



# TORRIER

SEPT 09



## TOD HARRIERS ELDER STATESMEN



### WANTED TEAM CAPTAINS

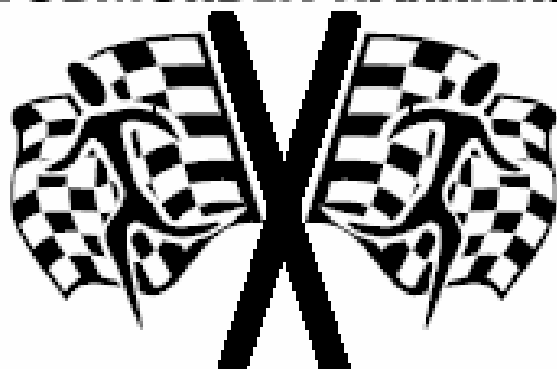
FOR  
IAN HODGSON 4TH OCT MENS LADIES (SARAH W)  
FRA RELAYS MENS, VETS, LADIES (LAUREN)  
CALDERDALE A, VETS (SIMON G), LADIES, ALLSTARS

PLEASE, PLEASE TELL MANDY OR DEREK IF ABLE TO HELP

### FINAL GRAND PRIX RACES

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

**TODMORDEN HARRIERS**



# Whats On

## **Pack Runs Weds 7pm**

**Oct – Queen, Todmorden**  
**Nov – White Swan, Hebden  
Bridge**  
**Dec – Mason's Arms, Bacup  
Rd, Todmorden**  
**Jan – Red Lion, Littlebor  
ough**  
**Feb – Tod Golf Club**  
**Mar – Shoulder of Mutton,  
Mytholmroyd**

## **Interval/ Speed Work**

**Tuesdays at 6.30pm**

**AT TODMORDEN HIGH  
SCHOOL**

## **GP FORMAT**

To be discussed at the October  
meeting

Anyone feels they have some  
thing to say then please come  
along.

Queen, Todmorden 7pm start

## **XMAS DO & PRESENTATION**

**SAT 5TH DEC**

**TODMORDEN CRICKET  
CLUB**

## **ANYONE FOR TENNIS**

I propose a Thursday evening at 6pm at Calder High. 3 of the 5 courts will be available at this time. It is floodlit.

If you want to play then let me know which of these Thursdays at 6pm in October you are available: 1st, 8th, 15th, 22nd, 29th

I'll arrange the date for the one most people can make.

Branny 01706 819067

## **THE FORUM**

**If you want to know what's happening then sign up  
to the forum, for up to date info on races, lifts etc**

# RACE RESULTS

## Coniston 2/5/09

			time		fell pts	GP pts
Andrew Wrench	M40	1	23	30	86.1	91.2
Andrew Horsfall	M40	1	28	12	81.5	87.1
Martin Roberts	M50	1	31	13	78.8	90.4
Ben Crowther	M	1	33	50	76.6	76.6
Phil Hodgson	M50	1	36	7	74.8	87.7
Roger Haworth	M40	1	40	1	71.9	74.7
Phil Cook	M40	1	42	13	70.4	73.1
Duncan Ritchie	M	1	43	9	69.7	69.7
Jeremy Godden	M50	1	43	25	69.5	78.9
Rachel Skinner	F35	1	43	35	69.4	77.8
Kath Brierley	F45	1	43	35	69.4	87.7
Andrew Bibby	M55	1	45	8	68.4	81.9
Mel Blackhurst	F40	1	51	1	64.8	77.9
Peter Marshall	M60	1	54	7	63.0	82.1
Sue Roberts	F45	1	54	12	63.0	78.5
Louise Abdy	F45	1	56	7	61.9	79.2
Dave Wilson	M50	1	58	17	60.8	71.2
Helen Hodgkinson	F35	1	59	14	60.3	68.1
Mandy Goth	F45	2	4	3	58.0	75.1
Richard Leonard	M50	2	5	52	57.1	64.8
Kevin Coughlan	M45	2	6	14	57.0	62.7
Emma Osenton	F	2	8	34	55.9	61.9
Barry Chapman	M60	2	9	3	55.7	73.5
Peter Ehrhardt	M60	2	9	35	55.5	73.2
Stuart Boulton	M50	2	9	56	55.3	62.8
Paula Haworth	F35	2	12	50	54.1	61.7
Trevor Smith	M65	2	15	41	53.0	71.7
Patsey Riley	F40	2	17	51	52.2	62.0

## Geoff Doggert 5k 12/5/09

			time		road pts	GP pts
Jon Wright	M		17	3	91.2	91.2
Andrew Wrench	M40		17	27	89.1	93.7
Nick Barber	M		17	40	88.0	88.0
Sean Carey	U18		18	45	82.9	82.9
Paul Brannigan	M40		19	5	81.5	86.3
Duncan Ritchie	M		19	17	80.6	80.6
Dave Collins	M50		19	42	78.9	89.7
Dan Taylor	M		20	0	77.7	77.7
Roger Haworth	M40		20	21	76.4	79.2
Darren Tweed	M		20	29	75.9	75.9
Lauren Jeska	F		20	43	75.0	83.0
Phil Hodgson	M50		20	59	74.1	84.2
Phil Cook	M40		21	6	73.7	76.4
Andrew Bibby	M55		21	20	72.9	84.2
Claire Duffield	F35		21	30	72.3	81.0
Lucy Hobbs	F35		21	40	71.7	82.5
Sarah Glyde	F		22	25	69.3	76.7
Mel Blackhurst	F40		22	41	68.5	82.6
Bev Wright	F35		23	1	67.5	77.7
Helen Hodgkinson	F35		23	15	66.9	75.5
Peter Ehrhardt	M60		23	32	66.1	82.3
Peter Marshall	M60		23	49	65.3	80.5
Helen Wilson	F40		24	0	64.8	78.1
Dave Wilson	M50		24	48	62.7	71.3
Moyra Parfitt	F60		25	28	61.0	92.2
Ray Poulter	M60		25	29	61.0	75.2
Richard Blakeley	M65		25	42	60.5	77.8
Mandy Goth	F45		26	5	59.6	75.5
Jeremy Godden	M50		26	11	59.4	65.9

David Henthorne	M50		26	34	58.5	66.5
Rachel Henthorne	F40		26	47	58.0	68.6
Myra Wells	F50		27	29	56.6	73.9
Dave O'Neill	M50		28	29	54.6	61.0
Derek Clutterbuck	M75		29	17	53.1	79.8
Joseph Brannigan	U14		30	40	50.7	50.7
Ian Stansfield	M65		30	45	50.6	65.0
Skye Wilson	U12		35	27	43.8	43.8

## Eyam 1/2 m 17/5/09

			time		road pts	GP pts
Nick Barber	M	1	27	39	88.8	88.8
Andrew Bibby	M55	1	41	25	76.8	88.7
Roger Haworth	M40	1	45	40	73.7	76.4
Mel Blackhurst	F40	1	45	55	73.5	88.6
Kevin Coughlan	M45	1	48	43	71.6	78.2
Lauren Jeska	F	1	50	16	70.6	78.1
Ian Stansfield	M65	2	38	59	49.0	62.9

## Duddon 30/5/09

			time		fell pts	GP pts
Craig Stansfield	M40	3	59	34	74.4	77.3
Ben Crowther	M	4	14	15	70.1	70.1
Kath Brierley	F45	4	21	19	68.2	86.2
Rachel Skinner	F35	4	30	8	66.0	73.9
Chris Preston	F40	4	31	13	65.7	81.0
James Riley	M	4	36	35	64.5	64.5
Dave Wilson	M50	4	37	52	64.2	75.2
Kevin Booth	M40	4	54	44	60.5	64.6
Mick Craven	M50	5	5	18	58.4	67.7
Mandy Goth	F45	5	33	18	53.5	69.3
Louise Abdy	F45	5	35	48	53.1	67.9
Helen Hodgkinson	F35	5	45	27	51.6	58.3

## Hendon Brook 1/2 m 31/5/09

			time		road pts	GP pts
Phil Cook	M40	1	50	56	78.8	81.6
Duncan Ritchie	M	1	55	42	75.5	75.5
Mel Blackhurst	F40	1	55	49	75.4	90.9
Claire Duffield	F35	1	57	27	74.4	83.3
Kevin Coughlan	M45	2	0	46	72.3	79.0
Peter Ehrhardt	M60	2	3	18	70.9	88.3
Richard O'Sullivan	M45	2	6	31	69.1	74.8
Richard Butterwick	M	2	16	0	64.2	64.2
Moyra Parfitt	F60	2	16	24	64.1	96.7
Helen Wilson	F40	2	16	54	63.8	76.9

## Stretton 6/6/09

			time		fell pts	GP pts
Andrew Wrench	M40		50	52	96.2	101.8
Jon Wright	M		50	57	96.0	96.0
Dave Collins	M50		57	7	85.7	100.4
Andrew Horsfall	M40		57	36	84.9	90.8
Sarah May	F	1	1	55	79.0	87.4
Kevin Booth	M40	1	3	3	77.6	82.9
Dan Taylor	M	1	4	5	76.4	76.4
Lauren Jeska	F	1	5	48	74.4	82.3
Kath Brierley	F45	1	5	51	74.3	93.9
James Riley	M	1	6	35	73.5	73.5
Mel Blackhurst	F40	1	12	39	67.3	82.0
Peter Marshall	M60	1	17	23	63.2	82.4
Peter Ehrhardt	M60	1	20	23	60.9	80.3

**Tebay 20/6/09**

			time		pts	GP pts
Andrew Wrench	M40	1	21	50	93.1	99.5
Alastair R-Dawson	M	1	25	45	88.8	88.8
Dave Collins	M50	1	26	45	87.8	102.9
Andrew Horsfall	M40	1	28	37	86.0	91.9
Nick Barber	M	1	29	54	84.7	84.7
Sarah May	F	1	39	42	76.4	84.5
Kath Brierley	F45	1	41	29	75.1	96.0
Lauren Jeska	F	1	42	4	74.6	82.6
James Riley	M	1	45	58	71.9	71.9
Dan Taylor	M	1	48	54	69.9	69.9
Chris Preston	F40	1	48	57	69.9	86.1
Peter Ehrhardt	M60	1	55	26	66.0	87.0
Sue Roberts	F45	2	4	12	61.3	76.5
Barry Chapman	M60	2	13	24	57.1	75.3
Derek Clutterbuck	M75	2	36	46	48.6	79.1

**Trawden 7m 28/6/09**

			time		pts	GP pts
Andrew Wrench	M40		42	19	101.7	107.7
Phil Cook	M40		51	42	83.2	86.3
Andrew Bibby	M55		51	51	83.0	95.9
Kevin Booth	M40		53	21	80.6	85.4
Richard O'Sullivan	M45		55	57	76.9	83.3
Kevin Coughlan	M45		56	24	76.3	83.3
Sarah Glyde	F		56	52	75.6	83.7
Mel Blackhurst	F40	1	0	37	71.0	85.5
Elise Milnes	F45	1	2	11	69.2	86.7
Moyra Parfitt	F60	1	3	32	67.7	102.2
Graham Milnes	M50	1	8	36	62.7	71.3
Myra Wells	F50	1	8	59	62.4	81.5
Dave O'Neill	M50	1	10	33	61.0	68.2
Ian Stansfield	M65	1	13	33	58.5	75.2

**Howgills 10m 5/7/09**

			time		pts	GP pts
Johnny Medcalf	M45	1	21	6	75.3	83.6
Mel Blackhurst	F40	1	28	54	68.7	82.8
Rachel Henthorne	F40	1	40		61.1	72.3
Myra Wells	F50	1	44		58.8	76.8
Barry Chapman	M60	1	45		58.2	72.5
David Henthorne	M50	1	45		58.2	66.7

last 4 times estimated

**Wasdale 11/7/09**

			time		pts	GP pts
Alastair R-Dawson	M	4	51	48	87.1	87.1
Andrew Wrench	M40	4	54	41	86.2	92.2
Andrew Horsfall	M40	5	15	30	80.5	86.1
Kath Brierley	F45	5	44	13	73.8	94.4
Andy McFie	M40	5	45	29	73.5	76.4
James Riley	M	6	17	56	67.2	67.2
Rachel Skinner	F35	6	20	8	66.8	74.9
Richard Leonard	M50	6	34	39	64.4	73.0
Dan Taylor	M	6	39	26	63.6	63.6
Lauren Jeska	F	6	52	40	61.6	68.1
Louise Abdy	F45	6	54	2	61.4	78.5

**Badger 10k 16/7/09**

			time		pts	GP pts
Andrew Wrench	M40		36	27	99.3	105.2
Paul Brannigan	M40		41	6	88.0	94.0
Phil Cook	M40		46	36	77.6	80.5
Sarah Glyde	F		47	15	76.6	84.7
Mel Siddall	F45		50	2	72.3	89.8
Bev Wright	F35		50	59	71.0	81.7
Peter Marshall	M60		52	41	68.7	84.7
Paula Haworth	F35		55	47	64.9	74.6
Dave O'Neill	M50		57	47	62.6	70.0
Ian Stansfield	M65	1	9	29	52.1	66.9

**Turnslack 25/7/09**

			time		pts	GP pts
Andrew Wrench	M40	1	9	40	101.1	108.1
Dave Collins	M50	1	18	45	89.5	104.8
Paul Hobbs	M	1	21	15	86.7	86.7
Ben Crowther	M	1	22		85.9	85.9
Jeff Walker	M	1	34	34	83.3	85.7
Kevin Booth	M40	1	25		82.9	88.6
Darren Tweed	M	1	25	17	82.6	82.6
Simon Galloway	M40	1	25	55	82.0	88.5
Phil Cook	M40	1	28	19	79.8	82.9
Phil Hodgson	M50	1	34	40	74.4	87.2
Richard Leonard	M50	1	36	20	73.1	83.0
Mick Craven	M50	1	36	50	72.7	84.3
Sarah Glyde	F	1	39	46	70.6	78.1
Louise Abdy	F45	1	40	44	69.9	89.5
Peter Marshall	M60	1	40	52	69.8	91.0
Peter Ehrhardt	M60	1	41	36	69.3	91.5
Emma Osenton	F	1	44	15	67.6	74.8
Elise Milnes	F45	1	45	54	66.5	85.1
Richard Blakeley	M65	1	49	25	64.4	88.3
Chris Drinkwater		1	54	10	61.7	76.6
Dave O'Neill	M50	1	56	18	60.6	69.5
Mandy Goth	F45	1	58	22	59.5	77.2
Barry Chapman	M60	1	59	29	59.0	77.8

**Whittle Pike 5/8/09**

			time		pts	GP pts
Andrew Wrench	M40		42	19	98.3	105.1
Sean Carey	U18		43	52	94.8	94.8
Alastair R-Dawson	M		45	51	90.7	90.7
Andrew Horsfall	M40		47	29	87.6	94.5
Dave Collins	M50		47	49	87.0	101.9
Paul Brannigan	M40		48	9	86.4	93.2
Paul Burnett	M		49	41	83.7	86.2
Sarah May	F		50	49	81.9	90.6
Darren Tweed	M		51	58	80.1	80.1
Dan Taylor	M		53	36	77.6	77.6
James Riley	M		53	47	77.4	77.4
Richard Leonard	M50	1	0	56	68.3	77.5
Peter Marshall	M60	1	3	33	65.5	85.3
Mel Siddall	F45	1	9	39	59.7	75.5
Dave O'Neill	M50	1	11	19	58.3	66.9
Ian Stansfield	M65	1	36	4	43.3	60.2

## Cliviger 6 9/8/09

			time		pts	GP pts
Andrew Wrench	M40		34	37	97.9	103.7
Paul Brannigan	M40		37	55	89.4	95.4
Dave Collins	M50		39	22	86.1	97.9
Mark Anderton	M45		40	49	83.0	89.3
Darren Tweed	M		41	51	81.0	81.0
Richard Butterwick	M		42	43	79.3	79.3
Martin Stork	M		42	53	79.0	79.0
Phil Cook	M40		43	58	77.1	79.9
Sarah Glyde	F		44	41	75.8	83.9
Claire Duffield	F35		44	47	75.7	84.7
Mel Blackhurst	F40		45	37	74.3	89.5
Kevin Coughlan	M45		46	12	73.4	80.1
Peter Marshall	M60		50	14	67.5	83.2
Lucy Hobbs	F35		50	59	66.5	76.5
Richard Blakeley	M65		52	5	65.1	83.6
Moyra Parfitt	F60		53	49	63.0	95.1
Melanie Robertson	F45		54	7	62.6	78.5
Dave O'Neill	M50		57	2	59.4	66.5
Barry Chapman	M60		57	6	59.4	73.9
Phil Southwell	M60		59	13	57.2	71.3
Ian Stansfield	M65	1	7	45	50.0	64.3

## Dentdale 29/8/09

			time		pts	pts
Andrew Wrench	M40		29	10	95.5	102.0
Alastair R-Dawson	M		30	49	90.4	90.4
Dave Collins	M50		31	53	87.3	102.3
Andrew Horsfall	M40		33	38	82.8	89.3
Paul Brannigan	M40		35	16	79.0	85.2
Phil Cook	M40		35	52	77.6	80.7
Lauren Jeska	F		36	8	77.1	85.3
Darren Tweed	M		36	23	76.5	76.5
Claire Duffield	F35		37	9	75.0	84.0
Simon Galloway	M40		38	25	72.5	78.2
Mel Blackhurst	F40		41	5	67.8	82.5
Peter Ehrhardt	M60		43	11	64.5	85.1
Peter Marshall	M60		44	1	63.3	82.4
Sue Roberts	F45		47	45	58.3	73.7
Dave O'Neill	M50		48	56	56.9	65.3
Ian Stansfield	M65	1	0	0	46.4	64.5

## Stainland 7 6/9/09

			time		pts	GP pts
Andrew Wrench	M40		44	2	95.2	100.9
Nick Barber	M		46	47	89.6	89.6
Dave Collins	M50		48	25	86.6	98.4
Richard Butterwick	M		50	48	82.5	82.5
Darren Tweed	M		51	25	81.5	81.5
Phil Cook	M40		54	10	77.4	80.2
Dan Taylor	M		55	56	74.9	74.9
Mel Blackhurst	F40		56	31	74.2	89.4
Lucy Hobbs	F35		57	15	73.2	84.2
Sarah Glyde	F		58	18	71.9	79.6
Elise Milnes	F45		59	34	70.4	88.2
Kevin Coughlan	M45	1	2	9	67.4	73.7
Peter Ehrhardt	M60	1	3	47	65.7	81.9
Moyra Parfitt	F60	1	5	17	64.2	97.0
Graham Milnes	M50	1	10	5	59.8	68.6
Dave O'Neill	M50	1	10	37	59.4	66.4
David Henthorne	M50	1	11	2	59.0	67.7
Rachel Henthorne	F40	1	11	6	59.0	69.7
Ian Stansfield	M65	1	22	42	50.7	65.2





# Recent Press Reports (by Richard Butterwick)

## **Tod News 25/06/09 Midsummer Madness | Jane Tomlinson Leeds 10k**

Ben Crowther finished a very creditable third in the Midsummer Madness three day series organised by Calder Valley Fell Runners. The series is made up of three races held on consecutive days. The action started on Friday evening with the Wicken Hill Whizz a tough 1000feet climb up from Mytholmroyd to the Sheepstone trig point and back down, all within the space of just 3 miles. After reaching the summit in 12<sup>th</sup> place, Ben managed to gain two places on the decent to finish in 10<sup>th</sup>. David Baldaro also had a fine descent finishing in 14<sup>th</sup> and with Phil Cook and Clive Greatorox in 25<sup>th</sup> and 26<sup>th</sup>, Todmorden finished 2<sup>nd</sup> team on the night.

The start venue moved to Chiserley, above Hebden Bridge, as Saturday dawned with the prospect of the navigational challenge of the 7 mile Reservoir Bogs where the checkpoints to visit were only revealed on the day and runners had to find their own way between them. Ben was again the first Harrier to finish in 8<sup>th</sup> place.

The final challenge on Sunday was the Tom Tittiman, a short 4 mile dash up and down the hill of the same name, which was won by the in-form James Logue, of Horwich RMI, in a new course record. Ben Crowther rounded off the weekend with 11<sup>th</sup> place, which placed him 3<sup>rd</sup> of those runners that had completed all three events.

Phil Cook finished next Todmorden runner in the Tom Tittiman, followed by Lucy Hobbs 3<sup>rd</sup> lady overall and Laura Sutcliffe.



Todmorden Harriers had five runners amongst the 10,000 at the Jane Tomlinson 10k in Leeds on Sunday. First Harrier to finish was Rachel Henthorne in a time of 55:12, just over a minute ahead of husband David. Laurence Bristow complete the distance in 1:04:34 followed by Katy Moore, 1:05:19 and Ian Stansfield in 1:06:01.

## **Tod News 2/07/09 Trawden 7 | Ironman France |**

Andrew Wrench was victorious at the Trawden 7 mile multi terrain race on Sunday. The race, which was the latest counter towards Todmorden Harriers Road Championship, attracted a good turnout of 14 Harriers in the hot humid cloudy conditions.

Starting from Trawden recreation ground the route took runners down to Laneshawbridge before a long climb up the old herders' road in the direction of Haworth. After 4 miles on the road, they turned off onto a stony farm track descending into Wycoller. A brief riverside section then led to final climb on the road, before the dash across the recreation ground field to the finish.

Andrew Wrench had a well controlled run from the front and crossed the line comfortably ahead of the next runner. Second Harrier to finish was Phil Cook, with Andrew Bibby hot on his heels.

Keighley & Craven's Amy Green was first female, with Sarah Glyde first Todmorden lady to finish as 5<sup>th</sup> female overall. Mel Blackhurst and Elise Milnes were next to finish as Todmorden tussled with Clayton le Moors for first ladies team.

In similarly hot conditions, three Harriers were in Nice for the Ironman France Triathlon on Sunday. A 3800m sea swim was followed by a 180km cycle, and finished off with a full marathon on a 4 lap promenade course.

Phil Hodgson exited the swim first of the closely matched trio in a time of 1:24:54, over 3 minutes ahead of Emma Osenton, with John Preston a further 90 seconds back. Emma demonstrated the value of a perfect transition as she overhauled Phil and started the cycle ride a few seconds ahead of him.

Emma used her strength in the middle event to open up the gap and another fast transition saw her start the marathon run 31 minutes ahead of Phil, with John Preston trailing 7 minutes behind.

At the end of the first lap of the run John had started to close the gap on those ahead, and managed to overtake Phil by the end of the 2<sup>nd</sup> lap. The tough 3<sup>rd</sup> lap saw John and Emma slowing as Phil revived slightly.

Going into the last lap of the run Emma's lead over John had been cut to just 11 minutes, with Phil 5 minutes behind John. Despite a tremendous effort from John, Emma managed to find the strength to pick her pace back up and crossed the line in a total time of 13:13:08 followed by John in

13:14:50. Phil continued to speed up right to the end, and recorded his fastest run lap to cross the line in 13:16:22.

Whilst the three will be looking forward to a well earned rest, particularly Emma for whom it was her 2<sup>nd</sup> Ironman event within the past month, several Harriers are now looking ahead to next Sunday's, thankfully shorter, Todmorden Triathlon organised by Calderdale Tri Club.



**Tod News 9/07/09 Todmorden Triathlon | Howgills 10 | Cragg Vale**

In addition to the usual running, Todmorden Harriers donned their swimming goggles and hopped on their bikes for the Todmorden Triathlon organised by Calderdale Tri Club on Sunday. A 400m pool swim at Todmorden Sports Centre led onto a 20k cycle ride up the valley towards Burnley, turning up Mount Lane for a steep climb and returning back to Todmorden, for a 2 lap 5k run around Centre Vale Park.

In the relay event Simon Anderton led off on the swim handing over to Andrew Horsfall for the cycle and Andrew Wrench then set the fastest run time of the day to win the relay category. In the individual standings, Jon Wright set a similar time to the relay team. Mark Anderton and Simon Galloway both fared well, setting respectable times. Karen Gray was the Harriers sole female entrant and paced herself well, with a strong run to finish 2<sup>nd</sup> Female40. Dan Taylor completed his first triathlon ahead of his predicted time and Ian Stansfield rounded off the Todmorden entries in the main event. Lizzie Wrench, Emily, Edward and Jack Galloway, Rachel and Sarah Brierley had earlier taken part in the junior events.

Also on Sunday, six Harriers joined a 100 strong field for the inaugural Howgills 10 mile Road Race in the Yorkshire Dales. Starting from Sedbergh the route followed a hilly rural route through the Lune Valley and the Howgill hills, with picturesque views of the Lake District.

Mel Blackhurst was first Todmorden lady and John Metcalfe first Todmorden male. Rachel Henthorne set an excellent time as she returned to fitness after injury, followed by Myra Wells, Barry Chapman and David Henthorne.

Last Wednesday, several Harriers took part in the popular Cragg Vale Fell Race, a 4 mile circular route with 800feet of ascent. First Harrier to finish was Sean Carey in 10<sup>th</sup>, with Paul Hobbs 12<sup>th</sup> and Peter Bowles 14<sup>th</sup>, just losing out to Halifax Harriers for the team prize.

Bingley's Sue Beconsall won the ladies race with Todmorden's Lucy Hobbs finishing 3<sup>rd</sup> lady, just 3 seconds behind Calder Valley's Claire Hanson after a close battle. Sarah Warburton followed just behind to finish 4<sup>th</sup> lady. Louise Abdy finished 8<sup>th</sup> lady to help take the ladies team prize for Todmorden.

In the preceding junior races, Jack Crummet finished 3<sup>rd</sup> in the under 10's and Isaac Rhodes-Dawson recorded a 4<sup>th</sup> place in the under8's, with his brother Noah in 7<sup>th</sup>.

**Tod News 16/07/09 Stoodley Pike**

The shortest of Todmorden Harriers' Fell Races took place last Tuesday and Calder Valley's Alex Whittem celebrated his first win over the speedy 3.5 mile course. Starting adjacent to Lumbutts Mill the runners quickly climbed the causeway stones and continued past Withens Gate and along the Pennine Way to Stoodley Pike. A nerve testing steep descent to London Road followed, before a fast flat return to the finish at the Top Brink Inn. For the first time in many years the race experienced rain instead of its usual legendary blue skies and finishers quickly retired to inside the Inn for refreshments and the presentation afterwards.

Whittem took an early lead and held it to the end despite the quality pursuit from James Logue and Chris Smale. The men's team prize went to Calder Valley Fell Runners.

Todmorden's Sarah May won the ladies race, with teammate Claire Duffield in 3<sup>rd</sup> place just behind Clayton's Tracy Mitchell. Calder Valley also looked on course to take the ladies team prize, with 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> places. However, Laura Sutcliffe just edged out Janette Dowling to be the ladies 3<sup>rd</sup> counter for the team prize, propelling Todmorden to the prize.

The race once again attracted some of the North's top young fell runners with 4 of the top 16 runners aged under16 years old. Todmorden's Sean Carey took the category win, and finished an excellent 4<sup>th</sup> overall, ahead of 8<sup>th</sup> placed Joseph Crossfield and 12<sup>th</sup> placed Bradley Traviss, both of

Halifax Harriers. Rossendale's Elliot Wylie finished in 16<sup>th</sup> overall with club mate Sam Walsh finishing first U18.

**Tod News 23/07/09 Widdop | Cuerden Valley Badger 10k**

On Wednesday several Todmorden Harriers entered the Calder Valley Fell Runners organised fell race at Widdop. The 7 mile moorland route features over 1200 feet of climbing as it winds its way around Gorple and Widdop reservoirs.

Dave Collins was first Todmorden man home in 19<sup>th</sup> place overall, the same position that he finished the year before, but this time knocking over 2 minutes off his previous time to cross the line in 57:57 and finish 2<sup>nd</sup> Vet50. Paul Burnett was next Todmorden finisher in 25<sup>th</sup> place at 59:43, with Jeff Walker completing the course in 1:03:55. Emma Osenton was the first Todmorden lady to finish in 1:16:10.

The following evening saw the next round of the Harrier's Road Championship, with the Cuerden Valley Badger 10k multi terrain race at Bamber Bridge. Organised by local runner Clare Kenny for Lancashire Wildlife Trust, this was the third of four races that are held monthly over the summer and it attracted over 150 runners. In addition to road and tracks, runners also had to contend with fields, hills, stiles and the odd patch of mud. Andy Buttery of Rossendale won the race in a time of 35:40. First Todmorden runner to finish was Andrew Wrench who was just edged out on the line by Richard Howarth of Horwich as they battled for second place.

Paul Brannigan continued his return to form to finish in 21<sup>st</sup> place. The next Harrier to finish was Phil Cook, who was the only one to brave both the Widdop race and this one on consecutive nights. This took the men's team into 3<sup>rd</sup> place.

Sarah Glyde led the way for the Todmorden ladies, followed by Mel Siddall and Bev Wright to also take 3<sup>rd</sup> placed team.



**Tod News 30/07/09 Turnslack**

Todmorden's Andrew Wrench triumphed at the Turnslack fell race on Saturday after a race long battle with Calder Valley's Shaun Godsman. The tough 8 mile course features over 2000 feet of ascent and is considered one of the most testing of the local fell races with several streams, stiles and moorland bogs to negotiate. With the race featuring in Todmorden's Fell Championship this year, there was a strong turnout of 23 Harriers amongst the 100 strong field.

Starting from Calderbrook Church the runners soon turned off the Pennine Bridleway and climbed over Turn Slack Hill before making a long gradual climb up to Trough Edge End. They then turned for home with a steep descent via Ramsden Wood Reservoir before a tough climb over Ramsden Hill. An air of déjà vu followed as another sharp descent was followed by yet another demanding climb up Noon Hill. It was then all downhill across the moor and through head high bracken back to the church yard.

After tracking Godsman on the final climb, Wrench comfortably pulled away on the descent to take the win by 25 seconds in 1:09:40. Dave Collins was next Harrier to finish in 8<sup>th</sup> place overall and first Vet50. Paul Hobbs and Ben Crowther then assisted the club into 2<sup>nd</sup> placed team behind Clayton le Moors.

Calder Valley's Jo Buckley was in a class of her own, as she won the ladies race, finishing well ahead of Middleton's Ginny Willey and Calder teammate Sharon Godsman. Sarah Glyde was first Todmorden lady in 4<sup>th</sup>, followed by Louise Abdy in 5<sup>th</sup> and first Vet45. Emma Osenton was the next Harrier to cross the line to hand the ladies team prize to Todmorden.

The result has moved Andrew Wrench up to the top of the club's Fell Championship, to add to his lead in the Road and Grand Prix tables as he looks towards a potential clean sweep of club trophies this year.

**Tod News 13/08/09 Crow Hill Reverse | Whittle Pike**

Many Todmorden Harriers turned out to assist race organiser Clive Greatorex for the Crow Hill fell race at Mytholmroyd last Tuesday. The 5 mile race, featuring 1000 feet of ascent was run in a reverse route this year.



Chris Smale won the race in a time of 31:15, ahead of Calder Valley Fell Runners' Gavin Mulholland and Steve Smithies.

First Harrier to finish was Paul Hobbs in 14<sup>th</sup> place, followed by Paul Burnett and Derek Donohue. Sarah Warburton finished 3<sup>rd</sup> lady and 53<sup>rd</sup> overall with Emma Osenton in 71<sup>st</sup>.

The following evening saw Sarah May win the ladies category in the 4½ mile Whittle Pike Fell Race at Cowpe as the club made a strong showing. Calder Valley's Alex Whitem won the race overall in a time of 41:10.

Andrew Wrench was the first Harrier to finish in 4<sup>th</sup> place and 1<sup>st</sup> Vet40. Sean Carey won the under18 category, as he knocked 2½ minutes off his time from the year before, and finished 6<sup>th</sup> overall. Andrew Horsfall narrowly missed out on a win in the vet45 by just 7 seconds with Dave Collins 2<sup>nd</sup> vet50.

**Tod News 20/08/09 Pilgrim's Cross | Saddleworth 6 | Worsthorne Moor**

A handful of Harriers took part in the Pilgrim's Cross Fell Race at Holcombe last Wednesday. The 6 mile race which includes 1100 feet of climb was won in 37:36 by Calder Valley's Karl Grey, 3 seconds ahead of Bury's Mark Shakeshaft in a 200 strong field.

Sean Carey completed the course as first under 16, and 9<sup>th</sup> overall in a time of 40:16. He was followed in by Jon Wright in 18<sup>th</sup>, Andrew Horsfall and Paul Burnett. James Riley rounded off the Todmorden entries in 94<sup>th</sup> and 1<sup>st</sup> v35.

At the same time, three other Todmorden runners were also racing 6 miles, but with fewer hills to contend with, on the roads of Greenfield for the increasingly popular Saddleworth 6 which attracted 272 runners this year. Sale's Gareth Raven won in 29:07 a few seconds ahead of previous winner Andi Jones of Salford.

First Harrier to finish was Richard Butterwick in 41:02, followed by Bohuslav Barlow in 47:15 and the evergreen Ian Stansfield in 1:03:09, knocking 5 minutes off his time from two years earlier.

On Sunday, several Harriers made the short trip for the Worsthorne Moor fell race. The fast 7 mile race takes in 900 feet of climb as it circles the moor, skirting Cant Clough and Hurstwood reservoirs. Clayton le Moors' Gary Shaw won the race in 41:48 in another close finish, just 4 seconds ahead of Blackburn's John Sutton.

First Harrier to finish was Dan Taylor who continued his progress in his first year with the club, stopping the clock in 50:40. Mick Craven was next to finish just ahead of Sarah Warburton, who took the 3<sup>rd</sup> place ladies prize. Jeremy Godden and Peter Ehrhardt were Todmorden's other finishers.

**Tod News 03/09/09 Dentdale EC | Piethorne**

The penultimate race in the English Fell Championships took place in Dent at the weekend and Todmorden Ladies held onto their 4<sup>th</sup> place in the overall standings despite growing pressure from Clayton le Moors. With almost 1400 feet of ascent and descent crammed into the short steep 3 mile course, the race is one of the steepest in the fell racing calendar.

The ladies race was first off and was won by J Reedy of Ambleside in a time of 32:11, ten seconds ahead of Scunthorpe's Emma Clayton and Jo Waites of Calder Valley.

Lauren Jeska led in the Todmorden challenge in 18<sup>th</sup>, followed by Claire Duffield in 25<sup>th</sup>, Mel Blackhurst in 45<sup>th</sup> and Sue Roberts in 64<sup>th</sup>.

In the subsequent men's race, won by Simon Bailey of Mercia in 25:28, Andrew Wrench was first Todmorden man followed by Alistair Rhodes-Dawson and Dave Collins.

The previous Wednesday had seen Alistair Rhodes-Dawson put in a storming performance to finish 3<sup>rd</sup> at the inaugural Piethorne Fell Race near Newhey. This new race, organised by Rochdale Harriers in memory of Mike Sadula, was a 4.5 mile circular course featuring 900 feet of ascent. Ben Mounsey of Calder Valley won in a time of 33:50 ahead of team mate Gavin Mulholland. Alistair crossed the line in 38:48, with Scott Lapish making a return to racing in 13<sup>th</sup>. Three Harriers then crossed the line in quick succession with Dan Taylor, Derek Donohue and James Riley finishing in 18<sup>th</sup>, 21<sup>st</sup> and 24<sup>th</sup> respectively.



CLAIRE DUFFIELD

**Tod News 10/09/09 Stainland 7 | Ben Nevis | Blackshaw Head | Hades Hill**

Andrew Wrench moved into a near unassailable position at the top of Todmorden Harriers' Road Championship after the latest qualifying round at the Stainland 7. The challenging, and well organised, race features several steep climbs in the latter stages after a long downhill start. Whilst it leaves many runners saying "never again" at the finish, it is a favourite of many who return year after year, particularly after post race reflection in race HQ, The Red Lion. Ben Mounsey of organising club Stainland Lions set a new course record as he won in a time of 40:52, in ideal warm and cloudy conditions.

Todmorden put in a strong showing and won both the men's' and women's team prizes. Andy Wrench led the way in 4<sup>th</sup> place, followed by Nick Barber and Dave Collins. The ladies team, Mel Blackhurst, Lucy Hobbs and Sarah Glyde, took 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> places to repeat the club's achievement of the previous year.

Once again the Harriers also took many of the individual prizes with Andy Wrench 1<sup>st</sup> vet40, Mel Blackhurst 1<sup>st</sup> FV40, Lucy Hobbs 1<sup>st</sup> FV35 and Elise Milnes 1<sup>st</sup> FV45. Adding to this, were respectable positions for Sarah Glyde 2<sup>nd</sup> FV35, Rachel Henthorne 2<sup>nd</sup> FV40 and Moyra Parfitt 2<sup>nd</sup> FV60.

Conditions were far from ideal on Saturday for the 9 Harriers who took on the challenge of the Ben Nevis Fell Race. Despite the sub zero temperatures on the summit and freezing rain and poor visibility, there was a record 464 finishers. With the 10 mile race featuring in the Skyrunning World Series a high quality international field assembled to tackle the 4400 feet climb up to the highest point in Britain and straight back down to Fort William.

Bingley's Rob Jebb and Spanish runner Augusti Roc were together at the summit, before a fall by the Spaniard allowed Jebb to pull away and complete the course in a time of 1:32:33, three minutes ahead of Pudsey and Bramley's Danny Hope.

Not far behind was the first Todmorden runner, Jon Wright, who finished in an excellent 18<sup>th</sup> place winning the Wallace Plaque in the process, in a time of 1:44:28. Andrew Horsfall was next home, in 118<sup>th</sup>, just past the 2 hour mark.

Lauren Jeska celebrated her birthday in style with 12<sup>th</sup> lady in a time of 2:14:12, and along with Sue Roberts and Mandy Goth, helped the Todmorden Ladies team into an excellent 3rd place.

Closer to home on Saturday several Harriers took part in the Blackshaw Head Fell Race, organised by Harrier Patsey Reilly. The 5.5 mile course featured 900 feet of ascent and was comfortably won by James Logue of Horwich RMI Harriers in a time of 37:28, exactly 3 minutes clear of Steve Oldfield in 2nd. First Harrier to finish was Paul Hobbs in 10th, followed by Scott Lapish in 20th and Dan Taylor in 30th.

On Thursday evening, it was Derek Clutterbuck in the organising role for the ever popular Hades Hill Fell Race. Despite starting in torrential rain and with high winds and hail to contend with on the 1200 feet climb up and down Hades Hill, 86 runners braved the conditions with Rossendale's Ashley Holt victorious over the 5 mile route in a time of 33:35. Sean Carey was the first Todmorden runner in 4th place in a time of 35:01. Paul Burnett edged out Scott Lapish as they finished 17th and 18th respectively, with Dan Taylor in 25<sup>th</sup> and Peter Ehrhardt in 79th.



PETER MARSHALL

## PHOTOS WANTED

NOT ONLY HAVE WE CRASHED OUR CAR BUT THE SEPARATE HARD DRIVE TO OUR COMPUTER HAS CRASHED TAKING WITH IT LOTS OF MY PHOTOS. IF ANYONE HAS PHOTOS I COULD USE FOR THE TORRIER PLEASE E-MAIL THEM TO ME  
**mandy@todharriers.co.uk**

2009 FELL TABLE			Ilkley Moor	Stretton Hills	Whittle pike	Dentdale	Thieveley Pike	Dunnerdale	Stanbury	Half Tour Pendle	Fiendsdale	Coniston	Tebay	Turnslack	Edale	Duddon	Wasdale	Good Shepherd	Langdale	Tour Pendle	Completed Races	Total points	Qualified?	Qualifying TOTAL
	attendance		27	13	16	16	0	0	24	30	9	28	15	23	4	12	11	0	0	0	228			
	average points		70.6	77.6	77.5	73.2	#DIV/0!	#DIV/0!	69.7	77.3	77.3	64.8	74.1	74.5	75.6	62.5	71.5	#DIV/0!	#DIV/0!	#DIV/0!				
1	Andrew Wrench	M40	92.4	96.2	98.3	95.5						86.1	93.1	101.1			86.2				8	748.9	Q	570.4
9	Alastair R-Dawson	M			90.7	90.4				89.7	92.5		88.8				87.1				6	539.2	Q	539.2
2	Andrew Horsfall	M40		84.9	87.6	82.8				88.5		81.5	86.0				80.5				7	591.8	Q	510.3
3	Kath Brierley	F45		74.2					73.1		76.9	69.4	75.1		75.1	68.2	73.8				8	585.8	Q	448.2
5	Lauren Jeska	F	74.0	74.4		77.1			75.5	77.5	76.9		74.6				61.6				8	591.6	Q	443.2
4	James Riley	M		73.5	77.4					75.0	77.1		71.9			64.5	67.2				7	506.6	Q	442.1
6	Dan Taylor	M	71.8	76.4	77.6				68.4	63.5			69.9				63.6				7	491.2	Q	427.7
7	Louise Abdy	F45	61.1						62.9			61.9		69.9		53.1	61.4				6	370.3	Q	370.3
8	Ben Crowther	M							79.8	80.8		76.6		85.9	72.7	70.1					6	465.9	X	465.9
10	Dave Collins	M50	81.2	85.7	87.0	87.3			84.2	87.6	87.2		87.8	89.5							9	777.5	X	439.4
15	Simon Galloway	M40	76.3			72.5			77.5	78.1				82.0							5	386.4	X	386.4
16	Sue Roberts	F45	59.8			58.3			64.7	62.7		63.0	61.3								6	369.8	X	369.8
11	Peter Marshall	M60	63.8	63.2	65.5	63.3			64.6	67.1	65.3	63.0		69.8							9	585.6	X	332.3
12	Richard Leonard	M50			68.3						68.0	57.1		73.1			64.4				5	330.9	X	330.9
13	Peter Ehrhardt	M60		60.9		64.5			63.7	62.4		55.5	66.0	69.3							7	442.3	X	325.9
14	Sarah May	F	77.3	79.0	81.9								76.4								4	314.6	X	314.6
26	Phil Cook	M40				77.6				74.1		70.4		79.8							4	301.9	X	301.9
17	Kevin Booth	M40	75.7	77.6										82.9		60.5					4	296.7	X	296.7
18	Chris Preston	F40	67.0							72.2			69.9			65.7					4	274.8	X	274.8
19	Sean Carey	U18	89.1		94.8				88.9												3	272.8	X	272.8
29	Mel Blackhurst	F40		67.3		67.8				71.3		64.8									4	271.2	X	271.2
20	Mick Craven	M50	67.7						71.5					72.7		58.4					4	270.3	X	270.3
21	Kevin Coughlan	M45	62.3						65.5	69.9		57.0									4	254.7	X	254.7
22	Nick Barber	M								84.3			84.7		84.7						3	253.7	X	253.7
23	Martin Roberts	M50	78.1							83.2		78.8									3	240.1	X	240.1
36	Darren Tweed	M			80.1	76.5								82.6							3	239.2	X	239.2
24	Phil Hodgson	M50								77.9		74.8		74.4							3	227.1	X	227.1
25	Barry Chapman	M60	54.6									55.7	57.1	59.0							4	226.4	X	226.4
39	Claire Duffield	F35	72.4			75.0				77.0											3	224.4	X	224.4
27	Jeremy Godden	M50	70.0							74.5		69.5									3	214.0	X	214.0
28	Andrew Bibby	M55	70.4						74.4			68.4									3	213.2	X	213.2
30	Rachel Skinner	F35										69.4				66.0	66.8				3	202.2	X	202.2
31	Jon Wright	M		96.0						99.1											2	195.1	X	195.1
32	Chris Smale	M45	93.2							98.4											2	191.6	X	191.6
33	Emma Osenton	F							67.0			55.9		67.6							3	190.5	X	190.5
46	Dave O'Neill	M50			58.3	56.9								60.6							3	175.8	X	175.8
34	Helen Hodgkinson	F35	61.6									60.3				51.6					3	173.5	X	173.5
35	Mandy Goth	F45										58.0		59.5		53.5					3	171.0	X	171.0
51	Paul Brannigan	M40			86.4	79.0															2	165.4	X	165.4
37	Craig Stansfield	M40	79.1													74.4					2	153.5	X	153.5
38	Roger Howarth	M40									79.2	71.9									2	151.1	X	151.1
40	Richard Gilbert	M40								75.2					69.8						2	145.0	X	145.0
41	Richard Butterwick	M							73.0	70.0											2	143.0	X	143.0
42	Richard O'Sullivan	M45							68.0	70.2											2	138.2	X	138.2
43	Dave Wilson	M50										60.8				64.2					2	125.0	X	125.0
44	Johnny Medcalf	M45	60.6						61.8												2	122.4	X	122.4
45	Helen Wilson	F40	58.4						62.2												2	120.6	X	120.6
47	Paula Haworth	F35							59.1			54.1									2	113.2	X	113.2
48	Derek Clutterbuck	M75								52.5			48.6								2	101.1	X	101.1
49	Sean Willis	M40								98.4											1	98.4	X	98.4
75	Ian Stansfield	M65			43.3	46.4															2	89.7	X	89.7
50	Paul Hobbs	M												86.7							1	86.7	X	86.7
52	Scott Lapish	M								84.3											1	84.3	X	84.3
53	Paul Burnett	M			83.7																1	83.7	X	83.7
54	Jeff Walker	M												83.3							1	83.3	X	83.3
55	Mark Anderton	M45							79.1												1	79.1	X	79.1
56	Joe Stansfield	M								78.4											1	78.4	X	78.4
57	Lucy Hobbs	F35								74.9											1	74.9	X	74.9
58	Nick Wigmore	M	74.5																		1	74.5	X	74.5
59	Andy McFie	M40														73.5					1	73.5	X	73.5
60	Jane Leonard	F50									72.2										1	72.2	X	72.2
61	Mick Howard	M45							70.9												1	70.9	X	70.9
62	Sarah Glyde	F												70.6							1	70.6	X	70.6
63	Duncan Richie	M										69.7									1	69.7	X	69.7
64	Peter Jackson	M60	68.2																		1	68.2	X	68.2
65	Elise Milnes	F45												66.5							1	66.5	X	66.5
66	Richard Blakeley	M65												64.4							1	64.4	X	64.4
67	John Preston	M40							61.8												1	61.8	X	61.8
68	Chris Drinkwater													61.7							1	61.7	X	61.7
69	Mel Siddall	F45			59.7																1	59.7	X	59.7
70	Stuart Boulton	M50										55.3									1	55.3	X	55.3
71	Julie Wyant	F40							54.3												1	54.3	X	54.3
72	Trevor Smith	M65										53.0									1	53.0	X	53.0
73	Patsey Reilly	F40										52.2									1	52.2	X	52.2
74	Myra Wells	F50	45.6																		1	45.6	X	45.6

2009 ROAD TABLE 11 races					Burnley 10k	Geoff Dogget 5k	Badger 10k Trail	Cliviger 6	Accrington 10k	Caldervale 10	Trawden 7	Howgill 10	Stainland 7	Thru the villages	Radcliffe 12 Trail	Eyam 1/2	Hendon Brook 1/2	Macclesfield 1/2	Lancaster 1/2	Completed Races	total points	Qualified?	qualifying TOTAL
	attendance				26	37	10	21	0	5	14	6	19	0	20	7	10	0	0	175			
	average points				71.7	68.7	73.3	72.5	#DIV/0!	68.1	73.6	63.4	71.7	#DIV/0!	72.4	72.0	70.9	#DIV/0!	#DIV/0!	#DIV/0!			
1	Andrew Wrench	M40			89.1	99.3	97.1				101.7		95.2		92.9					6	575.3	Q	575.3
2	Phil Cook	M40			73.7	77.6	77.1				83.2		77.4				78.8			6	467.8	Q	467.8
3	Mel Blackhurst	F40			68.5		74.3				71.0	68.7	74.2			73.5	75.4			7	505.6	Q	437.1
4	Moyra Parfitt	F60		66.8	61.0		63.0				67.7		64.2				64.1			6	386.8	Q	386.8
5	Ian Stansfield	M65			50.6	52.1	50.0				58.5		50.7			49.0				6	310.9	Q	310.9
6	Dan Taylor	M		82.7	77.7					79.2			74.9		75.2					5	389.7	X	389.7
7	Sarah Glyde	F			69.3	76.6	75.8				75.6		71.9							5	369.2	X	369.2
8	Lucy Hobbs	F35		79.3	71.7		66.5						73.2		75.9					5	366.6	X	366.6
9	Kevin Coughlan	M45					73.4				76.3		67.4			71.6	72.3			5	361.0	X	361.0
10	Bev Wright	F35		72.5	67.5	71.0				68.5					68.9					5	348.4	X	348.4
11	Peter Ehrhardt	M60		70.1	66.1					68.3			65.7				70.9			5	341.1	X	341.1
12	Paul Brannigan	M40		76.1	81.5	88.0	89.4													4	335.0	X	335.0
13	Dave Collins	M50			78.9		86.1						86.6		75.5					4	327.1	X	327.1
14	Duncan Ritchie	M		85.7	80.6										82.2		75.5			4	324.0	X	324.0
15	Darren Tweed	M		77.4	75.9		81.0						81.5							4	315.8	X	315.8
16	Richard Butterwick	M		85.3			79.3						82.5				64.2			4	311.3	X	311.3
17	Dave O'Neill	M50			54.6	62.6	59.4				61.0		59.4							5	297.0	X	297.0
18	Rachel Henthorne	F40		61.7	58.0							61.1	59.0		55.7					5	295.5	X	295.5
19	David Henthorne	M50		62.2	58.5							58.2	59.0		55.7					5	293.6	X	293.6
20	Elise Milnes	F45		70.5							69.2		70.4		66.0					4	276.1	X	276.1
21	Nick Barber	M			88.0								89.6			88.8				3	266.4	X	266.4
22	Myra Wells	F50		59.3	56.6						62.4	58.8								4	237.1	X	237.1
23	Barry Chapman	M60		61.8			59.4			55.8		58.2								4	235.2	X	235.2
24	Andrew Bibby	M50			72.9						83.0					76.8				3	232.7	X	232.7
25	Claire Duffield	F35			72.3		75.7										74.4			3	222.4	X	222.4
26	Richard O'Sullivan	M45									76.9				73.4		69.1			3	219.4	X	219.4
27	Mel Siddall	F45				72.3				68.7					64.4					3	205.4	X	205.4
28	Peter Marshall	M60			65.3	68.7	67.5													3	201.5	X	201.5
29	Paula Haworth	F35		68.7		64.9									63.4					3	197.0	X	197.0
30	Helen Wilson	F40			64.8										67.5		63.8			3	196.1	X	196.1
31	Jon Wright	M			91.2										99.1					2	190.3	X	190.3
32	Graham Milnes	M50		57.8							62.7		59.8							3	180.3	X	180.3
33	Derek Clutterbuck	M75		58.4	53.1										51.6					3	163.1	X	163.1
34	Kevin Booth	M40									80.6				80.9					2	161.5	X	161.5
35	Roger Haworth	M40			76.4											73.7				2	150.1	X	150.1
36	Lauren Jeska	F			75.0											70.6				2	145.6	X	145.6
37	Helen Hodgkinson	F35		65.3	66.9															2	132.2	X	132.2
38	Jeremy Godden	M50			59.4										67.9					2	127.3	X	127.3
39	Richard Blakeley	M65			60.5		65.1													2	125.6	X	125.6
40	Mandy Goth	F45		61.9	59.6															2	121.5	X	121.5
41	Scott Lapish	M		88.1																1	88.1	X	88.1
42	Joe Stansfield	M		87.8																1	87.8	X	87.8
43	David Baldaro	M		86.7																1	86.7	X	86.7
44	Sarah May	F													85.4					1	85.4	X	85.4
45	Mark Anderton	M45					83.0													1	83.0	X	83.0
46	Sean Carey	U18			82.9															1	82.9	X	82.9
47	Keith Parkinson	M55		79.2																1	79.2	X	79.2
48	Martin Stork	M					79.0													1	79.0	X	79.0
49	Kerry Edwards	F35		77.4																1	77.4	X	77.4
50	Mick Craven	M50													76.5					1	76.5	X	76.5
51	Johnny Medcalf	M45										75.3								1	75.3	X	75.3
52	Phil Hodgson	M50			74.1															1	74.1	X	74.1
53	Gareth Vickers	M													70.4					1	70.4	X	70.4
54	Helen Hodgekinson	F35			66.9															1	66.9	X	66.9
55	Julie Wyant	FV40		63.6																1	63.6	X	63.6
56	Dave Wilson	M50			62.7															1	62.7	X	62.7
57	Melanie Robertson	F45					62.6													1	62.6	X	62.6
58	Ray Poulter	M60			61.0															1	61.0	X	61.0
59	Rachel Allen	F40		58.4																1	58.4	X	58.4
60	Phil Southwell	M60					57.2													1	57.2	X	57.2
61	Joseph Brannigan	U14			50.7															1	50.7	X	50.7
62	Skye Wilson	U12			43.8															1	43.8	X	43.8



# 2009 GRAND PRIX TABLE - 24 races

|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

51	Mel Siddall	F45	4			75.5																89.8			85.3					79.9					4	330.5	82.6	1	75.5	3	85.0	-	X	21.4
52	Roger Howarth	M40	4								82.3	74.7										79.2									76.4				4	312.6	78.2	2	78.5	2	77.8	-	X	15.2
53	Martin Roberts	M50	3	89.6							95.4		90.4																					3	275.4	91.8	3	91.8	0	####	-	X	-13.6	
54	Richard Blakeley	M65	3											88.3								77.8		83.6									3	249.7	83.2	1	88.3	2	80.7	-	X	19.5		
55	Rachel Skinner	F35	3									77.8				73.9	74.9																3	226.6	75.5	3	75.5	0	####	-	X	4.1		
56	Johnny Medcalf	M45	3	68.0					69.4																		83.6						3	221.0	73.7	2	68.7	1	83.6	-	X	3.4		
57	Dave Wilson	M50	3									71.2				75.2						71.3											3	217.7	72.6	2	73.2	1	71.3	-	X	8.8		
58	Emma Osenton	F	3						74.1			61.9		74.8																			3	210.8	70.3	3	70.3	0	####	-	X	-5.0		
59	Chris Smale	M45	2	100.6						106.2																							2	206.8	103.4	2	103.4	0	####	-	X	-14.3		
60	Graham Milnes	M50	3																			65.7					71.3		68.6				3	205.6	68.5	0	#####	3	68.5	-	X	24.7		
61	Mark Anderton	M45	2						86.2																89.3								2	175.5	87.8	1	86.2	1	89.3	-	X	5.7		
62	Scott Lapish	M	2							84.3												88.1											2	172.4	86.2	1	84.3	1	88.1	-	X	3.5		
63	Joe Stansfield	M	2							78.4												87.8											2	166.2	83.1	1	78.4	1	87.8	-	X	3.8		
64	Craig Stansfield	M40	2	82.2												77.3																	2	159.5	79.8	2	79.8	0	####	-	X	-7.5		
65	Richard Gilbert	M40	2							79.6					73.9																		2	153.5	76.8	2	76.8	0	####	-	X	-3.0		
66	Julie Wyant	F40	2						63.1													73.8											2	136.9	68.4	1	63.1	1	73.8	-	X	2.8		
67	Sean Willis	M40	1							101.3																							1	101.3	101.3	1	101.3	0	####	-	X	-4.5		
68	Jane Leonard	F50	1								96.1																						1	96.1	96.1	1	96.1	0	####	-	X	-3.4		
69	Keith Parkinson	M55	1																			91.5											1	91.5	91.5	0	#####	1	91.5	-	X	7.4		
70	Peter Jackson	M60	1	86.7																													1	86.7	86.7	1	86.7	0	####	-	X	-9.6		
71	David Baldaro	M	1																			86.7										1	86.7	86.7	0	#####	1	86.7	-	X	7.0			
72	Paul Hobbs	M	1										86.7																				1	86.7	86.7	1	86.7	0	####	-	X	1.3		
73	Paul Burnett	M	1			86.2																											1	86.2	86.2	1	86.2	0	####	-	X	-9.1		
74	Kerry Edwards	F35	1																			85.7											1	85.7	85.7	0	#####	1	85.7	-	X	6.9		
75	Jeff Walker	M40	1										85.7																				1	85.7	85.7	1	85.7	0	####	-	X	1.3		
76	Martin Stork	M	1																						79.0								1	79.0	79.0	0	#####	1	79.0	-	X	10.7		
77	Mick Howard	M45	1						78.8																								1	78.8	78.8	1	78.8	0	####	-	X	-4.3		
78	Melanie Robertson	F45	1																						78.5								1	78.5	78.5	0	#####	1	78.5	-	X	10.6		
79	Chris Drinkwater	M55	1											76.6																			1	76.6	76.6	1	76.6	0	####	-	X	1.2		
80	Andy McFie	M43	1													76.4																	1	76.4	76.4	1	76.4	0	####	-	X	3.4		
81	Ray Poulter	M60	1																			75.2											1	75.2	75.2	0	#####	1	75.2	-	X	8.0		
82	Nick Wigmore	M	1	74.5																													1	74.5	74.5	1	74.5	0	####	-	X	-8.2		
83	Trevor Smith	M65	1									71.7																					1	71.7	71.7	1	71.7	0	####	-	X	-0.6		
84	Phil Southwell	M60	1																						71.3								1	71.3	71.3	0	#####	1	71.3	-	X	9.6		
85	Gareth Vickers	M	1																										70.4					1	70.4	70.4	0	#####	1	70.4	-	X	11.8	
86	Rachel Allen	F40	1																			68.4											1	68.4	68.4	0	#####	1	68.4	-	X	5.5		
87	John Preston	M40	1						66.0																									1	66.0	66.0	1	66.0	0	####	-	X	-3.6	
88	Stuart Boulton	M50	1									62.8																						1	62.8	62.8	1	62.8	0	####	-	X	-0.5	
89	Patsey Reilly	F40	1									62.0																						1	62.0	62.0	1	62.0	0	####	-	X	-0.5	
90	Joseph Brannigan	U14	1																			50.7											1	50.7	50.7	0	#####	1	50.7	-	X	5.4		
91	Skye Wilson	U12	1																			43.8											1	43.8	43.8	0	#####	1	43.8	-	X	4.6		

# Grand Prix races: plenty of time for those elusive GP points

It may be the middle of September, but there are still plenty more opportunities to qualify for this year's fell, road and Grand prix championships – and enjoy some great races in the process.

This Saturday (19<sup>th</sup>) it's the return of what is now becoming an annual local classic – despite its name, the **Good Shepherd** fell race doesn't require any physical contact with beasts of the ovine persuasion, only physical contact (via your feet) with fifteen miles of good old south Pennines bog. Starts at the RC church in Mytholmroyd (hence its name, stoopid) at 10.30am. A slightly changed route from previous years should make this a touch easier.

Another classic local fell race, **Thieveley Pike**, is a week later, on Saturday 26<sup>th</sup>. This starts at Holme Chapel, just over the Lancashire border from Cornholme, and a regular stomping ground for the club when we're running from Cliviger. 3pm start for this short but sharp race (4.25m, 1300 feet of climb). Interesting geology hereabouts too, if you have a chance to look around you.

There are two half marathons left in the GP calendar, and the Macclesfield Half takes place a day later on Sunday 27<sup>th</sup> Sep. There's an entry form with this Torrier, or you can enter online at <http://www.ukresults.net/09sep.html#macchalf>. More info, including a Google map of the route, also via UKresults.

What could be nicer than a day out pounding the Crinkle Craggs in your fell shoes? The **Langdale** fell race (Sat Oct 10<sup>th</sup>) is a deserved Lakeland classic, fourteen miles in length and involving 4000 feet of climb. It's also the last English Champs race this year. Because of this (and because it's such a good race) the 500 limit has been reached, but the race organisers are maintaining a reserve list: go to [amblesideac.org.uk](http://amblesideac.org.uk) for the latest.

The other GP race in October is a road race, the Accrington 10K (Sunday Oct 25<sup>th</sup>) This isn't so far from home, so why not see if you can cap your year's running by improving your 10K PB. I seem to recall that this includes a double chance to sightsee the cars below you on the M65. Entry form with this Torrier, or again enter on line at UK Results.

More on November's GP races next time.

## Fell GP Blogging on...

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

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

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

# Toilet Seat 2009

*It's been a while since the last Toilet Seat hasn't it? I can only apologise and say that, now retired, I no longer have much time to spare – can't think how I ever found the time to go to work! Many tales are still to be published – I've run out of paper. I'd like to thank the hapless bunch that managed to grass themselves up this month (you know who you are – have you no hobbies?)....and a special Thank You to both Ali Richards and Mandy Goth this month for kindly dishing the dirt on so many of their friends.*

Yours,  
Uncle Barry

**Colin Duffield** found that his shoes were rubbing a bit whilst approaching Stange on the Long Tour of Bradwell. He thought it might help if he ran through a deep puddle – which had a big concealed rock in it. Colin broke his toe. To make things worse, he hobbled the remaining 10 miles to the finish to collect 5 points.

**Tales from Wensleydale Tri:** Clive (Greatorrex) first put on his wetsuit the wrong way 'round, then finished the bike (no socks as usual) only to get into his running transition and find he'd forgotten his running socks.....Clive described running 12 miles without socks as character building! 5 pts for each gaff Clive (*who's Clive Greatorrex? – Ed*)

**Watch out: there's a shoe thief about!** Alastair Rhodes-Dawson went for a run, got home (in one piece), cleaned his new-ish trail shoes and left them outside the back door to dry. He got up the next day to find that one of them had been stolen...not the pair: just one! Alistair said that if anyone was to spot a scruffy git hopping around in one inov8, to let him know so that he could beat the living daylight out of him. 5 pts for carelessness, Alistair

**Use your brakes!** Alastair managed to cycle into a car that stopped suddenly in front of him. He didn't - but collects 5 more points for carelessness..

**...and there's more:** three days later at the Tebay race, our Alistair managed to run into a sign near the finish and cut his head open, also resulting in a little concussion – let's hope it knocked some sense into him – but just in case, here's another 5 points....

**Surprise, surprise...** Jim Smith managed to spoil the "surprise" element of Dave Wilson's party by phoning him up to ask where and what time it was on. 5 points Jim

**Jon Wright** was knocked off his bike by a dog and had to have 5 stitches in his chin - the day before the Wasdale race. So, that's a point for each stitch Jon.

**Martin Roberts** got so drunk at the straw race that he had to be carried home. He then went to sleep on the trampoline in the back garden until it started raining!! 5 points Martin

**Sue Roberts** was seen browsing Pete Bland's stall holding up various pairs of shorts and wailing "they're all too short!" after having forgotten her trusty long pair for the Tebay race. (She did buy the short shorts and wore them - had a good race too if I remember rightly (ed). 5 points.

**Helen Hodgkinson** neglected to give Neil a message from Mark Harris about a boys' climbing weekend in Wales. Neil duly found out when Mark phoned two days beforehand to check whether Neil knew where they were going. Whoops: Neil was not happy to say the least, as by that time he'd made family plans for the weekend. 5 points Helen

**Roger & Neil** went to the climbing wall, where the young know-it-all instructor informed them that they were belaying in a dangerous manner – they neglected to mention their many years' climbing experience, along with the fact that Roger is a Prince of Wales challenge leader (5 pts each for dangerous belaying in any case – you should know better!)

**Mark Harris**, trying to create a good impression at his new job, spent an evening preparing an assembly to impress his new pupils. On the assembly rota he neglected to notice that he had the same year group both weeks running and managed to deliver the whole assembly twice, only to have a member of staff whisper to him at the end, "you do realise you did that one last week too?" Ooops! 5 impressive points Mark

**Ali** was looking forward to a week away for a family holiday in Scotland, only to find out that Mark had invited Roger along to have a crack at the Cuillin Ridge! How romantic! Collect 5 points, Mark

**Mark and Roger** set off for their attempt at the Cuillin Ridge. Having forgotten a map, Mark bumped into someone he knew in the slig and managed to borrow one. (cont)

(...cont) They set off in clag, then the drizzle turned to rain. Undeterred, they pushed on before finally admitting they were hopelessly lost. The intrepid pair was forced to climb back up to the main ridge on wet, slippery and almost vertical rock. Mark got into a sticky situation and called to Roger that he could do with a rope on that bit, to which Roger said "it's in your sack!" Somehow they both managed to get down. Mark did not tell Ali about this near death experience: just reported that it had been a "proper adventure"! I'm awarding 10 points each for sheer foolishness – you're both as bad as each other!

**The lost keys:** unable to hitch the caravan up for a weekend away as the 'van keys were missing, Hazel searched high and low, then took the blame and beat herself with a stick. Barry, meanwhile, wearing his best self-righteous face, drilled through the towbar lock and hitched up. On returning home, Hazel sorted the washing, emptied Barry's trouser pockets.....and found said keys. Barry has collected 5 points and an ear-bashing.

## League Table

Mark Harris	20
Roger Hawarth	15
Alistair Rhodes-Dawson	15
Clive Greatorrex	10
Colin Duffield	5
Jim Smith	5
Jon Wright	5
Martin Roberts	5
Sue Roberts	5
Helen Hodgkinson	5
Neil Hodgkinson	5
Uncle Barry	5



## Most entertaining fell race ??

If you ask me what my favourite fell race is so far I might struggle to pick, but Lakeside Gummers How was definitely the most amusing so far.

It started with a full on sprint of about 800m from a field round the back of the Lakeside Hotel at the south end of Windermere. You have to run like mad to the lake shore at the front of the hotel, fight the other competitors for a rowing boat (some are in better nick than others and some are in a better place than others) row  $\frac{1}{4}$  mile across the lake shore, jump out and leg it up and down Gummers How (3m/900ft), then jump back in the boat to row back across the lake. When you get to the home shore you are not over the finish line until you have scrambled (or more likely fallen) out of the boat up the bank and onto the rather elegant grassy lawn of the Lakeside hotel, upon which a bottle of ice cold beer is pressed into your hand before you have even got your breath back.



You can enter on your own (brave) or as a team of 3 (makes the boat a lot heavier and there are still only 2 oars!) Ian Holmes holds the solo record, he has won it at least 4 times including this year, when he arrived after having run at Tebay. Not only is he a brilliant fellrunner he can also row AMAZINGLY. He'd outsprinted his rivals across the lake and gained a massive lead before he even started to run up the fell. When he reached the home shore he stood up in his boat and balanced perfectly as it sped directionally stable over the last few metres into shore, then skipped out gracefully onto the bank before the boat had even beached, as if it were the most easy manoeuvre on earth. My team, on the other hand, after having a rowing showdown coming back across the lake neck and neck with an Idle Athletics team, crashed inadvertently with them about 4 metres from the shore. All our oars got entangled and the crowd were screaming at us to jump, jump. 6 of us trying to exit from 2 boats led to a fair bit of tussle and a soaking as we all tried to clamber over each other (very ungracefully!) to reach the shore.

This event is a real laugh but it is also a re-enactment of a historic event, as it used to be a held as a guides race as far back as the 1800s. The race organiser gave a speech before the prize giving in which he held up a silver teapot which he said his granddad had won as the winner of the race in 1894.

I noted that there were also some very generous cash prizes to be won...so best get practicing your rowing.

Sarah W

# Recollections of an IRONMAN

Can you imagine two and a half thousand swimmers setting off from a 120 metre wide stretch of beach and heading straight out to sea towards a buoy on the horizon? The mass of flailing arms and bobbing heads resembled a shoal of piranha fish zeroing in on its prey, or so I'm told. I couldn't see it as I was part of the melee of wetsuits and multi-coloured swim caps jockeying for position and trying to find a calmer patch of water where I could get into some sort of rhythm. Once underway, with heart rate steadying after the initial adrenalin surge, I started to enjoy myself despite the alien environment. The surreal nature of the situation brought an underwater smile to my face. This was it... ..the goal I'd focused on and trained for over the past six months was here and now...Nice, 6.30am June 28<sup>th</sup> - Ironman France 2009.



I remember being egged on to enter by JP. We'd had a few drinks. "I'll enter if you do", he'd said. It didn't take too much egging before I submitted my details and the 350 Euros entry fee. (How much?!!!). Swim 2.4 miles Bike 112 miles Run 26 miles. Doesn't sound too bad if you read it quickly. My running and biking would be okay with six months of full on training but my major concern was the fact that I could only swim two lengths of Todmorden pool...and I hated swimming.

I improved in the pool month by month with help and advice from JP and many other Toddie swimmers but, although I managed to acquit myself reasonably well in my first swimming pool sprint triathlons, my initial forays into open water proved to be a sobering experience. Increased heart rate brought on by the cold, and by a fear of the unknown depths below, caused me to panic if I got too far from the shore. With six weeks to go this did not bode well. I finally cracked my fear syndrome in Derwentwater. JP, Emma and Sarah had stopped to check on me a few 100 metres from shore. By now the head games had the upper hand. "The waves are too big", I'd almost persuaded myself. "Don't even think about going back", JP chided, "it might be this rough in Nice". I knew he was right and, blocking out the negative thoughts, I ploughed on and eventually found myself relaxing and enjoying the experience. This half Ironman swim round St Herbert's Island proved to me that I had the mental as well as the physical strength to do it. When we went swimming in Nice the week before the event I couldn't believe just how buoyant we were in our wetsuits in the sea. I finally felt ready. "Bring it on!".



And so it was that Emma, JP and myself found ourselves part of the thrashing shoal of would be Ironpersons swimming out to sea in the Bay of Anges. It was inevitable that there'd be some bumping and kicking with so many swimmers in the water but, despite a few collisions and the odd mouthful of seawater, I felt in control. I even upped the power for the second shorter lap and to my amazement (although I didn't know our swim positions until later) I finished the swim a few minutes up on Emma and JP. The vociferous crowd cheered us all as we ran unsteadily up the ramp, unbalanced by the sudden switch from prone to standing, and blinking in the bright sunlight as we peeled wetsuits down to waist level. I jogged into transition one (T1). I'd rehearsed the sequence of events numerous times in my head...pick up T1 bag...sit down and peel wetsuit off...bibshorts on, having applied a generous dollop of chamois cream to my nether regions... drink some water...slap on sun block. Socks and shoes, cycle top, number belt, gloves, sunglasses, helmet...Go.

Have you ever seen 2600 expensive racing bikes (with an estimated combined worth of over £5 million!?) racked up in sequence? A forest of saddles and wheels beyond wheels disappearing towards infinity as if reflected in two mirrors. Glad that I'd checked my bike's whereabouts beforehand I grabbed it and ran out of T1, over the start line and jumped aboard. With one of the slower swim times overall I hoped to make up some ground on the bike and run. Feeling good I powered the first flat 20km, overtaking lots of riders...but not Emma. She'd been 3 minutes quicker in T1 and a glimpse of her lycra clad backside as she glided past me on her Colnago superbike was all I saw of her until the run. At about 40km we reached



the village of Pont sur Loup and the start of a 21km climb. Some of the bikes cost more than a car but their technical wizardry is of little consequence when faced with a mega-hill; it's the legs that count.

The road wound its way up to the high valley of Coussins, not too steep, but relentless in its upwardness. Fortunately there was occasional shade from the hot sun and the fanatical cheering by the hordes of supporters in every village we passed through spurred us on. The race route undulated through picturesque Provence scenery, with ancient villages straddling the rocky ridges above steeply wooded valleys. The views, when you occasionally tore your concentration from the tarmac, were stunning. More pain as we reached another 7km climb. And yet more from my guts. There had been no gels at checkpoints for the first half of the bike which threw my nutritional plan into disarray. I wasn't able to eat or drink for nearly 3 hours of the ride due to stomach cramps. My "mooseman" impressions, as I tried to bring up the trapped wind, brought plenty of inquisitive looks from fellow riders. JP cruised past me as we raced the out and back to Col du Vence where Mandy, ChrisP, Richard, Jonnee, and George were cheering us on. Then the best bit. Big downhill...38km of it. Down on the drops, hammering the biggest gear, cutting the bends, occasionally 'caressing' the brakes on the hairpins and overtaking lots of less audacious riders. My smile, which had retreated since hitting the big climbs, had now reached Cheshire Cat proportions. The climbs were worth it just for this sheer exhilaration of speed. I battled with JP as we hit the last flat 20km and got into T2 ahead.

In a pre-planned sequence cycling gear was removed and replaced with running kit. A lithe French lady massaged sunblock into my shoulders. "Ooh la la". On jelly legs I ran out onto Nice promenade. Picture 50,000 spectators filling grandstands and lining the 10 kilometre route, cheering and calling our names (our names were on our numbers). "Bravo...courage". Thousands of runners, well spread out now, are running, jogging, shuffling, walking...staggering up and down the promenade under the searing south of France sun. Four laps - sheer purgatory. The heat and the lack of anything in my belly hit me with a double whammy. Only 4 km into the first out and back lap I was feeling dreadful. With the thought of having to run the same section of prom eight times playing havoc with motivation I had fleeting doubts about finishing. The dizziness and weakness were reminiscent of my ill-fated Verdon Canyon Challenge. "I mustn't end up on a drip and oxygen again", I worried.



Emma was at least half a lap up on me and JP overtook me looking strong. Mandy and the Toddie support crew jumped up and down and shouted encouragement every time I passed them. I resorted to walking for a few 100 metres at a time (obviously when Mandy was out of sight!) to try and drop my heart rate and reduce the searing fuzz in my head. We were given a different coloured wrist band at the end of each lap and, with a solitary blue band on my wrist, I spent much of lap two staring enviously at all the runners going the other way with two or three bands. The two lap white band eventually appeared on my wrist. The "half way there" motivation kicked in, as well as the gels I'd finally been able to get down, and the water showers, set up to douse us every two km, now seemed to have a reviving effect. I managed to up the pace, encouraged by the crowds, "allez allez Pheel", they were shouting. Lap three was easier and as I picked up the final red band I also picked up my feet and started running properly. This was more like it. I actually enjoyed the last lap and, finishing strongly, I waved to the crowd as I sprinted up the blue carpet to the timing arch over the finishing line. I raised a fist for the photographers, "Yes", I grinned to myself, "I've done it! ... I'm an Ironman". Emma and JP were waiting just past the finish. We hugged, elated in our success and having finished only three minutes apart.

I'll leave you to guess who didn't need a post-race drip...Ha!

**Phil (Ironman) Hodgson**

# How to Get Round Wasdale When You Probably Shouldn't

By Lauren Jeska

What a year it's been! After some promising runs in January and February, everything started going wrong, and come the start of April I couldn't run at all due to serious fatigue problems. The recovery process was slow, and even in June training runs seemed to go badly as often as they went well. I'd cut my race plans for the year down to the English Championships, and had a Wasdale entry - so, to go for it or not? Still undecided, I reccied the route with Ben and Louise. Some energy drink revived me from the inevitable energy-crash (inevitable even at a slow reccying pace!), convincing me I could get round on race day, maybe not fast but I'd get there, and between us we'd make sure we got a women's team round!

So, on to race day, and Alastair starts it off by arriving a few minutes early, never a good plan as I'm still running around trying to sort everything out! Left behind are one mobile phone and one set of housekeys for my visit to Lancaster, oops. But I remember everything else, and James Logue (who drives us to Wasdale) and Alastair have a clever plan to leave drinks on the race route near the road, so we can collect them after the descent from Whin Rigg. Ben and Dan are also with us in the car; James and Alastair poke the usual fun at Dan and me for the amount of kit we're carrying. Dan's pack was pretty hefty! And I've left two bottles of carefully flattened Dr Pepper by the road. However, it's a long race, and don't let anyone put you off carrying the food and drink you want to carry, especially from runners who're likely to finish the race an hour or more ahead of most of us. Registration and I get landed with number 118, just what I needed to make my day brighter..

Off to the race start and on a hot day it's very steady going up the first climb, a bit of conversation but not as much as I was expecting! Outdoing any of us for heavy packs are 10 army commandos who thought they'd show us how tough they are by running the race in army kit, boots and carrying 10Kg rucksacks; they don't make it past Seatallan. CVFR's Clare Kenny asks me why I'm going so slowly, I tell her I'm taking it easy and just hoping to get round. As the hill levels off I pick up my pace a little, around me people are running a slow pace that's just a waste of energy for me, I want to run that little bit faster, otherwise walking's better. Near the top, and I find a snake of runners have tagged along behind me, and before I know it they all shoot off down the hill. Without me!

The first descent, and the first big surprise of the day - I can't descend at all. Forget about my fast descent on the reccy, it now feels like my quads have vanished, and the best I can do is a strange waddle down the hill. All manner of people overtake me before I reach the valley. It's going to be a long day! But nevermind, I pick up my bottles, one goes in my pack and I drink the other while chatting to Dan on the way to Greendale. Some friendly

faces at the road provide a welcome boost, and then it's the steady climb to Seatallan, thankful as the air cools away from the valley. Near the top I'm chatting to another CVFR runner, Linda Murgatroyd. After the checkpoint I leave her behind, and as it's a clear day find the best path over towards Pillar. Looking back to see where she was, I can only see a few runners behind me before the line, ominously, stops. For the first time the thought of cut-off times enters my mind. There's not much to be done about it (I don't even have a watch!), and I keep up a reasonable pace but don't start rushing or panicking. Before Scoat Fell I've passed someone, and he's shouting to me from the col, 'Where are you going?' He seems to be aiming his compass straight off a large drop towards Pillar, maybe looking for an invisible bridge. I helpfully shout back, 'This way!' He follows me round and does well on the climb, reaching Pillar just ahead of me.

So, I've made it to the checkpoint. 'What time is it?' I ask. The answer is 3.23, so I've only made it by a couple of minutes. Fortunately I've psyched myself up for weeks that the race is easy once you reach Pillar, and whether this is actually true or not, the result is I'm buoyant and confident that I'll get to Great Gable in time. The same can't be said for anyone else - around me is an ocean of despondency. First I catch up a Wharfedale runner. It's Tamara Hird, and she's beaten me by one place in every championship race so far. But not this time. I try to encourage her to push to reach Gable in time, but she replies that she's got nothing left and can't make it. Another runner interjects, 'Do you think it's possible to get there in time?' It's compass guy again. With absolute certainty I say 'Yes,' and off I go. I don't think he made it. Ahead is Andrew Bibby, also struggling and given up. I leave them all behind and carry on.

Next is the stream where I was going to refill my pack with water plus powder, but given the time pressure I pull out my second bottle of Dr Pepper. Drinking through a tube has in any case proved to be hard work, leaving me out of breath - the problem with Inov8's horizontal system is you have to suck the water up further than with other camelbacks. The bottle, however, works a treat, and Dr Pepper is perfect for replenishing energy, I can truly say it got me round Wasdale! Next is the traverse behind Kirk Fell. Me 'n Cleator-le-Moor's Katy have a brief conversation, all the men around us having seemingly given up. White red and blue, she thought I was the 'Wharfedale Girl' at first. 'Nah, she's gone,' I reply. I ask her if she thinks we'll make it (I'm going faster than her at this point, and she's going faster than all the men). 'Should do if we keep up a steady pace, we've got 40 mins.' I relax and keep up my pace.

And there, at Beck Head, is .. everyone! Including Ben, which confuses me at first, before it sinks in that various



people have dropped out. Jane accompanies me up to great Gable, and as ever I'm enjoying the big rocks, although my attempt at a short uphill sprint sets off some cramp. I can even see Skinz and Dan! And sure enough, I make it to the checkpoint with 3 minutes to spare! At this point I could have climbed and climbed, but unfortunately the next bit is steep downhill, and crippling. Katy shoots past, too fast for me to manage a reply, 'Oh, and you were doing so well!' She'd made the cut-off by 30 seconds or so, and very quickly regained the two minutes I'd pulled out on her over the ascent. When she caught Dan, he asked her where I'd got to, to be told 'She's struggling with the descent.' Too right!

Eventually I reach Sty Head, and a few more supporters offering me jelly babies and drinks and I can't remember what else. I sit down for a bit, and refill my water pack at a stream. BUT! Don't mix your drinks, and don't ever have anything with orange squash in it! At least there's a comfortable rock to sit on while I'm gagging and throwing up everything I've just managed to get down, a Helm Hill runner looks a bit concerned, but as soon as it's over I'm on my feet, and running strongly now that we're going uphill again. Another runner I catch tags along and we talk on the way towards Scafell. He's stressing over such a slow time, but I tell him 'half an hour up, and half an hour down from here,' which makes him a bit happier, (he finished only 5 minutes outside my prediction - way ahead of me, of course!). As the last rise comes into view I give him some more hints - it's not as bad as it looks, it's over really quickly. It turns out he's a Keswick runner, you'd think he'd know that kind of thing! Not for the first time, Dan's shouts echo around the mountain, 'Come on 118!'

The last climb might be good, but the slight downhill before it doesn't work so well for me, and the others disappear. What comes next is round two of paroxysms of gagging and choking, even though I haven't tried to eat or drink anything more. Some passing pedestrians look quite concerned. Then it's over and I'm off again, feeling better for it. The relief at reaching Scafell Pike is tempered by foreknowledge of the descent to come. On the tourist path are plenty of people, some of them three-peakers, but soon it's off on the grass towards Lingmell Nose, and it turns into a lonely descent. There's no-one in sight, and after the Helm Hill guy overtakes me I think I could be the last runner in the race. I've never felt so exposed in a race, partly because of the gagging and choking - which happens sometimes at home or in the street - and which feels potentially life-threatening (at the time of writing this is thankfully no longer happening). The descent is painfully slow. Eventually I reach the final checkpoint, and promptly sit down to have a chat, which turns out to be a good move as I tell them which route I'm planning to take to Wasdale Head, and they suggest the better plan of actually heading for the finish of the race, which is in plain sight the other way. My legs simply don't work downhill and it's incredibly tiring, nothing to do with the long race as my legs were already useless coming off Whin Rigg. First I watch a runner coming down the

hill, pass me, and proceed to the finish. It feels like I haven't moved at all! Shortly afterwards I'm so tired I sit down for a rest, 3 minutes from the end! At least I set one record for the day, the slowest time for the last stage!

So to the end, and to finally find out what's happened to everyone else! Louise, I'm told, made the cut-offs, so I loudly exclaimed, 'If I'd known that I wouldn't have bothered!' Maybe that's not entirely true, as third counter I wasn't going to let the team down no matter how badly I felt, but I wanted to do it for myself as well. No sooner have I been told she's still in than she runs across the finish line! I'm surprised as I thought I was the last person to make it through from Seatallan and Pillar, and apart from Louise, I was - well done Louise on a stellar run to reach Gable in time. Loads of the men, however, have dropped out, including Ben and James from our carload on the way up. Andy Mc drives me and Dan back, and goes to the trouble of dropping me to the door in Lancaster where I'm visiting - thank you Andy, much needed. The next two days find me feeling ill and dehydrated, with a sore mouth, all of which eventually improves on Monday afternoon. My muscles, however, are not particularly sore as they haven't been worked hard and fast, and my blisters are about the same as usual!

Well done Kath and Skinz for fantastic runs, and Louise for getting round - I didn't see her once in the race, and we finished less than two minutes apart! Many thanks to everyone who was up there supporting, with special mentions for: Alastair, James and Andy Mc for lifts, Lousie and Ben for a wonderful day reccying, and Dan for shouting 'Come on 118!' all the way round, as if Wasdale wasn't a tough enough challenge already!

**On behalf of Stainland Lions I would like to thank you for your recent attendance at the Stainland 7, the amount of runners from local clubs such as Todmorden is helping us to grow The Stainland 7 each year.**

**We hope you all enjoyed the race and would appreciate any feedback you might have.**

**The event will take place next year on Sunday 5th September and we hope that you will be able to include this in your Grand Prix again.**

**Gavin Dodd**

# A Full Yorkshireman

by Joolz

Just in case I still had any minor doubts at all that I have found my true spiritual home, I am now officially classified as a Full Yorkshireman! OK, I may not quite have taken to wearing a flat cap, and punctuating my speech with lots of apostrophes, but bay 'eck lad, I've completed one of the toughest races in the local calendar. The Full Yorkshireman - 26.2 miles of footpaths, bridleways, hills and mud in and around Howarth.

When I'd entered the race at the end of 2008, I'd imagined that I'd be a super-sleek offroad running machine by the time of the race. I'd be living in the area, surrounded by fantastic countryside that I'd be out running, walking and cycling through every single day, and I'd know the route like the back of my hand. The reality was somewhat different. I'd been absorbed by the task of renovating our new house, and running had taken a bit of a back seat. As for knowing the route like the back of my hand - I didn't even plot it on a map until about 3 weeks beforehand!



I hadn't done any long runs since a couple of LDWA events in the spring, and in a panic I put in for the Belper 30k in mid August. I had a terrible run. The lack of training showed far too clearly; I was tired by 9 miles, on my last legs by 15, and had to drag myself through the last 4 or 5 miles, and I felt completely ill at the finish. There was no way I could have ran another 8 miles. I started to dread the main event fervently.

Luckily, a couple of friends at my club offered to take me on reccies, and these days out really helped me to focus on the race, and rediscover the joy of our fantastic environment. Also, it was more runnable than I'd previously thought, and I thought the terrain suited me. The day out with Chris looking at the 2nd half was a joy, and the 12 miles went by in a breeze. The day out with Sue looking at the 1st half was also a joy, until about 13 miles, when I started to get the oh so familiar prickles, nausea and dizziness that I usually only get in very hot weather. Oh dear, confidence knocked again.

After it seeming to rain every single day in August, the week leading up to race was a heatwave, with the Saturday being particularly hot. I checked the weather forecast every five minutes, praying that we would get the promised cloud cover, and 16 degree temperatures.

Race day dawned. I was up early and was well organised. It was cool. We picked Val up in Old Town, and drove to the race start. There were people there that we both knew; it was a pleasant little social interlude, and I was feeling quite relaxed (considering!). We all trooped over to the Fleece pub for the start, feeling that curious mix of excitement, anticipation and terror.

Of all the advice I'd received, the piece I took to heart was Colin's wise words that the key to this race was to arrive at Denholme Velvets feeling ok. I planned a very steady start, and

without doubt was holding Val back in these early stages. I even walked in the first mile up the hill through the car parks. But I wasn't the only one.

Sue (and Sam Dog) were waiting at Penistone Hill, and ran along with us for an hour or so, smiling and waving at everyone, seeming to know everyone there. Things were going fine, the miles were rolling by, there were some lovely people in our little group, the conditions were perfect, dry and cool, and I was really enjoying myself.

We arrived at Denholme Velvets, and I was pleased to note that I did indeed feel ok. We went past quite a few other folks here, who clearly weren't feeling ok, and were taking a lengthy break. Rich was here too, with a cheery smile and words of enthusiasm, and making sure I didn't indulge in my usual habit of thinking the checkpoints are all about chatting and being social, by encouraging us to hurry through.

It wasn't far after this that I had my greatest running comedy moment ever, trying to negotiate a particularly boggy stretch with a deep ditch running alongside. I somehow found myself slipping sideways into the mud, which sent my upper body pitching headfirst into the ditch. I'd managed to grab hold of handfuls of reeds which stopped me in my tracks, and now found myself in the curious position of being completely upside down, with my head a few inches from the boggy water in the bottom, and my feet sticking out above the reeds. Two lovely girls from Rossendale leapt to my rescue, grabbing a leg each with dramatic shouts of, "Don't worry, we won't let go, you won't fall". I was amazed to find myself in this suprising situation, but really I just wanted to get on with the race. "Just let go of my legs," I hollered, "I need to get them down, so that I can climb out". I felt a bit guilty for being ungrateful, so caught them up at the next stile to say thanks. It kept me going for the rest of the day though. Every time I thought about it, I burst out laughing.

Chris's fantastic guidance in the reccy came into it's own on Harden Moor. We took the best route perfectly, almost catching up with the group in front of us, who'd been stumbling around in the heather for a little while. Shortly afterwards I realised one of them was Val's friend from Peel. He was really struggling, and we found him a little while later taking a lie down in the weeds. We fussed around him for a little while, but he urged us to get on with it, and we were glad to see later that he did eventually make it to the finish.

Howarth was now in sight, it's little church visible in the distance. 4 miles to go, then 3, not long to go now. And then that steep steep downhill after the final checkpoint, really destroying our quads, and making our knees scream for mercy. The mile along the train track, and I was desperate to get out onto the road, for I knew we were then nearly done. Just the short run through the town. Except, of course, that the finish is all uphill up a steep cobbled street. A short walk through the town then. Such a shame to walk the last half mile of a marathon, but we still got plenty of cheers from the onlookers. We rounded the corner, still uphill. "We'll just walk til we see the finish", I said. But then we saw Rich. "No, we'd better run," I said, "otherwise we'll never hear the end of it".

5.33. Absolutely delighted. Hurting all over, but grinning from ear to ear.

## Pete's Canada Holidays – part 2

Older readers will recall: 40 years ago Pete's best friend George moved to Alberta, and 5 years ago Pete visited him to celebrate George's 60<sup>th</sup> birthday. Now George's daughters want to celebrate his retirement birthday, but, what with the credit crunch, retirement is not yet on the agenda. The celebration goes ahead anyway. They've arranged to take over the town of Canmore in the Rockies, and Pete is taking wife Joyce & son George to join in the fun. Now read on.

London on a hot sticky August evening is no great fun when lugging holiday luggage in and out of tube trains: why would anybody want to live here? Anyway, Pete gets to George's flat at last, to enjoy a shower and George's haute cuisine spaghetti and cheese. With baked beans. Makes you look forward to Canadian cooking.

Next morning - M25 to Gatwick, George driving – does he read the direction signs? Bus, coffee, newspapers, magazines, books – oh, and duty free Orcadian Whisky to take with us. Eight hours on the plane. Then a long queue for immigration: and an official who cracks jokes & thinks we should laugh. We do.

On the other hand – people coming round with complimentary bottles of water while we're in the car rental queue: wouldn't get that at home.

A Chevrolet! Wow! What is a levee? Why is the car hire clerk surprised that we'd have 3 of us in the car? We do find out - can't sit up in the back if you're over four foot 11.

George wants to drive and strides up to the right hand front door – ha – fooled you! Funny sort of controls. There doesn't seem to be a clutch. Gear stick goes straight back & forth – P N R D I II: anyway, there's plenty of instructions coming my way.

So we go back and forth (literally), then get out of the underground car park, and drive round Calgary and set off West. Big green areas, occasional animals, no stone walls, not many fences, pretty flat: all of a sudden we hit the Rockies. And it is abrupt. Courteous, cautious drivers, who keep to the speed limit. Never saw a policeman till we got back to Calgary.

Canmore! Canmore Inn & Suites! I pull up outside the reception & my passengers pile out. I can't get the key out of the ignition. Push it, pull it, hit it, bend it, watch out it's the only one we've got, what to do, pull, push, curse. Not effective. Can't start the engine either. Help!

Apparently you have to move the gear stick. Not done that for a couple of hours. Luggage out. I need to park up. Engine starts nicely. Gear stick won't move. Rattle it, push it, pull it, hit it, shout & swear. Apparently you have to put your foot on the brake. So George drives after that. Extremely restful – like having your own chauffeur 24/7. Much to be recommended. Just can't see much out of the back.

My body thinks it's 1 a.m., but for some reason it's still light and the clock says 5 p.m. So we climb Chinaman's Peak – so named because a Chinaman was dared to run up it. It's said he did just that & ran back to town. In 1890. We take a bit longer than him. As we approach the top we see big signs: getting there we read 'Forbidden to throw stones – walkers & climbers below'. In French. The initial descent from the summit is very loose rock and very steep and I'm pleased none of you lot were watching me. Especially as I'm claiming to be able to descend. Not at 3 a.m. with the sun shining, I guess. We saw marmots – I think.

Shower, bed & sleep at last. Next day we go walking again, again dramatic, starting beside a lovely babbling brook, ending up on a glacier. Very impressive. But we had not realised that we'd be driving distances on dirt roads and initially spent time worrying about stone chip damage to the car.

Followed by a couple of hours on mountain bikes: Canmore hosted the winter Olympics 20 or more years ago so there are miles (sorry kilometres) of trails to ride on. Exhilarating. And when we're back the celebrants have arrived, some we've never met before, most we haven't seen in a very long time. A good evening with plentiful food and good beer.

Memorandum – don't buy a half pint. Pricing – small beer (half pint) 3 dollars, beer (pint) 4 dollars, pitcher (enough for several) 6 dollars. Best with a pitcher. And if there's more than one of you, I guess you could try more than one pitcher.

The hotel has a swimming pool, jacuzzi, and, particularly, a water slide. Bliss.

So Saturday dawns- you can fill in the details, sit, talk, chat, picnic at the lake, big mountains looming over us, did I mention drink? Talk a bit more, eat, chat, drink, go for a swim. Pretty active really. Nice meal in the evening. Lots of photos. Speeches mercifully brief. More drink.

Sunday much the same, I guess. Walked round a lake. Swam. Did some of the other things too. And a barbecue.



Once the good byes were over at breakfast on Monday we could go and canoe. Lake or river? Scenic lake, of course. Too bad they didn't tell us the lakes were about 7 inches deep and clogged up with waterweeds. Insert paddle – produce big mound of mud – push. It made finding the return route easier, I guess. Anyway we got on to the river. That was exhilarating. Trees blown down, some collisions with immovable objects, therefore, bloody George filled the canoe with water – we laughed a lot. Then went for lunch in Banff. So by the time we set off up the mountain it was about 4 p.m. This produced an interesting emotion when – George having gone higher up the mountain, we saw him running back down the ridge, then never saw him again. He's slid off the other side. We'd seen the other side – as near vertical as makes no odds. We're miles from anywhere. And it's a time when all sensible Rockies explorers are already safely ensconced in their hotel rooms. Probably after supper. Or in the bar.

Anyway, he reappeared.

Whitewater rafting the next day. That was real

Another glacier. And fantastic waterfalls. And a train going through the spiral tunnel. Just like the photo in my geography textbook 50 years ago. And a drive along the Icefields Parkway.

Then a touristy day, Visited the museum & café at Nordegg, an abandoned coal mining town. Stayed at my friend George's overnight. On to Calgary next morning. Fort Calgary museum. Took George to the airport – we were leaving a few hours later, flight to Manchester. Relaxing end to the holiday.

Except it wasn't. The captain had swine flu or something & the flight couldn't go. Put off for ten hours till 0630. Bang went Joyce's hopes of watching Everton next day. At least they put us in a hotel. The key said the room was on the 2<sup>nd</sup> floor – no. 2016. We got the lift. Up one flight & out. Then we waited 15 minutes while full lifts flew up & down till we could get one to the 20<sup>th</sup> floor. And find our room. Quite a view. Don't get that in Tod.

Flight equally boring: £80 for the taxi back - what else can you do at Manchester Airport at 10 30 p.m.? especially when your wife goes walkies whilst you're at the carousel? Do you go through immigration, and leave her behind? Or wait, while she's fuming on the other side? At least there are no 'jokes' from the official – nobody takes notice of you walking through. Nor does Joyce take any notice of the message I have them roadcast over the Tannoy asking her to come find me.

He'll be 70 in 2014

Peter e

## TODMORDEN HARRIERS JUNIORS

Meetings will be: in term time on Monday nights while Todmorden High School is open, or during summer - outside when conditions are good enough.

Future times are – in 2009 are going to be Led by Eileen Miles Level 3 Coach:

**Monday 4.30pm to: 5.30pm** - for 6 to 8 year olds  
**5:30 to 6.30pm** - for 8 to 11 year olds (Mixed session)

Ben Crowther Lauren Jeska and Gareth Vickers Assisting.

**Tuesdays 6.30 to 7.30pm** - for 12+ including adults lead by Graham Wrench – Level 3 Coach. This session is always outside.

**Please send your child with suitable: footwear for a Gym, (Good trainers for outside work)**  
**A bottle of WATER, not Juice (of any sort) and**

**a suitable warm jumper or top as a minimum over their running kit.**

Currently the FRA (<http://www.fellrunner.org.uk/2009races.htm>) is listing all races and details of junior races and advice about racing and youngsters - can be found there.

Any Parents wishing to take part in the Club organisation please contact either Ben or Eileen.

Contact numbers: Eileen 07738 634625; Ben 07810 501959;

For parents: Criminal Record Bureau Check are carried out for all helpers and coaches, See this web site...  
<http://www.crb.gov.uk/>

A new form of security check is imminent, through government statute, later this year, another hoop to jump through, but we are an athletic club so it should be fine. If you volunteer, you are technically required to have a CRB check, it is free for voluntary groups like ours, Information sheet available... It is a faff but a legal requirement of the government under the Every Child Matters Framework.

We have lots of funding opportunities for those interested in gaining Level 1 coach status or 'Jog Leader' qualification which is an insurance requirement, and allows you to assist

# Shropshire Fell Running

As a relatively new inhabitant of these parts, and having spent the last few years enjoying my fellrunning on the Shropshire hills, I thought I'd give you all a flavour of the area and its races and see if I can't encourage some of you to take a road trip down to enjoy another quiet, little-known area of the country.

## **The Area**

The Shropshire hills to which I refer are, in the main, those roughly 25 miles west (as the crow flies) of the West Midlands conurbation and are roughly bordered by Shrewsbury to the north and Ludlow to the south.

The three main fell-running areas within these boundaries are;

- a) The Long Mynd – a high moorland plateau, not dissimilar to the Calderdale moors in feel, but penetrated by deep “batches” or valleys which extend into the heart of the moorland and provide the stiff climbs for which certain races are renowned.
- b) Across the A49 from the Mynd are the shapely hills of Caer Caradoc, The Lawley and Ragleth Hill. I regard these as more picturesque than the Mynd and several classic races take in these hills
- c) The Stiperstones – to the west of the Mynd rise these rockier hills, topped by tors reminiscent of Dartmoor

Outside of this area, overlooking the urban sprawl of Telford, is the Wrekin, an isolated hill but one which can provide plenty of testing running.

## **The Terrain**

There's a big difference between Calderdale and Shropshire in terms of the terrain....one I've had to get used to very quickly up here. Naively, I assumed that if you wanted to get from A to B, you just ran in a straight line....I soon learned that wasn't the case up here unless you enjoyed knee-deep bog and thigh-high tussocks!!

And therein lies the difference – Shropshire consists of grassy slopes, short grass with few tussocks and it is therefore an area for very fast running. There's very little technical ground.

As I mentioned earlier, although the hills aren't big, the “batches” that eat into them assist in providing some of the toughest fellrunning outside of the Lakes.

## **The Races**

### **1 The MUST-Dos**

- **Long Mynd Valleys weeked** – first weekend in February  
Some of you may have done the Valleys race when it was a championship counter a few years ago. If you have, you'll be wary of it!

At 11.5 miles and 5,000ft, it's a challenging race in its own right, but the thing that commands respect and catches people out is that 3,000 of those feet are crammed into 3 climbs in the last 2 or 3 miles!! A fast middle section always leads to some people pushing too hard at that stage and it's not uncommon to find runners staggering about on those climbs.

The nice touch is that, as well as the Valleys race on the Sunday, there is a shorter (3m/800') Titterstone Clee race on the Saturday and prizes are also awarded for combined scores.

It's a great weekend and I really urge anyone who fancies a challenge to head down and give it a go. I'm happy to lead a recce and I reckon I've got the route spot on now!

- **Stretton Skyline** – middle of September  
If you've never been to the Long Mynd or nearby hills and want to see them all in one day, do this race!!

19 miles and 4,450 feet in a loop around the town of Church Stretton. The race initially goes up to the top of the Mynd, drops all the way down, takes in the three hills (Ragleth, Caradoc and the Lawley) on the other side of the main road, then heads back up to the top of the Mynd before one final fast descent into Carding Mill Valley.

Another “sting in the tail” race, that last ascent, up and through the dreaded Gogbatch, often catches out those who've not saved something for the climb.

You've just missed it for this year, but check your FRA calendar in the New Year and make a date for this one in 2010.

- **Cardington Cracker**

The Cracker takes place on Sunday 6<sup>th</sup> December this year....and it really is a cracker!! 9 miles and 2700 feet It always seems to attract wild conditions and, 2 years ago, it was difficult to stand up on the tops in the gale force winds. A wonderful route, taking in the Lawley (straight up the steepest side – a hands and knees job), Caradoc and Willstone Hill, before a flat section along “The Wilderness” (it's not!) and a fast descent through

fields to the finish. A cheery Christmas atmosphere prevails in the Royal Oak afterwards! (i.e. people drink beer!)

- **Long Mynd Hike**

The one I haven't done yet!! Basically, a 50 mile tour of all the above area PLUS further outlying areas including the shapely Corndon hill. Starting at 1pm, most people will find themselves still out there through the night!

It's taking place on 3<sup>rd</sup> October but unfortunately it's now full for this year. I know several Toddies are heading down for this....expect to see me at various places around the route!

**2 Winter Series**

6 races of varying length and difficulty. "Points" are awarded based on your time as a percentage of the top 10 times.

The Long Mynd Valleys is the toughest of the races, with the Cracker being the next hardest but the races at the Brieddens in October (near Welshpool) 8 miles/2,400 feet and the Wrekin in April 5.5 miles/1,700ft (and quite often a junior championship race) are well worth a visit as well.

My old club, Newport, organises the Wrekin Wrecker, taking place on 22<sup>nd</sup> November. Plenty of people will testify that, at 8 miles and 2,400ft, it is indeed a wrecker of legs!

**3 Summer Series**

Again, 6 races but these tend to be much shorter and are held on Wednesday nights from April to August. Warm summer nights, with a short dash up a hill before retiring to discuss matters over a beer or two is what fell-running is all about!!

**4 Other Races**

There are a few of other races worthy of mention;

i) **Little Stretton to Stiperstones Time Trial**

Held on 29 November this year, this race can be run solo or in pairs and the object is to get from Little Stretton (on the east side of the Mynd) across to the Stiperstones pub by the quickest route possible.

It's a great little event, not taken too seriously and it finishes at one of the best pubs in the area. There is transport available one way...but why not make a full day of it, have a few beers in the pub and then run all the way back!!!

ii) **Boxing Day Devil's Chair Dash**

Another race from the Stiperstones pub! If you find yourself in the area for any reason this Christmas, get to this race! A quick dash up to the rocky tor known as the Devil's Chair (it is said locally that the Devil sits in his chair when the mist is down!) and back down again...and then a warming fire, a few pints and some food! What more could you want?

If you're still in the area at New Year, there's the annual "Morning After" 5 miler on 1<sup>st</sup> January.

iii) **Callow – 5 miles/2,500ft**

Worth a mention 'cause you don't get many races outside the Lakes with so much ascent in so few miles! The story goes that the organiser had a great rivalry with another runner, who always seemed to pass him on the flatter sections but then be caught again on the steep ups and downs. So, asked to devise a new race, Russell put in as many climbs and descents as possible so that he'd always beat his rival at Callow!

**5 LDWA events**

There are a couple of LDWA events well worth a mention;

i) **The South Shropshire Circular**

This is held in February each year and always gets fully booked before the end of the previous year. The location and route changes each year but it's generally going to be around the 25 mile mark, with some excellent food at checkpoints and at the end! Well worth a visit but get your entries in now!

ii) **Tinsel Trail**

A great idea....a long-distance event on the last Saturday before Christmas, so you can feel really smug whilst all your friends are queuing to get into town centre car-parks and do their shopping.

This year, it's being held over the Stiperstones and promises 25 miles and 3,000ft. What better way to warm up for the festivities?

So, if you fancy getting out of the Calderdale area and trying somewhere different, I urge you to give Shropshire a go. Some lovely hills, some fine pubs and some friendly folk.

Church Stretton is a great place to base yourself, being right at the heart of it all. The aforementioned Stiperstones Inn does b&b, cheap food and good beer and is owned by a fellrunner. Alternatively for those who like camping, there's a decent basic campsite over at Little Stretton, just a short walk from the excellent Ragleth Inn.

I'm always happy to do a recce of a race or head down with others to do the occasional race so let me know if you fancy it.....Richard



## Injuries and Healing – A Simple Guide!

Injuries - we've all had them!! Quite a few of us are still suffering the after-effects now. So a subject worth looking at in more detail I thought.....

First of all, what is an "injury"? Medically, the term injury is used where there is tissue damage. Injuries result in an inflammatory process. A distinction should be drawn between an "injury" and a "problem". A problem may present with discomfort/pain and dysfunction due to old injuries etc, but there will be no inflammation.

Wherever tissue damage occurs, there will be bleeding vessels and loss of oxygen to the tissues causing cell death. Our body's reaction to this is *inflammation*

The four signs of inflammation are;

- Redness (rubor)
- Pain (dolor)
- Heat (calor)
- Swelling (tumor)

As well as inflammation, injury may result in dysfunction of body part(s) and/or proprioceptive/balance problems.

### **Healing Stages**

It's important to distinguish between an "injury" and a "problem" so that correct treatment can be applied.

Following an injury, a healing process will take place which can be split into 3 distinct phases;

Stage 1 – acute inflammation, bleeding still occurring. This stage normally last for 48 to 72 hours.

Stage 2 – Proliferation/repair stage, depending on depth, severity and structure, the production of collagen should be complete within 21 days of the injury

Stage 3 – Re-modelling Stage. Once new collagen has been laid down, the tissues need to be re-modelled. We need the minimum amount of scar tissue doing the maximum job! This stage can take anything up to 9 months!

### **Applicable Treatments**

The initial management of injuries should be in the following order;

- PRICE
- MICE
- MICES

PRICE – Protect, Rest, Ice, Compression, Elevation

This is most applicable during the initial 48-72 hours. As much rest as possible should be taken. When applying ice, consider the depth and severity of the injury – the deeper it is, the longer the ice needs to be applied. For superficial injuries, an application of just 30 seconds can be used. For deeper injuries, 5 to 7 minutes may be appropriate.

MICE – Movement, Ice, Compression, Elevation

Movement may (and should!) be introduced once bleeding has stopped in the tissues. Movement must be within a pain-free range.

MICES – Movement, Ice, Compression, Elevation, Stretch

Stretching should be introduced once fibrous healing is complete, to assist in the remodelling of the tissues. Stretching **MUST** be directed along the line of stress of the tissue involved.

Once you're past Stage 1 in the healing process, sports massage can be very beneficial in ensuring a successful recovery from the injury. In the 2<sup>nd</sup> Stage, one of the initial considerations is to remove "debris" from the area and sports massage can certainly help do this, improving venous and lymphatic flow to the area and supplying vital nutrients.

In addition, after such an injury, other muscles around the site of the injury may tighten and sports massage can be beneficial in ensuring that this does not become problematic.

Once you enter Stage 3, assisted stretching can be very useful in helping to re-model the tissues.

So, next time you get an injury, have a think about the above....although us fellrunners tend to think the best cure is a few pints and a long, hard run the next day, that's going to have longer-term consequences and far better to treat and heal the injury before it becomes a chronic, long-term problem.

Now then, I really **MUST** learn to take my own advice...

... Richard Gilbert MSMA is now a  
Sports Massage Practitioner in  
Calderdale,

Organic House (upstairs) every Thursday or  
can be mobile!

Contact is either 07734 080975

or [richard@gilberts65.freeserve.co.uk](mailto:richard@gilberts65.freeserve.co.uk)

are proud sponsors of the

# Macclesfield Half Marathon

and 1 mile Junior Fun Run

**Sunday 27<sup>th</sup> September 2009 at 10.00am (Fun Run 10.15am)**
**Venue: Macclesfield Leisure Centre, Priory Lane, Macclesfield**
**Cheshire County Championship race 2009 – under UKA rules**
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**1<sup>st</sup> man and 1<sup>st</sup> woman - £200 each + spot prizes and other category prizes in excess of £1400**
*For safety reasons the course is not suitable for self propelled wheelchair athletes*

 Closing date for postal entries is 20<sup>th</sup> September 2009

 Enter online at [ukresults.net/online](http://ukresults.net/online)

 Commemorative T-shirt and goody  
 bag to all finishers!


Surname:		First name:	
Sex (M/F):	Date of Birth:	Age on race day: (min age 17)	
Address(in full):		Estimated finishing time: (max limit 2h 35m)	
		Email:	
		Telephone:	
Post code:	Cheshire Qualified (birth or residence)	Yes/No	
UKA Affiliated Club:		Registration number:	

 Results will be on the website [www.ukresults.net](http://www.ukresults.net) shortly after the race.

<b>Entry fee for Half marathon £14.00 – £2.00 discount for registered club runners</b> <b>£2.00 extra on the day (entry fees are non re-fundable)</b>	<b>Fun Run only £2.00</b>
--	---------------------------

**Cheques made payable to: Macclesfield Harriers Half Marathon**

Declaration: I declare that

- I will observe the race rules and obey all marshals instructions
- I am medically fit to run and understand that I enter at my own risk, and that the race organisers will not be responsible for any illness/injury incurred by me during the race

<b>BEFORE POSTING PLEASE MAKE SURE YOU HAVE:</b>	<b>• INCLUDED A 9" x 6" SAE WITH A 50p STAMP (NO SAE – NO NUMBER)</b>	<b>• FILLED OUT THE FORM CORRECTLY</b>
	<b>• ENCLOSED YOUR CHEQUE</b>	<b>• SIGNED THE ENTRY FORM</b>

Signed \_\_\_\_\_

Date \_\_\_\_\_

**Return to: Race Secretary, Macclesfield Half Marathon, 27 Fountain Street, Macclesfield, SK10 1JN**
**Details at: [www.macc-half.co.uk](http://www.macc-half.co.uk), [macclesfieldhalf@sky.com](mailto:macclesfieldhalf@sky.com) or 'phone Tim Stock: 07710 952243**
*The Macclesfield Half Marathon is organised by the Macclesfield Harriers ~ visit our website: [www.macclesfield-harriers.co.uk](http://www.macclesfield-harriers.co.uk)*

All proceeds of the **Macclesfield Half Marathon** are donated to our chosen charities – **East Cheshire Hospice, Macmillan Cancer Support** and the **Macclesfield Athletics Track Appeal**. If you wish to help raise sponsorship for either of these good causes please fill out the section below.



East Cheshire Hospice  
Millbank Drive  
Macclesfield  
Cheshire  
SK10 3DR  
Tel: 01625 610364  
Reg. Charity no: 515104

**WE ARE  
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Macmillan Cancer Support Appeal Office  
Leighton Hospital  
Middlewich Road  
Crewe  
Cheshire  
CW1 4QJ  
Tel: 01270 273528  
Reg. Charity no: 261017

**Macmillan Cancer Support** is a UK wide charity, which supports people living with cancer, to ensure they get the best information, treatment and care. Although we are a national charity, our local services are predominantly funded through local appeals. We will only succeed if we have the support of the entire community to fund these developments. In the South and Mid Cheshire area we are set to embark on an appeal to raise £750,000 to fund the building of a purpose-built cancer care unit at Leighton Hospital in Crewe. We are also raising money to provide Macmillan grants to provide much needed financial assistance to those experiencing difficulties as a result of their illness.

**East Cheshire Hospice** has provided overall care and full support for those in our local communities with incurable illnesses since 1988, enabling patients and carers to live and enjoy life as fully and independently as possible. As well as 15 in-patient beds for assessment, palliative treatment and terminal care, our expanded Day Care facilities enable an increased number of patients to be maintained in the community. All our services are provided free of charge with annual running costs now exceeding £2 million and with only 21% received from Government funding, we are highly dependent on the help of the community.



## Macclesfield Half Marathon

and 1 mile Junior Fun Run

I agree to run for the  
**East Cheshire  
Hospice**

☐

I agree to run for  
**Macmillan  
Cancer Support**

☐

I declare that I will send all the sponsorship money raised to the race organisers **within 3 months** of the race

Name (print): \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Please ensure you have completed the other side of this slip before returning to:

Race Secretary, Macclesfield Half Marathon, 27 Fountain Street, Macclesfield, SK10 1JN

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# Accrington Road Runners Present: 23rd Accrington 10k

*Dedicated to the memory of Maureen Hartley*

**T-shirts to ALL Finishers**

**Fast Accurately Measured Course**  
(not suitable for wheelchairs)

**Under UKA Rules - Licence No. applied**

**Changing facilities** (sorry no showers)

**Food & snacks for sale in clubhouse**

**Prizes:** 1st 6 Men 1st 6 Ladies  
1st Vet Male 40/45/50/55/60/ +  
1st Vet Lady 35/40/45/50/55/ +  
1st Team M/F  
1st Junior (under 19 yrs) M/F  
Spot prizes

**Entry Fees:** £7 Affiliated Athletes  
£9 Un-attached  
£1.50 Extra on the day  
£1 optional charity donation\*

Cheques payable to Accrington Road Runners  
Closing date for postal entries 19th Oct 2009.  
On line entries an additional £1 (via John Schofield website)

Please detach along dotted line

**Please include an A4 stamped SAE**

**10am Sunday 25th  
October 2009**

**PLEASE NOTE New Race HQ for 2009!**

**Start 10am, Burnley Rd outside Whitakers Arms pub.**  
Registration from 8am at new race HQ Accrington Cricket Club,  
Thorneyholme Rd, Accrington, BB5 5BD (Off Queens Rd, near  
to Accrington Victoria Hospital - continue past last year's finish  
and follow the short dirt track to the Cricket Club)

**Accrington 10k is kindly supported by:**

**Tony  
Bolton  
Sports**



**Entries to: David Graham, 11 Leyburn Close  
Accrington, Lancs BB5 6SE Tel: 01254 390527  
Email: davidgraham988@btinternet.com**

Name \_\_\_\_\_ Age on day of race \_\_\_\_\_

Address \_\_\_\_\_ Date of Birth \_\_\_\_\_

Minimum age on day of race - 15 years

Postcode \_\_\_\_\_ Tel \_\_\_\_\_ Male / Female  
(Please delete)

Athletic Club \_\_\_\_\_

#### Declaration

**I understand that I am entering entirely at my own risk and will not hold the organisers responsible for any injury or loss suffered as a result of my participation.**

\* In memory of our long time member Maureen, we invite you to donate £1 to the work of the Association for International Cancer Research (AICR) which funds projects all over the world. If you feel able to assist could you please add £1 to your entry fee and tick one of the alternative gift aid declarations below:

☐ I want AICR to reclaim tax on my £1 donation. I am a UK taxpayer and pay an amount of income tax or capital gains tax at least equal to the tax reclaimed on my donation:

☐ No, I am not a taxpayer.

Leave Blank

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