



TORRIER

MARCH 09

Claire, SarahW, Lauren, Sara M, Mel B, Kath, Lucy –part of the successful ladies team



CONGRATULATIONS

Another successful Pennine Bridleway Relay

Mens Team 4th

Ladies 2nd

Excellent performance by all 5 teams

Helen H & Helen W



Richard Butterwick & James Riley



WHAT'S ON

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

Go to www.forum.todharriers.co.uk and click on register. You need a user name and password. It's a lot easier than previously

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

Pack Runs

Wednesdays

7pm start

(EXCEPT APRIL 6.45 pm)

**MAR—SHOULDER OF MUTTON,
MYTHOLMROYD**

**APR 6.45 PM START
SHEPHERDS REST,
LUMBUTTS TOD**

MAY— KEBS, LONG CAUSEWAY

JUN— ROBIN (CRAGG VALE)

JUL— NEW DELIGHT

AUG— LANE ENDS OLD TOWN

SEP— TODMORDEN GOLF CLUB

INTERVAL

TRAINING

**TUESDAYS 6.30PM
TODMORDEN HIGH
SCHOOL**

**WITH CLUB COACH
GRAEME WRENCH**

**If you want to get faster then this
is what you need
Graeme can help you with your
style and tell you how to improve**

Welcome to New Members

Dan Taylor
Craig Stansfield
Gareth Vickers
Richard Gilbert
Julie Wyant
David Turner-Swift
Debbie Fawcett
Brian Hodgkinson
Arthur Daniels

DATES FOR YOUR DIARY

THURS 11TH JUNE PENDLE TRIP

Run over Pendle this time we'll be finishing at the Pendle inn Barley

SAT 5TH DECEMBER

TODMORDEN HARRIERS ANNUAL DO

ENGLISH CHAMPIONSHIP INFORMATION

IMPORTANT PLEASE READ

Entry details for English Champs

Stretton Hills AS - Sat 6th June - **PRE ENTRY NOW**

<http://www.merciafellrunners.org.uk/node/926>

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 FULL

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 FULL

You may also wish to enter Coniston which is in the Grand Prix as everything seems to be filling up

SAT.MAY 2. CONISTON (R). AM. 12.30 p.m. 9m/3500' from Coniston Sports and Social Club, Shepherds Bridge (GR 306978). £5 pre-entry or £6 on day if limit of 400 not reached. ER/LK/NS. Over 18. Records: 63.29 I.Holmes 1996; f. 80.51 M.Angharad 1996. Details: Sam Clarke, 22 Yewdale Road, Coniston, LA21 8DX. Tel: 015394 41869. Email: andrew.clarke@onetel.net Web-site: conistonfellrace.org.uk

GRAND PRIX FORMAT FOR NEXT YEAR

I have a proposal that we have

1 A proper Fell championship - 12 races

2 A proper road championship—12 races

3 A Grand Prix including the 24 races as above plus 6? Other races to include trail and easy fell.

We would need to decide how many of each category you would need to do to qualify for the Grand Prix.

There is a thread on this on the Forum—I would like as much feedback as possible.

We will be discussing this at the June meeting

Mandy

AGM 2009

Notes from the AGM and informal meeting held on 2nd March.

Mandy, in her Chairman's report, welcomed the expansion of the club to over 200 members. There is lots of enthusiasm in the club, with lots more doing races. The Toddlies Forum is very successful in bringing people together.

It was decided to maintain subs at £12 (plus optional £5 to register with UK Athletics).

Mandy's proposal for changes to the Grand Prix will be published in the Torrier for consultation.

Andrew Horsfall thanked all helpers at the Noonstone for another very successful race, and he said how useful the Forum was in coordinating the event. There were 251 competitors, and the race made a profit of over £700. Mandy thanked Andrew on behalf of the club for all the work he put in to the race, especially as he only arrived back in the UK on Friday morning.

Next year's race will be an English Championship race, and this will put enormous pressure on car parking. After a long discussion it was decided that race organisers in the club should put forward plans to the committee to encourage car sharing, and to provide additional parking areas when necessary.

The next Pendle social evening and run organised by Simon Anderton will be held on Thursday 11th June, finish-

Grand races for the Grand Prix

Time to iron your Toddie vest and buff up your running shoes. Must look your best for these forthcoming Grand Prix races.

Sat March 7th: Half Tour of Pendle

Registration arrangements: Now full up. If you're desperate, check if anyone in the club has a place they won't be able to use. (See me at least 2 places going Mandy)

What is it?: Classic medium fell race over the Big Hill just over the Lancashire border. 9 miles, 2250' of climbing (and a vertiginous descent near the end).

Why do it?: It's an English Championship qualifier. It's local.

Why stay away?: Because you haven't got an entry. Because you're getting married that day.

Sat March 21st: Fiendsdale

Registration arrangements: entries by March 16th, £5 cheque to 'Bowland Fell Runners' to Andrew Farmer, 2 Hesketh Ln, Chipping, Preston PR3 2TH. Race limited to 100 only, and Natural England permission still being sought – keep watching the Bowland website

What is it?: 7.5 miles, with 2500' of climbing.

Why do it?: Bowland is beautiful. We don't run there often enough. Chance to be dive-bombed by hen harriers. Lots of mud.

Why stay away?: Forgot to get booking in. On honeymoon in Maldives.

Sun March 22nd: Burnley 10K

Registration arrangements: Form with this Torrier, but registration on day probably OK. 11am start at Spirit of Sport Centre, Ormerod Road, Burnley BB10 3AA.

What is it?: Doh, it's a 10K. In Burnley, What else do you need to know?

Why do it?: It's time to get going in the road championship. 10K is a good distance if you're new to racing. Polish up your PB.

Why stay away?: You ran the day before in Fiendsdale. You're still in the Maldives.

Sun March 29th: Edale Skyline

Registration arrangements: Sorry, this one's full up too. Memo to self: get my race bookings in in good time.

What is it?: A lovely 21m (4500') race around the Edale valley; famous for always having guaranteed perfect weather

Why do it?: Because you're a clever clogs who thought to get their registration in.

Why stay away?: Still defrosting from two years ago

Fri April 10th: Caldervale 10

Registration arrangements: Form with this Torrier. Starts Caldervale Village Hall, nr. Garstang, Lancashire.

What is it?: Something of an old favourite for many Toddies. 10 miles around the roads north of Preston.

Why do it?: It's a bank holiday. It's flat. (Note: I could be wrong about this latter point).

Why stay away?: You have to work bank holidays. You're back from the Maldives, but having a baby this weekend.

THREE NEW GRAND PRIX RACES FOR YOUR CALENDAR

Your illustrious committee has decreed that these three races will be added to the Grand Prix (all count as road qualifiers)

June 28: Trawden 7 trail race

July 16: Cuerden Valley 10K trail race (near Preston)

Sep 27th: Macclesfield ½ marathon

Stanbury 25/1/09

		time		fell pts		GP pts
Sean Carey	U18	51	38	88.9		88.9
Dave Collins	M50	54	31	84.2		98.6
Martin Roberts	M50	55	20	82.9		94.1
Ben Crowther	M	57	30	79.8		79.8
Mark Anderton	M45	57	60	79.1		86.2
Simon Galloway	M40	59	13	77.5		82.8
Lauren Jeska	F	1	0	45		75.5
Andrew Bibby	M55	1	1	40		74.4
Kath Brierley	F45	1	2	45		73.1
Richard Butterwick	M	1	2	52		73.0
Mick Craven	M50	1	4	12		71.5
Mick Howard	M45	1	4	44		70.9
Dan Taylor	M	1	7	7		68.4
Richard O'Sullivan	M45	1	7	29		68.0
Emma Osenton	F	1	8	33		67.0
Kevin Coughlan	M45	1	10	1		65.5
Sue Roberts	F45	1	10	58		64.7
Peter Marshall	M60	1	11	5		64.6
Peter Ehrhardt	M60	1	12	2		63.7
Louise Abdy	F45	1	12	58		62.9
Helen Wilson	F40	1	13	50		62.2
Johnny Medcalf	M45	1	14	16		61.8
John Preston	M40	1	14	17		61.8
Paula Haworth	F35	1	17	39		59.1
Julie Wyant	F40	1	24	30		54.3

Radcliffe 15/2/09

		time		rd pts		GP pts
Jon Wright	M	1	14	51		99.1
Andrew Wrench	M40	1	19	49		92.9
Sarah May	F	1	26	49		85.4
Duncan Ritchie	M	1	30	15		82.2
Kevin Booth	M40	1	31	43		80.9
Mick Craven	M50	1	36	57		76.5
Lucy Hobbs	F35	1	37	40		75.9
Dave Collins	M50	1	38	12		75.5
Dan Taylor	M	1	38	37		75.2
Richard O'Sullivan	M45	1	41	3		73.4
Gareth Vickers	M	1	45	24		70.4
Bev Wright	F35	1	47	43		68.9
Jeremy Godden	M50	1	49	9		67.9
Helen Wilson	F40	1	49	52		67.5
Elise Milnes	F45	1	52	27		66.0
Mel Siddall	F45	1	55	10		64.4
Paula Haworth	F35	1	56	59		63.4
David Henthorne	M50	2	13	15		55.7
Rachel Henthorne	F40	2	13	15		55.7
Derek Clutterbuck	M75	2	23	51		51.6

RACE RESULTS

Ilkley 22/2/09

		time		fell pts		GP pts
Chris Smale	M45	40	37	93.2		100.6
Andrew Wrench	M40	41	0	92.4		97.8
Sean Carey	U18	42	29	89.1		89.1
Dave Collins	M50	46	37	81.2		95.2
Craig Stansfield	M40	47	52	79.1		82.2
Martin Roberts	M50	48	29	78.1		89.6
Sarah May	F	48	58	77.3		85.6
Simon Galloway	M40	49	37	76.3		81.6
Kevin Booth	M40	50	2	75.7		80.1
Nick Wigmore	M	50	52	74.5		74.5
Lauren Jeska	F	51	11	74.0		81.9
Claire Duffield	F35	52	20	72.4		81.0
Dan Taylor	M	52	47	71.8		71.8
Andrew Bibby	M55	53	46	70.4		84.4
Jeremy Godden	M50	54	7	70.0		79.4
Peter Jackson	M60	55	33	68.2		86.7
Mick Craven	M50	55	54	67.7		78.5
Chris Preston	F40	56	31	67.0		81.5
Peter Marshall	M60	59	20	63.8		83.2
Kevin Coughlan	M45	1	0	48		62.3
Helen Hodgkinson	F35	1	1	31		61.6
Louise Abdy	F45	1	1	57		61.1
Johnny Medcalf	M45	1	2	32		60.6
Sue Roberts	F45	1	3	18		59.8
Helen Wilson	F40	1	4	54		58.4
Barry Chapman	M60	1	9	24		54.6
Myra Wells	F50	1	22	58		45.6

The full version of these race results, fell, road and GP tables are on the club website.

2009 GRAND PRIX TABLE

				Ilkley Moor	Stanbury	Ratcliffe Trail		completed races	total points	avg per race
1	Dave Collins	M50		95.2	98.6	85.9		3	279.7	93.2
2	Mick Craven	M50		78.5	82.0	86.3		3	246.8	82.3
3	Helen Wilson	F40		71.0	75.6	81.4		3	228.0	76.0
4	Dan Taylor	M		71.8	68.4	75.2		3	215.4	71.8
5	Andrew Wrench	M40		97.8		97.7		2	195.5	97.8
6	Sarah May	F		85.6		94.5		2	180.1	90.1
7	Sean Carey	U18		89.1	88.9			2	178.0	89.0
8	Andrew Bibby	M55		84.4	89.1			2	173.5	86.8
9	Peter Marshall	M60		83.2	84.1			2	167.3	83.7
10	Lauren Jeska	F		81.9	83.6			2	165.5	82.7
11	Kevin Booth	M40		80.1		85.1		2	165.2	82.6
12	Simon Galloway	M40		81.6	82.8			2	164.4	82.2
13	Louise Abdy	F45		78.2	80.5			2	158.7	79.3
14	Sue Roberts	F45		74.6	80.7			2	155.3	77.6
15	Jeremy Godden	M50		79.4		75.4		2	154.8	77.4
16	Richard O'Sullivan	M45			74.8	79.6		2	154.4	77.2
17	Kevin Coughlan	M45		68.6	72.1			2	140.7	70.4
18	Paula Haworth	F35			67.4	72.3		2	139.7	69.8
19	Johnny Medcalf	M45		68.0	69.4			2	137.4	68.7
20	Chris Smale	M45		100.6				1	100.6	100.6
21	Jon Wright	M				99.1		1	99.1	99.1
22	Kath Brierley	F45			92.4			1	92.4	92.4
23	Martin Roberts	M50		89.6				1	89.6	89.6
24	Lucy Hobbs	F35				87.4		1	87.4	87.4
25	Peter Jackson	M60		86.7				1	86.7	86.7
26	Mark Anderton	M45			86.2			1	86.2	86.2
27	Peter Ehrhardt	M60			83.0			1	83.0	83.0
28	Elise Milnes	F45				82.7		1	82.7	82.7
29	Craig Stansfield	M40		82.2				1	82.2	82.2
30	Duncan Ritchie	M				82.2		1	82.2	82.2
31	Chris Preston	F40		81.5				1	81.5	81.5
32	Claire Duffield	F35		81.0				1	81.0	81.0
33	Mel Siddall	F45				79.9		1	79.9	79.9
34	Ben Crowther	M			79.8			1	79.8	79.8
35	Bev Wright	F35				79.2		1	79.2	79.2
36	Mick Howard	M45			78.8			1	78.8	78.8
37	Derek Clutterbuck	M75				76.3		1	76.3	76.3
38	Nick Wigmore	M		74.5				1	74.5	74.5
39	Emma Osenton	F			74.1			1	74.1	74.1
40	Richard Butterwick	M			73.0			1	73.0	73.0
41	Barry Chapman	M60		72.0				1	72.0	72.0
42	Gareth Vickers	M				70.4		1	70.4	70.4
43	Helen Hodgkinson	F35		69.5				1	69.5	69.5
44	John Preston	M40			66.0			1	66.0	66.0
45	David Henthorne	M50				65.2		1	65.2	65.2
46	Rachel Henthorne	F40				63.3		1	63.3	63.3
47	Julie Wyant	F40			63.1			1	63.1	63.1
48	Myra Wells	F50		60.8				1	60.8	60.8

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TO TOD HARRIERS

Tod News 8/01/09 Giant's Tooth, Nine Standards, Hebden 22

Todmorden Harriers made a spectacular start to 2009 with three stellar individual performances and a team victory, before most runners had time to recover from their festive indulgences.

First off the mark was Andrew Wrench in the Giant's Tooth fell race at Ogden Water on a cold clear New Year's Day.



Jon Wright & Andrew Wrench

Attracting a field of 91 runners, including six Harriers, the three mile woodland and moorland circuit of Ogden Water, with 400 feet of ascent, was being organised for the first time by Chris & Kathryn Smale.

After quickly opening up a lead from the start, it was a lonely run as Wrench finished nearly a minute ahead of his nearest rival in 17 minutes and 21 seconds.

Todmorden ladies took the team prize led in by Claire Duffield who was 4th lady overall, behind Holmfirth's Lisa Lacon who knocked 30 seconds off her own record. Bev Wright and Louise Abdy, who was making a welcome return to racing, made up the rest of the winning team.

At the same time in Kirby Stephen, sole Todmorden entrant Lauren Jeska was 1st lady* in the Nine Standards fell race which attracted a field of 68 runners to the eight and a half mile course featuring 1800 feet of ascent that covers an out-and-back course over road, track and fell to the Nine Standards landmark starts from the Market Square.

On Saturday, Jon Wright continued the club's perfect start to the year by winning the Hebden 22 in 3 hours 33 minutes. Amongst several other Harriers tackling this navigational test were Derek Donohue who finished in 22nd and Colin Duffield in 35th.

This event, organised by the Long Distance Walkers Association, attracted over 300 runners and walkers to a choice of the full 22 mile distance or a shorter route of 14 miles around the hills above Hebden Bridge and Mytholmroyd.

**It later came to light that Lauren was actually 2nd lady – but the facts should never get in the way of a good story!*

Tod News 15/01/09 – Mini Moorland Marathon

Todmorden Harriers had a different focus last weekend at their annual 3 hour score orienteering event. Open to Harriers and invited guests the Mini Moorland Marathon induced a strong competitive element amongst team mates. Navigation and intelligent route planning were as important as speed, with the outcome in the balance to the end. Only when hard working organisers Richard & Jane Leonard had totted up the scores were the winners known.

Runners competed either solo or in pairs and set off at 1 minute intervals. Only receiving their marked map as they started, the first task was to quickly determine which, and the order, of the 20 checkpoints they would attempt to reach within the 3 hour time limit. Depending on location, checkpoints were worth 10, 20 or 30 points.

This year race HQ was the New Delight Inn at Colden and the scoring area covered much of the Upper Valley's hills and valleys. Marker posts were not always in obvious sight so valuable time and points were lost when runners found the correct area but couldn't spot the marker posts.

Good judgement of pace was also required to avoid losing their hard won points, with severe penalties for those returning over the allowed time limit.

Several prizes were on offer and Simon Bourne of Calder Valley Fell Runners took the overall prize with an excellent score of 270 points returning with just 3 minutes to spare, 30 points ahead of first Todmorden Harrier Alistair Rhodes-Dawson and Todmorden based Horwich RMI Harrier James Logue.

Despite a time penalty, Dave Collins had covered enough ground to take the Vet50 prize ahead of Phil Hodgson. Ben Page won the under 18 category and Trevor Smith the Vet60.

First lady was Sarah Warburton with a fantastic total of 168 points, 10 points ahead of 2nd place Mandy Goth. Calder Valley's Jackie Scarf finished 3rd lady a further 8 points back.

The pairs' competition was equally as closely fought and despite a 20 point time penalty, Charlie Boyce and Peter Bowles managed to outscore Rachel Skinner and Jeff Walker by 10 points.

The much coveted 'Golden Pigeon' award found a new home with Myra Wells and Richard Butterwick, after a significant time penalty for returning late left them with a negative score.

Tod News 29/01/09- Stanbury Splash

Todmorden Harriers' Fell Championship for 2009 got off to a muddy start on the moors above Haworth on Sunday. Twenty-five Harriers joined over 300 runners for the 7 mile Stanbury Splash. Featuring around 1200 feet of ascent, the course started with a mad muddy dash out of the quarry at Penistone Hill Country Park before a short road and track section led competitors to a steep grassy descent to the first of several icy stream crossings. After a sharp rise through soggy fields, further height was gained on another track before a turn off for an undulating loop of the moors around Ponden Kirk. Runners then retraced their steps back to the quarry on increasingly heavy ground.

It was no surprise when Bingley's Ian Holmes quickly opened up an unassailable lead to win the race, by a clear 2 minutes, for an incredible 13th consecutive year.

After warming up with a winning performance in the junior under 16 race, Sean Carey barely had time to catch his breath before entering the senior race and finishing in an excellent 16th place. Dave Collins was 2nd Todmorden runner in, followed by Martin Roberts who took home an armful of prizes for being 2nd local runner.

The ladies race was a much closer affair with Sabine Hauswirth of Ilkley narrowly edging out Lisa Lacon of Holmfirth by 14 seconds. Despite finishing 2nd lady vet40, and 7th lady, current Todmorden ladies fell champion Kath Brierley received an early warning that she faces a tough battle to hold onto her crown this year from Lauren Jeska, who finished a couple of minutes ahead as 6th lady overall.

With several junior races also taking place, attracting a record 141 entrants, six other Todmorden youngsters were also in action including Jack Crummet who finished 3rd in the under 12s.

Tod News 5/02/09 – Pennine Bridleway Relay

Todmorden Harriers narrowly missed out on a top three place in the Pennine Bridleway Relay on Sunday by just 3 seconds, after over 5 hours of racing in strong icy winds with occasional snow flurries.

The final major fell relay race of the winter covers a full circuit of the 47 mile Mary Townley Loop and attracted a record 84 teams of 10 runners to tackle the near 7000 feet of climbing along the way. The distance is split into 5 legs which are each run by a pair of different runners.

Starting at Waterfoot, the first leg follows the trail to Holme Chapel before a 'sting in the tail' climb to the finish near Coal Clough, that was made all the harder by the tough weather conditions. Chris Smale and Sean Willis made the perfect start and headed the field at the first changeover, with a 14 second advantage over 2nd placed Rossendale. Jon Wright and Andrew Wrench took over for the 12.5 mile second leg, much of it straight into the cold easterly headwind, after which the team had lost the lead to Rossendale at the changeover at Callis Bridge.

The third leg saw Calder Valley take up the lead as Todmorden slipped back to third place, with team captain Andrew Horsfall and Alistair Rhodes-Dawson maintaining the challenge. After the shortest leg from Calderbrook, Dave Collins and Ben Crowther kept the team in third, as the overall lead switched back to Rossendale. The final leg back to Waterfoot saw Horwich RMI, with Todmorden resident James Logue and teammate, make dramatic progress through the field from 6th position and in a desperate dash for the finish Andy McFie and Nick Barber were split by the Horwich pair to cruelly lose out by the narrowest of margins.

Despite the disappointment on the line, this was the best team performance for some years and reflects the growing strength of the club.

The Ladies team also put in a strong challenge for honours and battled throughout with local rivals Calder Valley and Rossendale. With Rossendale leading after leg 1, Todmorden leapfrogged Calder Valley with a strong 2nd leg by Sarah May and Lauren Jeska to take the lead, before Calder Valley took pole position on the following leg which they then held to the finish. After Rossendale had closed the gap on leg 4, ladies team captain Mel Blackhurst and Lucy Hobbs ran a strong final leg to comfortably ensure 2nd place but were unable to close the gap on the leaders.



Matching that performance were the Men's B team, who also finished as 2nd placed open B team, with new club 'B' records set by Simon Galloway and Mark Anderton on leg 3, and David Baldaro and Peter Bowles on leg 4. That helped the team to an excellent 23rd place overall.

Todmorden also had two further teams competing, and after the mixed team had held the advantage in the first two legs, the Z team then took up the initiative for the next two legs before the mixed team edged out the Z team on the final leg by 4 minutes and 2 places, finishing in 57th overall.

Tod News 12/02/09- Wadsworth Trog & Half Trog, Rombald's Stride, Winter Hill

Whilst the wintry weather caused the postponement of Todmorden Harriers' AGM last week, there was no interruption to the running, with the club revelling in alpine landscapes over the weekend. Under normal conditions Calder Valley's Wadsworth Trog and Half-Trog fell races, starting from Old Town Cricket Club, are both tough undertakings, but with deep drifts of snow over the moors they required considerable extra effort this year.

The Half Trog follows a figure of eight route through High Brown Knoll to Cock Hill and returns via Wadsworth Moor. Lee Athersmith of Bingley matched his result of the previous year, albeit 20 minutes slower due to the tough conditions, edging out Shaun Godsman of the host club. First Todmorden runner was Peter Bowles in 15th place, closely followed by Paul Cotton in 18th and Lee McCluskey in 25th.

Whilst the snow and sunshine made for picturesque views, it also increased the navigational difficulty and after last year's ladies winner Lisa Lacon had gone astray on the return leg, Todmorden's Lucy Hobbs headed the ladies field in her first attempt at the race from Holmfirth's



Peter Bowles

Jacqui Dews, before she suffered her own route difficulties that put her out of contention, allowing a Holmfirth one-two as Lisa Lacon recovered to 2nd place. With Todmorden taking 3rd place with Chris Preston, 4th Helen Hodgkinson and Elise Milnes in 7th they narrowly lost out on the ladies team prize.

The 20 mile full Trog with a total of 4000ft of ascent, equivalent to climbing Ben Nevis, follows a similar course at the start and finish but with an additional middle section of 11 miles taking in Top Withens. Bingley's Rob Jebb blazed a trail from start and held a comfortable 8 minute advantage over Calder Valley's Adam Breaks at the finish.

First Todmorden finisher in 59th was Kath Brierley who had made steady progress through the field to cross the line as 6th lady. Jeff Walker and Rhys Watkins were the Harriers' other finishers.

Jon Wright continued his bright start to the year finishing joint first in the 25 mile Rombald's Stride on Sunday. The challenge walk over Baildon & Ilkley Moors and Otley Chevin, organised by Airedale scouts, is open to runners and walkers. This year's inviting conditions attracted over 350 entrants, with Bev Wright and Colin Duffield also competing.

At the aptly named Winter Hill fell race also on Sunday, Todmorden's Andy McFie and new club member Dan Taylor tackled the 11 mile looping course that climbs to the summit three times to total 2,700 feet of ascent. The icy conditions proved a blessing in some ways as the normally boggy route was firmer than usual allowing for fast progress to be made, with Simon Bailey of West Mercia taking a narrow win over Darren Kay of Horwich.

Tod News 19/02/09 – Radcliffe Trail

Todmorden Harriers continued their strong start to the year with two top ten placings and individual and ladies team winners at the weekend.

The opening race in the Harriers' 2009 Road Championship was the Radcliffe Trail Race with barely a stretch of tarmac in sight. The race makes its way through an area of rejuvenated Lancastrian industrial heartland to the south of Bolton, following nature trails, former railway lines and canal paths.

As with previous occasions when the race has been included in the championship, it tempted some of the club's runners who are more usually associated with success on the fells, as well as newer members making their debut in a championship race. With the recent thaw, conditions underfoot were very muddy and made for sapping progress around the 12 mile course for the 220 finishers.

Jon Wright was first Todmorden finisher in 4th place less than a minute behind the winner, Wilmslow's Damien Nicholls. Andrew Wrench was 2nd Harrier across the line in 8th place followed by Sarah May who had a tremendous run to finish 27th overall, and first lady overall. Along with Lucy Hobbs and Bev Wright, this meant that the club comfortably took the honours for first ladies team.

Tod News 26/02/09- Ilkley Moor

Todmorden Harriers had further success this week with Chris Smale 1st V45, Sean Carey 1st U18 and Sarah May 3rd lady as 27 Harriers joined a record 400 strong field for the Ilkley Moor Fell Race on Sunday. The 5 mile race with 1300 feet of ascent and descent, which has a reputation for being demanding and not for beginners, took place in mild and breezy conditions.

The route started from Wells Road on the outskirts of the town and after a bottle neck past The Tarn, the runners soon spread out on the climb past the Cow and Calf Rocks. A further climb to the Pancake Stone was followed by a fast and tricky descent down Backstone Beck; before a bridge crossing and a long climb all the way back up the other side of the beck. After a level section interrupted with a short steep scramble, a further level section took the field to a longer steep ascent up to the Badger Stone at the highest point of the race. A fast descent followed before a sting in the tail final climb led onto a second fast plunge down the aptly named Weary Hill to the finish.

Ian Holmes of Bingley Harriers soon took up the lead and held it to take a comfortable win. Chris Smale was first Todmorden runner in 10th, closely followed by Andrew Wrench. Sean Carey finished in 16th winning the U18 prize, following on from his earlier win in the U16 junior races which themselves had attracted over 250 youngsters. Craig Stansfield made a promising debut for the Harriers with a solid run to finish 76th.

Sarah May was first Todmorden lady home, continuing her profitable start with the club. With Jo Waites of neighbouring club Calder Valley taking the ladies prize, Sarah had to settle for 3rd on this occasion. Lauren Jeska and Claire Duffield were the next Todmorden ladies as the team made a strong showing.



Tod News 5/03/09 - Noonstone

The Noon Stone Fell Race attracted a large field of 251 hardy runners to Todmorden on Saturday. Whilst the morning mist had lifted considerably by the start at 12 noon, grey and cloudy skies remained throughout in perhaps the kindest weather experienced for several years. However, with the 9 mile race incorporating a total of 2,300 feet of ascent and a sizeable unmarked navigational section, it was still a serious undertaking.



Starting from Mankinholes, the race quickly rose up the first steep climb of the day to Coldwell Hill, before plunging back down to London Road losing much of the 600 feet height just gained. The route then immediately climbed back up past Stoodley Pike and then down again to Withens Clough. The third and longest gradient of the day took the strung out field across pathless open moorland and bog to the highest point of the race at the Little Holder Stones. After very briefly following the Pennine Way from Warland Reservoir runners were soon back onto rough ground as they descended over Langfield Edge. The final short climb of the day then took them back up to Coldwell Hill and a steep testing decent returned them to the finish at Mankinholes.

The early pace was set by Calder Valley's Shaun Godsman and Alex Whittem, as they opened up a small lead on the first climb with Sheffield University's Callum Gilhooley and Todmorden Harriers' Sean Willis leading the chasers.

Whittem initially took up the lead on the muddy descent to London Road as Willis was dropped from the leading group. As the race progressed

further a two way battle ensued between Godsmen and Gilhooley, with the Sheffield student looking favourite as he opened up a small gap in the latter stages. However the local man's experience won by 7 seconds, with Whittem ultimately finishing a further minute behind in 3rd place.



Emma Osenton

First Harrier home was Willis in 6th closely followed by Chris Smale in 7th, taking 1st and 2nd in the Vet40 category respectively. The men's team prize went to Calder Valley Fell Runners edging out Todmorden.

Zanthe Wray of Sheffield University quickly established herself as first lady and a strong run all the way round ensured that she comfortably remained so to the finish, with a 4 minute advantage over her nearest rival Heather Dawe of Ilkley. First Todmorden lady was Kath Brierley in 6th overall and 2nd Vet40. Along with Emma Osenton and Helen Hodgkinson, Todmorden comfortably won the ladies team prize.

After the extensive prize giving, a Todmorden Harriers spokesman thanked the land owners for their help putting the race on, the landlord and staff of the Top Brink Inn for their excellent

hospitality throughout the day, and the many volunteer marshals and other helpers.



Kath Brierley

Who's up for a "thlon" then???

The TODDIE Tri / Dua / Aqua / Bi / Pent / Hept Section

For anyone out there who hasn't sussed that there's quite a lot of us doing, or aiming to do, triathlons, duathlons, aquathlons and cyclo sportives, you're welcome to join in!

Quite a few of us are now to be found down at Tod pool, particularly on Mon, Tues and Thurs evenings (there's often more of us than the regular punters!).

We're also organising plenty of long rides out on road bikes at the weekend and, starting Thursday 5th March there could be occasional road bike time trials and even visits to the Velodrome. We might even manage to resurrect the Toddie chain gang when the evenings get a bit lighter... and just wait till the reservoirs get a bit warmer, we'll be wild swimming at every opportunity. ..Bring it on! - we could do with at least eight days in a week.

The cross training helps build overall fitness and is great for your running fitness or, is something to do if your running bits are injured.

Anyone interested should consult the Toddies Forum - see info on what's happening in the Cycling/Triathlon/Duathlon/Aquathlon section.

(We've not got into Biathlons, pentathlons etc yet but watch this space. We could probably invent our own "thlons" - suggestions, in person please, to the next Boy's or Girls Beerathlon)

BollockonBobathlon

Pennine Bridleway Relay 2009

Timing & Results by SPORTident UK

www.sportident.co.uk

TEAM		Cat	LEG 1		LEG 2			LEG 3			LEG 4		AggPos
Pos.	Number		Runners	Time	Runners	Time	AggPos	Runners	Time	AggPos	Runners	Time	
				Posn		Posn	Gain		Posn	Gain		Posn	
1	Calder Valley A	O	Graham Hill	01:06:21	Karl Gray	01:22:38	4	Alex Whitten	00:54:37	1	Mark Goldie	0:38:41	2
	61		Bill Johnson	12	Ben Mounsey	1	8	Adam Breaks	1	3	Gary Webb	6	-1
4	Todmorden Harriers A	O	Chris Smale	00:58:15	Andrew Wrench	01:25:30	2	Andrew Horsfall	01:01:34	3	Dave Collins	0:38:45	3
	9		Sean Willis	1	Jon Wright	3	-1	Alistair R Dawson	10	-1	Ben Crowther	7	0
23	Todmorden Harriers B	O	James Riley	01:10:46	Steve Brandwood	01:46:48	30	Simon Galloway	01:07:23	23	Peter Bowles	0:41:28	20
	10		Richard Butterwick	25	Joe Stansfield	36	-5	Mark Anderton	24	7	Dave Baldaro	15	3
32	Todmorden Harriers Ladies	L	Kath Brierley	01:15:22	Sarah May	01:40:31	27	Claire Duffield	01:12:55	30	Lisa Parsons	0:48:16	31
	11		Kay Leigh	38	Lauren Jenska	25	11	Sarah Warburton	37	-3	Bev Wright	40	-1
56	Todmorden Harriers Z	Mix	Emma Osenton	01:26:33	Derek Donohue	01:50:27	57	Ray Poulter	01:25:41	65	Moyra Parfitt	0:52:54	59
	19		Lynne Griffiths	71	Roger Haworth	47	14	Mel Siddall	71	-8	Louise Abdy	56	6
58	Todmorden Harriers All Stars	O	Helen Hodgkinson	01:28:18	Kevin Booth	01:54:24	66	Kevin Coughlan	01:17:13	60	Paula Haworth	0:53:27	57
	54		Helen Wilson	74	Richard O'Sullivan	57	8	Dan Taylor	48	6	Elise Milnes	57	3

			LEG 5		TOTAL
			Runners	Time	
				Posn	
			Jason Stevens	01:04:16	05:06:33
			Steve Smithies	7	1
			Nick Barber	01:09:40	05:13:44
			Andy Mcfie	15	-1
			Simon Anderton	01:18:16	06:04:41
			Phil Hodgson	35	-3
			Mel Blackhurst	01:19:12	06:16:16
			Lucy Hobbs	41	-1
			Mick Craven	01:24:08	06:59:43
			Mick Wigmore	58	3
			Peter Ehrhardt	01:30:29	07:03:51
			Peter Marshall	74	-1

Local Fell Races by Colin 'This could be the last time' Duffield

*Does anyone want to take over this job?**
If you fancy it, tell Mandy. Ta.

*(*Benefits include a warm, cosy feeling and a retainer
of two pints of strong bitter and a surfeit of veggie
burgers in the parlour of the big house each Christmas
Eve.)*

I'll buy you a Saturday 14th March 8:00
Haworth Community Centre
Haworth Hobble/Wuthering Hike BL
33m/4400ft

*So good they named it twice. Part race, part
challenge, part movable feast. Doughnuts,
hotdogs, biscuits, hmm...Pre-entry only and you
may have to be quick to the postbox.*

Saturday 14th March 11:30
Ogden Reservoir Embankment
Windmill Whizz BM 7m/800ft
*Nice, straightforward little trail type race. With
windmills and a dam. In fact reminiscent of
Holland but with a limited number of tulips and
no coffee shops. In fact, get into the spirit of
things and wear clogs. For sure.*

Saturday 28th March 11:00
Booth Cricket Club
Midgley Moor Fell Race AS 5m/1250ft
*Sneakily tough outing around Crow Hill,
Sheepstones, Dimmin Dale etc. Navigational
choices to add to the fun.*

Tuesday 31st March 18:45
Marl Pitts Sports Centre, Newchurch Road,
Rawtenstall
Liver Hill Fell Race BS 5m/800ft
*Organised as a celebration of the coming of
spring. Much less fuss than building a whicker
man and burning Edward Woodward (if anyone
else has seen that film... if you haven't you
probably should). In reality this is a fast out and
back route that's suitable for anyone who can
get back before dark!*

Saturday 4th April 14:00
Barley Village Hall, Barley
Pendle Fell Race AS 4.5m/1500ft
*Makes my legs ache thinking about it. Hard race,
but well regarded by those who like this kind of
thing. Careful now, you might strain something.*

Forthcoming road races

Sunday 8th March-

11am Roddlesworth Roller, Abbey Village, Near
Chorley. A tough but enjoyable multi-terrain race
which has previously been in our
Grand Prix. £6 and can enter on the day.

Sunday 15th March-

11am Ultrafit St Annes 10 mile race.

Very flat and fast along the edge of the sea (I
mean promenade with sea a speck in the
distance usually if you are lucky!!)
Registration is at St Annes Fire Station, St
Andrews Road North. £9 pre entry only. Mementos
in the past have been very bizarre, including a
banana slicer!

Sunday 15th March

10am Spen 20-Excellent pre-marathon training
but very suburban. Strat Princess Mary Athletics
Stadium, Cleckheaton. £5 and can enter on day.

Sunday 22nd March

11am Burnley 10k, the first "tarmac" road race in
the Grand Prix. Similar route to Burnley Fire
Station 7. £7 to enter and £1 extra on day. More
details elsewhere in Torrier.

Wednesday 25th March-

6.45pm Vera Hirst 5k, organised by the one and
only Andy O'Sullivan, register at Falcon Inn. £4 and
£1 extra on night.

Wednesday 1st April

7pm-Brenda Robinsons 5k road race. Register
at Falcon Inn £3.50 and extra on the day.

Sunday 5th April

11am Oldham Mayor's 1/2 Marathon-Yes the
Mayor really does come and start the race! A hilly
half with some steep road descent. Register-
Oldham Sports Centre, Lord Street. £7 and £1
extra to enter on the day.

Sunday 5th April

11am GinPit 5. Multi-terrain race from Miner's
Welfare Club, Gin Pit.

Sunday 5th April

10am Wakefield Hospice 10k-fast, flat and
usually very popular. £11 to enter and £2 extra
on the day.

I was suprised to work out I have run all these
races in the past, except the 5k ones!! (not that I
am really a mad road racer!!)

For more details look at ukresults.net Mel

Day out on the North Pennine Watershed. Saturday March 28th.

Last year Andrew Bibby organised a day out related to his book on the Backbone of England – the Pennine Watershed. It was enjoyed by all those who went, so this year I am planning to repeat it with a slightly different route, to the west of Mallerstang.

Itinery.

We will take the Settle Carlisle Railway from Keighley to Kirkby Stephen. Then we will run, at a leisurely pace, over Wild Boar Fell and Snape Fell, finishing at the Moorcock Inn, Garsdale Head, in time for a fine and well earned lunch, and other refreshment as desired. Simon and Caz, who run the pub, were very welcoming, and it's a cosy establishment.

We will then take the train back from Garsdale Head to Keighley.

Details

We will take the 9.12am from Keighley Station. I propose a car-share to Keighley, meeting at the Station Road car park in Hebden Bridge (£1 all day) at 8.15am. (alternatives by arrangement) Hopefully, like last year, we can arrange to drop off bags with a change of clothes at Garsdale Station on the way up.

The run is about 12 miles, and I expect it will take around 3 hours, getting us to the pub by 1pm. (the planned route is a bit shorter than last year, but there may be deviations).

There are two options for coming back –

1. Take the 15.35, arriving Keighley at 16.38, for those with appointments at home
2. Take the 17.27, arriving at 18.38, for those that want to really chill out, and get stuck into the beer.

Note that it's a good mile from the pub to the station.

I will need to let the pub know about numbers, so if you plan to come please contact me at trevor@tapinstruments.com or 01422 843866.

Trevor Smith

Blazing Saddles

35 West End

Hebden Bridge

HX7 8UQ

01422 844435

info@blazingsaddles.co.uk



Blazing Saddles are offering 7.5% discount on all accessories, parts & clothing (basically everything in the shop apart from bikes and frames) and a 5% discount on bikes and frames

You will need to produce your membership card

One Year Later

What a great year it's been. I joined Tod, purely because I couldn't get to CVFR's pack run as it clashed with my 10 year olds session. Thank you Luka! Turned out to be a great decision because I've loved running with/for Tod – the people, the places well I don't need to tell you lot! Prior to joining Tod I'd started running again to lose baby weight and just have some space away from my lovely, yet full on, little boys! So, I just started running down the canal, then progressed to running to the Blue Pig and finally all the way down the Craggs – at the time believe me this was an achievement!

So, since I've been with Tod it's been a steep (excuse the pun) learning curve. When I first joined Tod Harriers at the start of '08 my first pack run was with the beginners and involved a climb up Mytholm Steeps (a road which I hadn't dared drive up previously let alone run up!) The following week I went with the medium (fast surely!) group and panted my way round, wondering where they found the energy to chat and run (still pondering on that one). First few months held were spent holding everyone up during the climbs, then bombing down the other side; I'm still not the fastest going up but it's getting better.

Anyway, after several road races and a few fell races (scary but fun) I realised there is only one secret to running – you get out what you put in. So, the more hills you run up the better you'll be at it, if you do slightly longer runs you'll get stronger and faster, speed training works, mix up your distances etc. Anyway, Grandma sucking eggs and all that...

Lucy on the Stoodley Pike Fell Race



So, the highlights and there have been many, were a few of the road and trial races (such as the Helen Windsor 10k, Harewood Trail 10 mile, Kirklees 10k) where I started to run slightly nearer the pace that I probably achieved as a sprightly 18 year old. Also, the gradual realisation that fell races are good fun, painful and inspiring (our very own Shepherd Skyline springs to mind). The relays were great, enjoyed the team spirit and reminded me why I used to enjoy team sports; I think I even set a few new Tod records with Mel B

The lows – well there haven't really been any. I haven't got injured (touch wood) and I don't think I've reached a plateau yet (nearly but not quite!), I've had a few disappointing races but these have been the minority. Getting lost during the Half Trog (when due to Lisa Lacon's misadventure and Chris Preston's dodgy knees I may have actually had a crack at the trophy) could be classed as a disappointment. However, in many ways, this was the most inspiring race of all: the snow, the terrain, the madness of it etc. I've taken on the wise old words of one wise old Tod Harrier waiting at the finish (yes Simon I'm referring to you) who suggested that this is necessary rite of passage to becoming a better runner. I've certainly taken on board the need to learn to map read, do a

recce beforehand and most importantly of all never give up – just keep going!

So, what do I hope for '09? Well like most of us I'd like to just carry on enjoying it, push myself a bit more, train that bit harder, and one day maybe even love the climbs as much as the descents. Thanks go out to all of you have offered encouragement, humour and kindness over the last year, especially the women who I've run with regularly over the last year Kath, Mel, Jane, Claire, Sarah, Lisa, Rachel to name but a few, and also for Paul B's pearls of wisdom ('lift your knees up') and not sure who, because I couldn't breathe at the time, but it may have been Phil H ('love and embrace those hills') and of course Graham and his words of encouragement ('it's only pain love'). Finally, thanks to Dan, Scott and Joe who've only recently joined Tod Harriers and are making me run that bit faster on a Wednesday!

Lucy

SUBS ARE DUE

Still at the same price of £12 for fell only and £17 if you wish to race on the roads.

Please give this to Claire Duffield
You will be receiving a re-newal notice

ILKLEY MOOR FELL RACE



I started the race quite well managing to get near to the front to avoid some of the barging that went on further back. I was doing well on the first big climb keeping up with Lauren past Cow and Calf Rocks.

I began to struggle a little as the race went up further towards the Pancake Stone and Lauren managed to get away from me. I had managed to get my breath back a little before the steep tricky descent down Backstone Beck where just when I thought I was going well I was overtaken at speed by Claire. I managed to keep with her on the downhill section but she was too strong for me on the climb back up the other side.



I didn't see any other Tod Harriers for a bit then Andrew Bibby appeared just behind me on the top of a short steep climb. We proceeded to swap places for about 5 -10 mins he was overtaking me on the uphill bits, I was overtaking on the downhill and flat sections. I managed to lose him on the big downhill section before the last climb and had saved enough to overtake about 10 runners over the last mile,

I even managed a sprint finish so quick Mandy couldn't take a photo. Finished in 156th place out of 400, 52mins 47 seconds, was well happy with my performance, getting some sort of fitness level going now.

Dan Taylor

WANTED

NEW RACE ORGANISER FOR THE HOT TODDY FOR 2010

Shadow Peter this year and learn the ropes with a view to taking over in 2010

Anyone interested let Mandy or Derek know

Everything You Always Wanted To Know About Sex (But Were Afraid To Ask).

To those of a certain generation the title brings back memories of a well thumbed yellow paperback. To film goers and aspiring fell runners it's the indelible image of Gene Wilder in bed with a sheep that is dressed in suspenders. But in an act of either misleading titillation, duplicity, or misunderstanding worthy of a road race selection meeting the headline has grabbed your attention and inspired an article about the Grand Prix.

So, to the uninitiated and GP virgins out there, here are the answers to some questions you were too embarrassed to ask the more experienced members – the chased rather than the chaste.

How often should I be doing it?

As often as possible. To star in the GP you need staying power: - a minimum level of performance is required and athletic versatility is highly desirable. You need to display your prowess in a number of scenarios; from a quickie 5k on hard core tarmac to a long session of upping and downing for hours, finally coming good over some filthy fells

The more promiscuous you are the greater your chances of picking something up – hopefully points. Remember, you don't want to miss out on that race where you'll hit the jackpot, the 'points fest', the 'money shot' that will see you exploding up the GP table.

What happens to my performance when I get old?

No need to worry. Like some specialist top shelf magazines the GP favours the more mature participant – if you're over 50 you can look forward to a rewarding role. The older you are the more 'bang for your buck' you get. Just look at our previous GP stars and starlets – all veterans who have put it around a bit and are still going strong. Defiantly no need to buy any performance enhancing blue pills - and alcohol will be the only lubricant you need.

Should I think about a sex change?

Yes - if you are male. While the GP has always attracted plenty of men desperate to make an impact it is the participating women who will receive more plaudits and points. For men the task in hand is hard – they need to pull it off every time to get anywhere close to the amount of scoring women can manage. Females who go for it will be the ones constantly peaking.

What is the best position?

Difficult to say what is 'best'. Do you desire the most comfortable, or the most exciting, or just need the climatic feeling as you surge over the finishing line?

The plot line of the GP is designed to cater for many varied tastes and personal preferences; and involvement whilst ensuring superb delectation will challenge those getting involved. The more masochistic will opt for half marathons and Lakeland classics; there is plenty of vanilla action close to home for those wanting something short and sweet. Or you can always just come along and watch. The appeal of the GP is its potential to introduce you to new experiences, things you would never have considered before. Go on; do it! Throw your keys in the ring. You're amongst fellow participants, so don't be embarrassed.

Can 'dressing up' add extra excitement?

To a degree. Some get a buzz wearing figure hugging lycra, others enjoy the liberation of stripping down to virtually nothing. Those of a 'tri' persuasion love to squeeze into rubber suits for their al fresco water sports.

But there is one essential you will have slip on – the "something for the weekend" that you should always have on – a Tod vest. It must be worn on all conceivable occasions if you want to pull some points. For the true club aficionado this item attains a fetishist status - so attractive and deemed so necessary they wouldn't consider allowing anyone to score with them if not wearing one.

Is Tantric running really possible?

For some. Ultra runners in the club are certainly able to keep going for a very long time, in some cases for well over 24 hours. These phenomenal achievements are much commented on, especially when their stiffness lasts for days afterwards. Easily identified by their oft repeated karmic mantra "awesome", their stamina is aspired to by some, whilst others simply regard them as 'self pleasers'.

Many, though, are turned off by the soreness and pain these events inflict on the body, so luckily there is no absolute need to participate in marathon sessions in the GP. A long race (or ride) is one of the few activities where you don't want to 'bonk'. But a Tantric attitude to running can be useful in the GP: last years Club Champion, managed to hold back for ages before finally coming from behind.

Should I attempt some 'afterplay'?

Most definitely. Usually a few pints will keep most Toddlies satisfied.

Will I be chased over the fells by a giant breast?

Sorry Clive, no.

So, there you have it. To save any embarrassment the etiquette of participation has been explained, difficult encounters demystified. It's now time to get out there and make the most of the opportunities on offer. Play the field and grab a piece of the action. Have fun!!!

An evil dildo (anagram)

Todmorden News Award for Services to Sport 2008.

I know she doesn't like blowing her own trumpet, and I'm obviously biased, but I'm sure all Todmorden Harriers will join me in congratulating **Mandy** on winning the **Todmorden News Award for Services to Sport 2008**.



The award, made early in the new year for the previous year, was presented to Mandy by Todmorden News editor, Sheila Tordoff, at Todmorden Cricket Club on Monday 16th February 2009. Mrs Tordoff explained that the award had been set up in memory of the newspaper's sports writer Ron Wild, who died 20 years ago. Ron had always been interested in the development of sports clubs in the town and acutely understood the importance of the sportsmen and women who worked behind the scenes to ensure clubs ran smoothly, many of them also having success in their chosen sport as well. When Ron passed on it was decided that a Todmorden News trophy in his memory should recognise the work done by such dedicated people. Each year the winner is chosen by former winners of the award, who have decades of experience between them, and the newspaper's staff. Mandy is the 19th local sportsperson to receive this prestigious award. Previous Todmorden Harriers winners include Chas Woodall and ex Club President the late Eric Stuttard.

Mandy was honoured to accept the award in her 21st year as Chairman of Todmorden Harriers and it was particularly appropriate that the award coincided with the club's 30th Anniversary.

While Mandy has had many successes competing in some of the toughest fell running and mountain marathon challenges, one of her biggest successes is surely being the driving force behind the thriving and successful "more than just a running club" that has been a large part of her life for over 20 years. In Mandy's words; "It's easy being Chairman of such a wonderful team of people and such a great club".

Phil

Torrier Blog of a Prospective Fell Champion

"So My goal this year is to do the fell GP and win it, and the lakes classic 6... My 2 Goals are to do the GP, Win it and the Lakes Classic and to stay fit..., My 3 Goals... and not be injured.

So I list all the races in quadruplicate... Diary at work (electric reminder type that tells me when to brush my teeth and where I'm meant to be), the wall calendar at home – 'if its not on it, it does not happen' (familial saying), and input by droning monologue into My dear wife's mind so she knows I'm to attempt all 22 of these races and in the FRA guide for the year – for posterity... She ignores me...

But... first hurdle, one race I can't do (Fiendsdale) darn it as I'm on a course! Then 2 races conflict with the Lakes/GP idea (Stretton and... another...). Bummer, but on the positive only 19 races to get past the Wife Veto. So I do my first, Stanbury, 3 miles along the route ascending well at about 50th place attempting to catch Dave Collins and Martin Roberts and I think I'm doing well... eagerly pursued by Mr Anderton, who I note is running well!, yikes! So when I see a familiar profile of an individual skip along the skyline, 100 yards from the half way mark to a extend a lead in front of the rest of us, wonderful but galling!, however - well done Mr Holmes, one day ... he may be 70 at the time and me 63... but I'll get him! 5 miles along the boggy soggy lovely route, crookle right ankle, land heavily on left to a bone crunching 'snap' sound – the two runners immediately in front and behind both say 'Ouch, you all right' in comedy unison. – I cry for the beauty of it – just that, not he pain... no not at all! But, in stalwarty Toddie style I keep on till the end, ending up behind the fella behind who said ouch, and we over took 4 on the last decents. They both congratulate me for not wimping out and sopping. One strapped up left ankle and an early dart home while-changing-gear-by-using-my-heel-and-leg-muscles-only later... Riley Cyote... where we're you??

So many prospects broken, - lets hope I can get fit and do well at the next GP!

Part 2 ,Darn it didn't get to Ilkley, training going ok and have reccied Coniston over half term, and did two other lakes training runs. The bugbear of a front room redevelopment has sucked time like a cheap mate drinks you drinking money (no names, except Ray, of course). Ankle healing a bit but still in some pain after long runs – must book my session in with Gareth. Nowt else to report.

Prospective Fell Champion (Any guesses who this is)

STRETCHING It Out!

I do feel a bit like I'm trying to teach my Gran how to suck eggs writing this, however I do think its worth the time and effort.

One thing that has come to light whilst watching you scurry off into the pub at the end of a pack run, is a lack of adequate stretching. So, what I'm hoping to achieve by the end of this, to have either bored you to sleep (rest is good) or make you reconsider skipping your next stretching session.

I'll start with the basics first, this is not meant as an insult to your intelligence, but to maybe fill in the gaps of information you didn't know.

Why bother stretching? When you go out on your run, cycle, swim or what ever your chosen sport, your muscles are going to have a hard time. I'll stick with running for this article, seeing this is for primarily a dinking club (oops sorry!) a running club. Firstly, you're not going to bother warming up, instead you'll point yourself at the first and nearest hill and go shooting off. You'll run for a while and feel the normal twinges, before settling into your stride. You then get home or to the pub and think "Bugger stretching I need a shower or a pint!" Now all the twinges you felt were either old injuries reminding you of their presence or new micro-tears forming, from the constant flexing and contracting of working muscles (especially of cold and tight ones). I could now start quoting lines and paragraphs from any one of the books I have on sports therapy, but instead I will put it into my own, perhaps not eloquent, but probably just as pertinent, words. Ok, muscles that undergo regular post-exercise stretching are more flexible, recover quicker and with the correct amount of time spent on stretching the muscle, range of motion can be increased.

What is the correct way of stretching? All of you should be doing static stretches; the stretch position is assumed slowly and held for 30 to 60 seconds and repeated 3 to 6 times. You should only feel a slow build-up of tension and as time passes the tension may begin to ease, at which point you can increase the stretch a little further. One tip so that you don't forget any muscles, is to start at your feet and stretch each muscle individually working your way up your body (i.e. calves, then hamstrings, quads, gluts, back, shoulders and arms). This is called static stretching and is viewed as the most effective of all the stretching methods. Now for members who do the bobbing thing, this is called ballistic stretching, often favoured by your old sports teacher and by footballers. As runners you should reconsider this technique, as it's ineffective and it can increase your risk of injury.

So still wondering why should you bother, well next time you're out running and you feel that ping of pain, think of where it may end. A sore leg tomorrow, your absence from a race. If you have the time to run you have the time to stretch.

If your still not entirely sure what you should be doing, give me a ring or grab me (metaphorically speaking) for a chat at the next pack run. Take care and HAPPY STRETCHING!!!

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10 April 2009



STARTING

FUN RUN 12 NOON 10 MILE 1 pm

**MEMENTOES TO
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IN BOTH RACES
SPOT PRIZES FUN
RUN**

PRIZES

1-6 MEN

1st VET MEN

40,45,50,60,65,70+

1-6 LADIES

1st VET LADIES

35,40,45,50,55,60,65,70

ONLY ONE PRIZE

PER PERSON

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10 MILE

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UNATTACHED £9.00

ENTRIES ON THE DAY

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PLEASE ENCLOSE S.A.E for number etc. Postal closing date 3 April 2009

Name.....

Club.....

Address.....

.....

Post Code..... Tele.....

Age.....

DOB.....

Male ☐ Female ☐ Fun Run ☐ 10 m ☐ E-mail.....

Please enter me for the above event, I accept & certify that I am medically fit to run & understand that the organizers will in no way be held responsible/liable for any injury or illness, loss or damage of my property during the event, entrants under 18 years Parent or Guardian

Signed.....

Date (caldervale 10/09).

From ukresults.net

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in conjunction with

CLAYTON-LE-MOORS HARRIERS

presents the

BURNLEY 10K ROAD RACE

(held under UK Athletics Rules-NEAA Road Permit: Applied For)

Race assisted by:



Sunday 22nd March 2009
11.00am

at the Spirit of Sport Centre, Ormerod Road, Burnley BB10 3AA

Entry fees:

£7.00 (affiliated club)

£9.00 (unattached)

£1.00 extra on the day

Cheques/Postal Orders payable to: Blessed Trinity RC Sports College

Postal entries to: Mark Salthouse, Race Entries Secretary, Blessed Trinity Sports College, Coal Clough Lane, Burnley, BB11 5BT

To receive confirmation of entry, course description and map, enclose S.A.E).

All numbers to be collected on race day.

Enquiries: Mark Salthouse 07903 996120

BURNLEY 10K ROAD RACE ENTRY FORM SUNDAY 22nd March 2009

Declaration: Please enter me for the above event for which I enclose the appropriate fee. I am an amateur as defined by UK Athletics and I agree to abide by their rules. I am medically fit and understand that the organisers will be in no way responsible for any injury, loss or illness caused to me during or as a result of the race or for any property lost or damaged during the event. (Parent to sign if under 18)

SURNAME

FIRST NAME

ADDRESS

CLUB

Sex: M / F (delete)

Age on race day

Signature

Date