat 6th September 11am.

Blackpool 10k

Flat and traffic free, possible to enter on the day.

Sun 7th September 11am

Kirkham 10K

Registration at BNFL social club.

Stainland 7 -10.30am.

Start at Red Lion. Pub, Stainland Road.

Now in the GP

This race has had a chequered history-it's been cancelled the last couple of years and was previously in March! It is scenic but very hilly Entry on day possible.

Lancaster 1/2 marathon 1am start

from Salt Ayre Leisure Centre and with entry on day possible.

(NOT the one in the Grand Prix!!) but one of three in Lancaster!!

Wed 10th September-7pm

Graham Wright Cowpe Reservoir

Multiterrain Race-.4.2miles.

Turn up on the night.

Sunday 14th September-

Just too many good ones to go for!

Great Langdale 1/2 marathon 12 noon-

Entry in the last issue with pre entry necessary.

A personal favourite of mine-this will be my 4th year of running and I have run it ,previously,in blistering sunshine(by English standards!!),high winds and torrential rain!!

Yorkshireman Full and Half marathon-10

and 10.30am starts.

Well organised and usually attended by a good number of Toddlies.Start this year from Haworth Community Centre.Pre entry stated but ,in previous years,possible to enter on the day.

Wetherby 10k 2pm.

Start at Wetherby Race course and run on minor roads.

Mileta 10k 11am.Undulating but not very hilly.

Tuesday 16th September-

Brown Wardle Hill Race-

Start Oxford Public House,Whitworth.

described as Andy O'S 25TH Anniversary of arranging races(have I heard this before??).5 miles.Can enter on night.

Sunday 21st September-

Ormskirk 10k 10am.

Garstang 1/2 Marathon 11am.

Kirkstall Valley Trail Race 10am.

Can enter on day but can get full.Similar terrain to Guiseley Gallop.

Thursday 25th September-

Ron Hill Birthday 5k.

In Grand Prix and now full.Eric Emerson may well have your number!! He will be at the pub wearing his Tod vest

Sunday 28th September-

Macclesfield 1/2 marathon.

Why not join Alice and her Mum at this event.Cost £12 but can enter on the day for £1 extra!

Prince of Wales Hospice 10k.10am.

Start Pontefract Park.

Closing date 15th September.

Mel

For more details check out ukresults .net

Are you on the run?

In a moment of madness, I recently volunteered to take over from Colin as Press Officer which means that I have the task of composing and submitting our race reports to Tod News on a Monday. Whilst the internet is a great source of info, most clubs do not match our own fantastic standards for speed – I'm sure sometimes Keith gets Tod race results on the website before they have finished! – so I need a little help in telling the good people of Tod (& sometimes Hebden) just how wonderful we are. Who knows, it might even inspire some of them to join us.

If anyone is doing a race of any type, particularly non-Championship or Grand Prix, please would you let me know about it, especially if there are a few Toddies doing it. I can't promise to include everything in the paper but will do my best to cover as many as possible.

The sort of information that is useful:

- Website where I can get details (saves you telling me!)
- Conditions/ course e.g. hot/cold, wet/dry, sunny/ misty, etc... & terrain e.g. grassy/ rocky, steep/ flat, etc...
- Overall winners (M & L)
- Results of Tod runners (name/ place / time)
- Any Tod prize winners/ placing in any categories
- Any snippets about what happened during race e.g. changes in position, kamikaze descents, battles between runners, etc.

You can either let me know in advance at a pack run so I know what's coming up; or even better post a forum message with details and, if possible, pictures by Monday morning.

I'm also looking to build up the picture library – handy for slotting in when no pics for actual race in report – so if anyone would like to see their athletic profiles published, please feel free to email them to rab.70@hotmail.co.uk (If you have a few, let me know and I'll give you a memory stick to bung them on).



As someone once said - the more we share our success, the more success we will have to share – or were they referring to cake? Actually, I think it was cake...

Thank You,
Richard Butterwick

LOST PROPERTY

At speed work
Pair of black Umbro shoes –size 5 ½
Black Nike zipped hooded top

See Claire 01422 846593

Harriers Committee Meeting 4th August 2008 Summary of minutes

Stoodley Pike Fell race

Takings £600. Mandy to ask Rachel to look into arranging a presentation of the charity donation to the Halifax Children's Ward.

New members

David Baldaro.

Richard Gilbert has expressed an interest in joining the club soon, once he has moved to the area, and he and his partner have already been to a Wednesday night pack run. Richard asked for their thanks to be passed on to everyone who made them feel so welcome at the pack run.

Website

Keith asked whether the Committee page could be renamed "Contacts" so that more people could be added to this page. All in favour. Website statistics are very encouraging with 100s of visitors every day, mainly coming through from FRA website

Treasurer's Report

Current Balance = £3399.74

Richard L to look into whether we could move £1000 across to the high interest account. Need to make sure there is still enough in the current account to cover the rest of the year.

FRA Relays

We have entered 3 teams: A, Vets and Ladies. The event takes place in Wales on Sunday 19th October in Denbighshire.

Press Secretary

Richard B is happy with his new role as Press Secretary, just having difficulty building a stock of photos.

Calderdale Way Relay

Need to start thinking about this at next committee meeting.

Membership fees

Claire will update the membership application to bring the EA affiliation fee up to £5.

Blackshawhead Fell Race

Problems with advertising for this race. Date wrong in FRA calendar and, until recently, on our website. Keith will flag this up on the website. Also clashes with Dufton, so may be difficult to find marshalls. Mandy will put something in the next Torrier about the race.

Crow Hill Fell Race

Discussion over whether this should be adopted as a Tod Harriers race. Keith to talk to race organiser Clive Greateorex.

Trophies: English Championship Races

Dave asked if anyone had any more thoughts about the proposal to introduce a new club award to take into account members' participation in English Championship races. To be discussed at next meeting.

If you would like to discuss these or other matters why not come along to the next meeting.

If you cannot make it yourself but have an issue you would like to raise, get in touch with any club official.

Next meeting:

Monday 1st September 2008, 7pm, The Queen, Todmorden (opposite railway station)

The Old Counties Top 2008

The Battle of the T-Shirts

Early 2005.....

Do I look like I've got NUTTER written on my forehead ? A 37 mile race in the Lake District. My face probably looked real blank, and rightly so. Where do these races come from ? What was it again ?, and it was how far ? Richard (Leonard) took my stuttering refusal well. He'll find somebody else he replied – err like yep I think you're going to struggle there mate, is what I thought. Who's mad enough to do that kind of race.

It was the same evening that too many people mentioned going to the Achille Ratti hut that weekend. Am I going too ? - 'am I going where ?, to what ?', I thought. I really wanted to ask 'what is this Achille Ratti stuff', but clearly everyone else knew about it. Me, I was struggling pronouncing it.

I was perplexed. Alarm bells were clanging loud and frantically. For the first time I felt an undercurrent within the club – some strange, like unusual, subgroup was rearing its head. I was clearly out of my depth. Retreat and regroup.

In the safety of my home I fired up the computer. I checked out Achille Ratti first. This was tough as I could only just pronounce it never mind spell it. Google's 'I think you really mean this...' helped big time.

The club is full of Catholics, I immediately thought. Not really my scene but with having a Christian up bringing I was fine with this. In fact I was relieved that it wasn't any thing else more sinister. I actually have little idea of the religion of fellow Toddlies – to me it matters not.

There remained only one question, why would Richard think I would be remotely interested in running a 37 mile up and down the fells in the lakes. Not only that but he would murder me – not literally, but he is faster on the fells than me. No thinking about it, as lovely as the guy is, he probably would have murdered me on route somewhere. That was close.

Since then.....things move on.....

Last year Dave (Makin) saw me wearing the previous years Old Counties Top (OCT) t-shirt. He slapped me on the back and said 'well done – good effort - that's a tough one'. At the time it felt genuine, and to get a compliment off Dave felt great. Moments later I explained that I actually got it for helping out marshalling. I think he already knew but he played up being disgusted – 'if you didn't finish it you shouldn't be wearing it' is his motto.

For a newbie to fell running, as I was, I would have happily worn any fell running t-shirt. The harder the race the better. I just wanted people to know that I was now a Fell Runner. Not any normal runner, and certainly none of this road jogging stuff. Yep, 'I run up hills' is what I wanted people to know.

I remember when I got that OCT t-shirt. Wearing it down at the New Dungeon Ghyll that same evening. I felt that I had 'earned' it by helping out marshalling on the furthest out post of Old Man of Coniston for a few hours. Richard and the other competitors were there, but he wasn't wearing the OCT t-shirt. Sadly he hadn't finished, hence no t-shirt. He had clearly tried hard but he and his partner got timed out (I think). I felt awkward with this. My effort against his effort and I've got the t-shirt – didn't seem right to me.

It was all adding up. I simply had to do the race. This year I was disappointed that Richard had already found a partner. For me Richard and the OCT go hand in hand. It seems strange in a way that a few years ago I was thinking he'll have to find someone else, to now thinking I really want to do it with Richard. In the end Richard was able to run the race with me. Although he'll still murder me.....and I was doing the Fellsman the week before. This has the ingredients of being tougher than tough.

Richard and I had a cracking run and finished in style. However, the best bit was wearing my new OCT t-shirt down at the New Dungeon Ghyll that same evening. I felt that I had 'earned' it by running the race. Richard was there too, with his OCT t-shirt. It felt great. We had both put in the effort and both got the same t-shirt – the right balance had been restored.

To top the weekend we stayed at that Achille Ratti hut in the Langdales. I am now a member of this club, together with that subgroup of Toddlies. I'm not Catholic, but it's a great club, the welcome is big and genuine, and it's full of superb people.....and the Achille Ratti put on the OCT Fell Race. If you think it's all a bit of a small world then you should know that Arthur Daniels is the organiser of the Race (as well as being hut warden) – and he's also a Toddy.

Pale Rider



Triathlon News

I thought I'd put finger to keyboard and give you all an account of some of the more challenging races this year.

In the Big Cheese, a Wensleydale Triathlon on Aug 10th, consisted of a lake swim (which had to be shortened from 1,800m to 400m due to 40mph gusts, waves and flooding), followed by a bike ride of 42 miles of horrendous 1:4 climbs including Buttertubs Pass and then a run of 12 miles up Great Shunner Fell and back into Hawes (no the wind and rain didn't ease off), at one point we were running through thigh deep river flood water.

Sarah Warburton came in an amazing 5th female and I (Lynne) came 1st vet and 7th exhausted female. We also had a male team of Andrew Horsfall, Jon Wright and? sorry, who came a very fast 2nd team.

My other gruelling race was much shorter but in freezing conditions, The World Triathlon Championships held in Vancouver was held on the coldest June day for 55 years. I came out of the sea swim numb hobbled over to my bike, after every lap I lost body heat, towards the end had trouble changing gears and braking then tried to run. Some people had to run with their helmets on as fingers were too cold to undo the clasp. Usually I can get warmed up on the run but couldn't feel below my knees all the way through. We were greeted at the end with blankets and soup.

Though my ordeal was rewarded with my best result yet, I came 7th in my age group, obviously training in Yorkshire hardens us up.

Races to come, Sarah has entered the Hellvelyn Tri another arduous event and I've entered the Vitruvian Middle Distance British Championships, both in September and then Ironman Austria in July 2009 (my 1st one).

Lynne Griffiths

Many Thanks

To all those who sponsored me for the Verdon Canyon Challenge. Whilst I didn't complete the event I don't feel that I disgraced myself (article elsewhere in this issue).

So far (mainly due to the tremendous generosity of Tod Harriers) I have managed to raise around £2500 for the Living Well cancer support group who are hoping to get going later on this year.

Anyone who still wishes to contribute, I am still collecting any sponsorship until early September when I hand the cheque over.

Thanks again
Mandy

The Verdon Canyon Challenge.

Mandy's story: "Do you know it's 41 degrees?"

said Rhys as we trudged up the hill passing yet another "runner" sat under a tree. We were just over a third of the way round the Verdon Canyon Challenge and it was hot (I'm told 40°C is 104°F!) – all we could think was "just keep plodding", just survive until the evening when it cooled down.

It was earlier in the year that we received a call from Dave Makin suggesting we do the Verdon Canyon Challenge. It's only 100km - should be easier than a Bob Graham - and you've got 25 hours to do it in – easy. It was only when we were out there that we realised we'd not accounted for the heat or the terrain; in fact we'd totally underestimated the event!



Our preparation was poor to say the least, starting on Friday with a 3.30am start to catch the plane. We arrived in Nice at midday to stifling temperatures in the high 30's. The morning of the race dawned and 9.30am saw us lined up on the start line of the 100km event, myself, my husband Phil, Christine Preston & Rhys Watkins from Todmorden Harriers and Andy Pooler, Dave Williamson & Jon Broome from Achille Ratti. Tod Harriers Richard Leonard and John Preston had spent the previous week cycling down through France and so were doing the 37k race with Heath Reilly from Halifax. We seemed to be the only Brits out of the 250 runners in the 100k and the 150 in the 37k.

We were off up through the village and then up, up, uphill onto a ridge on the edge of the canyon –the views were stunning. Then it was downhill all the way to the first checkpoint and food station – this was mayhem as they couldn't open up the packets of food fast enough. A diet of cubes of ham, TUC biscuits, crisps and cake was to be repeated at most checkpoints. The route headed down into the canyon down a rocky, scrambly path with the path along the gorge interesting to say the least. At times it was cut out of the rock with wires as a handrail. The walls of the gorge towered above us – "How do we get out of here?" I thought. My question was soon answered as we started to zig-zag upwards past lots of runners sat around having a rest! We soon hit the rock and ascended vertically upwards aided by more fixed wires, ladders and an extra rope (with knots in) here and there supervised by the local mountain rescue.

By now it was really hotting up, a young French lad tried to encourage me to run, but my head was spinning, the path was really narrow and overgrown with bilberry bushes and rocks sticking up everywhere; certainly not easy running territory. We were high above the gorge and as we rounded the corner we were met with an absolutely stunning view of the mouth of the gorge filled with bright blue water way below us. At the next checkpoint I encountered Rhys, who had decided to drop out and was waiting for John & Richard to accompany them to the end of the 37k. He isn't very good in the heat, in fact he must be the palest skinned person I know (hence his nickname the Pale Rider). My powers of persuasion worked and he agreed to accompany me around the 100. We departed as John & Richard appeared at the checkpoint and over the next few hours Rhys was to regret they had not appeared sooner.

It was now that it hit 41 degrees as we dropped down the hill to the lake and climbed up the ridge on the opposite side of the canyon past more runners taking a rest. We were hanging in there trudging onwards and upwards. A Belgian guy attached himself to us his T-shirt emblazoned with Forest Gump! He stuck with us for an hour or so then whizzed off into the distance. This turn of speed did him no good as we found him sat half way down a steep slope saying it was too dangerous. Finally night time arrived and, as the temperature cooled, we actually did a bit of running. We arrived at the main food station to be greeted by Phil sat there shivering. He was dropping out with heat stroke, and waiting for a lift back to the start.

From here it was pitch black and although we could see a few head torches in the distance we couldn't work out where they were going. Soon we were heading down into blackness - it was quite a bizarre experience as you couldn't really tell where you were going - and there were lots of toads on the path! I managed to misjudge the path and next thing I knew I was sliding down the hillside, but fortunately Rhys managed to rescue me –thank goodness I was not on my own. Across the bridge at the bottom and the mountain rescue man asks me if we're OK. Of course we are! Then it's off up the side of the gorge we first descended many hours ago. At the next checkpoint the two girls cheerfully inform us that we're 61st (where did the other 180 go?). Up the last big climb there are a few headtorches in front but none behind. The marks are hard to follow in the dark and we keep worrying that we've lost the path.

It's starting to come light as we head down a steep descent to the 80k mark, the worst is over and hopefully we'll be a bit faster on the last 20km of better paths, but it was not to be. "Finis" say the checkpoint marshal's, we look puzzled. It seems there was a cut-off time at 5am and we've missed it by just under 10 minutes- Rhys is relieved I think. We wander back to the start along with lots of others who've been timed out – one guy's giving the organiser a real bad time for not letting him continue.

We meet up with John, Richard and Heath, who had had a much nicer day out on the 37k race and rouse Phil who's been asleep in the car. We're at the finish early Sunday morning to welcome Chris Preston as she finishes 2nd lady and in 20th position overall. Only 51 runners finished the 100km race and the winners time of nearly 18 hours gives a good indication of just how tough it was. Jon Broome was in 10th

position at 90km but got lost in the woods and after wandering in the wrong direction for hours got a lift back to the finish. He probably did 115km despite not finishing! Andy Pooler & Dave Williamson finished in an impressive 35th position.

Phil's story: "Do you know who you are?" said the paramedic. I opened my eyes, peering over the oxygen mask at the concerned young lady looking down at me. I pondered her question groggily before nodding. "Do you know where you are?" she asked in a soothing French accent gesturing at nothing in particular. I surveyed the scene, head buzzing. I was in a large tent, lying on a campbed. Why were my legs up resting up there? I could see grass and banners through the door. The young lady was holding something that looked like a camelback in the air? It was attached to my arm. I felt hot, and I remembered.

Having decided that sub 18 hours sounded like a reasonable target I set off like I would in the Fellsman - working hard up the big first climb and then hammering down the rough descent. I'd expected wide, well-graded tracks so the narrow paths through thick scrub and forest, often on rough rocky ground, were a welcome surprise; and the forest seemed to be providing reasonable shade most of the time. But, despite taking on plenty of water at each checkpoint I soon started to feel the heat. A white cap, dipped in water at every opportunity was helping but I was definitely starting to slow. The shade and cooler air of the canyon was a welcome change and seemed to restore some strength and I emerged back onto the tracks and paths above the canyon feeling strong. It didn't last long. Longer stretches were now exposed to direct sun and, as the temperature hit 41 degrees, my sweat drenched body started to rebel. I felt that feeling of disorientation I'd occasionally encountered on other ultras. However, gels and water failed to have their usual reviving effect. I was sorely tempted to follow the short course arrows where it split from the 100km route but, with pride overruling survival instinct, I staggered on. After about 40km we ran briefly past the edge of the Lac Saint Croix. This was too tempting a chance to miss. Dropping my small rucksack by the shore I jumped into the welcoming cool blue water. Heaven! A five minute immersion seemed to do the trick and I climbed up the track to the next checkpoint with renewed purpose. However, the route now climbed to the outer rim of the gorge exposing us to the unfaltering glare of the afternoon sun.

As the wobbles kicked in again I did something I've never done in a race; I stopped and sat down on a rock, sheltering behind a boulder. Was it five or fifteen minutes before I dredged up the motivation to continue? A few miles further on the rare shadow of a tree again proved too alluring. This was where ChrisP cruised past my prostrate body. The stop-start pattern was repeated as the afternoon blazed past, but not the miles. You reach a point where you don't really care anymore but somehow manage to keep your body moving forwards, but at a painfully slow pace. I think I realised how bad a shape I was in when I tripped on a root and described a slow motion arc off the path and somersaulted into a bush. Looking down I saw that there was little between the bush and a 500m plummet down the canyon. Back on the path I brushed myself off and staggered on. Darkness snuck up on me before I knew it but the cooler air had little effect. Reaching a checkpoint at 58km I slumped into a chair. "Ca va?" a marshall asked, looking at me with concern. "Je finis", I replied in weary French, giving him the thumbs down.

Having sat shivering in a space blanket for a couple of hours I was eventually ferried back to the start. Following a couple of hours fitful sleep in the back of our hire car I hobbled up to the finish area. I decided it was worth getting my blisters sorted in the medical tent. A Frenchman bursting your blisters and injecting them with a sinister pink fluid with more sting than a jellyfish is an experience not to be undertaken lightly. Little did I know the effect it might have on me. "*Voila, finis*" my tormentor said. I sat up on the camp bed. I feel a bit strange I thought. The next thing I remember was coming to, 10 minutes later, with oxygen mask and drip attached. Apparently I'd had a couple of fits while out cold and now looked paler than the Pale Rider himself. Heat exhaustion and dehydration were the likely cause and, eventually letting me get off the campbed, the paramedic stressed the need for me to rest for a few days. "Oui, oui, of course", I reassured her, deciding I'd better not tell her about the epic lilo race across the lake we'd planned for tomorrow!

After the usual "never again" we've both decided to go back and try again next year...and to give this awesome event a little more respect.....anyone got a sauna we can acclimatise in?

Mandy & Phil



The Lakeland 100 – Ultra Tour of the Lake District

What an event! It certainly lived up to the prediction that it was going to be one hell of a tough race. It was conceived after we'd been over to the Ultra Tour du Mont Blanc for the second time in 2007. "Are we coming out again next year?" we mused over a few beers in a Chamonix bar.

"We should have a race like this in the UK", Dave Makin suggested, "how about round the Lakes?"

"Why not", I agreed, "the Ultra Tour of the Lake District; now that would be a top race". I thought little more of it until a few months later when Dave thrust a BMC map of the Lakes in front of me at the Ratti hut in Langdale. He'd obviously spent many an hour poring over potential routes. There, in front of me, marked in red highlighter was the circular course, which, with a few tweaks here and there, was to become the Lakeland 100. Dave's enthusiasm was obvious. He'd already found a race promoter willing to put in the massive effort that would be needed to make it happen. Marc Laithwaite, director of Epic Events, was keen to take it on. Dave and myself were to be the course planners.

Most of my year revolves around fell and ultra races so finding the time to recce the route wasn't easy. But, spread over three weekends in March, we managed between us to recce every leg of the route. A few minor changes resulted in a tracklogged course covering 170 km and including 24,000 ft of ascent/descent without visiting any summits. It did, however, visit some of the most spectacular valleys and stunning scenery in the Lakes. By sticking, for the most part, to some of the less visited tracks and paths which traverse the cols and visit many of the main valleys the course provides a different perspective on the Lakes to the more usual ridge orientated routes. Having prepared the Road Book and route stats for both the 100 mile race and an alternative 50 miler starting from the half way point we handed it over to Marc and his team. They put in the hard work over the next few months to turn an idea into reality. And what a reality!

I got the chance to take part in the 100 as Mandy "volunteered" to be the HQ logistics coordinator on race weekend – "She's far better at organising than me", I told Marc, hopefully. Given the green light I coerced Oz Kershaw into entering at the last minute. We aimed to set off together and only split up if the other was struggling. We stood, tingling with anticipation and nerves, on the start line in Coniston at 19.30hrs on Friday August 8th 2008 with the 28 other starters in the 100. Rain and wind were forecast to sweep in from 07.00hrs on Saturday but, for now, it was a pleasantly cool evening and relatively clear on the tops. A fast start took us over Walna Scar to Seathwaite. The first of many cheering and cheery marshalls greeted us with tea and flapjack as we arrived, a mini-peleton of five runners, well behind Steve Birkenshaw and the half dozen other top runners in the event but ahead of the rest of the field. Daylight was fading fast as we left to follow the start of the Duddon Fell Race route before peeling off west. My backside is still sporting the bruises from the descent down a rocky and very slippery trail to Boot. The CP, in the Brookhouse pub, was manned by race sponsors Petzl and the bar was still open. However, beer was the last thing on our minds as we wolfed down food before legging it off up the track. The myriad of intersecting paths made the traverse over the dark moors to Burnmoor Tarn and Wasdale somewhat interesting. This was where the reassurance of the GPS proved invaluable. Dave, who was unable to compete due to a crocked ankle, was doing a sterling job as a roving marshal. He'd been there at CP1 and was now here again, at CP3 serving up tea, flat coke and nibbles.



Phil, Oz and Steve Birkenshaw (the winner) at the start of the L100

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The night was warm as we pushed on. The real climbing started as we ascended Black Sail Pass and a few more slips and falls on wet rock brought a little more caution as we descended into Ennerdale and crept past the ghostly quiet Youth Hostel. Another wet and bouldery descent followed Scarth gap and as we left CP4 at Buttermere our group was now down to four with Mark Richards and Richie Bardon having decided that I knew the way. Mad fools! The next leg was one of the bits that I hadn't reccied - thank goodness for GPS. It was a beautiful starry night as we headed up the valley and took the narrow path over Sail Pass and down through Barrow Door to Braithwaite. This would be a stunning leg in the daylight but, as we were well ahead of our 30 hr schedule, we reached Braithwaite church hall in the dark. The menu of pasta and cold rice pudding was just what we needed. Refuelled, and revitalised by the dawn, we jogged down the road into Keswick before taking the start of the BG up round Latrigg. I've done so many BG supports on leg one I could do this bit with my eyes shut. We broke off, thankfully, before the big slog up Skiddaw and took the stunning path traversing Lonscale crags before looping down the track to CP6 near Blencathra House. The forecast rain was a little late but a light drizzle now assailed us. It felt pleasantly cooling as we tackled a more complex section of paths which took us to the old

railway line before a boggy climb up to the old coach road which undulates over the moors to CP7 at the half way point near Dockray. We slumped onto the grassy floor of the marquee. Jo and Jeff looked after us with pasta, tea and biscuits while we rummaged in the bags brought over from the start and changed into dry clothes. "Another cup of tea?" Jo quizzed me. "Oh, yes please". After several gulps of sugary liquid I spotted something in the bottom of the cup. I looked a little closer. A worm! "High protein supplements?" I asked as I pointed out my nutritional bonus to an embarrassed Jo.

We left with renewed impetus after the 30 minute stop. Dockray was where the 50 milers would be setting off three hours later at midday. The next leg past Aira force and Memorial Seat was a delightful path and we made good progress to Pooley Bridge. The place was bustling with tourists, oblivious to our adventure. The deteriorating weather didn't phase us as we traversed down one of the few easy-underfoot descents to Howtown. It still amazes me that the two marshalls, huddled under an upended gazebo to shelter from the driving wind and rain, were still full of cheerful banter. We turned into the teeth of the weather and ploughed up Fusedale. Fortunately the weather abated on the boggy ascent up to Wether Hill col; the highest point of the route at 660m. The gentle grassy descent to Low Kop ended with a plummet down to Haweswater through neck high bracken. When we'd reccied the route the slope was nearly bare. Fortunately Oz, with his uncanny knack of spotting the unseen, took us down a sheep trod that carved a meandering way through the jungle. The far end of Haweswater was invisible in the clag but the pleasant path along its northern shore soon brought us to Mardale car park. Hot soup readied us for Gatesgarth Pass. It was obscured by mist. "I think the summit of the pass is just above the clag", I encouraged Oz, and our one remaining crew member Mark. Richie had dropped off the back during our fast descent to Haweswater. My memory had deceived me as the zig zag track rose well above the cloud line. The long, rocky track to Sadgill followed. Why do they lay the cobbles so that they're at the most awkward, and painful, angle for running on? We found grassy lines at the edge of the walled track when we could but it was a jarring descent. We finally turned for home with another less strenuous up and over to the welcoming interior of Kentmere village hall. It was another well needed pasta stop, manned by jovial race sponsors, Montane.

The slog over Garburn Pass, through Toutbeck and along Robin Lane to Ambleside passed in dreamlike state. We'd now been out for 24 hours and there were still 15 miles to go. We were shaken out of our somnolence when we walked into CP11 in Ambleside. The Lakes Runner, the retailer for the event manned by the inimitable Ian Barnes, was a haven of warmth, food...and disco music? Apparently we got there too early for the live band who welcomed many of the 50 milers! Ian's enthusiasm was infectious as he thrust soup, butties, gels, and bufren upon us. He even provided kit for some runners. One 100 miler's nether region chaffing had got so bad that he was struggling to carry on. A pair of shorts and some silicone Glide cream, courtesy of Ian, did the trick for him and he got to the finish. I wish we'd thought of that while still in the shop. Oz and myself didn't realize just how bad the, if you'll excuse my language, ass and bollock chaffing had become until the pain kicked in as we left Ambleside. Copious amounts of vaseline provided temporary relief. Darkness descended as we followed the Cumbria Way and Mark obviously got the craving of the jug as he shot off ahead, chasing the two front runner 50 milers who passed us just before Elterwater. It was here that the heavy rain turned to torrential deluge, paths to streams, and us to drowned rats. Dave was there again on the verandah of Chapel Stile School which provided a brief respite from the downpour. We disappeared into the night down Langdale. Just past the campsite the chaffing got too much. "I'm going to have to take my jocks off", I grimaced to Oz. "Me too", he agreed. As I stood there ass naked Oz's cursing got louder. He didn't dare take off his shoes due to bad blisters and was having to use brute force to rip off his jocks. What an engaging view we must have provided for the campers. With Oz's feet now worse than his other bits we made painful progress over Blea Tarn to the final CP at Tilberthwaite. Mick Howard's welcome banana butties were about all we could get down by now. "Come on lads, one last push and you're there", he encouraged.

I now regretted agreeing with Dave to add a last sting in the tail to the route. No easy couple of miles down the road to the finish for us. We now faced the final climb up by the savage ravine of Tilberthwaite Gill and the long slog up Crook Beck to Hole Rake. We battled headlong into the storm. Even seeing the screen of the GPS in the driving rain was proving difficult. And were we hallucinating or were there frogs everywhere we looked? At last, the final steep descent to the track and flat ground underfoot, at last. We legged it down into Coniston to be cheered into the finish by the HQ crew in a time of 29hrs 44 mins and 6th place overall – not bad for a couple of mature gentlemen. I sat on a chair on the verandah of Coniston Sports and Social Club. "Tea, coffee, food?" Mandy and Janet offered. "Not just yet, I just need to sit a while", I replied...then, "I'll have some in a minute or two, just feeling a bit dizzy"....."I think I need to lie down". Fortunately the race doctor was on hand to offer me some reviving oxygen. Sitting me down on the floor he pressed the mask to my face. I breathed in deeply and slowly the world returned to normal. "Is he Ok?" Mandy peered down with worried expression, while taking photos! "Yes he's fine now", replied the Doc, "you've got to remember he's no spring chicken anymore". Bloody cheek!

So, roll up, roll up for next year's race – 30th Jul/1st Aug 2009 – bigger and better even than this year! It's got to be the toughest 100 miler in Europe, and it's on your doorstep. I reckon it'll fill up fast so, get your entries in early if you don't want to be disappointed.

Phil "Oxygen" 'odgson

"The long and winding road, that leads me to your door-I've run that road before", so why not take part in the Britain's most scenic race?

GREAT LANGDALE MARATHON, 1/2 MARATHON & 3KM FAMILY FUN RUN

SUNDAY 14TH SEPTEMBER 2008 - Marathon & 1/2 Marathon 12 Noon, Fun Run 11.15am PROMPT!

* (This is the 20th anniversary of the Half Marathon, a commemorative T Shirt, with all the entrants names, will be printed, so long as entered before 1 Sep 08)

Entry Fees: MARATHON - £15.50. Half Marathon -£13.00. FUN RUN £2.50. Entry on the day.

All Races start and finish at the Stickle Barn Tavern, Great Langdale Nr. Ambleside, which is approx 5 miles down the B3543 Road off the A593 Coniston Rd. There is off road Parking near Start/Finish. Hot & Cold food is available.

AWARDS: T-shirt, Medal & certificate for finishers in the Marathon commemorative T-shirt and certificate in the Half Marathon. Medal and Ice-Cream for kids in the fun run.

Results Service www.ukresults.net or www.greatlangdaleraces.org.uk. Mile Markers, Marshals, Drinks Stations. St. John ambulance Stations and sweep vehicle. There is a Race limit of 500 Entrants. Closing date 1 Sep 08. No late entries or on day (except Fun Run)

Generous Prize list – first 5 men, first 5 ladies - plus Vets in 5 year age groups & Team Prizes for Half Marathon 3 to Count.

"You have not run a Marathon until you have done Langdale" Allan Kay 100 Marathon Runners Club.

£100.00 Cash Prize for Marathon Record (Currently 2hrs 55 min 11 sec)
£50.00 Cash Prize for Half Marathon Record (Currently 1 hr. 12 min 32 sec)

PROVISIONAL DATES:

Christmas Pudding Runs Sat 13th & 14th Dec 08. St. Georges Day 10 K Sat 18th Apr 09

Entry Form for the Great Langdale Marathon ☐ tick 1/2 Marathon ☐ tick on 14th September 2008

First name(s) _____ Surname _____

Address _____

Club (If Any) _____ Tel No. _____
Age on Race Day _____ Date of Birth _____ Sex _____ M/F (Delete)

Cheques Payable to "Langdale Marathon" Please send large ish S.A. E. No Envelope no reply. You will receive your Race number & Instructions nearer the date. Forms to Rod Berry, 27 Greenbank Road, Ambleside, Cumbria LA22 9BG

Tel 015394 31048 (if necessary).

I take part in the Event at my own risk and will not hold the organisation responsible for any loss, injury or sickness from my taking part and, in the unlikely event of the Race not taking place, the organisation may not refund all or part of my entry fee and I will do everything to ensure the safety of myself and others.

Signed _____

No exchanging of numbers or refunds for non-participation

Stainland Lions

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Always giving you extra



invite you to

The Return of "The Stainland 7"

On Sunday 7th September 2008 at 10:30am

A scenic 7 mile undulating road race starting and finishing at The Red Lion Pub, 400 Stainland Rd, Halifax, HX4 9HU.

QUALITY GIFT TO ALL FINISHERS

Prizes for 1st, 2nd and 3rd Men and Women – plus Veterans category prize
Prize for 1st Male and Female teams (team consists of 3 runners from one club)

Entry £7.00 attached, £9.00 unattached

Entries available on day with £1 supplement

Please complete the section below and send with a cheque (made payable to Stainland Lions Running Club) and stamped addressed envelope to:

The Entries Secretary, Stainland 7, 9 Spruce Drive, Northowram, Halifax, HX3 7WG

Closing date for postal entries August 31st

For race enquiries email stainland7@stainlandlions.com or call Gavin Dodd on 07770342116

Race Permit applied for. Results will appear on www.ukresults.net

www.stainlandlions.com

Forename: **Surname:** **DOB:**

Address:

Postcode: **Email:**

Male/Female **Age on race day..... (must be 17 years or over)**

UKA Affiliated Club: **Membership No:**

Amount enclosed:

I hereby declare that I am an amateur according to UK Athletics Laws. I also declare that my participation in this event is entirely at my own risk and that none of the organisers or sponsors of this event nor their members, servants or agents, shall be liable in any way whatsoever in connection with any loss, damage, injury or death either caused to or by me.

Signed: **Date:**