



TORRIER

DEC 09



What's On Dec 09- Jan 10

Pack Runs

Dec - Mason's Arms, Bacup Rd,
Todmorden

Jan - Red Lion, Littleborough

Feb - Tod Golf Club

Mar - Shoulder of Mutton,
Mytholmroyd

Wednesdays 7pm

JINGLE RIDE

Friday 18th Dec

Start Skipton Baths 9am

Skipton pool, into Skipton, then Bolton Abbey, Appletreewick, Grassington, Linton, and back to Skipton. Only 25 miles and a stop planned every five miles! Planning to be out for four hours.

Don't forget your outfits!!! 😊

JINGLE BATS



will be on
Wednesday 23rd December.

All welcome. Hopefully Santa will have deposited lots of goodies on the hills above Tod ?

Change of plan re outfits. **Everyone to come as Santa** - so dust off your santa hats and beards and red jackets and leggings, sort out your mobile fairy lights, and get ready for a Santa Special!

There will be two groups

Slower group to set off at 6:50

Faster group to set off at 7:00

Who's up for a Jingle Ride n Run then ?



Christmas Eve

All abilities welcome

Both will start from the Lane Ends Oldtown

Riders 9:00 am start -

Steady away 4 hour ride

Runners 11:00 am start -

Steady away 2 hour run



All meet back at the Lane Ends pub for a Credit

Crunch Christmas Lunch 1:30 for 2:00 🍷🍷

Santa outfits compulsory, (or elves, fairies etc), flashing christmas lights welcome.

I'll need to know how many are coming so we can let Dave the landlord know so either post on here, let me know at a packrun, or give me a call (01422 844936) Batman

Tod Harriers MMM

Sunday 17th January 2010

A three hour score event

Simon Anderton is the organiser

Venue :Masons Arms, Bacup Road

Start times between 9.30 and 10.00.

If wanting to run please let Simon know 01706 810331 or 07906997330

Pennine Bridleway Relay

Sunday 31st January 2010

Team Captains still wanted for B and mixed

Nick Barber A team 01422 843556

Mel B - Ladies 01422 886843

Peter E - Allstars 01706 813417

Please volunteer or sign up on forum We will try and put in anyone who did not get a run at CWR

PROVISIONAL FIXTURES FOR 2010 CHAMPIONSHIP

Race				
Date	Road	Fell	Category	Notes
06-Feb		Full Trog	Long	
14-Feb	Liversedge Half Marathon		Long	No EOD - Enter early, fills by early Jan
21-Feb		Ilkley Moor	Short	date tbc when fell calendar publisher
28-Feb	Huddersfield 10k		Short	No EOD - Enter early, fills 2 weeks ahead
06-Mar		Half Tour of Pendle	Medium	date tbc when fell calendar publisher
20-Mar		Fiendsdale	Medium	date tbc when fell calendar publisher
21-Mar	Lytham St Annes 10m		Medium	
02-Apr	Salford 10k		Short	
03-Apr		Pendle	Short	date tbc when fell calendar publisher
17-Apr		Coledale Horseshoe	Medium	date tbc when fell calendar publisher
01-May		Coniston	Medium	Eng Champ
02-May	Bluebell Trail 10.3m		Medium	Trail - No EOD - early entry advised
11-May		Mearley Clough	Short	date tbc when fell calendar publisher
30-May	Hendon Brook 13.5m		Long	
05-Jun		Ennerdale	Long	Eng Champ
09-Jun	Otley 10m		Medium	
19-Jun		Sedburgh 3 Peaks	Short	Eng Champ
26-Jun		Reservoir Bogs	Medium	date tbc when fell calendar publisher
11-Jul	Eccup 10m		Medium	
18-Jul		Holme Moss	Long	Eng Champ
01-Aug	Cliviger 6		Short	
15-Aug	Belper 30k Trail		Long	Trail
21-Aug		Burnsall Classic	Short	date tbc when fell calendar publisher
07-Aug		Borrowdale	Long	
05-Sep		Shelf Moor	Short	Eng Champ
10-Sep	Graham Wright Cowm Resv 4.2m		Short	Trail
18-Sep		Good Shepherd	Long	date tbc when fell calendar publisher
19-Sep	Langdale Half Marathon		Long	No EOD - early entry advised
01-Oct	Burnley Fire Station 7		Medium	
24-Oct	Holmfirth 15		Long	
31-Oct		Bronte Way	Medium	date tbc when fell calendar publisher
07-Nov		Roaches	Long	date tbc when fell calendar publisher
27-Nov	Wesham 10k		Short	No EOD - enter early, fills 2 weeks ahead

Entries for the Wadsworth Trog are already open entry forms on the Calder valley website www.cvfr.co.uk

Liversedge, huddersfield & Bluebell trail are also very popular and fills very early in the year - details on road page

ROAD RACE INFORMATION 2009

Date	2010	Entry	2009 fins	Organiser / Details	Entry Form	Route	2010 (prev 6yrs)
Sun 14-Feb (12:00 PM)	Liversedge Half	£10 - NO EOD, 500 limit, usually fills 6 weeks before - Enter by Xmas!	436	www.roberttownroadrunners.co.uk/	www.roberttownroadrunners.co.uk/2010LHMEEntry1.pdf	http://maps.google.co.uk/maps/ms?oe=UTF-8&hl=en&ll=53.722222,-1.577778&msn=1&ie=1	2 - last 2007
Sun 28-Feb (11:00 AM)	Huddersfield 10k	£7.50 by 22/2 - NO EOD 600 limit - likely to be full 2 weeks before	526	www.huddersfieldroadrunners.co.uk/	www.huddersfieldroadrunners.co.uk/xinha/plugins/ExtendedFilemanager/index.php	www.gmap-pedometer.com/?r=2279628	1 - last 2008
Sun 21-Mar (11:00 AM)	Lytham St Annes 10	£7 by 14/3, +£2 eod if 400 limit not reached (which it might just)	337	www.ukresults.net OR www.weshamroadrunners.co.uk/	www.weshamroadrunners.com/Entry_Forms/ST%20ANNES%20ROAD%20RACE%202010%20Entry%20Form.pdf		2 - last 2008
Fri 02-Apr (10:00 AM)	Salford 10k	£8 by 29/3 +£2eod (unknown limit?)	544	www.salfordharriers.co.uk	www.salfordharriers.co.uk/content/file/s10k.pdf		new
Sun 02-May (10:00 AM)	Bluebell 10.3 Trail	£8 in 2009, NO EOD (400 limit) fills early	327	www.stainlandlions.com/		www.stainlandlions.com/	3 - last 2007
Sun 30-May (11:00 AM)	Hendon Brook 13.5	eod should be ok - Clem rumoured to be taking over org in 2010	?	www.race-results.co.uk OR www.clayton-le-moors-harriers.co.uk			3 - last 2008
Wed 09-Jun (7:00 PM)	Otley 10	£8 in 09, +£1 eod	349	http://otleyac.org.uk/			new
Sun 11-Jul (9:30 AM)	Eccup 10	£10 in 09, +£1 eod if limit not reached	523	www.abbeyrunners.co.uk		http://otleyac.org.uk/otley-10-mile-road-race/	new
Sun 01-Aug (11:30 AM)	Cliviger 6	£5 by 30/7 or eod from 10am	148	Eric Wrathell - ukresults.net	www.ukresults.net/forms/100801cliviger.pdf		new
15-Aug	Belper 30k Trail						
Wed 08-Sep (7:00 PM)	Graham Wright 4.2	£4 +£1eod - 250 limit - early entry advised by Andy!	92	Andy O'Sullivan - ukresults.net	www.ukresults.net/forms/100908wright.pdf		1 - last 2009
Sun 19-Sep (12:00 PM)	Langdale Half	£13 in 09 NO EOD - 500 combined limit fills early	373 (+96m)	www.greatlangdaleraces.org.uk/			new
Sun 03-Oct (11:00 AM)	Burnley Fire Station 7	£4 +£1eod in 2009	150	www.ukresults.net			5 - last 2008
Sun 24-Oct (9:30 AM)	Holmfirth 15	£10 in 09, +£2 eod	170	www.holmfirthharriers.com			2 - last 2006
Sun 28-Nov (11:00 AM)	Wesham 10k	£ in 09 NO EOD, 500 limit, fills ~2 weeks ahead	467	www.weshamroadrunners.com/			2 - last 2005

PREVIOUS YEARS RACES

2009	2008	2007
Radcliffe 12 Trail (20)	Oldham Half (4)	Liversedge Half (7)
Burnley 10k (26)	Huddersfield 10k (13)	Helen Windsor 10k (11)
Caldervale 10 (5)	Lytham St Annes 10 (10)	Caldervale 10 (8)
Geoff Doggett (37)	Guiseley Gallop 10k (17)	Andy O 5k (12)
Trawden 7 Trail (14)	Robertown 7 (10)	Bluebell 10 (18)
Eyam Half (7)	Hendon Brook 13.5 (6)	Radcliffe 12 Trail (13)
Hendon Brook 13.5 (10)	Langdale Half (6)	Ackworth Half (5)
Howgills 10 (6)	Norland Moor 7 Trail (18)	Leyland 10 (3)
Stainland 7 (19)	Stainland 7 (16)	Thru the Villages 8.5 (11)
Badger 10k Trail (10)	Helen Windsor 10k (28)	Accrington 10k (14)
Cliviger 6 (21)	Ron Hill 5k (23)	Gill Pimblott 5 (5)
Macclesfield Half (1)	Lancaster Half (4)	Langdale Half (3)
Thru the Villages 8.5 (9)		
Lancaster Half (6)		
NO ENTRANTS 202	155	110
AVG PER RACE 13.5	12.9	9.2

2006	2005	2004
Liversedge Half (8) Helen Windsor 10k (16)	Radcliffe 12 Trail (19) Roddlesworth R 10k (24)	Radcliffe 12 Trail Roddlesworth R 10k
Lytham St Annes 10 (8) Radcliffe 6.5 (12) Derwentwater 10 (4)	Grizedale Forest 10 Gin Pit 5 Leyland 10	Stainland 7 Bolton 10k Bluebell 10
Oldham Half (3) Hendon Brook 13.5 (7) Bluebell 10 (29) Burnley Fire 7 (17) Pauline Luketti 5k? (17)	Freckleton Half Langdale Half Wagon & Horses 10 Thru the Villages 8.5 Geoff Doggett 5k (23)	Eyam Half Langdale Half Herriot 9 Burnley Fire 7 Blackpool Beach 10k
Accrington 10k (11) Langdale Half (5)	Holmfirth 15	Blackburn 10k Holmfirth 15

137

11.4

ENGLISH CHAMPIONSHIPS 2010

It's nearly 2010 - the English Championships will be upon us again before we know it. Over the past four or five years Todmorden Harriers' profile in these prestigious national championships has continued to grow. With the multitude of talented runners in our club we should be able to win more medals next year. But, to do this we need to enter the races (no mean achievement in itself as they often fill up in a couple of days!) and to pack the field with as many Toddie runners as possible. We'll be putting out regular reminders on when the entries open for each race. We can do well in both individual and team (men and women's : open, V40 and V50 categories). So come, on, fly the flag for Todmorden Harriers and get yourselves entered.

The list of races and entry opening dates are:

Noonstone	Medium	Sat 27 th Feb	Entries open 1 st Jan - Postal entry only
Coniston	Medium	Sat 1 st May	Entries open March 1 st 2010 (Download from www.conistonfellrace.org.uk)
Ennerdale	Long	Sat 12 th June	Entry date to be confirmed
Sedbergh 3 Peaks	Short	Sat 19 th June	Entry date to be confirmed
Holme Moss	Long	Sun 18 th July	Entry date to be confirmed
Shelf Moor	Short	Sun 5 th Sept	Entry date to be confirmed

Put the race dates in your 2010 diary and – “Let's win some medals in 2010”

[Note: Noonstone is a Toddie race and, as usual I'm sure you'll all be volunteering to help out on the day. Andrew will have plenty of pre-race jobs for those who are needed to run to get our English Champs season off to a flying start].

THE NOONSTONE

Sat Feb 27th

This year the Noonstone is an English Championship race. Anyone who thinks they will count in English Championship either in the teams or individually needs to get their entries to Andrew in the first few days of January. The entry form will appear on the todharriers website.

We are expecting 500 runners so we need as many helpers as possible. There will be a thread on the forum where you can sign up or ring Andrew on 01706 818623.

GRAND PRIX 2009

The winners feature on the front page; the boring statistics are below:

It's been a record breaking year for our Grand Prix and Fell and Road Championships with mere mortals making their own mark alongside Andrew Wrench's remarkable clean sweep (of which, more later).

We have had the highest ever numbers of participants – 96 members have turned out to compete in at least one race beating last year's previous best of 84. Of these 96, well over half – 57 in fact – ran four or more races.

19 qualified by doing 8 of the 33 races – a good turnout, only 1 less than last Year. 6 have qualified for the first time ever, 3 of whom are newcomers to the club: Phil Cook, Darren Tweed and Dan Taylor. Another 4 toddlers were only one more race away from qualification.

81 ran a fell race and 63 on the road and trail. This year's number of entries was 308 in the 18 fell races and 202 for the 15 road – making a grand total of 510 Tod vests appearing in our selected races – a fantastic high profile for the club.

With 3 juniors competing in the GP the age range of participants is remarkable – from an 11 year old Skye Wilson to the veteran 78 year old Derek Clutterbuck: can any other club match that?

Best attendance was 37 at the Geoff Dogget 5k in Littleborough, and good turnouts for two tough fell races – 30 at the Half Tour of Pendle and 28 at Conniston. And a special mention to Sarah Glyde for being the sole representative at the Macclesfield half marathon (for some reason not included in next year's GP – the race not Sarah that is).

The real talking point of the year was Andrew Wrench. It is a phenomenal - and unprecedented - achievement to win all four titles in one season. He is now Grand Prix, Fell, Road and Club Champion – suitable reward for being this season's most prolific GP entrant, competing in a total of 17 races.

And records have tumbled along the way. He has broken Brian Schofields total of highest number of GP points that has stood since 1999. He now has the highest winning total in the Club Championship – as a measure this year he scored nearly 100 points more than Paul Brannigan's (no mean runner himself) winning total last year. And remember that the Club Championship is not based on the handicap points system like the Grand Prix.

The Fell title is his for the 8th time in 12 years, whilst his first winning of the Road Championship secured him a nomination for the 'Most Improved Runner' award. He was

the first Tod Harrier home in all but four of the races he competed in and on the fells he registered a 1st, 2nd, 3rd and 4th place; road and trail being equally impressive with a 1st, two 3rds and a 4th. And these are in the open categories, not as his V40 status.

So, what is left to say about him? Well as he now has recorded this year a record number of points in the GP and Club Championship, and holds the best score in the Fells set in 1999 – that just leaves Jon Cordingleys Road record to go. Worth coming out of retirement for?

GP TEN TROPHY TANKARD

As a Club, Tod Harriers has long regarded the GP as the focus for our runners. The races are there to encourage members old, and especially new, to get out and participate alongside each other. It provides a focus for discussion in the pub after pack runs, more recently on the forum, and a meeting point for members who live further afield.

But for it not to be a 'dead duck' - simply a hunting ground for top runners or won by the same people each year - it needs as many members from all levels of ability to turn out and commit to running GP races. To recognise the valuable input that club members make to further the viability of the GP it was decided this year to reward runners who have qualified for total of ten GPs.

Although it only means running eight races, statistically few have had the devotion or luck with injuries to pass the landmark of successfully qualifying year on year. In the past 12 seasons just two club stalwarts have managed it.

Since the new format for the GP was devised in 1997 only one person has ever managed to get eight races completed every year – (he like everyone else was allowed the Foot & Mouth season off).

Peter Ehrhardt in 12 years has run an impressive 155 GP races – an average of nearly 13 per year – and probably has represented the Club in most Calderdale Way and Pennine Bridleway relays in that time.

Paul Brannigan has completed 10 of the 12 GPs (missing out in only 2006 and 2007). and has frequently finished high up in the GP points total. During these past 13 years he has claimed the Road championship 8 times and the Club Championship 3 times making him the leading top man in both.

Both have made huge contributions to the club and both deserve to be the first recipients of this new award. With the same dedication, in a few years time it could also be you.

Congratulations to Kath Brierley for being voted Clubman of the Year.

RACE RESULTS

Thievely
26/9/09

		time		fell pts	GP pts
Andrew Wrench	M40	33	46	98.0	104.7
Sean Carey	U18	35	57	92.0	92.0
Paul Brannigan	M40	37	20	88.6	95.6
Nick Barber	M	37	23	88.5	88.5
Dave Collins	M50	37	49	87.5	102.5
Paul Burnett	M	40	51	81.0	83.3
Lauren Jeska	F	40	58	80.7	89.3
James Riley	M	42	7	78.5	78.5
Andrew Bibby	M55	42	35	77.7	94.1
Claire Duffield	F35	43	8	76.7	85.9
Kath Brierley	F45	44	47	73.9	94.5
Richard Butterwick	M	45	57	72.0	72.0
Lucy Hobbs	F35	47	8	70.2	80.7
Peter Marshall	M60	48	40	68.0	88.5
Louise Abdy	F45	48	56	67.6	86.5
Peter Ehrhardt	M60	50	6	66.0	87.1
Elise Milnes	F45	50	17	65.8	84.2
Kevin Coughlan	M45	50	33	65.4	72.7
Mel Siddall	F45	51	23	64.4	81.3
Fiona Armer	F40	51	38	64.1	77.0
Helen Hodgkinson	F35	52	3	63.6	72.5
Sue Roberts	F45	52	7	63.5	80.2
Graham Milnes	M50	53	27	61.9	73.3
Barry Chapman	M60	55	43	59.4	79.3
Dave O'Neill	M50	55	53	59.2	68.6
Ian Stansfield	M65	1	14	20	44.5

Macclesfield 1/2m 27/9/09

		time		road pts	GP pts
Sarah Glyde	F	1	44	22	67.7

Langdale 10/10/09

		time		fell pts	GP pts
Andrew Wrench	M40	2	26	2	93.4
Alastair R-Dawson	M	2	28	37	91.8
Ben Crowther	M	2	42	18	84.0
Dave Collins	M50	2	46	19	82.0
Lauren Jeska	F	2	50	51	79.8
Peter Bowles	M	3	10	31	71.6
Kath Brierley	F45	3	16	42	69.3
Phil Hodgson	M50	3	16	45	69.3
Dave Wilson	M50	3	27	19	65.8
Chris Preston	F40	3	30	17	64.9
Mandy Goth	F45	4	7	0	55.2
Sue Roberts	F45	4	8	0	55.0

Accrington 10k 25/10/09

		time		road pts	GP pts
Paul Brannigan	M40	39	22	88.3	94.3
Richard Butterwick	M	41	51	83.1	83.1
Andrew Bibby	M55	45	11	77.0	89.8
Sarah Glyde	F	46	15	75.2	83.2
Mel Blackhurst	F40	46	55	74.1	89.3

Elise Milnes	F45	50	19	69.1	86.6
Moyra Parfitt	F60	52	29	66.3	100.1
Rachel Henthorne	F40	54	53	63.4	74.9
David Henthorne	M50	54	55	63.3	72.6
Helen Hodgkinson	F35	55	12	63.0	71.8
Graham Milnes	M50	57	14	60.8	69.7

Thru the Villages 1/11/09

		time		road pts	GP pts
Paul Brannigan	M40	54	2	87.8	93.8
Richard Butterwick	M	57	52	82.0	82.0
Andrew Bibby	M55	1	2	15	76.2
Sarah Glyde	F	1	4	58	73.1
Lucy Hobbs	F35	1	5	7	72.9
Mel Siddall	F45	1	10	17	67.5
Bev Wright	F35	1	12	2	65.9
Peter Ehrhardt	M60	1	12	7	65.8
Barry Chapman	M60	1	26	38	54.8

Lancaster 1/2 marathon 8/11/09

		time		road pts	GP pts
Paul Brannigan	M40	1	21	36	89.3
Dan Taylor	M	1	29	55	81.1
Lucy Hobbs	F35	1	35	55	76.0
Darren Tweed	M	1	37	56	74.4
Mel Siddall	F45	1	46	27	68.5
Katy Moore	F35	2	16	21	53.5

Dunnerdale
7/11/09

		time		fell pts	GP pts
Martin Roberts	M50	52	12	76.5	87.7
Jeff Walker	M	54	47	72.9	75.0
Claire Duffield	F35	56	27	70.7	79.8
Richard Butterwick	M	56	30	70.7	70.7
Phil Hodgson	M50	56	56	70.1	82.2
Rachel Skinner	F35	58	28	68.3	77.1
Dan Taylor	M	59	34	67.0	67.0
Sarah Warburton	F35	59	43	66.9	74.9
Kath Brierley	F45	59	45	66.8	85.5
John Preston	M40	1	1	10	65.3
Chris Preston	F40	1	1	25	65.0
Mick Howard	M45	1	2	9	64.2
Richard Leonard	M50	1	3	0	63.4
Louise Abdy	F45	1	5	41	60.8
Richard Blakeley	M65	1	8	19	58.4
Mandy Goth	F45	1	10	22	56.7
Barry Chapman	M60	1	12	28	55.1
Mel Siddall	F45	1	13	28	54.3
Kirsten Airlie	F	1	15	15	53.1

Tour of Pendle 21/11/09

		time		fell pts	GP pts
Alastair R-Dawson	M	2	49	10	93.8
Ben Crowther	M	3	3	5	86.6
Chris Preston	F40	3	29	10	75.8
Elise Milnes	F45	4	4	11	65.0

2009 CLUB CHAMPIONSHIP

			No of races	Ilkley Moor	Stretton Hills	Whittle pike	Dentdale	Thieveley Pike	Dunnerdale	Stanbury	Half Tour Pendle	Fiendsdale	Coniston	Tebay	Turnslack	Edale	Duddon	Wasdale	Good Shepherd	Langdale	Tour Pendle	Burnley 10k	Geoff Dogget 5k
1	Andrew Wrench	M40	17	92.37	96.20	98.30	95.50	98.00					86.10	93.10	101.10			86.20	98.60	93.40			89.10
2	Nick Barber	M	7					88.50			84.30			84.70		84.70						0.00	88.00
3	Dave Collins	M50	16	81.20	85.70	87.00	87.30	87.50		84.18	87.60	87.20		87.80	89.50				92.00	82.00			78.90
4	Darren Tweed	M	9			80.10	76.50								82.60				77.20			77.40	75.90
5	Dan Taylor	M	15	71.80	76.40	77.60			67.00	68.38	63.50			69.90				63.60	74.60			82.70	77.70
6	Richard Butterwick	M	11					72.00	70.70	73.00	70.00								70.60			85.30	0.00
7	Lucy Hobbs	F35	10					72.20			74.90								71.10			79.30	71.70
8	Mel Blackhurst	F40	13		67.30		67.80				71.30		64.80						69.80				68.50
9	Peter Ehrhardt	M60	15		60.90		64.50	66.00		63.71	62.40		55.50	66.00	69.30				62.30			70.10	66.10
10	Elise Milnes	F45	9					65.80							66.50				59.20		65.00	70.50	
			Badger 10k Trail	Cliviger 6	Accrington 10k	Caldervale 10	Trawden 7 Trail	Howgill 10	Stainland 7	Thru the Villages	Ratcliffe 12 Trail	Eyam1/2	Hendon Brook 1/2	Macclesfield 1/2	Lancaster 1/2	short fell	med fell	long fell	short road	med road	long road	qualified?	total points
1	Andrew Wrench	M40	99.3	97.1			102		95.2		92.9					98.3	101	98.6	99.3	102	92.9	Q	592
2	Nick Barber	M	0	0	0	0		0	89.6	0		88.8		0	0	88.5	85	84.7	88	89.6	88.8	Q	524
3	Dave Collins	M50		86.1					86.6		75.5					87.5	90	92	86.1	86.6	75.5	Q	517
4	Darren Tweed	M	0	81	0			0	81.5	0				0	74.4	80.1	83	77.2	81	81.5	74.4	Q	477
5	Dan Taylor	M	0	0	0	79.2		0	74.9	0	75.2			0	81.1	77.6	70	74.6	82.7	79.2	81.1	Q	465
6	Richard Butterwick	M	0	79.3	83.1			0	82.5	82			64.2	0	0	72	73	70.6	85.3	82.5	64.2	Q	448
7	Lucy Hobbs	F35		66.5					73.2	72.9	75.9				76	72.2	75	71.1	79.3	73.2	76	Q	447
8	Mel Blackhurst	F40		74.3	74.1		71	68.7	74.2			73.5	75.4			67.8	71	69.8	74.3	74.2	75.4	Q	433
9	Peter Ehrhardt	M60				68.3			65.7	65.8			70.9			66	69	62.3	70.1	68.3	70.9	Q	407
10	Elise Milnes	F45			69.1		69.2		70.4		66					65.8	67	65	70.5	70.4	66	Q	404

To qualify in the club championship you have to do a short/medium and long race in both the road and fell championships. A total of six races.

2009 GRAND PRIX TABLE - 33 races			No of races		Ikley Moor	Stretton Hills	Whittle pike	Dentdale	Thieveley Pike	Dunnerdale	Stanbury	Half Tour Pendle	Fiensdale	Coniston	Tebay	Turnslack	Edale	Duddon	Wasdale	Good Shepherd	Langdale	Tour Pendle		Burnley 10k	Geoff Dogget 5k	Badger 10k Trail	Cliviger 6	Accrington 10k	Caldervale 10	Trawden 7 Trail	Howgill 10	Stainland 7	Thru the Villages	Ratcliffe 12 Trail	Eyam1/2	Hendon Brook 1/2	Macclesfield 1/2	Lancaster 1/2	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	Andrew Wrench	M40	17		97.8	101.8	105.1	102.0	104.7					91.2	99.5	108.1			92.2	105.3	99.8				93.7	105.2	103.7			107.7		100.9		97.7					17	1716.4	101.0	11	100.7	6	101.5	5F-3R	Q	841.8	
2	Dave Collins	M50	16		95.2	100.4	101.9	102.3	102.5		98.6	102.6	102.1		102.9	104.8				107.8	96.1					89.7		97.9					98.4		85.9				16	1589.1	99.3	12	101.4	4	93.0	5F-3R	Q	806.6	
3	Paul Brannigan	M40	11				93.2	85.2	95.6											97.0				80.7	86.3	94.0	95.4	94.3				93.8					95.4	11	1010.9	91.9	4	92.8	7	91.4	3F-5R	Q	758.7		
4	Andrew Bibby	M55	9		84.4				94.1		89.1				81.9										84.2			89.8		95.9			88.9		88.7				9	797.0	88.6	4	87.4	5	89.5	3F-5R	Q	715.1	
5	Mel Blackhurst	F40	13			82.0		82.5				85.7			77.9					84.9					82.6		89.5	89.3		85.5	82.3	89.4			88.6	90.9			13	1111.1	85.5	5	82.6	8	87.3	3F-5R	Q	700.8	
6	Peter Ehrhardt	M60	15			80.3		85.1	87.1		83.0	82.4		73.2	87.0	91.5				82.2				87.3	82.5				85.1			81.9	82.0			88.3			15	1258.9	83.9	9	83.5	6	84.5	5F-3R	Q	694.4	
7	Peter Marshall	M60	14		83.2	82.4	85.3	82.4	88.5		84.1	87.5	85.1	82.1		91.0				85.2					80.5	84.7	83.2											14	1185.2	84.7	11	85.2	3	82.8	5F-3R	Q	685.9		
8	Elise Milnes	F45	9						84.2							85.1				75.7		83.1	88.4						86.6		86.7		88.2	84.6	87.4				9	760.7	84.5	4	82.0	5	86.5	3F-5R	Q	685.0	
9	Lucy Hobbs	F35	10						80.7			86.2								81.8			91.7	82.5		76.5						84.2	84.6	87.4				88.2	10	843.8	84.4	3	82.9	7	85.0	3F-5R	Q	684.8	
10	Claire Duffield	F35	9		81.0			84.0	85.9	79.8		86.3								86.8					81.0		84.7								83.3				9	752.8	83.6	6	84.0	3	83.0	5F-3R	Q	673.0	
11	Mel Siddall	F45	8				75.5		81.5	68.6																89.8			85.3			83.8	79.9					85.0	8	649.4	81.2	3	75.2	5	84.8	3F-5R	Q	649.4	
12	Phil Cook	M40	10					80.7				77.0		73.1		82.9									76.4	80.5	79.9			86.3			80.2				81.6		10	798.6	79.9	4	78.4	6	80.8	3F-5R	Q	649.1	
13	Darren Tweed	M	9				80.1	76.5								82.6				77.2				77.4	75.9		81.0						81.5					74.4	9	706.6	78.5	4	79.1	5	78.0	4F-4R	Q	632.2	
14	Richard Butterwick	M	11						72.0	70.7	73.0	70.0								70.6				85.3			79.3	83.1					82.5	82.0			64.2		11	832.7	75.7	5	71.3	6	79.4	3F-5R	Q	627.9	
15	Dan Taylor	M	15		71.8	76.4	77.6			67.0	68.4	63.5			69.9					63.6	74.6			82.7	77.7					79.2			74.9		75.2				81.1	15	1103.6	73.6	9	70.3	6	78.5	3F-5R	Q	624.5
16	Kevin Coughlan	M45	10		68.6				72.7		72.1	76.9		62.7													80.1			83.3			73.7			78.2	79.0			10	747.3	74.7	5	70.6	5	78.9	3F-5R	Q	616.0
17	Barry Chapman	M60	11		72.0				79.3	73.6				73.5	75.3	77.8							77.0			73.9		69.6		72.5		68.9							11	813.4	73.9	6	75.3	5	72.4	5F-3R	Q	602.9	
18	Dave O'Neill	M50	9				66.9	65.3	68.6							69.5									61.0	70.0	66.5				68.2		66.4						9	602.4	66.9	4	67.6	5	66.4	4F-4R	Q	541.4	
19	Ian Stansfield	M65	9				60.2	64.5	61.8																65.0	66.9	64.3			75.2			65.2			62.9			9	586.0	65.1	3	62.2	6	66.6	3F-5R	Q	523.1	
20	Nick Barber	M	7						88.5			84.3			84.7		84.7								88.0								89.6			88.8				7	608.6	86.9	4	85.6	3	88.8	-	X	608.6
21	Lauren Jeska	F	12		81.9	82.3		85.3	89.3		83.6	85.8	85.1		82.6				68.1		88.3				83.0									78.1				12	993.4	82.8	10	83.2	2	80.6	-	X	594.9		
22	Moyra Parfitt	F60	8																	96.3				100.8	92.2		95.1	100.1		102.2			97.0				96.7		8	780.4	97.6	1	96.3	7	97.7	-	X	593.1	
23	Mandy Goth	F45	7							73.5				75.1		77.2		69.3			71.6		78.4	75.5															7	520.6	74.4	5	73.3	2	77.0	-	X	520.6	
24	Phil Hodgson	M50	6						82.2			90.3		87.7		87.2					81.2				84.2														6	512.8	85.5	5	85.7	1	84.2	-	X	512.8	
25	Sarah Glyde	F	9													78.1									76.7	84.7	83.9	83.2		83.7		79.6	80.8				74.9		9	725.6	80.6	1	78.1	8	80.9	-	X	494.4	
26	Helen Hodgkinson	F35	7		69.5				72.5					68.1				58.3						73.7	75.5			71.8											7	489.4	69.9	4	67.1	3	73.7	-	X	489.4	
27	Kevin Booth	M40	6		80.1	82.9										88.6		64.6												85.4				85.1					6	486.7	81.1	4	79.1	2	85.2	-	X	486.7	
28	Kath Brierley	F45	11			93.9			94.5	85.5	92.4		97.1	87.7	96.0		94.9	86.2	94.4		88.7																		11	1011.3	91.9	11	91.9	0	####	-	X	476.9	
29	Andrew Horsfall	M40	8			90.4	94.5	89.3				94.6		87.1	91.9				86.1	88.2																			8	722.1	90.3	8	90.3	0	####	-	X	460.7	
30	Alastair R-Dawson	M	8				90.7	90.4				89.7	92.5		88.8				87.1		91.8	93.8																	8	724.8	90.6	8	90.6	0	####	-	X	459.2	
31	Sean Carey	U18	5		89.1		94.8		92.0		88.9														82.9														5	447.7	89.5	4	91.2	1	82.9	-	X	447.7	
32	Sarah May	F	5		85.6	87.4	90.6								84.5																		94.5					5	442.6	88.5	4	87.0	1	94.5	-	X	442.6		
33	Chris Preston	F40	7		81.5					80.1		87.8			86.1			81.0			79.9	93.4																	7	589.8	84.3	7	84.3	0	####	-	X	429.8	
34	Ben Crowther	M	9								79.8	80.8		76.6		85.9	72.7	70.1		89.1	84.0	86.6																	9	725.6	80.6	9	80.6	0	####	-	X	426.4	
35	Simon Galloway	M40	5		81.6			78.2			82.8	83.4				88.5																							5	414.5	82.9	5	82.9	0	####	-	X	414.5	
36	Louise Abdy	F45	8		78.2				86.5	77.8	80.5			79.2		89.5		67.9	78.5																				8	638.1	79.8	8	79.8	0	####	-	X	414.2	
37	Derek Clutterbuck	M75	5									84.2			79.1									87.7	79.8								76.3						5	407.1	81.4	2	81.7	3	81.3	-	X	407.1	
38	Bev Wright	F35	6																					83.4	77.7	81.7			78.8			76.5	79.2						6	477.3	79.6	0	#####	6	79.6	-	X	400.8	
39	Mick Craven	M50	5		78.5						82.0					84.3		67.7																86.3					5	398.8	79.8	4	78.1	1	86.3	-	X	398.8	
40	Sue Roberts	F45	9		74.6			73.7	80.2		80.7	78.2		78.5	76.5					76.2	69.5																		9	688.1	76.5	9	76.5	0	####	-	X	394.1	
41	Duncan Ritchie																																																

51	Paula Haworth	F35	5									67.4			61.7																						5	354.4	70.9	2	64.5	3	75.1	-	X	354.4	
52	Graham Milnes	M50	5					73.3															65.7				69.7		71.3		68.6						5	348.6	69.7	1	73.3	4	68.8	-	X	348.6	
53	David Henthorne	M50	6																				70.7	66.5			72.6			66.7	67.7		65.2					6	409.4	68.2	0	#####	6	68.2	-	X	344.2
54	Richard Blakeley	M65	4					81.2							88.3									77.8		83.6											4	330.9	82.7	2	84.8	2	80.7	-	X	330.9	
55	Roger Howarth	M40	4							82.3	74.7													79.2								76.4					4	312.6	78.2	2	78.5	2	77.8	-	X	312.6	
56	Rachel Skinner	F35	4					77.1					77.8				73.9	74.9																	4	303.7	75.9	4	75.9	0	####	-	X	303.7			
57	Dave Wilson	M50	4									71.2					75.2			77.9				71.3												4	295.6	73.9	3	74.8	1	71.3	-	X	295.6		
58	Johnny Medcalf	M45	3	68.0						69.4																			83.6							3	221.0	73.7	2	68.7	1	83.6	-	X	221.0		
59	Emma Osenton	F	3							74.1			61.9		74.8																					3	210.8	70.3	3	70.3	0	####	-	X	210.8		
60	Chris Smale	M45	2	100.6							106.2																									2	206.8	103.4	2	103.4	0	####	-	X	206.8		
61	Mark Anderton	M45	2							86.2																89.3										2	175.5	87.8	1	86.2	1	89.3	-	X	175.5		
62	Scott Lapish	M	2								84.3												88.1													2	172.4	86.2	1	84.3	1	88.1	-	X	172.4		
63	Andy McFie	M43	2															76.4	93.4																2	169.8	84.9	2	84.9	0	####	-	X	169.8			
64	Paul Burnett	M	2				86.2		83.3																											2	169.5	84.8	2	84.8	0	####	-	X	169.5		
65	Paul Hobbs	M	2												86.7					81.9																2	168.6	84.3	2	84.3	0	####	-	X	168.6		
66	Joe Stansfield	M	2								78.4												87.8													2	166.2	83.1	1	78.4	1	87.8	-	X	166.2		
67	Jeff Walker	M40	2							75.0						85.7																				2	160.7	80.4	2	80.4	0	####	-	X	160.7		
68	Craig Stansfield	M40	2	82.2														77.3																		2	159.5	79.8	2	79.8	0	####	-	X	159.5		
69	Richard Gilbert	M40	2								79.6					73.9																				2	153.5	76.8	2	76.8	0	####	-	X	153.5		
70	Mick Howard	M45	2						71.4	78.8																										2	150.2	75.1	2	75.1	0	####	-	X	150.2		
71	Peter Bowles	M	2																	77.4	71.6															2	149.0	74.5	2	74.5	0	####	-	X	149.0		
72	Julie Wyant	F40	2								63.1												73.8													2	136.9	68.4	1	63.1	1	73.8	-	X	136.9		
73	John Preston	M40	2						70.4	66.0																										2	136.4	68.2	2	68.2	0	####	-	X	136.4		
74	Sean Willis	M40	1								101.3																									1	101.3	101.3	1	101.3	0	####	-	X	101.3		
75	Jane Leonard	F50	1									96.1																								1	96.1	96.1	1	96.1	0	####	-	X	96.1		
76	Keith Parkinson	M55	1																				91.5													1	91.5	91.5	0	#####	1	91.5	-	X	91.5		
77	Peter Jackson	M60	1	86.7																																1	86.7	86.7	1	86.7	0	####	-	X	86.7		
78	David Baldaro	M	1																				86.7													1	86.7	86.7	0	#####	1	86.7	-	X	86.7		
79	Kerry Edwards	F35	1																				85.7													1	85.7	85.7	0	#####	1	85.7	-	X	85.7		
80	Martin Stork	M	1																							79.0										1	79.0	79.0	0	#####	1	79.0	-	X	79.0		
81	Melanie Robertson	F45	1																							78.5										1	78.5	78.5	0	#####	1	78.5	-	X	78.5		
82	Fiona Armer	F40	1						77.0																											1	77.0	77.0	1	77.0	0	####	-	X	77.0		
83	Chris Drinkwater	M55	1													76.6																				1	76.6	76.6	1	76.6	0	####	-	X	76.6		
84	Ray Poulter	M60	1																					75.2												1	75.2	75.2	0	#####	1	75.2	-	X	75.2		
85	Sarah Warburton	F35	1						74.9																											1	74.9	74.9	1	74.9	0	####	-	X	74.9		
86	Nick Wigmore	M	1	74.5																																1	74.5	74.5	1	74.5	0	####	-	X	74.5		
87	Trevor Smith	M65	1											71.7																						1	71.7	71.7	1	71.7	0	####	-	X	71.7		
88	Phil Southwell	M60	1																							71.3										1	71.3	71.3	0	#####	1	71.3	-	X	71.3		
89	Gareth Vickers	M	1																										70.4								1	70.4	70.4	0	#####	1	70.4	-	X	70.4	
90	Rachel Allen	F40	1																				68.4													1	68.4	68.4	0	#####	1	68.4	-	X	68.4		
91	Stuart Boulton	M50	1											62.8																						1	62.8	62.8	1	62.8	0	####	-	X	62.8		
92	Patsey Reilly	F40	1											62.0																						1	62.0	62.0	1	62.0	0	####	-	X	62.0		
93	Katy Moore	F35	1																																		1	60.3	60.3	0							

2009 ROAD TABLE 15 races					Burnley 10k	Geoff Dogget 5k	Badger 10k Trail	Cliviger 6	Accrington 10k	Caldervale 10	Trawden 7	Howgill 10	Stainland 7	Thru the villages	Radcliffe 12 Trail	Eyam 1/2	Hendon Brook 1/2	Macclesfield 1/2	Lancaster 1/2	Completed Races	total points	Qualified?	qualifying TOTAL
	attendance				26	37	10	21	11	5	14	6	19	9	20	7	10	1	6	202			
	average points				71.7	68.7	73.3	72.5	71.2	68.1	73.6	63.4	71.7	71.8	72.4	72.0	70.9	67.7	73.8	70.9			
1	Andrew Wrench	M40			89.1	99.3	97.1				101.7		95.2		92.9					6	575.3	Q	575.3
2	Paul Brannigan	M40		76.1	81.5	88.0	89.4	88.3						87.8					89.3	7	600.4	Q	524.3
3	Richard Butterwick	M		85.3			79.3	83.1					82.5	82.0			64.2			6	476.4	Q	476.4
4	Dan Taylor	M		82.7	77.7					79.2			74.9		75.2				81.1	6	470.8	Q	470.8
5	Phil Cook	M40			73.7	77.6	77.1				83.2		77.4				78.8			6	467.8	Q	467.8
6	Lucy Hobbs	F35		79.3	71.7		66.5						73.2	72.9	75.9				76.0	7	515.5	Q	449.0
7	Sarah Glyde	F			69.3	76.6	75.8	75.2		75.6			71.9	73.1				67.7		8	585.2	Q	444.0
8	Mel Blackhurst	F40			68.5		74.3	74.1			71.0	68.7	74.2			73.5	75.4			8	579.7	Q	442.5
9	Bev Wright	F35		72.5	67.5	71.0				68.5				65.9	68.9					6	414.3	Q	414.3
10	Peter Ehrhardt	M60		70.1	66.1					68.3			65.7	65.8			70.9			6	406.9	Q	406.9
11	Moyra Parfitt	F60		66.8	61.0		63.0	66.3			67.7		64.2				64.1			7	453.1	Q	392.1
12	Rachel Henthorne	F40		61.7	58.0			63.4				61.1	59.0		55.7					6	358.9	Q	358.9
13	David Henthorne	M50		62.2	58.5			63.3				58.2	59.0		55.7					6	356.9	Q	356.9
14	Ian Stansfield	M65			50.6	52.1	50.0				58.5		50.7			49.0				6	310.9	Q	310.9
15	Darren Tweed	M		77.4	75.9		81.0						81.5						74.4	5	390.2	X	390.2
16	Andrew Bibby	M50			72.9			77.0			83.0			76.2		76.8				5	385.9	X	385.9
17	Kevin Coughlan	M45					73.4				76.3		67.4			71.6	72.3			5	361.0	X	361.0
18	Elise Milnes	F45		70.5				69.1			69.2		70.4		66.0					5	345.2	X	345.2
19	Mel Siddall	F45				72.3				68.7				67.5	64.4				68.5	5	341.4	X	341.4
20	Dave Collins	M50			78.9		86.1						86.6		75.5					4	327.1	X	327.1
21	Duncan Ritchie	M		85.7	80.6										82.2		75.5			4	324.0	X	324.0
22	Dave O'Neill	M50			54.6	62.6	59.4				61.0		59.4							5	297.0	X	297.0
23	Barry Chapman	M60		61.8			59.4			55.8		58.2		54.8						5	290.0	X	290.0
24	Nick Barber	M			88.0								89.6			88.8				3	266.4	X	266.4
25	Graham Milnes	M50		57.8				60.8			62.7		59.8							4	241.1	X	241.1
26	Myra Wells	F50		59.3	56.6						62.4	58.8								4	237.1	X	237.1
27	Claire Duffield	F35			72.3		75.7										74.4			3	222.4	X	222.4
28	Richard O'Sullivan	M45									76.9				73.4		69.1			3	219.4	X	219.4
29	Peter Marshall	M60			65.3	68.7	67.5													3	201.5	X	201.5
30	Paula Haworth	F35		68.7		64.9									63.4					3	197.0	X	197.0
31	Helen Wilson	F40			64.8										67.5		63.8			3	196.1	X	196.1
32	Helen Hodgkinson	F35		65.3	66.9			63.0												3	195.2	X	195.2
33	Jon Wright	M			91.2										99.1					2	190.3	X	190.3
34	Derek Clutterbuck	M75		58.4	53.1										51.6					3	163.1	X	163.1
35	Kevin Booth	M40									80.6				80.9					2	161.5	X	161.5
36	Roger Haworth	M40			76.4											73.7				2	150.1	X	150.1
37	Lauren Jeska	F			75.0											70.6				2	145.6	X	145.6
38	Jeremy Godden	M50			59.4										67.9					2	127.3	X	127.3
39	Richard Blakeley	M65			60.5		65.1													2	125.6	X	125.6
40	Mandy Goth	F45		61.9	59.6															2	121.5	X	121.5
41	Scott Lapish	M		88.1																1	88.1	X	88.1
42	Joe Stansfield	M		87.8																1	87.8	X	87.8
43	David Baldaro	M		86.7																1	86.7	X	86.7
44	Sarah May	F													85.4					1	85.4	X	85.4
45	Mark Anderton	M45					83.0													1	83.0	X	83.0
46	Sean Carey	U18			82.9															1	82.9	X	82.9
47	Keith Parkinson	M55		79.2																1	79.2	X	79.2
48	Martin Stork	M					79.0													1	79.0	X	79.0
49	Kerry Edwards	F35		77.4																1	77.4	X	77.4
50	Mick Craven	M50													76.5					1	76.5	X	76.5
51	Johnny Medcalf	M45										75.3								1	75.3	X	75.3
52	Phil Hodgson	M50			74.1															1	74.1	X	74.1
53	Gareth Vickers	M													70.4					1	70.4	X	70.4
54	Helen Hodgekinson	F35			66.9															1	66.9	X	66.9
55	Julie Wyant	FV40		63.6																1	63.6	X	63.6
56	Dave Wilson	M50			62.7															1	62.7	X	62.7
57	Melanie Robertson	F45					62.6													1	62.6	X	62.6
58	Ray Poulter	M60			61.0															1	61.0	X	61.0
59	Rachel Allen	F40		58.4																1	58.4	X	58.4
60	Phil Southwell	M60					57.2													1	57.2	X	57.2
61	Katy Moore	F35																53.5		1	53.5	X	53.5
62	Joseph Brannigan	U14			50.7															1	50.7	X	50.7
63	Skye Wilson	U12			43.8															1	43.8	X	43.8

Toilet Seat 2009

Well, Congratulations are in order to a very worthy winner – **Alastair Rhodes Dawson** - the 2009 Toilet Seat Champion! Most of Alastair's points have been very painful ones – he seemed to earn most of them by bashing his head! I hope that you get as much pleasure, Alastair, out of winning this trophy as our many, previous champions have. Commiserations to our valiant runners-up and hard luck to all those who would have earned points if I'd been told their weary tales....there's always next year.....Merry Christmas to All.... and Have an Eventful 2010 please!

Yours,
Uncle Barry

Whose Vest is That Paula? "Skye Wilson's!" came the reply: our Paula had run the Stanbury Fell Race in a child's vest, having forgotten her own. Looked like she was wearing a tankini and the story goes that the vest will never look the same again! (5 pts)

Burning ambition? Uncle Barry and Trevor Smith both had fun and won points at Coniston trying to Barbie on Barry's collapsing Barbie (5 pts each plus 5 extra to Barry for bringing the thing)

Lost: Peter Ehrhardt thought he'd found a very nice trod to follow whilst running the Sedburgh Fell Race – only to find it led him the wrong way. Finally got to the finish a couple of hours late, just in time to prevent the Mountain Rescue team setting off to look for him (5 pts)

Don't put all your eggs in one basket: Johnny Medcalf, in the pub, bought some eggs from Rhys, then, still in the pub, managed to stand on the box! (5 pts) ps some eggs survived but no discount on the points, Johnny!

Bring your hi-viz vests next week: were Mandy's words of wisdom – the only problem was, the only person **without** a hi-viz vest was Mandy (5 pts).

Alastair's Three Shires: Arrived late, had to sprint to catch everyone, didn't see great big rock, fell over and spent remainder of race trying to run without his heel touching the ground – due to bruised ribs, left quad and painful right heel (5pts for lateness plus 5 pts for carelessness)

A Day at the Seaside: Alastair managed to lose a £250 pair of specs whilst playing in the sea with his son (an expensive 5 pts)

Forgetful David Baldaro finished Leg 4 of the Pennine Bridleway looking pretty kn***ered – then found he'd left his keys in Peter Bowles' car at the start of the leg – and had to run back again (for 5pts).

Dress code: Branny forgot to bring a change of shoes to a pack run and was forced to hide some very muddy feet from the staff at the Golf Club. (5 pts)

Paul Brannigan: Late at the Burnley 10K, only passing Uncle Barry after half a mile into the race, costing him Grand Prix points:

Paul (Late Again) Brannigan at Dentdale where he could have finished a place higher and gained greater points for the team in the English Championships (5 pts each count)

Paul's tale: "Woke up at 11.50am to race at Dentdale at 2pm! Set off with trusty SatNav – went North. Twas very tight and I was sure SatNav should have got me there by now. Quick look at normal map:

hmmm...SatNav should take me off at next right. Nope. Further North we went...passed another right turn, then another. ETA now 1.50pm. Road got narrower, very narrow. Through farmyard, onto hillside, now a fork in the track – which way? Who knows! Tried left. Track got even narrower and passed through Sedburgh golf course. Sign ahead 'Very Narrow Bridge' – it was the size of the bridge on a child's train set. Pressed the button to retract the wing mirrors – golfers watching in amazement as I inched over. Phew! Made it into Dentdale at 1.54pm. Quick change, lock car, head down hill, forget pins, return to car, watch race starting, grab pins and slip of card to exchange for number – forget number and catch up rear of race. Hmmm, what if I get disqualified for no number? Aha – will put pins on and pretend number fell off. Hmmm, they'll never believe that. Aha, tear 4 strips off slip of card and pin to vest – looks convincing. It worked! "(Right Paul: that's 5 extra pts for telling such a tall tale – ed. Ps: Paul also awarded 3 pts and a £60 fine from Lancashire Constabulary for speeding on way to Dentdale)

Heading for trouble? Alastair managed to trip and fall head first into a load of cow muck on a pack run.(for 5 pts). On the Calderdale Way Relay Alastair then managed to run head first into a branch during the first half mile and finished the race with his head covered in blood (5 pts)

Give the girl credit....I'm told that Sue Roberts needs 5 pts for some tale of a credit card – you'll have to ask the girl herself for the details...

'ello 'ello 'allo: spotted by Uncle Barry, attempting to drive the wrong way out of the bus station...was our own PC Jon Wright (not on duty I hasten to add) (5pts)

LEAGUE TABLE

Alastair Rhodes-Dawson	40
Paul Brannigan	20
Mark Harris	20
Uncle Barry	15
Roger Hawarth	15
Sue Roberts	10
Clive Greatorex	10
Jon Wright	10
Jim Smith	5
Peter Ehrhardt	5
Martin Roberts	5
Paula Howarth	5
Helen Hodgkinson	5
Neil Hodgkinson	5
Trevor Smith	5
Colin Duffield	5
Johnny Medcalf	5
David Baldaro	5
Mandy Goth	5

Recent Press Reports (by Richard Butterwick)

Tod News 24/09/09 Good Shepherd

Todmorden Harriers were on familiar ground on Saturday as Calder Valley Fell Runners' Good Shepherd Fell Race featured in the club's Fell Championship. The 14 mile race, which had a slight route change this year, featured over 2000 feet of ascent and descent made all the tougher by the warm sunny weather.

Starting at Dauber Bridge in Cragg Vale, the runners immediately climbed up through Spring Wood and made the first of two visits of the day to Stoodley Pike. A quick descent to Withens Clough led to the next moorland climb up to the Cloven Stone checkpoint. There was then a choice of routes taken to reach the next checkpoint at London Road, with the leading group of Horwich's James Logue, Todmorden's Andrew Wrench and Calder Valley's Gavin Mulholland opting to retrace their steps back to Withens Clough and climb back up through Withens Gate, whilst much of the field took the flatter but longer option around Warland Drain. After a short section along London Road, a tough climb back up to Stoodley Pike – which allowed Logue to establish a small lead – was followed by a long descent through Sunderland Pasture and Spa Wood to Cragg Vale. The final climb of the day took the runners to Robin Hood Rocks before they returned to the finish at the Good Shepherd in Mytholmroyd.

James Logue retained his narrow lead to the Rocks before a wrong turn by the following pair allowed him to open up a 5 minute gap at the finish. Andrew Wrench finished in second place ahead of Gavin Mulholland.

Dave Collins was the next Harrier to complete the course in 7th. Andy McFie and Paul Brannigan battled to the line with McFie just edging out his teammate into 12th which helped Todmorden win the team prize just one point ahead of Calder Valley.

The situation was reversed as Calder Valley Ladies took the women's team prize by one point ahead of Todmorden. Anne Johnson was first lady to finish with Todmorden's Claire Duffield in 2nd. Lucy Hobbs finished 6th lady after a strong finish, with Mel Blackhurst 8th lady.

Tod News 1/10/09 Thieveley Pike | Macclesfield Half



Holme Chapel in Cliviger was the venue on Saturday, as the latest round of Todmorden Harriers' Fell Championship took in the Thieveley Pike Fell Race. The 4.25 mile route features several sharp climbs, totalling over 1300 feet, and is run in part over private land with the kind permission of landowners.

A brief dash across the start field was followed by a short section along the Pennine Bridleway, leading to the first, and steepest, of the day's climbs, with the runners scrambling up the rough bank to Stone House Edge. After a short grassy downhill section and a stream crossing, the next moorland climb led to a traverse along the ridge to the Pike. A steep descent to Dean Scout punctuated by a small climb preceded the final rise of the day, which crossed the earlier route and then dropped the runners back down to the Bridleway for the fast run in to the finish.

Calder Valley's Ben Mounsey was victorious for the 2nd successive year, in a time of 32:26, ahead of Horwich's James Logue. Andrew Wrench was the first of the 26 Harriers to finish in 3rd place, followed by Sean Carey in 12th. Paul Brannigan narrowly edged out Nick Barber for 18th place.

Todmorden Ladies dominated the female finishers, holding five out of the top nine places, lead by an excellent victory for Lauren Jeska. Claire Duffield was 2nd lady and Kath Brierley 4th to easily take the team prize. Lucy Hobbs and Louise Abdy finished 6th and 9th ladies respectively.

With so many racing on Saturday, Sarah Glyde was the sole representative of the club at Sunday's Macclesfield Half Marathon, despite the race featuring in the club's Road Championship. Sarah took full advantage, finishing in a time of 1:44:22 to close the gap on ladies championship leader Mel Blackhurst to less than a point.

Tod News 8/10/09 Autumn Leaves | Burnley Fire Station 7

Autumn weather arrived with a vengeance for the two Todmorden Harriers who entered the Autumn Leaves Fell Race at Diggle on Saturday. The 8.5 mile course wound its way between several reservoirs on Marsden Moor taking in 1700 feet of ascent. With gale force winds and rain behind the runners for much of the first half of the race they knew they were in for a tough return. Sadly it was too tough for one competitor who retired with a broken ankle after a nasty fall.

Organised by Saddleworth runners, the home club provided the winner in Colin Bishop after a race long battle with teammate – and former Harrier – Sean Willis.

Pal Hobbs was the first Todmorden representative, finishing in 18th place just 10 minutes behind, with Mick Craven revelling in the conditions to finish 55th a further 10 minutes back.

A calmer side of autumn was experienced on Sunday with cool sunny conditions winning out after early showers for the Burnley Fire Station 7 mile road race. The event raises funds for the Firefighters Charity and Pendleside Hospice and was comfortably won by Steve Littler of Wesham in a time of 37:19.

Three Harriers took part, with Richard Butterwick finishing in 19th place, Peter Ehrhardt in 85th and Ian Stansfield – completing his 59th race of this year - in 112th.

Tod News 15/10/09 Langdale

Kath Brierley was the toast of Todmorden after the final English Championship Fell Race at Langdale



on Saturday, as she secured a bronze medal in the LV45 category. Starting the day laying in equal third position with Clayton le Moors legendary runner Wendy Dodds, and with Clayton's Anna Kelly just 1 point behind, the 14 mile course was a fittingly tough decider with poor visibility adding to the challenge.

After 3 hours of racing over some the Lake District's highest peaks, just 8 minutes separated the trio. Wendy Dodds was ahead of Kath on the line, but the championship is decided upon the best four scores out of the six races, and after some mind bending mental arithmetic it became clear that Kath had clinched the medal, with the Clayton pair finishing joint 4th just 2 points adrift.

Lauren Jeska had another fine run finishing 7th lady on the day, to move her up the ladies overall table to 19th.

Kath's performance also took her up to 25th and Sarah May finished the year in 31st. With all three having suffered injuries this year, there will be much to look forward to in next year's championship.

The first Todmorden man to finish was Andrew Wrench in 35th, with Alistair Rhodes-Dawson having an inspired run

to finish just 2 minutes back in 42nd. Ben Crowther and Dave Collins also made it into the top 100.

Tod News 22/10/09 British Fell Relay | Bronte Way

Todmorden Harriers put out three relay teams at the British Fell Relay Championships on Sunday, held in the Lake District's Ennerdale Hills. The relays are run in teams of six with a single runner leading off in the first leg, followed by two pairs for legs 2 & 3 and a final individual runner completing the team. Conditions could not have been much more testing, as mist quickly closed in after the first leg reducing visibility down to 20 metres for times.

On a day that favoured those with keen navigational skills, it was an achievement just to finish and several of the top contenders were disqualified for missing checkpoints in the clag, including current Triathlon World Champion Alistair Brownlee running for Bingley.

Todmorden's men's team put in a solid performance to finish 27th overall, with the men's veteran team finishing 26th in their category. The ladies team capped a good season with a 9th place, narrowly missing out on 8th.

Closer to home, Harriers' John & Christine Preston were organising the Bronte Way Fell Race at Haworth. The race follows a rare point to point route from Wycoller to the finish at the door of the Fleece Inn on Haworth's Main Street. 168 runners took to the course to be rewarded with a hot soup and a bottle of beer at the finish. Martin Roberts was the first Harrier to finish in 24th, followed by Richard Gilbert in 39th. Mick Craven was 69th and John Medcalf 102nd. First Todmorden lady was Sue Roberts, followed by Kirsten Arlie and Hannah Januszczyk.

Tod News 29/10/09 Accrington 10k | OMM | Snowdon Marathon | Race to the Summit | Withins' Skyline

A wind of change blew Todmorden's ladies road championship wide open at the weekend with a 40 second advantage at the finish of the Accrington 10k allowing Sarah Glyde to edge past closest rival Mel Blackhurst in the overall standings.

Over 300 runners took to the hilly course fighting their way through windy conditions, with Wesham's Steve Littler taking the win in 33:53. First Harrier to finish was a resurgent Paul Brannigan in 20th strengthening his claim for 2nd place in the men's championship, followed by Richard Butterwick in 43rd and Andrew Bibby in 85th.

Sarah led in the ladies ahead of Mel. Elise Milnes was next to finish, taking the prize for 1st vet45, and Moyra Parfitt had a strong run to win the vet60 prize. Rachel Henthorne held off a late challenge from husband David, as he overtook Helen Hodgkinson in the run in to the line, with Graham Milnes rounding off the Todmorden entry.



At the OMM two day event in mid-Wales, Harriers achieved considerable success with Mandy Goth and Sue Roberts winning the ladies pairs in the long score event. Helen and David Wilson finished 2nd in the veteran mixed pairs and Jon Wright and Andrew Horsfall were 13th in the men's pairs, also in the long score which attracted nearly 200 entries.

Ben Crowther and Nick Barber finished 2nd in the medium score event, after a sensational 2nd day performance that saw them move up from 25th place.

A little further north, two Harriers took on the Snowdonia Marathon. The 26 mile course is reputed to be the most scenic marathon course in the UK. However, the wild windy wet weather meant there was little chance of sight-seeing for the 1800 runners as the route circumnavigated the Snowdon peak. Emma Osenton finished in a time of 4:24 and Julie Wyant in 4:38.

Closer to home on Saturday, a quartet of Harriers braved the stormy conditions for the Race to the Summit Fell Race. The short 4 mile course is a steep dash up from the Summit pub to the Whitehouse pub and back. Former Harriers Sean Willis led Chris Smale at the turnaround, with the positions reversed at the finish as Smale took the win by 4 seconds in a time of 29:14.

Todmorden's Sean Carey was in close attendance throughout and gained a place on the descent to finish 3rd only a few seconds behind. Lauren Jeska won the ladies race in 35:17 with Dan Taylor finishing 29th and Phil Cook 43rd.

On Sunday, several Harriers made their way to Haworth for the Withins' Skyline Fell Race. The 7 mile route is a loop from Penistone Country Park out into the moors past Top Withins. Andrew Wrench was first Todmorden man to finish, just behind winner Tom Addison.

Tod News 4/11/09 Through the Villages

The penultimate round of Todmorden Harriers' Road Championship on Sunday saw Sarah Glyde hold off a strong challenge from Lucy Hobbs to consolidate her lead in the ladies championship. However, the destination of the title will go to the wire at next weekend's Lancaster half marathon, with Mel Blackhurst also still in the mix.

The 8.45mile Through the Villages Race from Wheelton followed an undulating loop through several Lancashire villages, and despite the stormy and blustery conditions the rain held off for much of the race.

Paul Brannigan was the first Todmorden runner to finish in 20th place, and 3rd vet45. Barring any mishaps at next week's race he should comfortably claim 2nd place behind Andrew Wrench in the men's championship. Richard Butterwick was next over the line to finish in 45th boosting his chances of capturing 3rd place in the championship, with Andrew Bibby in 71st, and 3rd vet55.

Sarah Glyde finished just 9 seconds ahead of Lucy Hobbs after a race long tussle that may prove vital in the final standings. Mel Siddall was next Todmorden lady to finish, taking 3rd vet45. Bev Wright resisted Peter Ehrhardt's efforts pipping him on the line by 5 seconds and Barry Chapman completed the Todmorden contingent in 239th.

The Harriers turn race organisers next weekend with the popular Shepherd's Skyline Fell Race taking place on Saturday 7th November from the Shepherd's Rest Inn on Lumbutts Road. The main race starts at 1pm and follows a 6mile loop past Stoodley Pike. Junior races take place on the hillside above the inn and begin at 12noon. Full details can be found on the club's website: www.todmordenharriers.co.uk

Tod News 11/11/09 Lancaster Half | Shepherd's Skyline

The final race in Todmorden Harriers' Road Championship on Sunday saw Lucy Hobbs crowned ladies champion after an excellent run at the Lancaster Half Marathon.

Paul Brannigan was the first Todmorden runner to finish in 29th out of 666 runners, securing 2nd place in the men's championship behind winner Andrew Wrench.

Dan Taylor dipped under the 90 minute mark at Lancaster to end the year in 4th place in the final club standings behind Richard Butterwick, and ahead of Phil Cook.

Despite the pressure Lucy ran a well judged race to pip Sarah Glyde and Mel Blackhurst to the title in one of the closest championship finishes in years.

The Shepherd's Skyline Fell Race took place on Saturday once again attracting a large field of over 260 in the main race and a record 83 for the junior races on the hills above the Shepherd's Rest Inn in wet and muddy conditions.

The 6.25 mile senior race followed a route from the Inn up past Langfield Edge and along the skyline to Stoodley Pike. A hair raising steep descent took the runners down to London Road, for a brief flat section followed by a tough climb back up the hillside to the Stoop and a return back to the Shepherd's Rest.

Graham Pearce of Pudsey and Bramley won the race in a time of 42:07, just over a minute ahead of Calder Valley's Ben Mounsey. Sean Carey was Todmorden's first finisher in 4th place, and first U18, in a time of 44:32. Alistair Rhodes-Dawson finished in 18th, with Ben Crowther just holding off a fast finishing Dave Collins in 32nd and 34th respectively.

Peter Jackson won the Vet60 prize finishing just past the hour mark with Sarah Warburton, the Harriers first female finisher, not far behind.

John Preston nobly sacrificed his race to assist an injured runner off the hills after a fall.

The Harriers next event is the popular 5.8 mile Hot Toddy Road Race, and Fun Run, on Sunday 27th December 2009. www.todharriers.co.uk

Tod News 18/11/09 Dunnerdale



A sizeable contingent of 19 Todmorden Harriers helped swell a record field of 276 for the Dunnerdale Fell Race in the South Western Lakeland Fells. Starting from the small village of Broughton Mills the

5 mile route steadily climbed over The Knott and Raven's Cragg with little respite. Heavy overnight rain that saturated the ground meant that the descent that followed was underwater in many parts and deep mud for the rest.

A stiff climb up to the distinctive peak of Stickle Pike took runners briefly onto slightly rockier ground before a final boggy climb over Great Stickle took the total ascent to 1800 feet and a final muddy descent back to the village.

Tom Addison of local club Helm Hill and Lloyd Taggart of Dark Peak headed the field throughout with only 6 seconds between them at the end with Addison crossing the finish line in 39:36, a creditable time in the conditions.

Martin Roberts led in the Todmorden entry in 59th place with Jeff Walker in 81st. Claire Duffield held off a late challenge from Richard Butterwick as they finished in 103rd and 104th respectively with Phil Hodgson in 110th.

Rachel Skinner was Todmorden's 2nd lady finisher, before Dan Taylor was followed in by Sarah Warburton and Kath Brierley in quick succession.

Tod News 25/11/09 Tour of Pendle | Rivock Edge | Abbey Dash 10k

Todmorden Harriers' club Fell Championship came to a close at the Tour of Pendle on Saturday. The 17mile race, which includes nearly 5000 feet of ascent and descent, is one of the toughest tests in the local area. Heavy rain, gale force winds and clag covered hilltops added to the challenge.

Starting from Barley village, a short road section took the runners straight to their first ascent of the landmark peak. After a steady descent to the Nick o' Pendle the field turned towards Churn Reservoir, where a sharp climb took runners up onto Spence Moor. The spectacular 'Geronimo' descent down to the checkpoint at Ogden Clough brought out a sizeable number of spectators.

Another climb up and out of the Clough then took the runners back across towards the ski centre. They then took in an undulating course along the north side of the hill before the final stiff climb back up to Big End. A long final descent back to Ogden Clough led onto the final push back to the welcome finish at Barley.

Alistair Rhodes-Dawson was the first Todmorden runner to finish, consolidating his 2nd place behind Andrew Wrench in the club's Fell Championship. Ben Crowther followed him in, with Chris Preston first Todmorden lady ahead of Elise Milnes.

On Sunday a trio of Harriers experienced slightly better conditions for the Rivock Edge Fell Race at Silsden.

The 6.3 mile course includes over 800 feet of ascent and was won by Lewis Banton in 53:02. First Harrier to finish was Simon Galloway – fresh from his recent Lytham St Annes 5k Monsterdash win – in 1:03:12. Chasing him in were Mick Craven and Peter Ehrhardt.



Andy McFie got his London Marathon training off to a flying start at the Leeds Abbey Dash 10k with a 218th position out of the 6000 runners in a time of 37:56. Melanie Robertson had a fine run to finish in 51:55 and Debbie Fawcett stopped the clock in 1:03:25.

Tod News - Publication date Thursday 10th December 2009

Todmorden Harriers took the opportunity to celebrate 2009's successes at their Annual Awards Presentation Evening, held at Todmorden Cricket Club on Saturday.

Prior to the awards, Ray Poulter led a moving tribute to long time member Dr George Barrow who had sadly recently passed away.

Andrew Wrench, who had started the year as he meant to go on with a win on New Year's Day, at the Giant's Tooth Fell Race, dominated the evening's awards winning the men's Fell Championship, the overall Grand Prix, the Club Champion and, for the first time, the club's Road Championship.

Lauren Jeska, who had also won on New Year's Day, at the Nine Standards Fell Race, received the ladies Fell Championship trophy in her first full year with the club.

Also receiving prizes in the clubs fell championship were runner up Alistair Rhodes-Dawson, Dave Collins (1st vet50), Peter Marshall (1st vet60), Claire Duffield (1st lady vet35), Chris Preston (1st lady vet40) and Kath Brierley (1st lady vet45).

Kath also received the Eric Stuttard Award for the best performance in the English Fell Championships, where she claimed a hard fought bronze medal in the ladies vet 45 category. After a vote on the night, Kath added the Clubman of the Year trophy to her haul.

In addition to 13 team wins at various road and fell races across the year, the ladies team once again set a new best performance in the English Fell Championships with a 5th placing, narrowly missing out on 4th to Clayton le Moors. The ladies vet40 team matched that with a 5th place in the final tables. Another highlight for the ladies team was a 2nd place in the Pennine Bridleway Relay in January.

The men's team also improved upon last year's English Championship performance to finish in the top 10, with the vet40 team and vet50 teams both finishing in 7th in their respective categories. Ben Crowther received the 'Most Improved Runner' trophy having recorded some excellent performances in the English Championships, and together with Nick Barber, finished 2nd pair in the two day OMM event.

Peter Ehrhardt and Paul Brannigan were the first recipients of commemorative tankards to mark the completion of 10 club Grand Prix qualifications. The 2009 Grand Prix had attracted a record 96 participants, with 19 achieving the qualifying minimum.

Lucy Hobbs was the awarded the ladies Road Championship, after season long battle with runner up Sarah Glyde and 3rd placed Mel Blackhurst, who finished 1st lady vet40. Also taking prizes home for the road championship were Ian Stansfield (1st vet65), Peter Ehrhardt (1st vet 60), David Henthorne (1st vet50) and Moyra Parfitt (1st lady vet60).

Hot Toddy, 11am 27th December 2009

VOLUNTEERS NEEDED

Hot Toddy Road Race

Todmorden Working Men's Club,

Halifax Road (Town side of Lidl), Todmorden

Sunday 27th December 2009

From 9.00 hrs onwards, Race at 11.00 hrs Fun Run at 10.30 hrs

Volunteers to help at this annual Tod Harriers race would be much appreciated by Race Organiser Ben Crowther. Whatever your talents they can be put to good use as: Snozz Gobbler, race marshals; car park directors; registration crew; finish funnellers; results team; race sweepers, etc etc.

Spread the word to as many youngsters and ANY people wanting to give the Fun Run ago to burn that winter fat! (£1.00 entry on the day and with age categories mobile/in a buggy). All junior competitors will receive a Goody Bag.

Please let me know if you can help on the day, or even if your in town, but if you want to run the race that is great!

I'll allocate jobs nearer the date.

I can accommodate those runners who want to take part in the race by allocating jobs on the Junior Race or car parking etc.

Tel: 01706 818988 or email: bearfamily@zen.co.uk

Thanks, Ben Crowther

Todmorden Harriers Training:

From: Tuesday, January 5th 2010. Sessions will continue inside when school open and outside when it not term time.

Juniors 5-6pm Seniors/intermediates mixed in with keen/older juniors, 6-7 also allowing for a half hours skills session before moving outside to Graeme's Coaching Session.

Please have a warm top and a drink of water with you, charges will be just £1 donation for a session to cover facility costs, until funding is in place.

Please Contact Ben Crowther on 07810 501959.

If you want to get in to coaching, for personal benefit (Note most improved runner this year!) and for the fulfilment of seeing the club grow with more youth in it, come chat to me or Gareth Vickers, Lauren Jeska, Eileen Miles or Graeme Wrench, about coaching or contact Graeme Woodward at Calder Valley who organises the Calderdale area training courses.

Ben Crowther

The year 2009 – our favourite races

Yes, it's time for the annual Tod Harriers review of our best races of the past year. Here's what you've written.

Anniversary waltz. One of my lakeland favourites. especially this year as conditions were near perfect. Easy[ish] navigation. Good climbs, great descents, wonderful tattie pot +free beer afterwards.

- Martin Roberts



I haven't done many races this year but surprisingly for me London Marathon has to be my race of the year. I initially entered to (i) try and achieve a pb, and with a view to qualifying for place on the ladies elite start time (ii) to help Johnnie complete his first marathon by training together over the winter. Unfortunately both reasons flew out the window due to my injury and lack of fitness. It was only a month before the marathon that I actually decided to give it a go & hopefully pace Johnny round the first 'bit' & then see what happened.

What a great day it turned out to be. A fabulous atmosphere, sizzling weather & real connection with the supporting crowd. I grinned from ear to ear for the whole of the 26.2 miles and seemed to float round on adrenalin. I managed to keep up with Johnny for all of it too. He

loved it and gained so much from the experience after the inevitable sickness from such effort.

- Chris Preston

My favourite race of the year was Coniston - my first, and so far only, race in the Lakes. The race itself was great, good atmosphere, plenty of big ups and downs, and long ridges with great views. And the event was made more enjoyable by the after race ceilidh and by camping in the field with so many other Toddies and their families. Hopefully I'll be able to make it a regular thing and eventually find a better way to get down from Coniston Old Man!

- Phil Cook



*I'll stick with... **Alice's Run 10k.** A true multi terrain race: wet grassy field start, crush to get onto the canal path, road, cobbles, track, road, mud, puddles, pavement, woods, through a front garden! and a school field finish... its local, for a good cause and has a surprising amount of up and down for a run from Mytholmroyd to Hebden and back - what more could you ask for?*

- Richard B

Has to be Holme Moss. I think it's a great race anyway: pity that other commitments mean I

can't do it in 2010 when it's an English Championship race. In 2009 it was so amazingly wet, almost unbelievable: we were running along, not just streams, not just rivers, but actually raging torrents, and all this water had come down during the race. And I did it to see whether my compartment syndrome had been overcome by magic physiotherapy. And it seemed it had: I took 4 1/2 hrs over the race (not all that bad in the circles) and the compartment syndrome did not kick in. I've not run for as long as that at any time since 2006 when the dreaded affliction first struck.

Unfortunately this was a chimera: the compartment syndrome reared its ugly head again fairly soon after: not sure why I got away with it at Holme Moss, but perhaps all that water kept the limb cool and reduced the swelling. Be that as it may, I've lined myself up for surgery, and now expect this to happen this side of Christmas.

- Peter Ehrhardt





Powdery snow, blue skies, warm sunshine. In England?!

Yes, it's true. The Half Trog back in February. Two joyous hours spent running about on the moors that stirred childhood memories of the thrill of waking up to fresh snow and all the fun to be had. I had such a good time I wish I'd done the Full!

- Helen Hodgkinson

I have two: No1: Whernside fell race, because just like last year the hot sun shone all day, the view from the top of Whernside was gorgeous, the descent off Great Coum is ace, the village of Dent was idyllic in the sunshine, and I got to lie in the stream at the end to cool down. The only downside was there were no other Toddlies there... No 2: it hasn't happened yet but it will be the Calderdale Way Relay, because you can't beat running on home terrain, knowing so many people who are out running or cheering others on, and Calderdale getting overtaken by more than a 1000 fell runners for a day is pretty amazing.

- Sarah Warburton



I got to the top of the first climb, feeling strong, Ian Holmes and Rob Jebb are a little bit behind - Harriers v Cyclists must be my favourite race of the year. I suppose I should mention that they were carrying bikes up the hill and when the ground levelled out they came past never to be seen again.

Really good informal event with lots of banter, varied course, finishing with a pint or two in the pub. Always plenty to laugh at - a spectacular head first into the mud dismount from a cyclist a few years ago was memorable. This year it was good to see Jane cycling through a very muddy ploughed field as if she was on tarmac and who could forget Clive in his spiderman outfit and for some reason missing his saddle!

Also really enjoyed some of the English Champs events especially Dent and Tebay.

- Dave Collins

I'd like to ride rough-shod over the rules and choose a series rather than a single race. So I'm having all my counters in the Runfurther Ultra series;

1. **The Haworth Hobble**, for the feeling of it being like visiting an old, grumpy friend. A Very Yorkshire race somehow.
2. **The Calderdale** for the banter, teamwork, and bananas.
3. **The Fellsman** for the sense of adventure and vague menace.
4. **The Long Tour of Bradwell** for the slightly hysterical hilarity on route and the chance to visit A+E après route.

For more insight or clarity for any of the above please watch; 1) Last of the Summer Wine 2) Five Go Adventuring Again 3) An American Werewolf in London 4) Holby City.

- Colin Duffield



My favourite race this year was 2 really. It was the Brecons Fans Race Weekend and consisted of Pen Y Fan (AS 3.5m super steep decent) on Saturday and then on the Sunday Fan Y Big (BM 10m picturesque and dramatic horseshoe route).

It was great going to Wales for the weekend and meeting lots of new people from clubs I'd never heard of. Brecon also has a gazillion pubs so a decent pub crawl in between races was a must!

- Rachel Skinner

The Good Shepherd...

It's on the doorstep. It was warm and sunny. I dropped off a water bottle on route to the start, which was VERY welcome half-way round. It tested me without killing me. I was surrounded by Toddlies of a similar ability making it more interesting. I knew where I was going for a change. Andy McFie gave me a bottle of beer from his team prize.

- Paul Brannigan





I'm opting for the Eyam half marathon held in May. Having had a terrible race at Eyam in a heatwave in 2004 it was good to have another go, and satisfying to knock nine minutes off my time. This time the race ended in a downpour, Shame about the dishcloth t-shirts – why do they bother?
- Andrew Bibby



Race to recover from knee operation in order to do some races. But on reflection, not exactly a favourite...
- Dave O'N



1. Langdale – swinger for club trophy (best performance, so said Phil). (Also thanks to Brendan Bolland for directions)
2. OMM – really brought out my + partner's best assets – endurance, orienteering route choice, preparation, training & correct kit choice (we came second – Nick carried it all)
- Ben Crowther

The Ultra Tour de Mont Blanc. Why ? The atmosphere, the spectacular scenery, the people. Pitting yourself against the climbs, the distance, pushing the limits of endurance. And finally... finishing!!
- Richard Leonard



Ben Nevis was my favourite. A fantastic atmosphere being among all the other competitors as we were piped around the start field. The weather was wild, wet and windy and the route soon resembled a mud slide in Pakistan! All the way along supporters were out cheering us on. A long steady plod up to the summit then a fantastic descent : slipping and sliding at break neck speed before hitting the road and into the finish field. The night out was fantastic : beers, more beers! meeting old friends and making new ones. A brill weekend! Why not get lots more Toddies up there next year, there's not a race like it!! Dropping your kegs is not compulsory!!!
- Sue Roberts

Coniston. Why? Finished in front of Peter Ehrhardt? No, it's one of my most enjoyable Lakeland races
- Barry



Norland Moor. My first top 10 finish, was in 12th most of the way round the moor, worked really hard to overtake 2 runners in front just before the big descent. Passed Dave walking his dog who spurred me on. Made sure I didn't get overtaken on the flat finish. 7 m, 48 mins.
- Dan Taylor

Difficult, did well at the Longs this year but overall got to go for LANGDALE. To get points in a Champ race and beat the time I did in 2007 by nearly 40 mins was very pleasing (2.29). (However, beating our club champion at WASDALE comes a close second).
- Alastair Rhodes Dawson





The CCC – Coumayer-Champex – Chamonix. 60 miles and lots of climbing, an amazing experience – 23 ¾ hours including five 750m climbs, three of these in the dark where you could see head torches way above you. The finish coming down in Chamonix where the streets were lined with people giving you a hero's welcome. Awesome.

- Mandy

My favourite race for 2009 is the Good Shepherd because I run Elise, she pulls me along which is great, and know I can get lost.

- Moyra Parfitt



Snowdonia Marathon, Oct 24th

As I stood in the queue being lashed and beaten by the wind and rain, the last thing I wanted to do was run a marathon. Amazingly, once the race started, the weather Gods were kind. Road running through the mountains is fabulous – you can look at the scenery instead of the ground. It's euphoric stuff! And a year of hilly running in Calderdale made that last killer hill seem EASY! I raced past people that last five miles, and loved every second

-Joolz

Haweswater ½ Marathon – March. Despite being the only Toddie on a Stainland Lions bus, this was a varied half marathon, very scenic, undulation, steep hills and great cakes afterwards.

- Mel Blackhurst



Well, for me this year it has to be the Lytham St Annes 5K Monster dash! I managed to win - beating 47 other zombies, ghosts and other assorted scary creatures in a time of 19:21! Not that impressive really - but "a win's a win", "you can only beat who turns up on the day" etc. etc. After over 20 years running it was nice to actually be first for once

- Simon Galloway

My year was dominated by IronMan Lanzarote. But, for running events, the Harriers v Cyclists is a great laugh. Fast and furious and not too serious.

- Simon Anderton



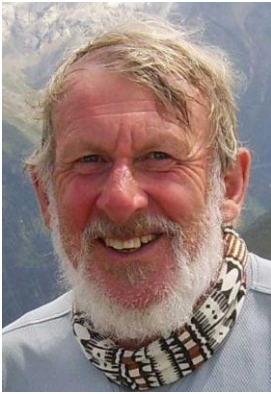
My fav race for 2009 is the 'Good Shepherd'. I always run with Moyra, the last three years. We always have a blast, not really treating it as a race, more like a day out in the hills... BRILL!

- Elise

Fiensdale: When not hidden in the mist like this year, Parlick looks the way a hill ought to look, with steep grassy slopes rising from the plains beneath. Once up top, the amazing peat landscape makes you wonder if you've been transported to Mars.

Lauren

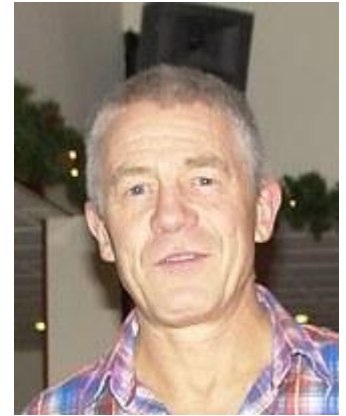




Coniston. The only real race I've done this year! A complete fell race. logical circuit, variety of terrain and lots of route variations and chances to go wrong.

- Trevor S

Apart from the Bunny Score Event! ...has to be the Lakeland 50. Although somewhat biased, having helped plan the route, it is a particularly delightful mix of trails and paths around the more Eastern fells. By crossing the ridges, rather than going along them, it provides a different aspect to the Lake District and takes you to places you wouldn't visit on most fell runs. Tough, and runnable, but with generous cut offs, it is a great race for anyone working their way up through ultra distances.



GP Blog Spot

The mists of my mind swirl round the patch of dim-low-vis-grey of my memory at my recent attempt at GP hero-making. Failure. It stares you in the face and slaps you like a fat dead haddock, the burning shame of failure and utter impotence at the inability to do anything about a race that is now over. Just knowing I sat watching the last gate at the top of Great Gable Close as others more able than I filed passed (ok, some were puking as well). Shame, Like the bang of an old Iron prison door, locked there in the head box for ever. So after that lovely little exhausting wasdale event (and don't worry, ladies, as I found a new source of my favourite electro-exite tablets from Indo-china, I now have a years supply of 'Big fat's' fizzy blue 'viagra-nuun'). So I'll be up and running again on all cylinders in as short space of time, almost as short as my First Kimm blue Running shorts. That should help to swell the ranks, if you know what I mean.

After the delights of Wasdale, I was treated to a most gentlemanly lift back with Al (Well done on your first long.... there is a hint that just training for 16 miles max before a 21 mile race works...) and Mr James (I'm not sure which Club I belong to so I'll get my wife to join Tod to ease my conscience) Logue who kindly bought us a refreshing break to pick up a beer to drink on the way back... proper recovery drink!

So Dentdale – Tricky, short fast Dave Collins beater of a race... after 2 weeks hard drinking, err, training in France, OR a 3 night stag do on a Scottish island at a stag do with sea kayaks, running, caber and shot, shooting, whisky and MTB-ing on the menu... Humm time to consider options of the overall results any plan the last few races perhaps... decision decisions...

Bum, Due to incompetence I am not going to even qualify for a GP place this year! I'll have to do it all again next year! Not a bad thing, I think I'll do GP, Classic Lakes 6 (ok I only finished three this year but did qualify!) and the Old County Tops in May?, plus a few MM's. Not much to have to negotiate with the wife, and more importantly yelling children! I would have come a decent place as well after achieving a once in a lifetime (so far) goal of beating Dave Collins by 8 minutes at Langdale Phew, and he had a gud un! So onward with the training courses and keep up those sessions to improve myself, oh and er other runner too, heh heh! I'll attempt to keep meself in the A team, but if not try to be a good club runner for our merry band of Toddites. Weeee!!! saying I won't qualify, Unless I can find a way to get up and down to Dunnerdale in about 4 hours? Maybe the steam train out of Hebden goes past the start? I'll have to check this out? Or find a mate with a fast motorbike to take me up and down? But up and coming is one of the best night of the year when I get to dance my pants off again – I swear this is great training to dace for about three hours, vertically or horizontally, My wife is soooooo Lucky! Good Luck to all for next years efforts, well done for this years and lets hopefully get loads of new blood in the system form all coaching activities and encouragements that we can muster.

Grand Prix Bloggin' off!...

Well, failing to get in the GP was the worst bit of my attempting to do all of them by early on missing a short fell race then ending up doing none of them dues to family and other commitments! Rubbish! Training and getting another health prize is all good with a health snap shot of me looking snappy in the Todmorden News, Ah the glory to bathe in... I'll be getting in early next year and getting as many of the fell races and possibly the Trail races in to cover a couple of bases and be a part of the overall GP not just my beloved Fell GP! Well done to everyone in the club for supporting such a good club and well done to those who have made it to the dizzy heights of being a GP finisher!

GEORGE BARROW 1942 – 2009

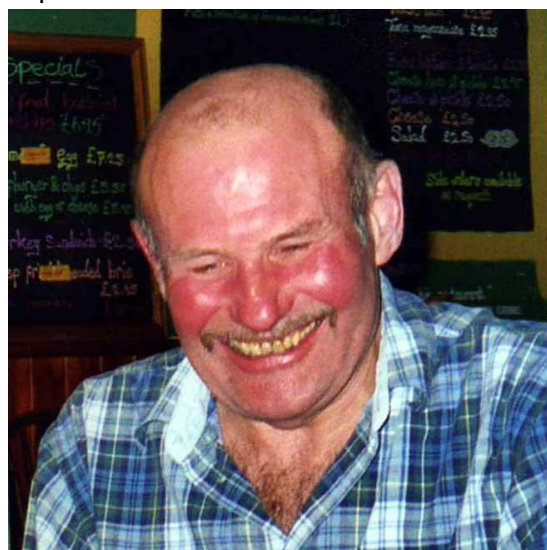
I first met George forty years ago in appropriately the Owd Betts Pub up on the moors above Rochdale, just a chance remark about Scotland led to a lifelong association with many ups and downs (for me, anyway) George had just got divorced and was selling the family home, that's how he came to live with Pat and me at Edenfield-we needed the rent money!

It was many months later when he met Julia and went on to marry her and raise Calum and Emma. Julia soon put an end to Georges propensity for "The Drink", although we rapidly learned to circumvent this clamp down. Trips to the The Smoo Hotel at Durness, brief sorties to The Rhiconick Hotel and the Seamans Mission at Kinlochbervie in the north west corner of Scotland led to a few relapses of temperance on our part. Never the less we survived.

My most cherished memory of Scotland involved George and me, walking into Knoydart to Barrisdale Bothy in glorious sunshine, and then spending the next eighteen hours traversing Luinne Bheinn, Meall Buidhe and Ladhar Bheinn arriving back at the bothy at nearly midnight, still light, but too exhausted to open our stash of Glenmorangie! We walked out by Loch Hourne then went on to knock off The Five Sisters Of Kintail (figuratively speaking) and ran up and down Ben Lomond a bit later in one hour forty mins from the road-- heady days!!

Georges love of the mountains was deeply embedded in his soul long before I first met him. He was a member of Preston Harriers in the sixties and seventies excelling both on the track and latterly in some of the early lakeland mountain trials, running with such notables as Ted Dance and Gerry Charnley with much success. A winner of the Fells Man Axe and a second place at Ben Nevis on the old longer course were just two prestige events of many that George took part in and was very reticent to recall. Bill Smith's "Stud Marks On The Summit" chronical most of Georges running prowess. A naturally modest man, he would again resist attempts to glean his achievements as an accomplished rock climber.

When he was at Manchester University as a student he shared his "digs" with Pete Crew, this friendship led to some serious first accents of the big Lakeland Craggs in the sixties. He became a lifelong member of the FRCC and The Rucksack Club, probably the two most prestigious and senior climbing clubs in the country George was the Senior Lecture in Mechanical Engineering at U.M.I.S.T. and spent much of his working life lecturing Phd Students in his speciality of machine cutting tools. He wrote many technical papers on cutting tool mathematics and design and had many of his world wide acknowledged theories published. His expertise in this field led him to work all over the world, China, Korea, Hong Kong, Russia, Israel, Mexico,



Argentina, USA, Canada and most of Europe. He was employed by multinational engineering companies as "the world expert witness" in Patent and Copyright Law with regard to cutting tools in many word wide Law suits and to my knowledge he never lost one!

George was responsible for making me see sense and take up fell running in the early eighties rather than pursue the road running path I was following. I am eternally grateful!!!

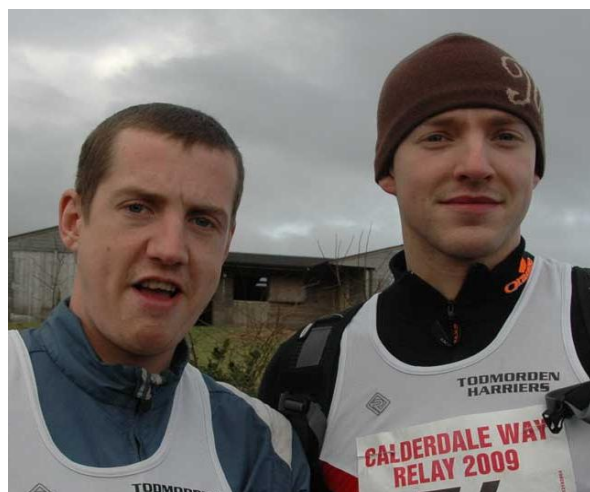
George was a very modest, highly intelligent, talented human being and it was my privilege to have known him for many years. My wonderful memories of him will stay with me until I join him, which I surely will.

Ranter



CALDERDALE WAY RELAY RESULTS 2009

1	103	Salford H	Phil West	John Brown	Dave Townsend	Andy Jones	Rob Hughes	James Kouels						
			Simon Bruton	Joe Bailey	James Williams	Carl Hardman	Ben Riddell	Paul Savage						
			01:18:12	9	00:56:53	3	00:40:51	11	01:01:17	2	00:51:47	1	01:05:08	4
			01:18:12	9	02:15:05	4	02:55:56	5	03:57:13	1	04:49:00	1	05:54:08	1
14	74	Todmorden A	A Rhodes-Dawson	Andrew Horsfall	Andrew Wrench	Ben Crowther	Martin Roberts	Paul Brannigan						
			Nick Barber	George Muncey	Sean Carey	Paul Hobbs	Paul Burnett	Andy McFie						
			01:21:34	15	01:05:42	19	00:36:07	1	01:16:52	23	01:05:50	23	01:14:46	23
			01:21:34	15	02:27:16	17	03:03:23	11	04:20:15	11	05:26:05	14	06:40:51	14
44	76	Todmorden B	Derek Donohue	Simon Galloway	Steve Brandwood	Scott Lapish	Kevin Booth	Nick Wigmore						
			Phil Cook	Peter Bowles	Mark Anderton	Joe Stansfield	Dan Taylor	Simon Anderton						
			01:37:44	70	01:10:20	37	00:42:59	19	01:30:42	68	01:09:31	43	01:19:55	38
			01:37:44	70	02:48:04	49	03:31:03	43	05:01:45	48	06:11:16	47	07:31:11	44
		Todmorden												
58	75	Ladies	Lauren Jeska	Sarah Warburton	Emma Osenton	Rachel Skinner	Christine Preston	Mel Blackhurst						
			Sarah May	Lisa Parsons	Louise Abdy	Kay Leigh	Kath Brierley	Lucy Hobbs						
			01:29:05	43	01:19:30	68	00:54:02	77	01:29:59	66	01:11:25	51	01:25:49	64
			01:29:05	43	02:48:35	51	03:42:37	58	05:12:36	64	06:24:01	57	07:49:50	58
		Todmorden												
81	77	Allstars	Andrew Bibby	Elise Milnes	Karen Gray	Colin Duffield	Sue Roberts	Mick Craven						
			Lee McCluskey	Bev Wright	Laura Sutcliffe	Darren Tweed	Peter Enrhardt	Kevin Coughlan						
			01:35:29	60	01:28:46	101	00:56:13	87	01:33:27	75	01:25:19	92	01:30:49	78
			01:35:29	60	03:04:15	83	04:00:28	81	05:33:55	82	06:59:14	81	08:30:03	81



The CCC August 2009

The atmosphere in Chamonix was amazing as the banners went up and more and more lycra clad runners arrived in the town. There were four events :

CCC® [Courmayeur-Champex-Chamonix] : 98km and 5600m

UTMB® [Ultra-Trail du Mont-Blanc®] : 166km and 9400m

TDS [Sur les Traces des Ducs de Savoie] : 105km et 6700m

PTL [La Petite Trotte à Léon] : + 240km, 18000m

A total of 5300 runners took part in these events the biggest being the Tour with 2300 runners.

I was to do the CCC along with 1800 others running with Jeff Lea from Achille Ratti we set off on the Friday morning at 10.00am from Courmayeur.

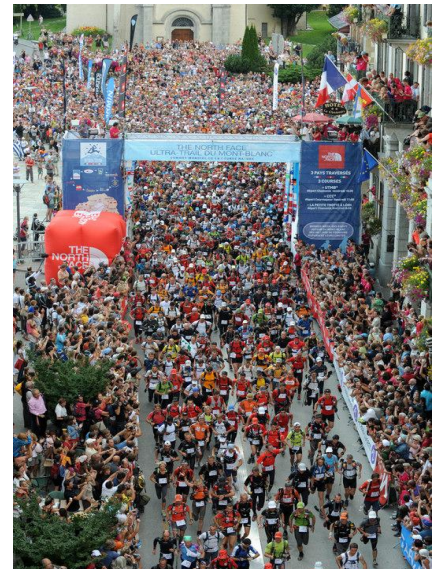
Preparation

A jog around the Lakeland 50. Doing reasonably well, finishing in the top half of the field in around 14 hours.

A two week Alpine holiday in Chamonix including climbing Mont Blanc (not a good idea) 5 days before. Lots of happy hours at the Jekyll Bar.

The route.

A run around the Mont Blanc massif starting in Italy and returning to France via Switzerland with five 750m climbs and one 300m.



The Weather

Red Hot during the day misty and freezing cold on the climbs in the dark.

The Food

Every check point was the same manned by hundreds of volunteers. There was plenty of water, noodle soup, salami, bread, cakes, cheese, banana, oranges and best of all Coke – never drink the stuff normally but on these events it's the business. Helps settle the stomach and give you energy. We supplemented this with a few gels and sports beans that we'd carried. The secret is to get enough fluid on board.

The Lows

Having to queue up on the narrow paths for two and a half hours at the start even running downhill!

Jeff getting cramp just as we'd got going due to the heat (thankfully cured by Crampex tablets and the weather cooling down as we went into the night).

Climbing up the Bovine in the dark it was really disorientating, very steep (what happened to those nice zig-zag paths that are in the Alps) we could see head torches what appeared to be vertically upwards. Then we entered the mist and the head torches disappeared it got very very cold we weren't sure whether we were going the right way. Just wondering when the check point would appear when it did

Being so tired that you can't even run downhill.

The Highs.

The atmosphere is just amazing beginning with the music at the beginning.

The crowds lining the streets cheering and clapping, as though you are a hero doing something really awesome. As Jeff said "it's like being in the Tour De France".

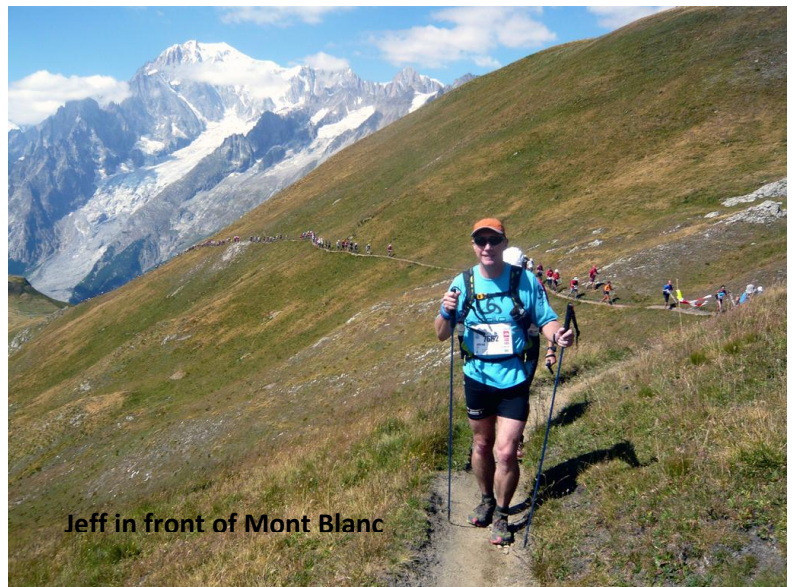
The scenery is amazing as you go up Val Ferret there are amazing views of Mont Blanc.

The headtorches snaking up the hill in front of and behind you.

Climbing up the last hill as the sun is starting to rise and Mont Blanc comes into view again. Saying to Jeff "come on one last hill it's all in the head".

The finish is the best bit, the crowds lining the streets cheering and clapping. Jim Smith & Richard Blakeley, Clare K and Nick coming out to meet us.

Being so thankful I wasn't doing the full tour.



Jeff in front of Mont Blanc

STOPPING

Wearing the red gilet with pride.

WHY

At the time I said never again but then you think well if I'd trained properly I could have done a lot better. This Ultra running is really a head game you don't think about the whole event you break it up into little chunks. Literally thinking about the next checkpoint or the next hill and mentally ticking them off as you go along.

The most important thing is not to waste time at the checkpoints. On every hill we were passed by people only to pass them as they sat in a check point. By doing this we gradually worked our way up the field to finish 821/2 out of 1800 runners. So on the whole quite pleased myself and maybe in 2011 I'll give it another go and be better!



50 @ 50

Saturday 9th January 2010

A 50k run to celebrate my 50th

**An off road route around Hebden Bridge, Todmorden and
Mytholmroyd**

Starting at White Swan, Hebden Bridge 7:30am

With meeting points along the way

The Shepherds Rest, Lumbutts (GR945231) ETA 8:45am

Todmorden Swimming Pool (GR929249) **

The Sportsman, Kebs (GR928273) **

Brearley Lane, The Park (GR027260) **

**** Arrival times TBA**

**Evening get together at Stubbing Wharf Pub, Hebden Bridge
from 7:30pm**

Meat or Veg Curry & Chips

(Will need to know numbers by 2nd January)

**Tel Home 01422 845406
Tel Mobile 07796 872782**



Elise