



Sara May & Ali Richards



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FOR NOON STONE

## STOP PRESS

A LOT OF ENGLISH  
CHAMPIONSHIP RACES ARE  
ALREADY OPEN AND FILLING UP  
FAST  
FULL DETAILS INSIDE

You must get your entries in ASAP

# WHAT'S ON IN JANUARY

If you want to know what's going on then please sign up to the Forum.

We try to use it like a noticeboard and have information on races, relays, lifts, runs, biking etc, etc. We will also be putting more info on the news page

If you get stuck then give Keith a ring and he'll talk you through it ( 01706 816323

## **CLUB HANDICAP** **Kebs (SPORTSMANS) Long causeway** **Sunday 18th Jan**

It will be the same format as last year - Uncle Barry will be organising times and we aim to publish them in this news letter - to give you something to argue about.

There will be food afterwards and a chance to swap your unwanted Chrimbo presents = beware the plastic dog...

Start times will be from 11am ish - please drop me an e-mail if you would like to run, and also whether you require food or not. Please spread the word.

Roger Haworth

E-mail [rogerandpaulahaworth@btinternet.com](mailto:rogerandpaulahaworth@btinternet.com)

Phone 01422 846510

## **STANBURY SPLASH Sunday 25th Jan**

The first race in this years Grand Prix, full listing elsewhere in this issue

### **Pack Runs**

**Wednesdays**  
**7pm start**

**JAN— RED LION**  
**LITTLEBOROUGH**  
**FEB— TODMORDEN**  
**GOLF CLUB**

**BATRUNKS ON ALTERNATE WEEKS**  
**THERE IS ONE THIS WEEK (14TH)**

### **INTERVAL** **TRAINING**

**TUESDAYS 6.30PM**  
**TODMORDEN HIGH**  
**SCHOOL**  
**WITH CLUB COACH**

# WHAT'S ON IN FEBRUARY

## **PENNINE BRIDLEWAY RELAY SUNDAY 1ST FEB**

Team Captains    A Andrew Horsfall      01706 818623  
                         B Simon Anderton      01706 810331  
                         Ladies Mel Blackhurst 01422 886843  
                         Mixed  
                         Z    Claire 01422 846593 & Mandy 01422 844936

There are places available on the Z and mixed team if you would like to run then contact Mandy or Claire. Preference will be given to those who did not get a run in the Calderdale

## **Calder Valley Night Score Event**

**Tuesday 24th February**

**Details will be published on Calder Valley website nearer the time of the event.**

Did this one last year it was great fun –Mandy

## **Marshals wanted for the Noonstone Fell Race Saturday Feb 28th Noon**

Top Brink Inn  
Lumbutts



I am currently looking for marshals, we will need about 25, that includes, registration, finish funnel and car parkers.

It would be great if we could have all the positions filled before the 9th of Feb, I have to go to South Africa for 2 weeks 9th to 22nd Feb which only leaves me with 6 days before the race when I return, not a problem if I can get most things in place before I leave.

Andrew Horsfall

So please volunteer ASAP you can either volunteer on the forum or ring Andrew on 01706 818623 or e-mail a.g-horsfall\_64@tiscali.co.uk

# ENGLISH CHAMPIONSHIP INFORMATION

## IMPORTANT PLEASE READ

I've listed the entry details for the English Champs races below. Four of the races are now open for entry - get your entries in now as they'll fill up very quickly. Refer to your fell calendar for details.

Get in touch with me (Phil) if you're not an FRA member and need race organiser/cost etc info email [phil@todharriers.co.uk](mailto:phil@todharriers.co.uk) or Tel 01422 844936

**Half tour of Pendle AM** - Sat 7th March - entries open now  
Entry form @ <http://www.ukresults.net/forms/090307pendle.pdf>

**Stretton Hills AS** - Sat 6th June - Enter on the day

**Tebay AM** - Sat 20th June Entries from April 1st only on FRA Universal  
entry form <http://www.fellrunner.org.uk/pdf/raceentry.pdf>

**Wasdale AL** - Sat 11th July - Entries now open on pre entry form @ <http://www.cfra.co.uk/>

**Dentdale AS** - Sat 29th Aug - Entries now open on FRA Universal  
entry form <http://www.fellrunner.org.uk/pdf/raceentry.pdf>

**Langdale AL** - Sat 10th October - Entries now open.  
Entry form @ [http://www.amblesideac.org.uk/Langdale\\_Horseshoe\\_2009.pdf](http://www.amblesideac.org.uk/Langdale_Horseshoe_2009.pdf)

## GRAND PRIX RACES

First three races below full list on next page.

Year planner at end of Torrier

### Sunday Jan 25th STANBURY SPLASH (BM) 11.30AM 7M/1200'

FROM Penistone hill Country Park,  
nr Haworth, Keighley (GR025364)

Entry on the day £3.50

[Www.woodentops.org.uk](http://www.woodentops.org.uk)

### Sunday 15th Feb LIVERSEDGE 1/2 MARATHON ENTRY FORM INCLUDED in this issue

### Sunday 22nd Feb ILKLEY MOOR (AS) 11.30AM 5M/1260'

From Wells Rd, Ilkley (GR 115470)

Entry on the day £3

[www.ilkleyharriers.co.uk](http://www.ilkleyharriers.co.uk)

# AGM

MONDAY 1ST FEB

7PM

VENUE TO BE DECIDED

See newspaper on website  
or contact

Mandy Or Derek

# GRAND PRIX 2009

## WHAT'S IN STORE

***FS: Fell short; FM: Fell medium; FL: Fell long***

***RS: Road short; RM: Road medium; RL: Road long***

**Sun January 25: Stanbury Splash (FM) LOCAL!**

**Sun Feb 15: Radcliffe 12 Trail Race (RL) – pre-book now**

**Sun Feb 22: Ilkley Moor (FS)**

**Sat Mar 7: Half Tour of Pendle (FM) – Engl Champ – book now**

**Sat Mar 21: Fiendsdale (FM)**

**Sun Mar 22: Burnley 10K (RS) LOCAL!**

**Sun Mar 29: Edale Skyline (FL) – pre-book**

**Good Fri Apr 10: Caldervale 10 (RM)**

**Sun May 2: Coniston (FM)**

**Tue May 12: Geoff Dogget 5K (RS)**

**Sun May 17: Eyam Half M (RL)**

**Sat May 30: Duddon (FL)**

**Sun May 31: Hendon Brook Half M (RL)**

**Sat June 6: Stretton Hills (FS) – Engl Champ – pre-book**

**Sat June 20: Tebay (FM) – Engl Champ – pre-book**

**Sun July 5: Howgills 10m (RM)**

**Sat July 11: Wasdale (FL) – Engl Champ – pre-book**

**Sat July 25: Turnslack (FM) LOCAL!**

**Wed Aug 5: Whittle Pike (FS)**

**Sun Aug 9: Cliviger 6 (RS) LOCAL!**

**Sun 29 Aug: Dentdale (FS) – Engl Champ**

**Sun Sep 6: Stainland 7 (RM) LOCAL!**

**Sat Sep 19: Good Shepherd (FL) LOCAL!**

**Sat Sep 26: Thieveley Pike (FS) LOCAL!**

**Sat Oct 10: Langdale (FL) – Engl Champ**

**Sun Oct 25: Accy 10K (RS)**

**Sun Nov 1: Through the villages (RM)**

**Sun Nov 8: Lancaster Half M (RL)**

**Sat Nov 14: Dunnerdale (FS)**

**Sat 21 Nov: Tour of Pendle (FL)**

**And our own races:**

**Sat Feb 28: Noonstone**

**Wed May 6: Flowerscar**

**Sun June 14: Hebden Bridge**

**Tue July 7: Stoodley Pike**

**Sat Nov 7: Shepherds Skyline**

**Sun Dec 27: Hot Toddy**

**TODMORDEN HARRIERS**



# GRAND PRIX 2009

## ESSENTIAL INFORMATION

### The basics

There are twelve road races and eighteen fell races to choose from. You can focus on the road races (six races of different lengths to qualify), and/or go for the fell races (again six races of different lengths to qualify). These are not handicapped: ie you get points depending on your overall time, in relation to the first three runners.

Provided you've done at least eight races of any length, at least three of which are fell or road, you'll have qualified by the year end for the club grand prix. This is handicapped, so more points if you're older or a woman.

Details below.

### PRE-ENTRIES

A lot of races are pre-entry, especially the English championship fell races (also some road races). It is important to enter these races early as they do get over subscribed.

### GRAND PRIX CHAMPIONSHIP

Points are awarded as a percentage of the average time of the first three finishers, and your age (if a veteran) and gender is taken into consideration and a handicap allowance is added. Thus, the best runners for their age get the most points. The best qualifying combination of 8 races count (this can be either 4 road/4 fell **or** 5 road/3 fell **or** 3 road/5 fell according to which is the highest score - the computer works it all out). Top ten finishers get trophies and all qualifiers get certificates.

### FELL CHAMPIONSHIP

Points are awarded as a percentage of the average time of the first three finishers but age related handicaps are not used. The fastest runners get the most points. Best 6 scores from 18 races count with at least one from each distance category. Trophies for all gender/age categories.

### ROAD CHAMPIONSHIP

Points are awarded as a percentage of the average time of the first three finishers but age related handicaps are not used. The fastest runners get the most points. Best 6 scores from 12 races count with at least one from each distance category. Trophies for all gender/age categories.

### CLUB CHAMPION

Awarded on the basis of a runners' single best counters (Fell & Road points) from all six categories added up. Only those who have completed at least one race in every category will be eligible. To qualify as "Club Champion" the runner will have to have all-round ability (and/or inclination).

### RULES

We're not really a "rules" club - but there are a few involved here...

**You MUST compete in a club vest if you want to score Championship Points.**

### DISTANCE CATEGORIES

**Fell Race categories** are as per FRA guidelines set out in FRA Calendar i.e. Short (S) is under 6 miles; Medium (M) is 6 miles and over but under 12; Long (L) is over 12 miles

**Road Race categories:** Short (S) is up to and including 10K; Medium (M) is over 10K and up to and including 10 miles; Long (L) is over 10 miles.

### CHAMPIONSHIP STATUS EVENTS

Any race which has Championship Status (usually English Championship Fell Races) carries a 9% points bonus to make up for the exceptionally high standard of performance.

**TODMORDEN HARRIERS**



## GRAND PRIX HANDICAP 2009

Last Name	First Name	Est Time	Handicap	Start Time
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Smith	Jim	1.40.00	none	11.00.00
Newby	John	1.30.00	10.00	11.10.00
Morrell	Mel	1.28.00	12.00	11.12.00
Bristow	Laurence	1.15.00	25.00	11.25.00
Ehrhardt	Jenny	1.14.00	26.00	11.26.00
Clutterbuck	Derek	1.14.00	26.00	11.26.00
Allen	Rachael	1.14.00	26.00	11.26.00
Moss	Sarah	1.13.00	27.00	11.27.00
Williamson	Carla	1.12.00	28.00	11.28.00
Moore	Katy	1.10.00	30.00	11.30.00
Davey	Petra	1.09.00	31.00	11.31.00
Milnes	Graham	1.05.00	35.00	11.35.00
O'Neil	Dave	1.04.00	36.00	11.36.00
Wells	Myra	1.04.00	36.00	11.36.00
Goth	Mandy	1.03.30	36.30	11.36.30
Smith	Trevor	1.03.30	36.30	11.36.30
Milnes	Elise	1.03.00	37.00	11.37.00
Parfitt	Moyra	1.02.30	37.30	11.37.30
Hodgkinson	Helen	1.02.00	38.00	11.38.00
Hennigan	Michael	1.02.00	38.00	11.38.00
Abdy	Louise	1.02.00	38.00	11.38.00
Siddal	Mel	1.02.00	38.00	11.38.00
Hanson	Nigel	1.01.30	38.30	11.38.30
Wright	Bev	1.00.00	40.00	11.40.00
Roberts	Sue	59.30	40.30	11.40.30
Burnip	Stephen	59.00	41.00	11.41.00

Last Name	First Name	Est Time	Handicap	Start Time
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Ehrhardt	Peter	58.00	42.00	11.42.00
Read	Geoff	58.00	42.00	11.42.00
Coughlan	Kevin	57.00	43.00	11.43.00
Boulton	Stuart	56.30	43.30	11.43.30
Metcalf	John	56.00	44.00	11.44.00
Marshall	Peter	56.00	44.00	11.44.00
Warburton	Sarah	55.30	44.30	11.44.30
Leonard	Jane	55.00	45.00	11.45.00
Blackhurst	Melanie	55.00	45.00	11.45.00
O'Sullivan	Richard	55.00	45.00	11.45.00
Parkinson	Keith	54.50	45.10	11.45.10
Parsons	Lisa	54.40	45.20	11.45.20
Preston	Christine	54.30	45.30	11.45.30
Skinner	Rachael	54.30	45.30	11.45.30
Walker	Jeff	54.20	45.40	11.45.40
Leonard	Richard	54.20	45.40	11.45.40
Duffield	Claire	54.10	45.50	11.45.50
Brierley	Kath	54.00	46.00	11.46.00
Emerson	Eric	53.50	46.10	11.46.10
Glyde	Sarah	53.30	46.30	11.46.30
Preston	John	53.20	46.40	11.46.40
Craven	Mick	53.10	46.50	11.46.50
Ritchie	Duncan	53.00	47.00	11.47.00
Booth	Kevin	53.00	47.00	11.47.00
Hobbs	Lucy	52.30	47.30	11.47.30
Watkins	Rhys	52.30	47.30	11.47.30

Last Name	First Name	Est Time	Handicap	Start Time
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Howard	Mick	52.00	48.00	11.48.00
Hodgson	Phil	51.40	48.20	11.48.20
Anderson	Jeff	51.00	49.00	11.49.00
Bibby	Andrew	50.30	49.30	11.49.30
Richards	Alison	50.00	50.00	11.50.00
McCluskey	Lee	50.00	50.00	11.50.00
Riley	James	49.30	50.30	11.50.30
Donohue	Derek	49.30	50.30	11.50.30
Galloway	Simon	49.00	51.00	11.51.00
Brannigan	Paul	48.00	52.00	11.52.00
Bamford	Deon	48.00	52.00	11.52.00
Butterwick	Richard	47.30	52.30	11.52.30
Crowther	Ben	47.30	52.30	11.52.30
Roberts	Martin	47.00	53.00	11.53.00
Anderton	Simon	46.30	53.30	11.53.30
Brandwood	Steve	46.30	53.30	11.53.30
Barber	Nick	46.00	54.00	11.54.00
McFie	Andy	45.30	54.30	11.54.30
Collins	Dave	45.30	54.30	11.54.30
Horsfall	Andrew	45.00	55.00	11.55.00
R-Dawson	Alistair	44.00	56.00	11.56.00
Carey	Sean	43.30	56.30	11.56.30
Willis	Sean	43.00	57.00	11.57.00
Smale	Chris	42.00	58.00	11.58.00
Wrench	Andrew	41.50	58.10	11.58.10
Wright	Jon	41.30	58.30	11.58.30

This is it: the 2009 Club Handicap! If you ran in a 2008 Grand Prix race your name is on the list. If you didn't and you want to run, contact Roger Haworth a.s.a.p. - you will be given a time on the day so arrive early. If you intend to run please contact Roger a.s.a.p. as he needs to arrange food etc. - don't leave it too late. Also, remember to bring an unwanted gift for the annual after race unwanted Christmas Gift swap, but be carefull - you know what will be there - carefully wrapped to catch out a tired and unsuspecting runner. The course is the same as last year, it starts from the Kebs on Sunday 18th January 2009.

Yours, Uncle Barry



## The Todmorden Harriers Mini Moorland Marathon 2009.

It was at a Committee Meeting a few months ago when our honourable Chairperson asked; “ Do we have a volunteer to organise the MMM next year? “ I had recently worked out that I could take early retirement, so thinking that I would have plenty of time on my hands....after all it's only a matter of banging a few stakes in the ground and marking up a map?

That was October. Plenty of time. Then November. We decided to enter Bill Johnson's Score Event to pick up some tips. What a slick event. Maps produced with the permission of Her Majesty's Stationery Office. Crown Copyright. Oh heck!! Delicious food provided after. Oh heck again. And making sure that all those ultra competitive keen Orienteers have a course to run. Bloody heck. Me thinks I'd best pull my finger out.

The New Delight seemed an obvious venue. On our doorstep with plenty of scope for those adventurous runners who were happy to brave the wild horizons of Hoofstones Height and also the more civilised among us who prefer the intricate paths of the valleys. I rang and booked the pub and arranged for the catering. Then things seemed to come to a standstill.....there were a lot of loose ends to tie up before finishing work, then there was Christmas and it wasn't until we were on Skye and Chrispy asked me if I had plotted the course.....Help!!!

So cut out an A3 sized piece of OS Map centred on the Newdi and away you go. Now where to put those stakes? I'd been thinking that there must be some science to course planning, to make it hard but not too hard, to create a course but not an obvious one that all would automatically choose (as in the 1<sup>st</sup> Rab MM Colin). So how did I design the course? A mixture of favourite places plus close your eyes and stab the map with a pin.

Then the enjoyable if time consuming bit, putting the controls out. The Gorple controls may have been a little more adventurous if visibility had been better than 40 to 50 metres and it wasn't until I plotted the map I saw how close together they were. Hey ho. Thanks to John Crummett and Jane for putting some controls out.

Then the day of the race. Talk about busy. Over 70 competitors all clammering to register, pay, leave their keys, start, have you got a pen? Do you know what you are looking for?(Richard and Myra). Have you got a watch?(Dave Collins). Thank goodness I've got Jane and Chrispy to assist.

I hope the controls are still in place, I hope it's not too difficult, or too easy, I hope everyone returns to the start, I hope there isn't too much controversy.....”Number 9 wasn't there” says one of our more experienced orienteers. “Definitely not there” says another, even more experienced member (no names to protect the embarrassed). Clare D returns with soon to be 4 year old Alex...”Sorry but Alex could only find one....no.9”.

Thanks to Trevor for the IT advice and equipment, the Newdi for the venue and food, Jane and Chris on the day, and John C for plotting some controls (including no.9). My apologies to Her Majesty for breaching Copyright but who cares.....I've retired!!

Richard Leonard

### **Gareth Vickers Remedial & Sports Massage**

**A New Years special for all Toddlies**

**Your first consultation FREE!**

(Valid till 28<sup>th</sup> February)

**And 10% off everything there on after.**

**For details and appointments**

**Call me on**

**07748246292**



## TODMORDEN HARRIERS MINI MOUNTAIN MARATHON - 11th Jan 2009

No.	Posn	NetPts	Name	cat	Start	Finish	Time	Penalty	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	Pts	pts rank
16	1	270	Simon Bourne	m	9:45:00 AM	12:42:00	177.0	no penalty	1	1	1	1					1		1	1	1	1	1	1	1	1	1	270	1	
15	2	240	Alistair Rhodes-Dawson	m	9:44:00 AM	12:49:00	185.0	10	1	1	1	1					1		1	1	1	1	1	1	1	1		250	3	
33	3	240	James Logue		9:36:00 AM	12:14:00	158.0	no penalty	1	1	1	1					1	1	1	1	1	1	1	1	1			240	4	
36	4	230	Bill Johnson	m	10:03:00 AM	13:18:00	195.0	30					1	1	1	1					1	1	1	1	1	1	1	260	2	
41	5	220	Phil Scarfe	m	10:09:00 AM		-609.0	no penalty										1	1	1	1	1	1	1	1	1	1	220	6	
44	6	212	Dave Collins	v50	10:13:00 AM	13:17:00	184.0	8	1	1	1	1					1		1	1	1	1	1	1			220	6		
25	7	208	Andrew Wrench	m	9:53:00 AM	13:04:00	191.0	22	1	1	1	1							1	1	1	1		1		1	230	5		
22	8	200	Andrew Horsfall	m	9:50:00 AM	12:39:00	169.0	no penalty	1	1	1	1							1	1	1	1		1	1		200	8		
53	8	200	Phil Hodgson	v50	10:25:00 AM	13:21:00	176.0	no penalty	1	1	1	1							1	1	1	1		1	1		200	8		
32	10	190	Ben Page	u18	10:00:00 AM	13:00:00	180.0	no penalty	1	1	1	1					1		1	1	1	1					190	10		
34	10	190	Jon Underwood	m	10:01:00 AM	12:46:00	165.0	no penalty	1	1	1	1					1		1	1	1	1					190	10		
11	12	180	Tim Brooks	m	9:40:00 AM	12:34:00	174.0	no penalty	1	1	1	1					1		1	1			1				180	12		
52	12	180	Steve Wilson		10:21:00 AM		-621.0	no penalty					1	1	1	1									1	1	1	180	12	
39	14	168	Sarah Warburton	f	10:07:00 AM	13:13:00	186.0	12	1	1	1	1							1	1	1	1					180	12		
14	15	166	Roger Howarth	m	9:43:00 AM	12:50:00	187.0	14											1		1	1	1	1	1	1	180	12		
1	16	166	Richard Henderson	m	9:30:00 AM	12:37:00	187.0	14					1	1	1	1	1								1	1	180	12		
12	17	160	Charlie Boyce & Peter Bowles	pair	9:33:00 AM	12:43:00	190.0	20					1	1	1	1	1								1	1	180	12		
4	18	160	Rob Rawlinson	m	9:33:00 AM	12:21:00	168.0	no penalty	1	1	1	1					1		1		1	1					160	18		
37	18	160	Graham Hill	m	10:04:00 AM	12:44:00	160.0	no penalty	1	1	1	1					1		1		1	1					160	18		
42	20	158	Mandy Goth	f	10:11:00 AM	13:12:00	181.0	2													1	1	1	1	1	1	1	160	18	
35	21	150	Jeff Walker & Rachel Skinner	pair	10:02:00 AM	12:48:00	166.0	no penalty	1	1	1	1					1	1	1	1							150	23		
43	21	150	Jackie Scarfe	f	10:12:00 AM	12:50:00	158.0	no penalty										1	1	1	1	1	1	1			150	23		
18	23	140	Mel Blackhurst & Andrew Bibby	pair	9:47:00 AM	12:38:00	171.0	no penalty										1	1		1	1	1	1	1	1	140	27		
40	23	140	Jennifer Porter & Lynn Griffiths	pair	10:08:00 AM	13:08:00	180.0	no penalty	1	1	1	1					1		1		1						140	27		
55	23	140	Mel Blackhurst & Andrew Bibby	pair	10:27:00 AM	12:38:00	131.0	no penalty										1	1		1	1	1	1	1		140	27		
10	26	138	Richard O'Sullivan	m	9:39:00 AM	12:50:00	191.0	22												1	1	1	1	1	1	1	160	18		
6	27	134	Geoff Read & Boff Whalley	pair	9:35:00 AM	12:48:00	193.0	26					1	1	1	1	1								1	1	160	18		
2	28	130	Helen Hodgkinson	f	9:31:00 AM	12:41:00	190.0	20												1	1	1	1		1	1	150	23		
19	29	130	Tim Hayles	m	9:48:00 AM	12:45:00	177.0	no penalty	1	1	1	1									1	1					130	30		
23	29	130	Steve Brandwood	m	9:51:00 AM	12:39:00	168.0	no penalty										1	1	1	1	1		1	1		130	30		
24	29	130	Graham Lloyd	m	9:53:00 AM	12:24:00	151.0	no penalty									1	1	1		1	1	1	1	1		130	30		
5	32	128	Mick Craven	v50	9:34:00 AM	12:45:00	191.0	22	1		1								1	1	1	1	1				150	23		
9	33	120	Kath Brierley	f	9:38:00 AM	12:43:00	185.0	10											1	1	1	1	1	1			130	30		
3	34	120	Trevor Smith	v60	9:32:00 AM	12:16:00	164.0	no penalty	1	1	1	1					1	1	1								120	34		
17	34	120	Ray Poulter & Sarah Glyde	pair	9:46:00 AM	12:31:00	165.0	no penalty									1	1	1	1	1	1					120	34		
49	34	120	Colin Duffield	m	10:19:00 AM	13:14:00	175.0	no penalty									1					1		1	1	1	1	120	34	
7	37	110	Emma Osenton & Liz Hainsworth	pair	9:36:00 AM	12:27:00	171.0	no penalty										1	1	1	1	1					110	37		
27	37	110	Clare Hanson	f	9:55:00 AM	12:52:00	177.0	no penalty					1	1	1	1	1										110	37		
48	37	110	Joyce & Peter Ehrhardt	pair	10:17:00 AM	13:16:00	179.0	no penalty											1		1	1	1	1	1		110	37		
28	40	102	Louise Abdy	f	9:56:00 AM	13:00:00	184.0	8	1	1	1	1					1		1								110	37		
20	41	100	Jerry Symes	v60	9:49:00 AM	12:12:00	143.0	no penalty										1	1		1	1		1	1		100	42		
54	41	100	Sue & Annie Roberts	pair	10:26:00 AM	13:26:00	180.0	no penalty	1	1	1	1							1								100	42		
29	44	90	Paula Howarth	f	9:57:00 AM	12:57:00	180.0	no penalty	1	1	1	1					1										90	44		
47	44	90	John Ashton	v50	10:16:00 AM	13:01:00	165.0	no penalty																1	1	1	1	90	44	
31	43	90	Holly Page	f	9:59:00 AM	13:09:00	190.0	20	1	1	1	1					1		1								110	37		
38	46	80	Stuart Boulton & Patsy	pair	10:05:00 AM	12:58:00	173.0	no penalty		1	1	1							1	1							80	46		
46	46	80	Barry Chapman	v60	10:15:00 AM	12:57:00	162.0	no penalty											1	1							80	46		
50	46	80	Allan Greenwood & Jackie Mason	pair	10:19:00 AM	12:56:00	157.0	no penalty											1	1		1	1				80	46		
51	46	80	Sarah May & Gareth Vickers	pair	10:20:00 AM	12:52:00	152.0	no penalty											1		1	1	1				80	46		
13	50	70	John Preston & Johnny Medcalf	pair	9:42:00 AM	12:34:00	172.0	no penalty											1		1	1					70	50		
26	51	40	Charlotte & Rebecca Lloyd	f	9:54:00 AM	12:52:00	178.0	no penalty									1	1	1								40	53		
45	52	34	Derek & Wesley Clutterbuck	pair	10:15:00 AM	13:18:00	183.0	6									1	1	1								40	53		
30	53	-55	Jim Smith	mv60	9:58:00 AM	13:39:00	221.0	115					1			1	1										60	52		
8	54	-230	Richard Butterwick & Myra Wells	pair	9:37:00 AM	13:55:00	258.0	300		1	1	1							1								70	50		

**Tod News 9/10/08**

Drama struck the Bronte Way Fell Race on Sunday after a bad fall at Bronte Bridge left one runner requiring an air ambulance rescue. Fortunately, after hospital checks the injured man was found to have no broken bones but still nursing a severely sprained ankle.

For the rest of the 175 runners the 8 mile point to point course, that started at Wycoller and finished on the doorstep of the Fleece Inn on Haworth Main Street, was a more enjoyable experience under glorious blue skies and sunshine. After the previous day's heavy rain the ground was heavy going but winner Lee Athersmith of Bingley Harriers excelled in the conditions and had a clear margin of more than 3 minutes at the finish. Paul Brannigan was first Todmorden runner to complete the course in 35<sup>th</sup> place, followed by Simon Galloway in 49<sup>th</sup>. Mel Blackhurst was first Todmorden lady, with Kath Brierley not far behind her. Both took home prizes with Mel 1<sup>st</sup> lady V40 and Kath 2<sup>nd</sup> LV45.

Todmorden Harriers recorded a number of excellent results at last week's Rab Mountain Marathon. The event, held over two days in the remote northern extremities of the Lake District, tested the competitors' ability both in mountain navigation and fell running. It was the second running of the event and the entrance was up to around 250 teams, from all over Britain.

Harrier Ben Crowther and partner Sophie Brown had a superb event to finish 6th mixed couple, whilst Colin Duffield and Jon Sutcliffe battled it out in the hyper competitive veteran men's pair category to finish 9th pair and a pleasing 21st overall. Their fellow Harrier, and seasoned mountain athlete, David Wilson went it alone to finish 13th senior solo man and 24th overall.

**Tod News 16/10/08**

The hills above Langdale were the destination for nine Todmorden Harriers on Saturday. The 14 mile fell race, which includes over 4000ft of ascent, takes in several sizeable peaks over tricky terrain.

The warm Autumnal weather provided perfect conditions on the day even if it was still wet underfoot. Rob Jebb of Bingley Harriers held a comfortable lead at the finish to complete the course in 2:05:07 but the places behind were much closer in a highly competitive field of nearly 400 runners. Jon Wright of Todmorden Harriers finished in an excellent 10<sup>th</sup> position, with Andrew Wrench in 20<sup>th</sup>. Alistair Rhodes-Dawson was 3<sup>rd</sup> Todmorden runner home in 49<sup>th</sup>.

Lauren Jeska was first Todmorden lady home just past the 3 hour mark, followed by Chris Preston and Sue Roberts.

It was a family affair at the Beefy's Nab Fell Race at Oxenhope on Sunday. The scenic 3 mile route is a fast dash from Leeming Reservoir up and around Nab Hill. Harrier Martin Roberts finished in 4<sup>th</sup> place overall, and 1st V50, whilst wife Sue finished 6<sup>th</sup> lady, and 1<sup>st</sup> LV45 despite her exertions the day before. Daughter Annie, running for organising club Keighley and Craven, finished 2<sup>nd</sup> lady.

... Thanks to Colin for covering whilst I was away yeti hunting in the Himalayas...

**Tod News 4/12/08**

Two Todmorden Harriers joined 150 that braved icy temperatures at the David Staff Memorial Fell Race in Darwen. The course is a short steep affair with 1200 feet of ascent crammed into its 5 miles. The frozen route took runners up two climbs on their way to Darwen Tower and back down again via Aggie's Staircase, which was treacherous in conditions that were more suited to Ski Sunday than running. A climb back up the hill followed before another descent to the finish.

The race was won in a new course record by Blackburn's Ben Fish in 31:29, with Todmorden postman, and Calder Valley runner, Alex Whitem in 2<sup>nd</sup> place.

Harrier Jeremy Godden finished in 77<sup>th</sup> with Keith Parkinson, making a return to fell racing following injury, in 91<sup>st</sup> place.

At the Leeds Abbey Dash 10k, which attracted a 5000 strong field, Harrier Richard Butterwick set a new personal best time of 40:27 to finish in 368<sup>th</sup> place – a minute ahead of celebrity runner Nell McAndrew - with Todmorden's Carl Heald in 2,547<sup>th</sup> and Myra Wells in 3,029<sup>th</sup>.

**Tod News 11/12/08**

Todmorden Harriers Annual Presentation Evening and Christmas Party, held at Todmorden Cricket Club, was a particularly special occasion this year as it marked the 30<sup>th</sup> anniversary of the club's inception.

More than 100 members turned out to reflect on a year, assisted by an excellent presentation by Phil Hodgson, that had seen many tremendous highlights that included an individual English Championship bronze medal, a Lakeland Classics trophy, entrants in international marathons as well as on a less competitive note many members taking part in a special 30k anniversary run in the summer and even commemorative ale being produced by Bare Arts Brewery for the club. On a sadder note, honorary club president and founding member Eric Stuttard had passed away at the start of the year.

It was in his honour that a new award for the best performance in the English Fell Championships was named, and the first recipient was Chris Smale. Chris had had an outstanding year and was rewarded for his hard work with a coveted bronze medal for finishing 3<sup>rd</sup> in the Vet 40s.

Also on the national scene, Jon Wright had become the Series winner in the Lakeland Classics, which comprised of six of the toughest long fell races in the Lakes.

In the English Fell Championships the ladies team once again continued their recent years' progress to finish in their best ever 6<sup>th</sup> placing. Jane Leonard and Moyra Parfitt narrowly missed out on individual medals both finishing 4<sup>th</sup> in their categories, with Kath Brierley and Chris Preston finishing 7<sup>th</sup> and 11<sup>th</sup> respectively in their age groups. Ali Richards finished the season in an admirable 23<sup>rd</sup> place in the overall standings.

The men's veteran 50 team matched the ladies with their own 6<sup>th</sup> place, with the overall men's team finishing 13<sup>th</sup> and the Vet 40 team in 9<sup>th</sup>. In terms of individual performances as well as Chris's medal, Dave Collins had finished 17<sup>th</sup> in the V50.

Current President Jim Smith highlighted the good work of many members in running the club and assisting at the club's many races. After a vote on the night club secretary Derek Donohue was named 'Clubman of the Year' for his contribution.

The club's own Championships attracted a high number of entrants with a record 20 achieving qualification for the Club's Grand Prix and 84 taking part in at least one race.

Kath Brierley triumphed to be named GP Champion and was also successful in the club's Fell Championship, with Chris Smale winning the corresponding men's Fell award. Other awards went to Andrew Wrench as runner-up and Alistair Rhodes-Dawson in 3<sup>rd</sup>, Ali Richards as ladies runner-up, Claire Duffield (1<sup>st</sup> LV35), Jane Leonard (1<sup>st</sup> LV50) and Peter Ehrhardt (1<sup>st</sup> V60).

In the Road Championship trophies went to Mel Blackhurst, who retained the ladies title for the 3<sup>rd</sup> consecutive year, and to Richard Butterwick, in his first year at the club. Other awards went to Duncan Ritchie as runner up, Claire Duffield (1<sup>st</sup> LV35), Mel Siddall (1<sup>st</sup> LV45), Myra Wells (1<sup>st</sup> LV50), Richard O'Sullivan (1<sup>st</sup> V45), Steve Burnip (1<sup>st</sup> V50), Peter Ehrhardt (1<sup>st</sup> V60) and Ian Stansfield (1<sup>st</sup> V65).

Paul Brannigan was awarded the 'Club Champion' trophy, which requires excellent all round ability across road and fell, as well as a variety of distances.

Claire Duffield was named 'Most Improved Runner of the Year', assisted in part by the club's weekly training sessions conducted by seniors coach Graeme Wrench.

After the presentations were concluded, whilst Club Chairman Mandy Goth was referring to members participation in ultra races, triathlons, long distance cycle races, and many other interests when commenting that the club could now accurately be described as "More than just a Running Club", many members demonstrated an alternative interpretation of the motto when displaying their athletic prowess on the dance floor to Harrier Simon Anderton's band 'Big Noise' before 'DJ Branny' played the evening out with an eclectic mix of tunes from the past 30 years.

#### **Tod News 18/12/08**

Todmorden Harriers entered four teams into the prestigious Calderdale Way Relay on Sunday, joining over 1000 of the country's top fell runners on the historic trail.

The race follows the 50 mile route of the Calderdale Way, with an additional side loop to take in Stoodley Pike, and totals 12,000feet of climbing. The distance is split into 6 legs which are each run by a pair of runners within teams of 12.

With the recent thaw, conditions were wet and muddy underfoot and runners on the first couple of legs also had to contend with mist on the tops, that made finding Stoodley Pike on leg 2 a much trickier challenge than normal.

After several changes in the lead throughout the race, Salford Harriers were victorious overall ahead of Dark Peak. Todmorden's 'A' Team finished in a very respectable 13<sup>th</sup> place to improve upon last year's placing, with the performance of Sean Carey and Sean Willis of particular note as they set the fastest time of the day for leg 3.

The ladies team also put in a sterling effort to finish in an excellent 5<sup>th</sup> place, behind winners Ikley Harriers. Provisional results also indicated good runs for the Vets team in 45<sup>th</sup> overall, and 5<sup>th</sup> Vets team, and for the mixed team in 82<sup>nd</sup> overall.

#### **Tod News 31/12/08**

A bumper turnout of 300 runners, cheered along by many supporters all around the course, enjoyed dry and milder than usual conditions for Todmorden Harriers' annual winter road race the 'Hot Toddy' on Sunday. Todmorden youngster Sean Carey set the early pace as the race emerged from Dale Street and travelled along Rochdale Road.

After turning off at Walsden Post Office, Ian Grime of Newham & Essex Beagles took control up the long climb to the Shepherd's Rest Inn, closely shadowed by Jonathon Ferguson of Rossendale Harriers. The pair opened up a substantial lead on the next group of runners who were left to battle for 3<sup>rd</sup> place.

Following a steep descent the race then returned to the town centre along Halifax Road, with Grimes opening up an unassailable lead of nearly a minute eventually crossing the finish line in 29 minutes and 41 seconds.

First Todmorden Harrier was Sean Willis in 7<sup>th</sup> place.

First female was Karen Pickles, who after taking the lead up early on Rochdale Road quickly established a strong lead that she held to the finish, almost a minute ahead of her nearest rival Amy Green of Keighley and Craven. Previous winner on several occasions, Sue Beconsall came in just behind as 3<sup>rd</sup> lady. First Todmorden lady to finish was Laura Sutcliffe.

## LOCAL RACES

### Road Races

Sunday 25th January-Meltham 10k at 9.30am.I have never done this but hear it is well organised and undulating!!£7 to enter and no extra on the day.

Sunday 1st Feb(clashes with the relay!!)Dewsbury 10k.

Sunday 15th Feb-Liversedge 1/2 marathon-The road championship's first race!!! I would be lying if I said it was not tough,hilly and usually horrid weather.However,its very satisfying ,like most races,when you have finished, but so you do save yourself for the steep climb back up to the finish!!

Radcliffe AC 12 mile trail run-pleasant but flattish,previously in the G.P

More information on [uk.results.net](http://uk.results.net) Mel

### Fell Races

SUN.JAN 18. WHITE HOLME CIRCULAR (R). CL. 10.30 a.m. 12m/1200' from the Summit Inn on A6033, Todmorden Road, Summit, nr Littleborough (GR 946188 on OS 21). £5. Website: [ogden-water.freeserve.co.uk](http://ogden-water.freeserve.co.uk)

SAT.FEB 7. WADSWORTH HALF TROG (R). BM. 10.00 a.m. 9m/1500' from the Old Town Cricket Club,

SAT.FEB 7. WADSWORTH TROG (R). BL. 10.10 a.m. 20m/4000" from the Old Town Cricket Club, Hebden Bridge (GR 998285). £6 pre-entry only by 31st Jan. on official form, available from entries website or with SAE, cheques payable to "CVFR".

### Welcome to new members

Jo Stansfield  
Scott Lapish  
Darren Tweed  
Rachel Kenney  
Karen Gray  
Emma Osenton



### News from Calder Valley Fell runners

CVFR are having our annual do on 24th January at the MCC, and anyone from Tod harriers would be more than welcome if you fancy it.

We're having a buffet and a ceilidh band, with a bar to midnight. There will be the presentation of club championship trophies as well.

Jo Waites and Thirza are selling tickets for £15 each.

And we'll be having another ceilidh do on the Saturday of the Midsummer Madness races (June 20th), again in the MCC, and all runners are welcome. It will probably only be £5 or so, since the club will sponsor most of the cost and there won't be any food. It would be great if any of your

**The 25th Calderdale Way Relay 14th December 2008**

**CALDERDALE WAY RELAY 2008**

<b>POS No</b>	<b>TEAM</b>	<b>Leg 1</b>	<b>Leg2</b>	<b>Leg 3</b>	<b>Leg 4</b>	<b>Leg 5</b>	<b>Leg 6</b>
1 56	Salford Harriers A	Billy Martin Phil West 1:17:48 (5) 1:17:48 (5)	John Brown Billy Barns 0:56:18 (1) 2:14:06 (1)	Dave Townsend James Jackson 0:39:56 (7) 2:54:02 (2)	Andy Jones Jonny Gilby 1:06:08 (2) 4:00:10 (1)	Rob Hughes Phil Leybourne 0:55:15 (3) 4:55:25 (1)	James Houghes P Bangani 1:06:08 (2) 6:01:33 (1)
13 78	Todmorden Harriers A	Andrew Horsfall Alistair Davies 1:25:46 (18) 1:25:46 (18)	Ben Crowther Simon Anderton 1:10:43 (30) 2:36:29 (22)	Sean Willis Sean Carey 0:38:33 (1) 3:15:02 (14)	Andrew Wrench Chris Smale 1:14:18 (11) 4:29:20 (14)	Dave Collins Martin Roberts 1:00:53 (10) 5:30:13 (13)	Andy McFiz Nick Barber 1:14:08 (17) 6:44:21 (13)
45 81	Todmorden Harriers Vets	Mark Anderton Steve Brandwood 1:31:22 (33) 1:31:22 (33)	John Preston Roger Haworth 1:16:49 (55) 2:48:11 (38)	Mick Craven Lee McCluskey 0:50:42 (56) 3:38:53 (41)	Andrew Bibby Mick Howard 1:30:05 (56) 5:08:58 (47)	Derek Donahue Phil Hodgson 1:07:33 (29) 6:16:31 (41)	Keith Parkinson Simon Galloway 1:26:33 (61) 7:43:04 (45)
54 80	Todmorden Harriers Ladies	Sarah May Ali Richards 1:40:58 (68) 1:40:58 (68)	Sarah Warburton Claire Duffield 1:17:11 (57) 2:58:09 (63)	Rachel Skinner Lisa Parsons 0:49:00 (43) 3:47:09 (54)	Kay Leigh Chris Preston 1:33:24 (68) 5:20:33 (58)	K Brierley Jane Smith 1:09:35 (43) 6:30:08 (53)	Mel Blackhurst Lucy Hobbs 1:26:40 (62) 7:56:48 (54)
82 79	Todmorden Harriers B	Kevin Coughlan Jeff Anderson 1:54:56 (93) 1:54:56 (93)	Scott Iapish Joe Stansfield 1:16:52 (56) 3:11:48 (79)	Helen Hodgkinson Sarah Glyde 0:55:00 (78) 4:06:48 (80)	Peter Marshall Peter Ehrhardt 1:45:45 (93) 5:52:33 (82)	Mandy Goth Elise Milnes 1:25:20 (91) 7:17:53 (84)	Nick Wigmore Kevin Booth 1:24:22 (51) 8:42:15 (82)

## Well how many partners have you had?

Well there's been a Stuart, a couple of Steve's, Mark, Simon, a couple of Paul's, Richard, two Dave's, Peter, Graham, Martin, Derek, Bob, Ian, Marciel, Nick, Jeff, Lee and three Andrew's. With some of them it was just the once and with others half a dozen times or more. No this isn't Belle de Jour, the secret diary of a call girl, but my fell running relay partners!

Most of my partners are from the Calderdale Way Relay but also partners from the Pennine Bridleway Relay, Rossendale Way Relay, Ian Hodgson Relay and the FRA Relay, not even started yet on my mountain marathon or Haworth Hobble/Wuthering Hike partners. The Calderdale is my favourite relay and I have done 23 or 24 of them and every leg apart from leg 6. I started running in the relay for the Bingley Harriers E team (no that is not e for elite but the 5<sup>th</sup> team) and finally managed the A team (there were lots of injuries, illnesses and absences) when I was paired with the great Bob Whitfield who despite being in semi retirement didn't get much of a workout when I struggled to keep up with him. A month after that I joined Tod and have done twelve CWR's in either the Vets or the A team. The first CWR I did for Tod was with Richard Blakeley on leg 4 and we were given a mars bar and a lift home by Margaret ( Richard's wife) at the end and I thought this is the club for me.

I think I really enjoy relay's because they are good team events, great for team spirit and camaraderie, and running can be a bit of a solitary affair. There is a bit more to it than who is the quickest in running from A to B but how well a pair run together. It is a great relief if you find partly through your relay that you are slightly stronger than your partner but I think the most memorable are where you are very well matched or even when you have been given a hard time in keeping up with your partner.

Have had some very funny moments when competing in relays. I remember Dave Stephenson and me running for Bingley and about half way up the long drag from Jerusalem Farm to Wainstalls at the end of leg 4. We were just approaching the hamlet of Saltenstall when a lone runner approached at speed. When he got close to us he bawled out across the valley to his "mate" who was half way down the hillside on his way down to Jerusalem Farm (literally a mile away) and shouts "come on, get a move on, these two are knackered and we can beat them". His partner didn't say anything and was probably pretending he wasn't with his loony mate.

When doing leg 5 of the Rossendale Way relay with Marciel for Tod (anybody who ran with Marciel in a relay or even training were assured of a good work out) he offered to carry my bum bag for the last mile. I obviously declined this kind offer – mind if it had been a rucksack I could have been tempted. Also remember on the Rossendale Way relay (the only other time I made the Bingley A team) taking over from Andy Peace and Mick Hawkins who had taken Bingley from 10<sup>th</sup> to 2<sup>nd</sup> before handing over to me and Andy T. who dropped from 2<sup>nd</sup> to 8<sup>th</sup> on leg 3. I had reccied the leg the previous day (both ways) – including cycling from Hebden Bridge to Sharneyford – which may have been, in retrospect, a bit much!

Dave Collins



# HOT TODDY 2008

I can't beat Richard's excellent spread in the Todmorden News, so I won't attempt a description of the race: won by Ian Grime of Newham & Essex Beagles in 29.41, first lady Karen Pickles of Pudsey Pacers in 34.28. The Tod paper, and the Halifax Courier, both did us proud in terms of coverage.



Joe Stansfield

As always, the Hot Toddy in 2008 was a pleasure: it was a pleasure because we had a record number – 61 - in the Fun Run, because the Deputy Mayor enjoyed coming, and booked her place as starter again next year when she will be Mayor: because we had 318 entries for the Hot Toddy, a number not surpassed for many years: because the race went off without, so far as I am aware, a hitch: because lots of runners said nice things about liking to come and so forth: because we got the presentation under way in a very timely manner.



David Baldaro

None of this possible, obviously, without support from lots of club members, and others. My list is certain to miss somebody out – sorry: thanks to Mark Grice, Mark Anderton, Jim Smith, Barry Chapman, Joyce Catterick, Claire Duffield, Kath Smale, Sarah Warburton, Elise Milnes, Margaret Blakeley, Louisa Hall, Sal, Hazel Chapman, Phil Southwell, Dennis Skelton, Jenny Ehrhardt, George Ehrhardt, Keith Parkinson, Simon Anderton, Ben Crowther, Moyra Parfitt, Carl Heald, Andy Stephenson, Arthur, Brian, Richard Blakeley, Steve Brandwood, Ian Morris, Chrisitne Morris, John Winstanley, Alan Mellor. And to the Police, UKA, Gordon Riggs, the Deputy Mayor & Deputy Mayoress. And the White Hart.

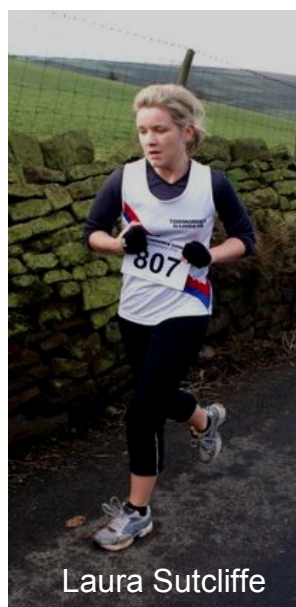
Which does bring me on to the topic of - the venue. Some of you who were there on the day may feel that it is now time to consider a new venue for next year: Uncle Barry is in negotiation on my behalf with what is actually an old venue, and it may be that we will be there in 2009. 2009 will be my 10<sup>th</sup> year as Race Director, and maybe it's also getting time for a new face . . .

Thanks again to all those who have supported the Hot Toddy over recent years.

Peter Ehrhardt Jan 2009.

If anyone is prepared to take over the Hot Toddy then please contact Peter or Mandy or Derek.

Peter would be prepared to organise this years possibly with the new organiser learning the ropes.



Laura Sutcliffe



Sean Willis



# **RADCLIFFE A.C. 12 MILES**

## **Multi Terrain Race (NEW START/FINISH)**

### **SUNDAY 15<sup>TH</sup> FEBRUARY 2009 - 10.30AM**

**Note the change of date and venue!!!**

New Venue! Race HQ is at the Radcliffe Cricket Club, Homer Street Radcliffe. The race starts from Sion Street about  $\frac{3}{4}$  mile away. **Leave yourself time to get to the start.** Finish at the Nellie Halstead Track, Cams Lane, Radcliffe, 5 minutes from the Cricket Club..

**PERMIT NO. PENDING**

The run starts on Sion Street. There is new one-lap route of about 12 miles. The route has to be changed because the footbridge that normally comes up at 9.5 miles has been closed. The route is shortened by crossing the footbridge near Forest Bank Open Prison and is extended by including a loop around Crompton Lodges, crossing at the Red Bridge. After the usual route along the canal, runners will cross the fields and then be turned up Cams Lane to the finish. The route will be marked and marshalled all round.

Venue: **Radcliffe Cricket Club, Homer Street, Radcliffe.**

There will be the usual extensive (alcoholic) prize list. (ONE PRIZE PER PERSON)

Entry Fee: £5.00 Club Runners £7.00 Unattached Runners  
£1.00 Extra for entries on the day  
Cheques payable to: - 'Radcliffe Athletic Club'  
On-line entry available at [www.ukresults.net](http://www.ukresults.net) (+50 pence admin charge)  
S.a.e. not required. COLLECT YOUR NUMBER ON THE DAY AT THE CRICKET CLUB.  
Leave yourself time to get down to Sion Street.



Entries to: Radcliffe 12 Miles Trail Race, 84 Meadowcroft, Radcliffe, M26 4JQ  
Enquiries to: Bill on 0161-724 6692 Email [tomradac@hotmail.co.uk](mailto:tomradac@hotmail.co.uk)  
Website: [www.radcliffeac.org.uk](http://www.radcliffeac.org.uk)

Entries on the day will be taken but only if the entry limit has not been reached.  
**GET YOUR ENTRY IN SOON! PRE-ENTRIES WILL NOT BE REFUSED.**

**RADCLIFFE 12 MILE ENTRY FORM – PLEASE PRINT CLEARLY – MINIMUM AGE 16 YEARS**

FIRST NAME ..... SURNAME .....  
ADDRESS .....

..... TEL NO .....  
[ ] MALE [ ] FEMALE AGE ON RACE DAY .....  
(minimum age on the day 17 years)

CLUB ..... AREA MEMBERSHIP .....

PLEASE TICK IF UNATTACHED TO A CLUB [ ]

I am medically fit to run this race and I understand that I enter this event at my own risk. The event organisers are not responsible for any illness or injury sustained in this event.

Official Use  
Race Number

Signed \_\_\_\_\_ Date \_\_\_\_\_