



TORRIER

MAY 09



STOP PRESS FLOWER SCAR FELL RACE WEDNESDAY 6TH MAY

7.15pm
Hare & hounds
Burnley Road
Todmorden



There will not be a pack run this night all members are encouraged to come along and race or marshal.

If available to help ring Jon Wright on 07789967212



ANNUAL SOCIAL TRIP TO PENDLE



It's ON!

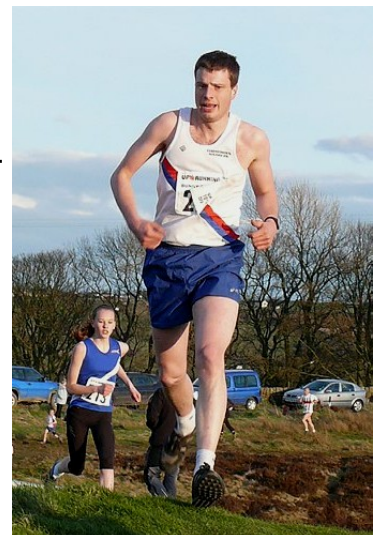
Thursday 14th May....

Exciting NEW VENUE ! Coach which WORKS ! Pie and pea supper !...great running !...friendship !...ROMANCE!



As per last year, folks leave Hebden bridge at 6:15, pick up at various points along valley, in Tod, Lydgate etc etc.. run from Nick of Pendle and over to The Pendle Inn. Leave pub about 11pm, back about midnight. Cost in region of £10-£12.

Either sign up on the forum or see me at pack run or tel 07906 997330.
Simon



WHAT'S ON

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

On the Forum . Latest results photos from races. photos from various races and from training days out in the sunshine! Not to be missed Geoff Read's latest in Japan also the dancing banana's and smiley's!!

Top tip if you click on View recent posts it brings up everything you've not already seen means you can check for latest info very quickly.

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

**MAY— KEBS,
LONG CAUSEWAY**
Except for 6th May when it is
Flower scar fell race

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**

DATES FOR YOUR DIARY

SAT 5TH DECEMBER
TODMORDEN HARRIERS
ANNUAL DO

**CONGRATULATIONS
TO SARAH AND ANDY
GLYDE**
**On the birth of their son
Rory**

GRAND PRIX INFORMATION

RACES IN MAY

Sun May 2: Coniston 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

Details: Sam Clarke, 22 Yewdale Road, Coniston, LA21 8DX. Tel: 015394 41869. Email: andrew.clarke@onetel.net

Website: conistonfellrace.org.uk

Tue May 12: Geoff Dogget 5K (RS) (see enclosed entry form)

Advised to get there early as very popular and you'll end up queuing

Sun May 17: Eyam Half M (RL) (entry form enclosed)

SAT.MAY 30. DUDDON VALLEY AL. 11.00 a.m. 18m/6000'

from the Newfield Inn, Seathwaite, Duddon Valley, Cumbria (GR 227960). £6 pre-entry, entry form from website or with SAE from organiser, cheques payable to "Duddon Valley Fell Race", or £7 on day

Details: James Goffe, High Hurst, Ulpha, Broughton-in-Furness, LA20 6DZ. Tel: 01229 716869. Email:

james@melville18.co.uk Website: dudonvalleyfellrace.org.uk

Sun May 31: Hendon Brook Half M (RL)

No info available yet See Mel B for details

RACES IN JUNE

SAT.JUN 6. STRETTON HILLS ENG CHAMPS ENTER ASAPAS.

1.00 p.m ladies; 2.00 p.m. men. 5.75m/2500' from Church Stretton (GR 443946 on OS Exp. 217).

£5 pre-entry on FRA Universal entry form from FRA website or Calendar, or on day if race limit not reached.

Cheques payable to "Mercia Fell Runners". Limit 400. See website for list of entrant

Details: Pauline Richards, 23 St Anne's Road, Collegefields, Shrewsbury, SY3 6AU. Tel: 01743 352387. Email:

keithandpauline01@btinternet.com Website: merciafellrunners.org.uk

Sun June 28: Trawden 7 trail race

SAT.JUN 20. TEBAY (R). ENG CHAMPS ENTER ASAPAS

AM. 1.00 p.m. 8m/3000' from Tebay Recreation Ground (GR NY618045). £5 pre-entry, only accepted if received after 1st April and before 13th June, use FRA Universal entry form, or on day if race limit not reached. Limit 400.

Teams free. ER/LK/NS/PM. Over 18. Records: 1.10.39 M.Roberts 1993; f. 1.24.10 N.Davies 1995. English and British Championship counter. Details: Gary Murphy, The Laurels, Tebay, Penrith, CA10 3XG. Tel: 01539 624788.

REMAINING GP RACES

Sun July 5: Howgills 10m (RM)

Sat July 11: Wasdale (FL) – Engl Champ FULL

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

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!

Sep 27th: Macclesfield ½ marathon

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

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

RACE RESULTS

1/2 Tour Pendle 7/3/09

		time			fell pts		GP pts
Jon Wright	M	1	9	57	99.1	99.1	
Sean Willis	M40	1	10	25	98.4	101.3	
Chris Smale	M45	1	10	27	98.4	106.2	
Alastair R-Dawson	M	1	17	17	89.7	89.7	
Andrew Horsfall	M40	1	18	19	88.5	94.6	
Dave Collins	M50	1	19	9	87.6	102.6	
Nick Barber	M	1	22	12	84.3	84.3	
Scott Lapish	M	1	22	17	84.3	84.3	
Martin Roberts	M50	1	23	20	83.2	95.4	
Ben Crowther	M	1	25	47	80.8	80.8	
Joe Stansfield	M	1	28	23	78.4	78.4	
Simon Galloway	M40	1	28	47	78.1	83.4	
Phil Hodgson	M50	1	29	0	77.9	90.3	
Lauren Jeska	F	1	29	26	77.5	85.8	
Claire Duffield	F35	1	30	0	77.0	86.3	
Richard Gilbert	M40	1	32	14	75.2	79.6	
James Riley	M	1	32	25	75.0	75.0	
Lucy Hobbs	F35	1	32	31	74.9	86.2	
Jeremy Godden	M50	1	33	6	74.5	84.5	
Phil Cook	M40	1	33	34	74.1	77.0	
Chris Preston	F40	1	36	2	72.2	87.8	
Mel Blackhurst	F40	1	37	16	71.3	85.7	
Richard O'Sullivan	M45	1	38	45	70.2	77.3	
Richard Butterwick	M	1	39	5	70.0	70.0	
Kevin Coughlan	M45	1	39	13	69.9	76.9	
Peter Marshall	M60	1	43	16	67.1	87.5	
Dan Taylor	M	1	49	13	63.5	63.5	
Sue Roberts	F45	1	50	32	62.7	78.2	
Peter Ehrhardt	M60	1	51	2	62.4	82.4	
Derek Clutterbuck	M75	2	11	58	52.5	84.2	

Fiendsdale 21/3/9

			time		fell pts		GP pts
Alastair R-Dawson	M	1	13	7	92.5	92.5	
Dave Collins	M50	1	17	34	87.2	102.1	
Roger Howarth	M40	1	25	22	79.2	82.3	
James Riley	M	1	27	43	77.1	77.1	
Lauren Jeska	F	1	27	56	76.9	85.1	
Kath Brierley	F45	1	27	59	76.9	97.1	
Jane Leonard	F50	1	33	40	72.2	96.1	
Richard Leonard	M50	1	39	27	68.0	77.1	
Peter Marshall	M60	1	43	32	65.3	85.1	

Burnley 10k 22/3/09

		time		road pts	GP pts
Scott Lapish	M	39	7	88.1	88.1
Joe Stansfield	M	39	16	87.8	87.8
David Baldaro	M	39	44	86.7	86.7
Duncan Ritchie	M	40	12	85.7	85.7
Richard Butterwick	M	40	25	85.3	85.3
Dan Taylor	M	41	41	82.7	82.7
Lucy Hobbs	F35	43	28	79.3	91.2
Keith Parkinson	M55	43	32	79.2	91.5
Kerry Edwards	F35	44	31	77.4	85.7
Darren Tweed	M	44	31	77.4	77.4
Paul Brannigan	M40	45	17	76.1	80.7
Bev Wright	F35	47	34	72.5	83.4
Elise Milnes	F45	48	53	70.5	88.4
Peter Ehrhardt	M60	49	10	70.1	87.3
Paula Haworth	F35	50	9	68.7	78.4
Moyra Parfitt	F60	51	37	66.8	100.8
Helen Hodgkinson	F35	52	48	65.3	73.7
Julie Wyant	FV40	54	12	63.6	73.8
David Henthorne	M50	55	27	62.2	70.7
Mandy Goth	F45	55	43	61.9	78.4
Barry Chapman	M60	55	46	61.8	77.0
Rachel Henthorne	F40	55	50	61.7	73.0
Myra Wells	F50	58	8	59.3	76.7
Rachel Allen	F40	59	3	58.4	68.4
Derek Clutterbuck	M75	59	4	58.4	87.7
Graham Milnes	M50	59	38	57.8	65.7

Edale Skyline 29/3/09

			time		fell pts	GP pts
Nick Barber	M	3	26	51	84.7	84.7
Kath Brierley	F45	3	53	22	75.1	94.9
Ben Crowther	M	4	1	12	72.7	72.7
Richard Gilbert	M40	4	11	2	69.8	73.9

Caldervale 10 10/4/09

		time			road pts	GP pts
Dan Taylor	M	1	10	19	79.2	79.2
Mel Siddall	F45	1	21	6	68.7	85.3
Bev Wright	F35	1	21	23	68.5	78.8
Peter Ehrhardt	M60	1	21	35	68.3	85.1
Barry Chapman	M60	1	39	48	55.8	69.6

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

2009 FELL TABLE			Ilkley Moor	Stanbury	Half Tour Pendle	Fiensdale	Edale	Completed Races	Total points	Qualified?	Qualifying TOTAL	total
	attendance		27	24	30	9	4	94				
	average points		70.6	69.7	77.3	77.3	75.6					
1	Dave Collins	M50	81.2	84.2	87.6	87.2		4	340.2	X	340.2	340.2
2	Lauren Jeska	F	74.0	75.5	77.5	76.9		4	303.9	X	303.9	303.9
3	Peter Marshall	M60	63.8	64.6	67.1	65.3		4	260.8	X	260.8	260.8
4	Ben Crowther	M		79.8	80.8		72.7	3	233.3	X	233.3	233.3
5	Simon Galloway	M40	76.3	77.5	78.1			3	231.9	X	231.9	231.9
6	Kath Brierley	F45		73.1		76.9	75.1	3	225.1	X	225.1	225.1
7	Dan Taylor	M	71.8	68.4	63.5			3	203.7	X	203.7	203.7
8	Kevin Coughlan	M45	62.3	65.5	69.9			3	197.7	X	197.7	197.7
9	Chris Smale	M45	93.2		98.4			2	191.6	X	191.6	191.6
10	Sue Roberts	F45	59.8	64.7	62.7			3	187.2	X	187.2	187.2
11	Alastair R-Dawson	M			89.7	92.5		2	182.2	X	182.2	182.2
12	Sean Carey	U18	89.1	88.9				2	178.0	X	178.0	178.0
13	Nick Barber	M			84.3		84.7	2	169.0	X	169.0	169.0
14	Martin Roberts	M50	78.1		83.2			2	161.3	X	161.3	161.3
15	James Riley	M			75.0	77.1		2	152.1	X	152.1	152.1
16	Claire Duffield	F35	72.4		77.0			2	149.4	X	149.4	149.4
17	Richard Gilbert	M40			75.2		69.8	2	145.0	X	145.0	145.0
18	Andrew Bibby	M55	70.4	74.4				2	144.8	X	144.8	144.8
19	Jeremy Godden	M50	70.0		74.5			2	144.5	X	144.5	144.5
20	Richard Butterwick	M		73.0	70.0			2	143.0	X	143.0	143.0
21	Chris Preston	F40	67.0		72.2			2	139.2	X	139.2	139.2
22	Mick Craven	M50	67.7	71.5				2	139.2	X	139.2	139.2
23	Richard O'Sullivan	M45		68.0	70.2			2	138.2	X	138.2	138.2
24	Peter Ehrhardt	M60		63.7	62.4			2	126.1	X	126.1	126.1
25	Louise Abdy	F45	61.1	62.9				2	124.0	X	124.0	124.0
26	Johnny Medcalf	M45	60.6	61.8				2	122.4	X	122.4	122.4
27	Helen Wilson	F40	58.4	62.2				2	120.6	X	120.6	120.6
28	Jon Wright	M			99.1			1	99.1	X	99.1	99.1
29	Sean Willis	M40			98.4			1	98.4	X	98.4	98.4
30	Andrew Wrench	M40	92.4					1	92.4	X	92.4	92.4
31	Andrew Horsfall	M40			88.5			1	88.5	X	88.5	88.5
32	Scott Lapish	M			84.3			1	84.3	X	84.3	84.3
33	Roger Howarth	M40				79.2		1	79.2	X	79.2	79.2
34	Mark Anderton	M45		79.1				1	79.1	X	79.1	79.1
35	Craig Stansfield	M40	79.1					1	79.1	X	79.1	79.1
36	Joe Stansfield	M			78.4			1	78.4	X	78.4	78.4
37	Phil Hodgson	M50			77.9			1	77.9	X	77.9	77.9
38	Sarah May	F	77.3					1	77.3	X	77.3	77.3
39	Kevin Booth	M40	75.7					1	75.7	X	75.7	75.7
40	Lucy Hobbs	F35			74.9			1	74.9	X	74.9	74.9
41	Nick Wigmore	M	74.5					1	74.5	X	74.5	74.5
42	Phil Cook	M40			74.1			1	74.1	X	74.1	74.1
43	Jane Leonard	F50				72.2		1	72.2	X	72.2	72.2
44	Mel Blackhurst	F40			71.3			1	71.3	X	71.3	71.3
45	Mick Howard	M45		70.9				1	70.9	X	70.9	70.9
46	Peter Jackson	M60	68.2					1	68.2	X	68.2	68.2
47	Richard Leonard	M50				68.0		1	68.0	X	68.0	68.0
48	Emma Osenton	F		67.0				1	67.0	X	67.0	67.0
49	John Preston	M40		61.783				1	61.8	X	61.8	61.8
50	Helen Hodgkinson	F35	61.6					1	61.6	X	61.6	61.6
51	Paula Haworth	F35		59.1				1	59.1	X	59.1	59.1
52	Barry Chapman	M60	54.6					1	54.6	X	54.6	54.6
53	Julie Wyant	F40		54.3				1	54.3	X	54.3	54.3
54	Derek Clutterbuck	M75			52.5			1	52.5	X	52.5	52.5
55	Myra Wells	F50	45.6					1	45.6	X	45.6	45.6

2009 ROAD TABLE 3 races			Burnley 10k	Caldervale 10	Radcliffe 12 Trail	Completed Races	total points	Qualified?	qualifying TOTAL	total
	attendance		26	5	20	51				
	average points		72.1	68.1	72.4	#DIV/0!				
1	Dan Taylor	M	82.7	79.2	75.2	3	237.1	X	237.1	237.1
2	Bev Wright	F35	72.5	68.5	68.9	3	209.9	X	209.9	209.9
3	Duncan Ritchie	M	85.7		82.2	2	167.9	X	167.9	167.9
4	Lucy Hobbs	F35	79.3		75.9	2	155.2	X	155.2	155.2
5	Peter Ehrhardt	M60	70.1	68.3		2	138.4	X	138.4	138.4
6	Elise Milnes	F45	70.5		66.0	2	136.5	X	136.5	136.5
7	Mel Siddall	F45		68.7	64.4	2	133.1	X	133.1	133.1
8	Paula Haworth	F35	68.7		63.4	2	132.1	X	132.1	132.1
9	David Henthorne	M50	62.2		55.7	2	117.9	X	117.9	117.9
10	Barry Chapman	M60	61.8	55.8		2	117.6	X	117.6	117.6
11	Rachel Henthorne	F40	61.7		55.7	2	117.4	X	117.4	117.4
12	Derek Clutterbuck	M75	58.4		51.6	2	110.0	X	110.0	110.0
13	Jon Wright	M			99.1	1	99.1	X	99.1	99.1
14	Andrew Wrench	M40			92.9	1	92.9	X	92.9	92.9
15	Scott Lapish	M	88.1			1	88.1	X	88.1	88.1
16	Joe Stansfield	M	87.8			1	87.8	X	87.8	87.8
17	David Baldaro	M	86.7			1	86.7	X	86.7	86.7
18	Sarah May	F			85.4	1	85.4	X	85.4	85.4
19	Richard Butterwick	M	85.3			1	85.3	X	85.3	85.3
20	Kevin Booth	M40			80.9	1	80.9	X	80.9	80.9
21	Keith Parkinson	M55	79.2			1	79.2	X	79.2	79.2
22	Kerry Edwards	F35	77.4			1	77.4	X	77.4	77.4
23	Darren Tweed	M	77.4			1	77.4	X	77.4	77.4
24	Mick Craven	M50			76.5	1	76.5	X	76.5	76.5
25	Paul Brannigan	M40	76.1			1	76.1	X	76.1	76.1
26	Dave Collins	M50			75.5	1	75.5	X	75.5	75.5
27	Richard O'Sullivan	M45			73.4	1	73.4	X	73.4	73.4
28	Gareth Vickers	M			70.4	1	70.4	X	70.4	70.4
29	Paula Haworth	F35	68.7			1	68.7	X	68.7	68.7
30	Jeremy Godden	M50			67.9	1	67.9	X	67.9	67.9
31	Helen Wilson	F40			67.5	1	67.5	X	67.5	67.5
32	Moyra Parfitt	F60	66.8			1	66.8	X	66.8	66.8
33	Helen Hodgkinson	F35	65.3			1	65.3	X	65.3	65.3
34	Julie Wyant	FV40	63.6			1	63.6	X	63.6	63.6
35	Mandy Goth	F45	61.9			1	61.9	X	61.9	61.9
36	Myra Wells	F50	59.3			1	59.3	X	59.3	59.3
37	Rachel Allen	F40	58.4			1	58.4	X	58.4	58.4
38	Graham Milnes	M50	57.8			1	57.8	X	57.8	57.8

2009 GRAND PRIX TABLE - 8 races			No of races	Ilkley Moor	Stanbury	Half Tour Pendle	Fiendsdale	Edale		Burnley 10k	Caldervale 10	Ratcliffe 12 Trail	completed races	total points	GP SCORE
1	Dave Collins	M50	5	95.2	98.6	102.6	102.1					85.9	5	484.4	484.4
2	Dan Taylor	M	6	71.8	68.4	63.5				82.7	79.2	75.2	6	440.8	440.8
3	Peter Marshall	M60	4	83.2	84.1	87.5	85.1						4	339.9	339.9
4	Peter Ehrhardt	M60	4		83.0	82.4				87.3	85.1		4	337.8	337.8
5	Lauren Jeska	F	4	81.9	83.6	85.8	85.1						4	336.4	336.4
6	Kath Brierley	F45	3		92.4		97.1	94.9					3	284.4	284.4
7	Lucy Hobbs	F35	3			86.2				91.7		87.4	3	265.3	265.3
8	Derek Clutterbuck	M75	3			84.2				87.7		76.3	3	248.2	248.2
9	Simon Galloway	M40	3	81.6	82.8	83.4							3	247.8	247.8
10	Mick Craven	M50	3	78.5	82.0							86.3	3	246.8	246.8
11	Bev Wright	F35	3							83.4	78.8	79.2	3	241.4	241.4
12	Jeremy Godden	M50	3	79.4		84.5						75.4	3	239.3	239.3
13	Sue Roberts	F45	3	74.6	80.7	78.2							3	233.5	233.5
14	Ben Crowther	M	3		79.8	80.8		72.7					3	233.3	233.3
15	Richard O'Sullivan	M45	3		74.8	77.3						79.6	3	231.7	231.7
16	Richard Butterwick	M	3		73.0	70.0				85.3			3	228.3	228.3
17	Helen Wilson	F40	3	71.0	75.6							81.4	3	228.0	228.0
18	Barry Chapman	M60	3	72.0						77.0	69.6		3	218.6	218.6
19	Paula Haworth	F35	3		67.4					78.4		72.3	3	218.1	218.1
20	Kevin Coughlan	M45	3	68.6	72.1	76.9							3	217.6	217.6
21	Chris Smale	M45	2	100.6		106.2							2	206.8	206.8
22	Jon Wright	M	2			99.1						99.1	2	198.2	198.2
23	Andrew Wrench	M40	2	97.8								97.7	2	195.5	195.5
24	Martin Roberts	M50	2	89.6		95.4							2	185.0	185.0
25	Alastair R-Dawson	M	2			89.7	92.5						2	182.2	182.2
26	Sarah May	F	2	85.6								94.5	2	180.1	180.1
27	Sean Carey	U18	2	89.1	88.9								2	178.0	178.0
28	Andrew Bibby	M55	2	84.4	89.1								2	173.5	173.5
29	Scott Lapish	M	2			84.3				88.1			2	172.4	172.4
30	Elise Milnes	F45	2							88.4		82.7	2	171.1	171.1
31	Chris Preston	F40	2	81.5		87.8							2	169.3	169.3
32	Nick Barber	M	2			84.3		84.7					2	169.0	169.0
33	Duncan Ritchie	M	2							85.7		82.2	2	167.9	167.9
34	Claire Duffield	F35	2	81.0		86.3							2	167.3	167.3
35	Joe Stansfield	M	2			78.4				87.8			2	166.2	166.2
36	Mel Siddall	F45	2								85.3	79.9	2	165.2	165.2
37	Kevin Booth	M40	2	80.1								85.1	2	165.2	165.2
38	Louise Abdy	F45	2	78.2	80.5								2	158.7	158.7
39	Richard Gilbert	M40	2			79.6		73.9					2	153.5	153.5
40	James Riley	M	2			75.0	77.1						2	152.1	152.1
41	Helen Hodgkinson	F35	2	69.5						73.7			2	143.2	143.2
42	Myra Wells	F50	2	60.8						76.7			2	137.5	137.5
43	Johnny Medcalf	M45	2	68.0	69.4								2	137.4	137.4
44	Julie Wyant	F40	2		63.1					73.8			2	136.9	136.9
45	Rachel Henthorne	F40	2							73.0		63.3	2	136.3	136.3
46	David Henthorne	M50	2							70.7		65.2	2	135.9	135.9
47	Sean Willis	M40	1			101.3							1	101.3	101.3
48	Moyra Parfitt	F60	1							100.8			1	100.8	100.8
49	Jane Leonard	F50	1				96.1						1	96.1	96.1
50	Andrew Horsfall	M40	1			94.6							1	94.6	94.6
51	Keith Parkinson	M55	1							91.5			1	91.5	91.5
52	Phil Hodgson	M50	1			90.3							1	90.3	90.3
53	Peter Jackson	M60	1	86.7									1	86.7	86.7
54	David Baldaro	M	1							86.7			1	86.7	86.7
55	Mark Anderton	M45	1		86.2								1	86.2	86.2
56	Mel Blackhurst	F40	1			85.7							1	85.7	85.7
57	Kerry Edwards	F35	1							85.7			1	85.7	85.7
58	Roger Howarth	M40	1				82.3						1	82.3	82.3
59	Craig Stansfield	M40	1	82.2									1	82.2	82.2
60	Paul Brannigan	M40	1							80.7			1	80.7	80.7
61	Mick Howard	M45	1		78.8								1	78.8	78.8
62	Mandy Goth	F45	1							78.4			1	78.4	78.4
63	Darren Tweed	M	1							77.4			1	77.4	77.4
64	Richard Leonard	M50	1				77.1						1	77.1	77.1
65	Phil Cook	M40	1			77.0							1	77.0	77.0
66	Nick Wigmore	M	1	74.5									1	74.5	74.5
67	Emma Osenton	F	1		74.1								1	74.1	74.1
68	Gareth Vickers	M	1									70.4	1	70.4	70.4
69	Rachel Allen	F40	1							68.4			1	68.4	68.4
70	John Preston	M40	1		66.0								1	66.0	66.0
71	Graham Milnes	M50	1							65.7			1	65.7	65.7

LOCAL RACES IN MAY

May Road Races.

This month there are several road races in our Grand Prix-more details of these will be elsewhere in the Torrier.

Monday 4th May 10am-Rothwell 10k.

A little suburban from what I remember.

Tuesday 12th May 7.15pm.

Our 5k Grand Prix race from Falcon

Inn, Littleborough.

Thursday 14th May (clashing with Pendle Trip) Cuerden Valley Badger 10k road race. 7.30pm.

Start at Wildlife Trust HQ, The Barn, Bamber Bridge Preston. Part of a series of 4 multi terrain races. The race sounds very varied-we are doing one of these in July as part of the Grand Prix.

Sunday 17th May-Eyam half marathon.

In our Grand Prix.

Very hilly and last time we ran it very hot (ask Andrew B)!!

Sunday 31st May-The last running of Hendon Brook half-marathon

Again part of the Grand Prix. Very challenging but satisfying!!

Sunday 31st May 11am Roberttown 7.

From Roberttown common, route is part of Liversedge Half.

Well organised. We had some good results last year despite the torrential rain.

May Fell Races

SUN. MAY 3. GREAT HAMELDON HILL (R).

BM. 12.00 noon. 6m/1100' from Peel Park pub, Turkey Street, Accrington (GR 766293). £5.

MON. MAY 4. COINERS BM. 1.30 p.m. 7m/1100'

from Mytholmroyd Community Centre,

TUES MAY 5TH BUNNY RUN RELAYS from Penistone Hill 7pm Almost any conceivable team composition welcome including mixed, family,

WED. MAY 6. FLOWER SCAR AS. 7.15 p.m.

4m/1400' from Hare & hounds P.H., Burnley Road, 1m from Todmorden centre. Entry free - no prizes

Tod Harriers presentation - come and support your club

FRI. MAY 8. PINHAW MOOR BS. 7.00 p.m. 5m/700' from Red Lion Street, Earby, nr Colne (GR908467). £5.

SAT. MAY 9. PENDLE CLOUGHS AL. 11.00 a.m.

14m/3900' from Downham, nr Clitheroe (GR SD785440). £4 pre-entry to organiser by May 2nd or £5 on Website: wharfedaleharriers.org.uk

SUN. MAY 10. MYTHOLMROYD BM. 11.30 a.m..

7m/1350' from Mytholmroyd Community Centre (GR 011260). £3.50.

TUE. MAY 12. JACK BLOOR RACE BS. 7.15 p.m.

5.2m/1150' from Darwin Gardens, Ilkley (GR 117470). £4 Website: jackbloor.co.uk

TUE. MAY 12. MEARLEY CLOUGH AS. 7.15 p.m.

3.5m/1200' from the Calf's Head, Worston (GR 767428). £3 (includes pasta supper)

WED. MAY 13. BLACKSTONE EDGE AS. 7.30 p.m.

3.5m/1200' from Lydgate Hamlet, Blackstone Edge Old Road, Littleborough.

TUE. MAY 19. STANHILL BS. 7.15 p.m. 5m/800'

from the Britannia Inn, Haslingden Old Road (B6232), Oswaldtwistle. £2.50 pre-entry before 18th. May, cheques payable to "Stanhill Fell Race" or £4 on night.

SUN. MAY 31. SADDLEWORTH AS. 12.00. 3m/950'

from Tanners Waterside Mill, Greenfield, Saddleworth (GR SE002038). £4.

ATTENTION ALL MARSHALLS (AND RUNNERS)

The Hebden Bridge fell race is happening this year on Sunday June 14th, 11am start. Race organiser Andrew Bibby is looking for the usual number of marshalls to help on the day - please let him know (01422 844026, andrew@andrewbibby.com) if you can help. Prizegiving afterwards in the White Swan, as per usual. Will it be another scorcher?

Recent Press Reports (by Richard Butterwick)

Tod News 12/03/09 Half Tour of Pendle

The opening race of the English Fell Running Championships on Saturday saw three Todmorden Harriers finish in the first forty, as they looked to build on previous years' achievements.

Despite several absences due to illness and injury the club still provided 30 of the 400 entrants who lined up for the Half Tour of Pendle. After a fast dash from the start at Barley, the nine mile race quickly climbed up to, and over, the summit of Pendle Hill to the first checkpoint. With the forecast rain holding off until most had finished, visibility was good, allowing for spectacular views for those that had time to glance at them. A long steady descent followed with alternative routes being taken down to the second checkpoint at the Nick o' Pendle. The course then turned and headed towards Churn Reservoir, where a sharp climb took runners onto Spence Moor.

The highlight of the day was the precipitous descent down to Ogden Clough, which gave the downhill specialists an opportunity to gain several places. With numerous spectators looking on, runners hurled themselves down the seemingly near vertical grassy slope, with many slipping and sliding their way down to the stream crossing at the bottom. The final small climb of the day ensued, before the run in to the finish across boggy fields.

Most of the elite contenders for this year's overall crown were in attendance, with a close battle resulting in the first seven runners finishing within two minutes of each other. Bingley's veteran Ian Holmes eventually triumphed ahead of Pudsey and Bramley's John Heneghan and Rob Hope.

First Harrier to finish was Jon Wright in 28th place, with Sean Willis and Chris Smale coming in together about 30 seconds behind. In the veteran categories Sean placed 10th V40 and Chris 2nd in the V45. First V50 Todmorden finisher was Dave Collins.

First Todmorden lady was Lauren Jeska in 25th, followed by Clare Duffield in 28th. Lucy Hobbs continued her progress finishing in 38th to propel the ladies team into 5th place.

Tod News 19/03/09 Windmill's Whizz | Haworth Hobble | High Peak Marathon

Dave Collins recorded an historic win at the Windmill's Whizz fell race at Ogden Water on Saturday. It was no surprise that Todmorden Harriers supplied the winner of this 7 mile circuit of Ovenden Moor, with Chris Smale having triumphed in two of the last three years, but Collins was an unexpected winner after a sizeable number of the front runners had taken a wrong turning as a result of a directional sign that had been interfered with.

Proving that fell running requires sharp mental skills in addition to speed and strength, Collins who had won the Vet50 prize the year before, sportingly had tried to call runners back after they had gone astray from the route. He then progressed on his way and crossed the line to enthusiastic cheers as he realised he had won the race outright this year.

Meanwhile on the moors above Haworth, Hebden and Todmorden, many Harriers were tackling the 33 mile Haworth Hobble. The race that started and finished in Haworth, can be entered either as a pair or solo, and attracted a quality field of over 250 entrants as it formed the latest 'short' round in the 2009 UK Ultra Running Championship Series. Jon Wright continued his excellent current form over the longer distances with 4th place in a time of 4 hours and 30 minutes, just 15 minutes behind winner Jez Bragg.

Sue Roberts and Elise Milnes, who knocked one and a half hours off her previous attempt, finished as the first female pair and Chris Preston finished as 6th solo lady, 1 second behind Calder Valley's Clare Kenny.

The previous weekend had seen four Todmorden Ladies take on the High Peak Marathon, a 42 mile loop around the Derwent watershed in the Peak District. With a start from Edale just before midnight, much of the boggy route is covered through darkness. Battling against wind, rain and drizzle, competitors also found that the approach of daylight did little to improve visibility with much of the higher ground shrouded in clag.

The team, competing as Tod Totty, made up of Mandy Goth, Kath Brierley, Rachel Skinner and Emma Osenton completed the epic event in a time of 14 hours and 39 minutes.

Another team featuring Harriers' Jon Wright and Rhys Watkins recorded the 13th best time, but after losing one member early on were not eligible for the overall ranking.

Tod News 26/03/09 Fiendsdale | Burnley 10k

Todmorden Harriers had a full weekend with races featuring in both the club's fell and road championships taking place.

First up, on Saturday, was the Fiendsdale fell race with a 7.5 mile route that took in 2,500 feet of ascent and descent. Sunny skies greeted the race which was restricted to a select field of 100 entrants.

Danny Hope of Pudsey and Bramley was in a class of his own, setting a new course record of 1:03:57, on his way to a win by almost 6 minutes. First Todmorden Harrier to finish was Alistair Rhodes-Dawson with a solid performance to take 8th place. Dave Collins continued his rich vein of form with another vet50 win, and 13th place overall.

The ladies were not to be outdone with Lauren Jeska and Kath Brierley finishing 5th and 6th ladies, after a close nip and tuck battle throughout the race with just 3 seconds between them at the line. Jane Leonard won the vet50 category and together the trio took the ladies team prize.

On Sunday, the second round of the club's road championship persuaded 26 Harriers to make the short trip to Burnley for Blessed Trinity Sports College's well organised 10k race.

After a fast start past Turf Moor the 222 strong field climbed gradually past Townley Park, before turning back along Todmorden Road. A sharp climb up Mount Lane at the mid-way point punished those who had started too quickly and a further climb up Red Lees Road followed before a fast final 2 miles returned runners back to the finish. James Reed won the race in 33:16, a minute and a half ahead of the next runner.

With just over a minute separating the first 5 Harriers to finish, the men's road championship is already shaping up to be extremely competitive this year. First to finish was Scott Lapish with a strong run in 20th, holding off Joe Stansfield to the end. Next Harrier over the line was David Baldaro, followed by Duncan Ritchie.

The ladies road championship is also looking to develop into an exciting battle, with Lucy Hobbs recording an outstanding performance to finish 3rd lady. Kerry Edwards also had an excellent day finishing 5th, and Bev Wright completed another winning performance for the ladies team.

Prizes also went to Moyra Parfitt, 1st ladies vet60 and Derek Clutterbuck, 1st vet75 on a day when several Harriers recorded personal best times for the distance, despite the hilly nature of the course.

Tod News 2/04/09 Midgeley Moor | Bradford 10k | Coniston 14

Chilly conditions returned on Saturday for the Midgeley Moor Fell Race. Starting from Booth above Luddenden Foot the runners had to navigate across pathless heather moorland, leading to a variety of routes being chosen between the checkpoints and much debate over the best lines.

Matt Speak of Dark Peak won in a time of 37:49, trumping local Calder Valley runners Karl Gray and Shaun Godsmen.

Calling on his excellent navigational skills once again, first of the ten Todmorden Harriers to finish was Dave Collins in 25th place in a time of 47:40, with James Riley three minutes behind. New signing Richard Gilbert finished a further three minutes back, in a time he will surely beat next year, after recently moving to the area.

Jane Leonard was the first Todmorden lady, and won the vet50 category outright, after a strong finish.

The weekend also saw another handful of Harriers spread far and wide with Rachel and David Henthorne posting respectable times in the Bradford 10k. Meanwhile in the Coniston 14 John Preston, Chris Preston and John Medcalf enjoyed beautiful Lakeland views as they circumnavigated Coniston Water.

Tod News 9/04/09 Pendle | Ampleforth Triathlon

Twelve Harriers took part in the short and steep Pendle Fell Race on Saturday. Cramming a total ascent, and descent, of 1500 feet into its four and a half mile length the race is a fast and tough workout. The Ladies team were once again successful with Claire Duffield, Helen Hodgkinson, Moyra Parfitt and Paula Howarth making up the winning quartet.

Simon Galloway was first over the line in a time of 42:23, with Claire Duffield 40 seconds further back to take 5th place in the women's standings. Moyra Parfitt finished first lady vet60 to add to the prize haul.

There was also success for Todmorden Harriers growing band of triathlon enthusiasts at the Ampleforth Legwarmer Triathlon this weekend. A competitive field of 200 gathered near Helmsey for the inaugural event, which was a British qualifier for this year's age group European Championships.

Sarah May and Sarah Warburton both recorded wins in their respective age categories with Chris Preston 7th in her category.

Sarah May, competing under Monmouth Triathlon Club's flag, exited the 750m pool swim in 23rd place, but after recording the fastest time over the two lap 39k cycle route had moved up the standings, and a quick second transition put her within 22 seconds of the lead. After a solid

performance in the 10k run she was rewarded with a tremendous 3rd place in the women's standings.

Further down the field three Harriers were having an exciting battle all of their own. Sarah Warburton exited the pool swim ahead of John Preston, before Phil Hodgson moved ahead of the pair by the end of the cycle section. The run then turned things on their head as John Preston led the trio in across the line, all finishing within 2 minutes of each other.

Tod News 16/04/09 Caldervale 10 | Anniversary Waltz

Todmorden Harriers swapped Calderdale for Caldervale on Good Friday for the latest round of the club's road championship. Six Harriers took part in the undulating Caldervale Country 10 mile race near Garstang in a 250 strong field. Matt Nuttall of Blackburn Harriers set the pace and won in a time of 55:01.

First Harrier to finish was Dan Taylor, who rounded off a busy week with his 4th race and was rewarded with 65th place and a time of 1:10:19, with Jeff Anderson was next over the line. A three-way close battle ensued throughout the race with Mel Siddall edging ahead of Bev Wright and Peter Ehrhardt, with less than 30 seconds separating them at the end. Barry Chapman completed the Todmorden contingent.

On Saturday, 18 Harriers set off from Stair Village Hall in the Lake District on the Anniversary Waltz Fell Race. The scenic 11 and a half route covers the Newlands Valley Horseshoe taking in several summits including Robinson, Dale Head and Catbells giving a total ascent of over 3,600 feet. Morgan Donnelly of Borrowdale won the race in a time of 1:35:59.

First Harrier to finish was Martin Roberts in 100th place and a time of 2:07:36, with James Riley, Derek Donohue and Mark Harris a further 10 minutes back. Kath Brierley was first Todmorden lady to finish a few seconds later, with Chris Preston and Lucy Hobbs following on.

Tod News 30/04/09 Three Peaks | London Marathon

It was a weekend for the long distance specialists as Todmorden Harriers tackled two of the country's highest profile running events off and on the road.

First up on Saturday was the Three Peaks Fell Race in the Yorkshire Dales. The 24 mile circuit starts from Horton-in-Ribblesdale and passes over the summits of Pen-y-Ghent, Whernside and Ingleborough adding up to a total ascent, and descent, of 5300 feet.

Rob Jebb of Bingley Harriers won this year's race which attracted 700 starters, followed by Ellenborough's Ricky Lightfoot and Karl Gray of Calder Valley, all of whom broke the 3 hour mark. First Todmorden runner to finish was Andy McFie who completed the course in 3 hours 57 minutes, breaking under the 4 hour mark that had narrowly eluded him in the previous two attempts. Next over the line was Derek Donohue who overtook Kath Brierley on the final climb of Ingleborough and held the advantage to the finish.

On Sunday, six Harriers joined the 35,000 massed for the London Marathon. First to complete the 26 mile course was Mel Blackhurst in a time of 3 hours and 36 minutes. The trio of John Medcalf, Chris Preston and Rhys Watkins followed in quick succession a further 7 minutes back. Richard O'Sullivan and Laura Sutcliffe completed the Todmorden contingent both posting respectable times.

Next Committee Meeting

Monday 11th May 7pm
Working men's club,
Halifax Road,
Todmorden

All welcome as usual.

Sports Massage

Jenny Greenwood
07815917746

Gareth Vickers
07748 246292

Kate Emery 07802 249824

THE JOY OF GRAND PRIX

After last issue's excessive and inappropriate article, this educative miscellany will hopefully readdress the balance. Shame about the title then.

With an total number of 71 Toddies having already competed in a GP race this year, many for the first time, here is a list of achievements and records to be broken or aspired to.

The GP format as it is scored today started in 1997; it then comprised 12 fell races and 12 (pure) road races. The minor changes since then have been awarding bonus points for English Championship races, the inclusion of Trail races for 6 road races in 2004, and expansion to 30 races last year and 36 this.

All statistics cover 1997 – 2008, excluding 'foot and mouth year' 2001.

Highest number competing in at least one GP race:

84 in 2008; 82 in 1999

Lowest number of competitors

61 in 1997; 64 in 1998

Highest number of Qualifiers (usual requirement - minimum of 8 races, a mix of road and fell)

34 in 1999; next closest 25 in 1998 – one of the years with the lowest total number of competitors!

Lowest number of Qualifiers

10 in 2007 (from a total of 66)

Highest turnout at a race: if you thought 32 at Coniston last year was impressive, it's well behind

40 at Joe Salt 5k in 1999, also 37 at Waugh's Well the same year and 38 at Blackstone Edge in 2000. In 1998 there were turnouts of 36 at Liver Hill and Wardle Skyline from a total number of GP entrants of only 64.

Lowest turnout: confident this would be a long road race, so no surprises that it's

3 at Wagon & Horses and Freckleton in 2005; at Oldham ½ marathon in 2006 and again at Leyland in 2007. For road running pedants; 2 at Wasdale in 1997 was the *lowest number of finishers* as 4 started.

Some individual achievements and highlights:

Most GP Championship wins:

4 by **Richard Blakeley** in 1997, 2002, 3 & 7. That's 4 victories for the 6 GPs he's completed. Moyra Parfitt is the only other person with more than one crown (2004 & 5)

Highest winning total:

832.6 by **Brian Scofield** in 1999, an outstanding score - 32 above the next best by Andrew Wrench in 2000; and by the largest margin – 43.8 points clear of Tony Shaw in second place with 788.8 (a total which would have won every other GP bar the above two years).

Highest score at a race:

111.7 by **Dave Collins**, last year at Oakworth. Brian Schofield bagged plenty of points in his 1999 season, 111.4 at Oldfield Gala – another low key event – and an impressive 109.2 at the tough Anniversary Waltz.

Most races in a season:

24 by **John Devlin** in 2002 – all the races in the calendar!! (He'd only managed 17 in 2000). Boluslav Barlow achieved 19 in 1998; Mel Blackhurst got to a creditable 17 in 2008, though this was from a possible 30 races.

Most prolific qualifier:

11 by **Peter Ehrhardt** – who has qualified every year, and only once with the minimum requirement. A superb and unrecognised achievement. The total number of GP races he's finished in these 11 years is 140. Closest to him are Keith Parkinson and Paul Brannigan with 9 and Dave O'Neill on 8 qualifications.

Lastly, something to try and avoid:

Lowest qualifying total:

516 by Ian Stansfield in 2008; but it goes to show that even if you average around 60+ points you'll still get an award at the annual presentation do.

Lowest score at a race: In normal circumstances a free drink would have secured anonymity, but.

47.2 by Dave Kite at Coniston in 2004 (Parky and Mark Anderton get their revenge for the year he beat them in the same race). As a stalwart of the club for many years he'll be quite proud of a mention.

Dr Comfort

Appointed masseur of statistics and egos.



Weird Rabbits Score at Easter

"I definitely need to improve my navigation", said Emma, having lost time by following me on a highly dubious line through knee deep heather in the Midgeley Moor race. "You should have a go at some score events" I advised. "Even better, I could organise one" she replied with a scheming glint in her eyes. It wasn't long before her plans were enthusiastically presented to us in the pub. "It's nearly Easter - we could dress up like bunnies!" she enthused. So it was that the Bunny Score was born - no clips at the checkpoints, just bunny ears, and chocolate eggs, and white bobtails, and face paints and real eggs...and underwear!! The objective - visit as many checkpoints as possible, dress up in what you found, paint yourself in artistic fashion, collect as many eggs as you could - and return to the start within the hour and a half deadline. Any broken or eaten eggs didn't count. Oh, and a last minute variation ... if there were no items left at a checkpoint you had to leave an item of your own clothing. A little risque you might think, maybe that was why most of the 13 intrepid, bunny competitors carried numerous items of spare underwear with them as they frolicked around the hills above Hebden Bridge. (Kath's knickers were particularly impressive in a skimpy sort of way!)



The big event took place on the Thursday evening after Easter. Emma, no doubt a tad warm sat in front of a big fire in full furry Easter Bunny outfit, handed out start times. Richard, assistant rabbit and course planner, handed out the maps as we sprinted out of the blocks - well, out of the Hole in the Wall pub, our race HQ for the evening. I was unfortunate in first visiting the checkpoint with the bunny ears - from then on the ears, perched on my head and held in place by a bunny fur coloured buff, proceeded to catch on every low lying branch I ran under. And there were plenty of low branches around the cunningly located checkpoints. Scouring a wood in bunny ears for a checkpoint described as "in the roots of a tree" was no mean feat. Eventually locating said roots, among the hundreds of other equally rootlike locations, I applied the red face paint with no mirror. "Do rabbits have red noses?" I wondered. I daubed my nose anyway... and a big red smile for effect. There'll probably be letters to the Hebden Bridge Times about the strange creature lurking in the woods below Heptonstall as numerous

dog walkers appeared rather startled as my cross between a were-rabbit and Heath Ledger's Joker sprinted past. A cottonwool bobtail added to the deranged image as I legged it down to Hardcastle crags.

Visits to obscure wall corners, wicker gates and the monument at Peckett increased my collection of eggs. The woods were full of similarly attired wannabe bunnies clutching maps and dubiously daubed with body art. Dashing back down the river I passed the archery club. My white bobtail must have been an enticing target but sense prevailed and they stuck to bulls eyes. Having frightened a number of small children in Hebden town centre I finally reached the finish. The barman and clientele looked nonplussed as I ran in through the door of the pub; large rabbitlike customers are no doubt a common occurrence.

Once all the bunny racers were back in the pub we tucked into a grand feast of spicy carrot curry. Emma announced the results. Winning Doe – Sarah W. Winning Buck – Batman

Best facepaint (a foregone conclusion!) – Skinz

What a top event. I'm sure it'll be on again next year so you'd better start practising self-decoration. I've heard Emma's got lots more ideas for events???...watch this space! 😊

Running Injuries Survey 2008 by Jenny Greenwood

Thanks very much to everyone who took part ☺

Here's a quick summary of (some of) what you said – good stuff, Tod Harriers could write the text book ☺ :

- The body-part most injured is the knee (25% of all injuries) - and that includes ITB friction syndrome, damaged ligaments (knee sprain), damaged meniscus ('cartilage'), patellar mal-tracking damage, arthritis, etc...
- Niggles often turn into worse pain that you can't run through...
- Some of the things that lead to injury are: running in old shoes, not warming up as much as usual, going out / carrying on when you're tired or achey...

Niggles & Over-use injuries - a bit of the science to answer some questions:

1. Most fell-running injuries are 'over-use' injuries: the muscle fibres / ligament / meniscus (cartilage) becomes 'frayed', little bit by little bit. You don't feel it 'go', there's no one moment when the injury 'happens', but it can take longer to heal than a straightforward 'tear'. A bit of microscopic wear-and-tear damage is 'normal' and can often be repaired within 24 hours. If you really go for it, there might be more damage than will mend in one day. If you run again too soon, new microscopic damage happens on top of the old not-quite-mended damage from before. And so on, until it's a niggle you can't ignore..... *You need to rest it until it's properly mended.....and if your resting-pulse is raised, that's a sure sign you're over-training...*

2. Another kind of niggle is when the fascia (rhymes with 'rasher') gets stuck together and pulls on something somewhere. Fascia is the thin layer covering every muscle, organ, blood vessel, nerve...plus there's also a complete under-the-skin 'body stocking' of it. The whole lot is made out of one continuous sheet - totally amazing! Whenever there's ever been any inflammation, the fascia can get 'stuck', one layer sticking to another... *The treatment for this is 'fascial release'. You can help it along at home by using heat followed by gentle stretching – this helps the layers of fascia to 'melt' and slide apart again...(hold these stretches for at least 45 seconds)..* ironically, using ice on your injury ('cryotherapy' - the right thing to do if you've just injured yourself), also makes the layers of fascia stick together unless you keep the joint moving while you're icing – eg bending and straightening a knee ('cryokinetics') *So jump in that icy stream and keep moving! ☺*

3. And yet another kind of niggle is caused by 'knots' ('trigger points') in a muscle. It's 'normal' for short sections of muscle to be left in a kind of mini-spasm after intense effort. The after-exercise stretching Gareth wrote about last month straightens all this out (a bit like combing the knots out of your hair after you've been out in the wind). If you don't stretch your muscles out, some of these 'knots' might get 'set' in. Then they make you a bit stiff, a bit achey, and eventually they can cause a lot of pain.... *The remedy for this is heat and massage – get out the hot water bottle and the tennis ball.* A bit of gentle stretching of a 'knotty muscle' is ok – but *you can't stretch out a knot, and if you try too hard you risk tearing the muscle.*

'Traumatic' injuries - 'Pulls', tears, sprains and strains:

If you run when your muscles have knots in, you risk tearing something.

If you run when you're already tired, you risk tripping up – and tearing something.

If you've ever been injured before (eg ankle sprain), you've a higher risk of getting injured again – it might be fully healed, but your balance ('proprioception') doesn't come back unless you train it – *so practice standing on one leg, with your eyes shut.*

LONDON MARATHON

Just returned from sunny London. Yes I had a really good time-it was definately hot and close especially in the middle part of the race but the crowd support was absolutely fantastic!!

There were people cheering,singing,clapping etc virtually the whole way!This time I had my name on my top and seem to spend the whole race hearing my name and waving!(Most of the time it was John.P-I do not know how he got so quick round the course(unless perhaps he was cycling!!)Thanks John I really appreciated it.

I kept pretty strictly to my pace-until about mile 21 when the tarmac started to eat my legs!!By then it became all about finishing rather than a specific time.There were some fabulous outfits-I got overtaken by a carrot,a couple of smurfs,male fairies,Darthvader etc.How well would they run without their costumes?Trust me a vest top was plenty.

The atmosphere is what makes it!!-I did have a very hassly time getting to the start I set out at 6.30am!!The train from London Bridge stopped in a tunnel-I made it to Blackheath with only 20 minutes to go-most people were on the startline(Stressful stuff especially as I like being early!)

I finally saw the boys and Russ on Birdcage Walk(mile 25.5) and they were there at the end with a picnic and some more London friends who had come along to soak up the atmosphere.(There were so many of us in a group Chris and Johnny which is why we did not see you at the "W", the boys were also desperate for the picnic!!)

When I finished and I saw the number of poor collapsed people and queues for St John's Ambulance I was just pleased I had trained fairly hard and managed to get round without any niggles!!No doubt I will stiff as a board tomorrow but so far so good!!

Well done to everyone who ran-I am now trying to decide whether I am up for it again next year??

I am really grateful to anyone who kindly sponsored me-hopefully I will make about £800 for Breast Cancer.

Mel B

Grand prix blog

So, another couple of races gone by and I missed most of them, Coniston coming up as I write and my new learned Hill climbing technique will be put in to practice, we'll see. As for bagging the coveted Fell G P trophy, I have not considered some serious issues... competition from some of the unwitting and willful cruel and selfish runner – namely any of those in the club faster than me on any particular race day! These insufferable characters will just have to watch as I improve my technique and off the back of fell and mountain training hints from fellow runners, and scoot past them to claim more points towards the end of the year. At least that's the plan. Well good luck everyone at Coniston, especially me as long as I don't go and get swine flu and die it should be a great weekend having a right knees up in tents with all the lovely Toddlies (Including the fast ones...) Mr Blogger.

Turning Japanese - an excerpt from the Forum

I was taken walking up the local hill to pick fern shoots by my next door neighbour. He is 72, but the men round here don't do old age. We went up a steep zigzag for 20 minutes, then he plunged through some trees and stood on the edge of the kind of steep, loose, unstable earth slope that it's safe to say you will never find on an Alan Greenwood race. Off he went down it, sliding and hanging on to saplings, and slipping 15ft or so at the bottom with no ill effects. An hour picking wild food, then on with the heavily laden iron-framed rucsac and back up the slope, hanging on to the saplings and heaving up. I think I understood his gestures to say that he had given up smoking because he had a big operation- he mimed a big incision down his belly then pulling it apart. He is one of the younger generation here. He gave me a tool belt to wear with a big retractable stanley blade and a big fuck off cleaver which looked like it would take your arm off. It adds a certain unusual frisson to fannying about on 45 degree slopes. The cleaver is for in case you meet a bear. I think I am going to get one. I fancy seeing that on a kit check: 'Sorry mate, you can't start the race – go away and come back with something dangerously sharp.'

Geoff Read

ANDEMS RUNNERS assisted by Rochdale Harriers present

The Geoff Doggett Memorial 5k Road Race

(UKA Laws – permit applied for)

**Tuesday 12th May 2009
7.15pm**

from the Falcon Inn, Church Street, Littleborough, nr. Rochdale
(A58 Halifax Road)

ANDEMS RUNNERS are staging this annual memorial race in memory of Geoff who dedicated his life to athletics. Proceeds to Springhill Hospice, Chernobyl Children Project and Rochdale Stroke Club

RRC measured course (Cert no. 96/045) Full prize list/Well marshalled route, first aid, drinks and sandwiches on the bar in the Falcon. A prize to ALL finishers!
Please do NOT park in the Co-op Car Park!! Use Police Station and Health Centre car parks on Featherstall Road (A58 Halifax road)

Entry fee: £4 club runners, £6 unattached, over 65s and Under 18s £2.50 plus £1.00 extra on the night. Cheques payable to "Andems Runners GDR".
PLEASE COLLECT YOUR RACE NUMBERS ON THE NIGHT!

Post your entry slip with cheque to: Andrew O'Sullivan MBE, 40 Crowshaw Drive, Lower Healey, Rochdale OL12 0SR – tel. 01706 750620 or email andems.runners@btinternet.com

Please PRINT CLEARLY!! – Entry form for Geoff Doggett 5k

Name Age Sex

Address

.....Tel. No.

Club (if any) UKA reg. No.

I declare that I am medically fit to run and understand that the organisers of this race will not be held responsible for personal injury, illness or damage incurred before, during or after the race. I am an amateur as defined by UK Athletics rules.

Signed Date
(to be signed by parent or guardian if entrant under 18)



EYAM HALF MARATHON


(www.eyamhalfmarathon.org.uk)

Sunday 17th May 2009 (Race start: 10.30 a.m.)

(Run under England Athletics rules - Licence No: 20090057)

'Definitely one of the toughest half marathons of the year with spectacular views over five counties'

Proceeds in aid of
Local cancer care charities and village organisations

Water supplied by 

Course Records

Adrian Clark - 1:11:46 in 1999

Phillipa Leach - 1:26:59 in 1994

£100 prize to course record breaker

Race will be limited to 400 runners

Commemorative T shirt to all finishers

Please use this form to enter the race. Complete and detach the other half (retain this half for reference) and send it **with the appropriate entry fee** (cheques payable to Eyam Half Marathon) to:-

Mr and Mrs J.A Oddy
'Le Roc', The Lydgate
Eyam, Hope Valley, Derbyshire
S32 5QU

Please note that we cannot accept postal orders, or provide refunds/transfer entries in the event that you decide not to participate. Entry fee covers return postage of race number and information sheet (if requested)

Race information - 01433 631998

Application form queries - 01433 630418

Photocopies of this form may be used



EYAM HALF MARATHON

(www.eyamhalfmarathon.org.uk)

Sunday 17th May 2009 (Race start: 10.30 a.m.)

(Run under England Athletics rules - Licence No: 20090057)

OFFICIAL ENTRY FORM

PLEASE USE BLOCK LETTERS

SURNAME		FIRST NAME	
Male or Female?	Date of Birth: (DD/MM/YY)	Age on Day of Race:	
ADDRESS:			
POSTCODE:			
Telephone number (inc STD code):			
E-mail:			
Club name if affiliated:			
U.K. Athletics Registration Number (if applicable):			
Enclosed cheque (payable to Eyam Half Marathon) for £			

Entry Fees:

Half Marathon: Affiliated: £13.00

Unattached: £15.00 (includes £2.00 U.K. Athletics levy)

No entries will be accepted on the day

(under U.K. Athletics rules minimum age on race day is 17 years)

Declaration

I declare that I am an amateur as defined by the U.K. Athletics rules and that I will abide by these rules. I am medically fit and understand that I enter at my own risk. I agree that the organisers shall not be liable for any accidents, injury, loss or damage HOWSOEVER caused as a result of my entering the Eyam Half Marathon, or for any property lost on the course or in the changing facilities'

Signed:.....

Date:.....

A race information sheet is available on request (please tick.....)

Sponsorship forms are available on request (please tick.....)