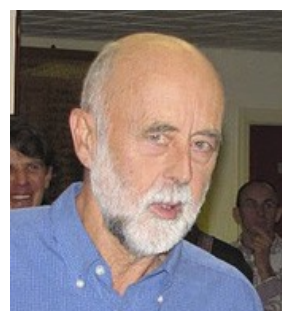




TORRIER

DEC 10



GRAND PRIX YEAR PLANNER 2011

Fell Short =FS	Fell Medium =FM	Fell Long =FL	Trail =T	Road short =RS	Road Medium =RM	Road Long =RL			
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JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
1									1			SAT
2				1 Bluebell 10 T					2 IH Relay			SUN
3				2 BH			1		3			MON
4	1	1		3			2 Crow Hill		4	1		TUE
5	2	2		4 Flowerscar	1		3		5	2		WED
6	3	3		5	2		4	1	6	3	1	THU
7	4	4	1	6	3 English	1	5	2	7	4	2	FRI
8	5	5 English	2	7	4 Duddon FL	2	6	3	8 Good Shep FL	5 Shepherds	3	SAT
9 THMMM	6	6 Longmynd FM	3 Lads leap FS	8	5	3 Howgills 10 RM	7 Worsthorne T	4 Bradley FS	9 Beefys nab T	6 Lancaster 1/2 R	4	SUN
10	7	7	4	9	6	4	8	5	10	7	5	MON
11	8	8	5	10	7	5 Stoodley	9	6	11	8	6	TUE
12	9	9	6	11	8	6	10	7	12	9	7	WED
13	10	10	7	12	9 Hebden Bridge	7	11	8	13	10	8	THU
14	11	11	8 British	13 English	10	8 British	12	9 British	14	11	9	FRI
15	12 Trog	12 Hobble	9 Mourne Peaks L	14 Mearley FS	11	9 Tal y Fan FM	13	10 Devils Beef S	15 FRA Relay	12 Half Trog M	10	SAT
16	13 Liversedge 1/2 R	13 Roddlesworth	10	15	12	10	14	11 Norland Moor	16	13 FRA Do Sat nig	11 CWRelay	SUN
17	14	14	11	16	13	11 British	15	12	17	14	12	MON
18	15	15	12	17	14	12	16	13	18	15	13	TUE
19	16	16	13	18	15	13	17	14	19	16	14	WED
20	17	17	14	19	16	14	18	15	20	17	15	THU
21	18	18	15	20	17 WickenWiz T	15	19	16	21	18	16	FRI
22	19	19	16	21	18	16	20 English/British	17	22	19	17	SAT
23 Stanbury FM	20	20 Heptonstal FL	17	22	19 Hendon Brk R	17	21 Sedbergh FL	18 Boggart 10k R	23 Withens FM	20 Preston 10 RM	18	SUN
24	21	21	18	23	20	18	21 Burnsall 10 RM	19	24	21	19	MON
25	22	22	19	24	21	19	23 both on same da	20	25	22	20	TUE
26	23	23	20	25	22	20	24	21	26	23	21	WED
27	24	24	21	26	23	21	25	22	27	24	22	THU
28	25	25	22 Caldervale 10 RM	27 Burnley L 10k R	24	22	26	23	28	25	23	FRI
29	26 Noonstone	26	23	28	25 English	23	27	24 Thieveley FS	29	26	24	SAT
30 PB Relay	27 Littleboro 5k S	27	24	29	26 Loughrigg FM	24	28 Fleetwood 1/2 R	25	30 Accy 10k RS	27	25	SUN
31	28	28	25 BH	30 BH	27	25	29 BH	26	31	28	26	MON
		29	26	31	28	26	30	27		29	27	TUE
		30	27		29	27	31	28		30	28 Hot Todd	WED
		31	28		30	28		29			29	THU
			29 BH			29 English		30			30	FRI
			30 3 Peaks FL			30 Whittle P FS					31	SAT
						31						SUN

2011 Todmorden Harriers Grand Prix Races

Fell / Road / Trail - Provisional

Sun 23 Jan	Stanbury Splash	Fell - Medium
Sun 13 Feb	Liversedge half marathon	Road - Long
Sun 27 Feb	Littleboro memorial 5k road race	Road - Short
(in memory of John McDonagh and Brian Hargreaves)		
Sun 6 Mar	Longmynd Valleys - English champs	Fell - Medium
Sun 13 Mar	Roddlesworth trail	Trail
Sun 20 Mar	Heptonstall fell race	Fell - Long
Sun 3 Apr	Lads Leap	Fell - Short
Fri 22 Apr	Caldervale 10m	Road - Medium
Sat 30 Apr	Three Peaks	Fell - Long
Sun 1 May	Bluebell 10	Trail - Medium
Sat 14 May	Mearley Clough - English champs	Fell - Short
Fri 27 May	Burnley Lions 10k	Road - Short
Sat 4 Jun	Duddon - English champs	Fell - Long
Fri 17 Jun	Wicken Hill Whizz	Trail - Short
Sun 19 Jun	Hendon Brook half marathon	Road - Long
Sun 26 Jun	Loughrigg - English champs	Fell - Medium
Sun 3 Jul	Howgills 10	Road - Medium
Sat 9 Jul	Tal y Fan - British champs	Fell - Medium
Sat 30 Jul	Whittle Pike - English champs	Fell - Short
Sun 7 Aug	Worsthorne Trail	Trail
Sun 21 Aug	Sedbergh Hills - English/British champs	Fell - Long
Sun 21 Aug	Burnsall 10	Road - Medium
Sun 28 Aug	Fleetwood half marathon	Road - Long
Sun 4 Sep	Bradley Fell race	Fell - Short
Sun 11 Sep	Norland Moor	Trail
Sun 18 Sep	Boggart Hole 10k	Road - Short
Sat 24 Sep	Thieveley Pike	Fell - Short
Sat 8 Oct	Good Shepherd	Fell - Long
Sun 9 Oct	Beefy's Nab	Trail - Short
Sun 23 Oct	Withens Skyline	Fell - Medium
Sun 30 Oct	Accrington 10k	Road - Short
Sun 6 Nov	Lancaster half marathon	Road - Long
Sun 20 Nov	Preston 10	Road - Medium

Sunday 9th January 2011 3 hour score event

- maybe visit some locations you have never been to.

Registration from my camper van in the Jubilee Refreshment Rooms car park at Sowerby Bridge Railway Station.

Start times between 9:00 and 10:00.

Price - around £5 includes food.

Let me know if you require vegi (or definately don't want food).

Showers available at the new baths just down the road - says £1.40 but will do me a deal (also swim if you still have the energy).

As per usual the pairing (or larger groups) service will be on offer if you don't feel confident navigating on your tod, or would just like the company.

Enter on here or dave.collins@wycas.org.uk or 07779642043. All those who have already entered don't need to book again.

Also an exciting opportunity exists to help Troy boy and me to put out controls, help with registration, computer stuff and collect controls etc. Troy boy will be fine with the meeting and greeting(licking and disposing of unwanted food a speciality) on the day but think is training is not progressing sufficiently for him to be much use on registration. If you don't fancy/or can't run any help will be appreciated.

Toilet Seat 2010

Welcome to the final Toilet Seat of 2010. First, apologies to Myra for awarding her 10 points for the spectacle debacle – when in truth it was partner Richard who'd earned these points. So 10 points to Richard, 5 points to Uncle Barry for making such a silly mistake and nil points to Myra – who is now removed from the scoreboard: Goodbye.

Yours, *Uncle Barry*

Anything to tell me? Sue Roberts looked after her neighbour's chickens for a few days. Upon her return, the neighbour said, "Have you got anything to tell me?" Puzzled Sue replied, "No, the hens are all present and correct..."

"They may be present but they're not my hens!" To this day no one knows where the original hens went and how the new ones took their place! 5 points for trying, Sue.

Worth every penny? In an attempt to save the Club some pennies, Mandy bought a bargain bunch of plastic bags for the princely sum of £1.27 for 500. Unfortunately, it took a total of 4 people 90 minutes to place 300 numbers in the flipping bags before the start of the Shepherd's Skyline race – one was Uncle Barry, who feels justified in awarding these 5 points.

About time: After a lay-off whilst living and working in Liverpool, Lisa allowed her Club membership to lapse. She rejoined the Club, hoping to run the winter relays, and planning to use the Skyline as a benchmark of her fitness. Unfortunately, the ladies' relay captain, Cath Brearley, gave Lisa the wrong start time and she turned up just as the race was finishing! Put these 5 points towards a time management course Cath!

Route Master. Before the Salford 10k, Mark Anderton ran 1 lap of the 2-lap course to warm up. Unfortunately he got lost and ended up legging it back, only just in time for the start. 5 points Mark.

Mind yer Ps and Qs! Whilst on a bike ride, a Landrover and trailer cut up Phil, nearly knocking him asunder. "Did you say anything to him?" asked a Clubmate. "No, but I arsed 'Mouth-hole' to him!" 5 points.

Forgetful in retirement, Richard Leonard arrived at the Skyline minus the finish funnel. It was only when people were frantically searching for it that Richard remembered that it was still at home. You won't forget these 5 points Richard!

Solo performance: Having learned nothing from his 3 hours stumbling around with Uncle Barry and Jim Smith in Dickie's Meadow (France), Richard Blakeley managed a perfect solo performance by spending many hours in Dickie's Meadow (Spain) whilst on holiday. 5 pts.

Nice bus ride? Dave Collins ran from home to catch the bus that would take him to the start of the Calder Valley Orienteering event, only to find that the bus went straight past his house on its way to the start point. 5 pts

Get your skates on! After a 90-minute run on the snowy tops, Sarah May managed to slip onto her bum when crossing Tod park. She had found Tod's only skating rink – formed by the recent improvements (?) and enjoyed by many during the week. 5 pts.

Cross-dressing: Sue & Kath discreetly removed their bras at the FRA Do (why?) After which various bare-chested fell runners were spotted trying them on. A discreet 5 points each, girls.

Last word: Nick Barber trying to pick up the ladies team prize at the Withins Skyline. 5 pts.



Congratulations!

Nick Barber!

Toilet Seat Champion!

A very worthy winner by a clear 20 points. Forget the Road Championship – this is the **BIG ONE!**

League Table

Nick Barber	45
Richard Butterwick	25
Roger Hawarth	20
Kath Brearley	15
Mel Siddall	15
Richard Blakely	15
Sue Roberts	10
Barry Chapman	10
Derek Donohue	5
Rantin' Ray	5
Jim Smith	5
Hazel Chapman	5
Jeff Walker	5
Colin Duffield	5
Mandy Goth	5
Phil Hodgson	5
Richard Leonard	5
Dave Collins	5
Sarah May	5

Jingle Bats

Jingle Bats is on **Weds 22nd Dec at 7pm sharp from Masons** pub in Todmorden
Santa, fairy, elf, gnome or white rabbit (Emma) outfits compulsory.

The aim is to beat last year's record of 38 Santas etc running round Tod. All speeds welcome - it will be an easy paced run.

The run will be on paths, trails, road and moor so trail shoes ideal.

We will be making two carol singing stops at Ester Logue's and Anne Fox Kelly's (see special Toddies Xmas Carol below - please learn the words!) where there will also be munchies and drinks.

There is a free buffet at the Masons at 9.30pm

Batman will collect £3 off each of you to cover Ester and Anne's costs and to make as big a donation as possible to the pub's charity - **Help for Heroes**

Jingle Ride

The Annual Jingle Ride is on **Thurs 23rd Dec departing from Skipton Cattle Market** car park at 10am sharp. All cyclists welcome.

Whether road or mountain bike will be decided the day before dependant on conditions.

The 4 hour or so very steady away ride will go via a café lunch stop and an afternoon pub stop.

Santa or other appropriate Xmas outfit compulsory.

We Three Toddies (loosely based on, and to the tune of, We Three Kings)

Todmorden Harriers from Todmorden are
Not like the deckchairs who come from afar
We run all around on, the moor and the
mountain
A club full of local stars

Oh, vest of wonder, vest with stripes
Red and blue on dazzling white
Self believing, always leading
Guide us to the racing heights

Born to run on Todmorden's plain
Gold we'll win again and again
Run forever, ceasing never
In sunshine, wind and rain

Oh, vest of wonder, vest with stripes
Red and blue on dazzling white
Self believing, always leading
Guide us to the racing heights

Races we win, opponents we drub
We live to run then go down the pub
Our men and our wimmin, love cyclin and
swimmin
Much more than a running club

Oh, vest of wonder, vest with stripes
Red and blue on dazzling white
Self believing, always leading
Guide us to the racing heights

Telling Tales? Scary stories from the Dark Valley: *A despatch from our undercover reporter who braved the perils of the Scary Batrun to bring us inside knowledge of what really goes on in the Dark Valley. He lived to tell the tale, no doubt protected from detection by his cunning disguise ... but, since receiving this last despatch, he's disappeared ...*

"Owwwwwwwwwwww!" The howl echoed round the mist shrouded alleyways of Hebden Bridge. It was November 3rd, three nights after Halloween, when the ghastly underworld is reputed to be at its most active, particularly in the upper Calder Valley, and especially between 7pm and 8:30pm at night. The Batman, and his wicked entourage of skeletons, witches, spooks, vampires, ghosts and ghouls, jogged creepily along the canal bank. Shrieks and gaggles of giggles pierced the gloom. A shiver ran down my spine.

We stop, frozen by the sight before us. It's a bad omen. The sign of the Flat Rat! Someone must know of our secret foray into the haunted netherworld that surrounds the Dark Valley. We're outside Weasel Hall, on the hill above Hebden Bridge Co-op ... "good with food" the advert says, but all those bats in the shop, supposedly advertising "Halloween", are a dead giveaway. You've obviously heard of Count Dracula - but have you heard of his distant cousin, Baron Arkright Dracula, who frequents this very town and, you've guessed it, lives at Weasel Hall. Not many know that "Wesel is Old Norse for ... Vampyre! ... and, that there's a giant vampire bat haunting the woods. We spotted it briefly, it's blood red eyes glowing like malevolent embers as it swooped through the trees. Maybe it's waiting for Baron Arkright Dracula to rise from his hidden grave - or maybe it IS the Baron himself!

We climb higher. As we approach a secluded wood the ringleader, the Batman, whispers- "Sssshhhh". My heartbeat quickens as he warns us to watch out for "furry rings". The mind boggles. I assume that we've come across one of those magical places where the local faeries gather. But these faeries are no gossamer winged do-gooders. Corrupted by some geological demi-god, this lot of fearsomely fanged furries sing bawdy campfire songs to lure unwary travellers into their eerie circle ...and turn them into stone! Suddenly we see it, caught in the glare of the single eye adorning the head of Neb, the Ziward of Tod, ... a torus of terrible toadstools ... the Furry Ring. Even the hardcore skeletons gasp as the Batman, oblivious to the grave risk, grabs the faerie fungi, salivating at the thought of a magic mushroom breakfast. We're lucky the furry ones are still asleep.

We've escaped the furries but arrived somewhere far more sinister... Baron Arkright's family vault. Count Dracula, on a family holiday to visit the Baron, was tracked to Hebden Bridge by that great vampire hunter Van Watkins. Duped by Uncle Barry, the local storyteller, the Count was trapped while cycling with his favourite wife along the Pennine Bridleway. The wily Count escaped, quickly shape shifting into the form of a Kona Jake, but his wife, blinded by Van Watkins' pure white legs, was despatched to hell with a stake through the heart, and was buried in the Arkright vault. Dracula vowed revenge. It is said that if anyone disturbs her dessicated skull and shattered ribcage he will return that very night to drink their blood. We stood aghast as Jane Rottentroll, wandering into the ruined vault, picked up a maggot ridden cranium and asked ... "What's this?"

Reaching an ancient crossroads of old packhorse trails we see a signpost. But wait! There's a frayed rope, dangling from the sign, swaying in the wind. This is no ordinary signpost, it's the remains of the gibbet that was used to hang the local witches - but, I hear you say, you can't kill a witch by hanging - that's why the witch is still here. Suddenly we hear her. A demented moaning fills the air as her crisp white form floats towards us, candle flickering eyes staring from an orange pumpkin face. The hairs on my head rise as I hear the accompanying growls from her pet Hound of Hell.

The mist thickens. The ruined house rears up before us. This Gothic farmhouse must be the very place mentioned in the fabled 'Parkinson's Book of Doom'. Three farm workers were burned alive here in 1666, in an unearthly fire which raged for 13 days and ruined the house. They say, if you listen carefully, you can still hear their screams. We edged past the house. One of our group, a vampire with a hairstyle remarkably like Elvis, broke the eerie silence, "It's just an old wives' tale", he hissed. We looked past him, petrified, as two ghostly faces and a skull, still glowing from the fire, appeared behind him at the windows.

Back down towards the dreaded valley, through an ancient wood, we reach a flat topped rock. There's a hollow in the gritstone, carved out for grim purpose. This was a holy place for the Druids. They tied their victims to this very rock, slit their throats and drained their blood, a sacrifice to the pagan gods. Pagan worshippers were often brought here to die and left to rot in the nooks and crannies. You can still find remains of their body parts, particularly their teeth and gums, preserved by the chill of ectoplasm that permeates the rocks.

We pass a ruined cottage. It is said that a newly-wed bride was murdered here and the cottage was left to fall into ruin. As dusk falls each night, some have reported seeing a glowing candle in the shadows of the walls and there are rumours of a skeletal figure which appears every Wednesday night. We spot it, jigging its dance of death, pale luminous green bones cavorting in the dark recesses of the ruin. And there's blood. We find it in the ancient antique Tupperware container. My ghoulish companions gorge on it and I'm forced to do the same for fear of revealing my clandestine intentions, praying that I won't be stricken by some unworldly pestilence. Mmmmm, strawberry flavour? Not bad, "Is there any left?"

I send this as a warning to those who might come after me, into the nether regions of this Dark Valley. Beware!

What's that? A knock at the door? ... and an eerie laughing noise

It's a Duff's Life

How do I sum up a year in 2000 words?

'Think in touchpoints. Everything else is fluff. Touchpoints are the specific moments when opinions are formed. These are the distilled aspects of an experience that people remember, either for better or worse. The quality of touchpoint experience drives perceptions and relationships.'

My racing year touchpoints.. . with smileys.

Howarth Hobble 33miles -March

Haworth's famous cobbles have seen most things in their time, from depressive indulged sisters to a disproportionate number of steam railway enthusiasts, but to the Bronte groupies gathered in front of the tourist shops there seems to be something irresistible about the Hobblers who finish their race by running down the crowded main street. There's near miss after near miss as the masses wander about in front of the runners, and a sort of bizarre ballet takes place in which grockles and Hobblers interweave and pass through each other.

So it goes. On a lovely crisp day .The first race of the year

Sometimes I like to amuse myself in long races by giving other competitors names based on their appearances, running styles, clubs, or completely arbitrary imaginary vices I lumber them with;.

'I'll overtake Perm Boy and the bloke who looks like a he may be incontinent before Heptonstall and try and stay with Kleptomaniac Woman until the Crag's'.

That kind of thing. Sometimes whatever gets you through is the right thing to do.

I'd beaten Buffman, and Gingerwoman started crying in the Crag's because her feet were hurting and she couldn't feel her toes. I'd overtaken Redteeshirt (who was complaining about his bleeding nipples as if it were my fault). Ponytail and Captain Flatulence seemed to go the wrong way over Penistone Hill, so a couple less in front. I've managed to speed up over the last seven or eight miles and steadily work my way through the middle of the field, just as I planned.

The year started well.

😊 small smiley



Calderdale Hike 37 miles- April

Cricket Club grass is really the very best grass to sit on. Short, rolled flat and without prickly bits. These qualities are best appreciated if you've just run 37 miles, taken about half an hour off your PB but now you're not overly confident in your ability to get up off the aforementioned grass before dark. To minimise the possibility of benightment someone got me a coffee (two spoons please and definitely not decaff). That did the trick.

Before getting up I watched Phil and Oz get a prize, although I wasn't sure what for, but if I were having my photo taken for the paper modesty might preclude those Skins tights. Or I may have needed a shuttlecock.

Jeff and Elise finished in a fantastically quick time. Jeff's in strict personnel trainer mode and seemed to have made Elise cry. Later I'll tell her that he's done that to me in the past and it may be character forming, but seeming as my own character isn't up to much I would doubt it.

I had a good day and have only lost one toe nail which was rattling around in my sock and needed dealing with when I feel able to deal with my shoes. Unfazed and unbowed I retreated to the car and started to start undoing my laces.

Good do.

😊 slightly bigger smiley

Old Counties Tops (ideally) 38 miles-May

The hottest day of the year, but that was no reason to celebrate. The adventure started with a long run out from Langdale over to Grasmere and then the little matter of the long climb to Hellvelyn summit in the stifling heat without a sniff of breeze. You need to keep half an eye on the watch because the first cut off could catch out the unwary and send you home for an early bath (and lie down, and

pint in the Dungeon Ghyll. Mmmm...). Anyway, by the time we'd descended again and got to the checkpoint at the road crossing near Wythburn. Stopping there made me take stock. There was more sweat running out of me than I could ever hope to replace, I was dizzy and my legs felt like the muscles and tendons had been replaced by placticine, my head was pounding, and salt streaked down my face.

Lots of Tod/Ratti crossover people were at the checkpoint. A small puddle was formed around me as I dripped steadily, unhappy and bewildered whilst others seemed to cope so much better with the sun. Enjoying it even. Can't be natural.

'You don't look good,' says ChrisP 'are you sure you're ok?'

Half an hour later a chap with a Dark Peak vest asked me the same question as I lay face down in sheep sh*t on Greenup Edge. I had very little idea where I was and the short answer to his enquiry was no. I wasn't. I'd collapsed twice in half hour. These were proper loss of consciousness jobs, none of your Jane Austin fainting with a hanky in your hand when Mr Darcy wets his trousers rubbish. Jeff dragged me to the check point at Angle Tarn, despite everything we were still comfortably within the cut off time. However it as plainly all over for me and I settled down to checkpoint life with the marshals, again mostly Tod folk with Ratti leanings. I chilled for a while whilst Rhys, Skinz, Lenny, Jane and Lucy gave me water and laughed at me until I'd had enough of them and went back down to the valley. Recovered but muttering.

The following Monday I came very close to being admitted to one of the hospitals I work in. I'd only nipped in to A+E for a quick check because I still felt a bit ropey but before I knew it wires trailed off me. Machines went beep. A mate came into the cubicle.

'What do you think??' I asked this friend (who happens to be an A+E consultant). He looked at my blood results and sighed.

'My professional opinion is that you may have tried to run 38 miles over the biggest mountains in the country, on the hottest day imaginable. My considered diagnosis is you're a bit of a knob. Now go and buy me some chocolates. But first fill in a satisfaction questionnaire'

Time to take stock.

☹ Not happy

Long Tour of Bradwell 33 miles-August

I don't know how I'd react. I honestly don't.

Imagine you're walking your dog on Stanage Edge, one of the most visited bits of the Peak District, itself the most visited National Park in the country. It's busy as there's some kind of long distance race on and these scrawny (and not so scrawny) runners keep passing you when all of a sudden this pink, panting specimen creeps up on you, makes a noise like a blocked sink suddenly clearing, then before sprays you, your dog, two climbers, and several sheep in bright pint vomit (no lumps) that's whipped by the westerly wind into an effervescing arc over the moor. If I were him I think I'd be slightly cheesed off.

So who would have guessed that his immediate, spontaneous, and puzzling response would be...

'Oh Yes! Tha' she blows and no istake!' ?

Of course I was that pink and panting runner and this was my comeback after the trauma of the OCTs. I was about 16 miles in with about the same to go.

After this point things went array in a mammoth fashion. A dirty camelback with its own microculture did for me. Every bush, stone, child and dog in the area was at risk of a splattering. I was like the ornamental fountain in some posh garden. Every time I stopped erupting it was only a matter of time until the next display. I can taste in now. Of course, all the while I was getting more dehydrated and unhappy. Last time I had done this race I broke my toe, then got lost. The frustration was nearly palpable. I don't believe in bogey races but this was enough to make anyone loose reason.

In the end, I very slowly made it round, but clearly I wouldn't recommend a dirty hydration system as a race aid.

After I'd stumbled over the line, Adrian from Dark and White started to take my dibber off in the pavilion that served as race HQ.

'Ade, I'd hurry up' I said.

'Why'

'Cos I'm going to be sick on your laptop'

'Keep the dibber, just go'



☹ Still not happy

High Peak 40 miles-September

Firstly, the tomato soup at the end of this race is something near heaven.

Funny thing this ultra business because it's so rarely enjoyable whilst you're actually doing it. You would think that being out for a few hours would give you time to really see the country. The truth is that the nice bits are normally only appreciated in retrospect because at the time something is usually hurting, ankles, feet, back, pride, feelings, something.

My first time around the HP40 and it flaunts its loveliness in a way most races don't. Even at the time with achey legs and mental strain, I knew that one day I'd look back with joy at the beautiful bit through the limestone crags in Miller's Dale, and the view from the Top of Mam Tor could live in the memory, or even the narrow seeping stones of Castleton could embed themselves in your consciousness and be thought of fondly.

However when they built the three miles long very straight, very slightly climbing road just outside Buxton, no-one was thinking 'one day people will come from miles around to run on here. It's a classic'. Before starting people warned me about it in hush tones, in the same way people talk about the Hillary Step on Everest. Something that must be endured but not enjoyed. Not today. Not ever.

So it proved. After 30 odd miles I hated it and can find nothing in retrospect to make it better. My feet hurt as I could feel blisters forming on my soles (I think the certain Soviet Block Police used to beat prisoners with sticks on the soles of their feet to get them to talk, should have just made them run backwards and forwards on this road for a bit they'd have been begging to confess). It seemed endless, with the sporadic houses all looking the same, giving the illusion that you just weren't moving at all, just on some fiendish treadmill devised by a sick mind. In addition to the slightly squelchy thing happening in my shoes, my knees were seizing up and creaking as they bent. My back was generating pains which then seemed to fall down the backs of my legs.

On the plus side I hadn't collapsed or vomited once all that day, so I wasn't complaining. Dave TS kept me talking and the miles past. By the time we left the road and joined the track that led to the finish I let myself smile. That bit will always seem good.



Happy days.

☺ Little bit happier

Round Rotherham 50 miles-October

In retrospect I should have realised a few things before I did the race.

It seems that certain words or phrases are inherently funny. Most comedians know this because it's their job to know.

If ever I have to go on stage and entertain I'll mention running and Rotherham in the same sentence because prior to the race every time I mentioned the Round Rotherham 50, somebody laughed. At the time I couldn't see why.

Now I know. It's the hilarious aspects of the abandoned industrial estates, the amusing motorway flyovers, and of course the side splitting disused canals with the unwanted white goods bobbing about in them in the sunshine. Now that's funny. These were the good bits. In the worst bits it also rained. Hard. Bouncing off the floor and getting your socks wet hard.

The race seemed to be run largely through bandit country and from the start the runners responded to these latent threats by forming small groups and sticking together for their own security, like some sort of disaster film where the general populace have been turned to zombies and the survivors must learn to work together to survive.

In the first half my point man was honouree Toddy, and friend of Rhys, 'Wild' Bill Harris from Shropshire. After a while he must have got fed up with my moaning and disappeared down yet another ginnel between run-down council housing and shot off over a ploughed potato field. After that I teamed up with a bloke called Chris who I knew from various other ultras, and a young lad from the home counties who seemed a bit traumatised by the whole thing. His 1000 yard stare at the end told the story of the race better than I ever could. Imagine it.

Glad it's all over.

☺ Phew!

So that was my year. Thanks to everyone mentioned in the above for the encouragement / laughs* / abuse* / indifference* / reassurance* over the last year. Let's do it again in 2011.*

Colin.

*Delete as appropriate

RACE RESULTS OCT-NOV

						race		time		pts		GP pts			
race		time		pts		GP pts		race		time		pts		GP pts	
Withens Skyline 24/10/10						Bronte Way 31/10/10									
Sean Carey	U18	45	53	95.9	95.9	Shaun Picard	M50	1	3	29	84.2	95.5			
Andrew Wrench	M40	46	2	95.5	103.1	Martin Roberts	M50	1	4	47	82.5	95.6			
Nick Barber	M	46	7	95.4	95.4	Angus Barclay	M45	1	12	8	74.1	82.3			
Alastair R-Dawson	M	46	43	94.1	96.9	Peter Clarke	M55	1	12	48	73.4	88.9			
Dwane Dixon	M	46	55	93.7	93.7	Sarah Warburton	F35	1	14	38	71.6	80.8			
Dave Collins	M50	50	20	87.4	103.5	Richard Leonard	M50	1	18	28	68.1	78.9			
Martin Stork	M	52	0	84.6	84.6	Maria Prescott	F45	1	18	31	68.0	83.8			
Martin Roberts	M50	54	18	81.0	93.9	Elise Milnes	F50	1	21	40	65.4	85.9			
Sarah May	F	54	28	80.8	89.4	Jane Leonard	F50	1	25	4	62.8	84.7			
Simon Galloway	M45	58	8	75.7	82.4	Kevin Coughlan	M45	1	25	28	62.5	69.8			
Angus Barclay	M45	58	54	74.7	83.0	Graham Milnes	M50	1	27	1	61.4	73.5			
Sarah Warburton	F35	1	0	1	73.3	82.7	Helen Hodgkinson	F35	1	27	44	60.9	70.1		
Peter Clarke	M55	1	1	39	71.3	86.4	Louise Abdy	F45	1	28	3	60.7	79.7		
Keith Parkinson	M55	1	2	3	70.9	86.9	Julie Wyant	F40	1	34	54	56.3	66.9		
Richard Leonard	M50	1	2	19	70.6	81.8	Barry Chapman	M60	1	36	47	55.2	74.7		
Jane Leonard	F50	1	4	48	67.9	91.6	Kathy Bridger	F40	1	47	43	49.6	58.9		
Johnny Medcalf	M50	1	5	14	67.4	77.3	Roaches 13/11/10								
Emma Osenton	F	1	5	30	67.2	74.3	Oz Kershaw	M50	2	53	30	75.5	85.7		
Elise Milnes	F50	1	7	53	64.8	85.1	Louise Abdy	F45	3	41	46	59.1	77.6		
Peter Ehrhardt	M60	1	9	4	63.7	85.1	Wesham 10k 26/11/10								
Stuart Boulton	M50	1	9	6	63.7	73.0	Nick Barber	M		34	44	93.1	93.1		
Graham Milnes	M50	1	10	9	62.7	75.1	Martin Stork	M		37	56	85.2	85.2		
Maria Prescott	F45	1	11	10	61.8	76.1	Sarah May	F		38	54	83.1	92.0		
Patsey Reilly	F40	1	12	18	60.8	73.2	Mark Anderton	M45		39	37	81.6	89.1		
Sue Roberts	F45	1	12	46	60.4	77.3	Richard Butterwick	M		43	11	74.9	77.1		
Dave O'Neill	M50	1	14	29	59.1	69.2	Mel Blackhurst	F40		44	47	72.2	87.8		
Barry Chapman	M60	1	15	16	58.4	79.1	Richard Blakeley	M65		46	1	70.3	92.4		
Mandy Goth	F45	1	15	28	58.3	76.5	Elise Milnes	F50		48	11	67.1	85.9		
Melanie Robertson	F45	1	17	40	56.6	73.4	Peter Ehrhardt	M60		48	47	66.3	83.4		
Julie Wyant	F40	1	18	52	55.8	66.3	Melanie Robertson	F45		49	1	66.0	83.6		
Shaun Picard	M50	1	19	20	55.4	62.9	Bev Wright	F40		49	25	65.4	76.7		
Myra Wells	F50	1	21	35	53.9	73.7	Mandy Goth	F45		52	33	61.5	78.7		
Kathy Bridger	F40	1	22	42	53.2	63.2	Wayne Morrison	M40		53	28	60.5	64.1		
Holmfirth 15m 31/10/10						Moyra Parfitt	F65		54	3	59.8	92.9			
Nick Barber	M	1	31	31	94.0	94.0	Graham Milnes	M50		55	5	58.7	67.9		
Sarah May	F	1	42	58	83.5	92.4	Myra Wells	F50		55	52	57.9	76.4		
Peter Ehrhardt	M60	2	18	23	62.2	78.2	Barry Chapman	M60		58	6	55.7	70.8		

2010 GRAND PRIX TABLE - 33 races			No of races	Ikley Moor	Pendle	Mearley Clough	Sedburgh	Burnsall	Shelf Moor	Half Tour Pendle	Coledale	Coniston	Withens Skyline	Reservoir Bogs	Bronte Way	Trog	Ennerdale	Holme Moss	Borrowdale	Good Shepherd	Roaches		Huddersfield 10k	Salford 10k	Civitiger 6	Cowm 4.2	Wesham 10k	Lytham 10	Bluebell trail	Otley 10	Eccup 10	Burnlet fire Stn 7	Liversedge 1/2	Hendon Brook 1/2	Belper 30k trail	Langdale 1/2	Holmfirth 15	completed races	total points	avg per race	Fell Races	avg per fell race	Road Races	avg per road race	Best Combination	QUALIFIED?	GP SCORE	
1	Jon Wright	M40	9				97.7			99.7		100.3		102.9			100.2		95.0					91.8	98.4	102.2												9	888.2	98.7	6	99.3	3	97.5	5F-3R	Q	793.2	
2	Nick Barber	M	11			95.3	92.0					70.8	95.4				84.4								94.9	96.6	93.1				90.8				96.2		94.0	11	1003.5	91.2	5	87.6	6	94.3	3F-5R	Q	757.5	
3	Richard Blakeley	M65	9				93.0			97.3		79.1	85.2		90.4					103.3						97.7	92.4					97.5						9	835.9	92.9	6	91.4	3	95.9	5F-3R	Q	756.8	
4	Paul Brannigan	M45	10	94.4		79.4			85.7					80.7				92.2					92.4		96.9	95.5				83.0	88.8							10	889.0	88.9	5	86.5	5	91.3	3F-5R	Q	728.9	
5	Mel Blackhurst	F40	13				82.5		85.1							81.1		82.9		100.0				81.4				87.8	89.2		87.7		87.9	88.4	92.0		89.7		13	1135.7	87.4	5	86.3	8	88.0	3F-5R	Q	715.2
6	Sarah May	F	8			95.5			91.2			86.8	89.4					88.9						84.2				92.0									83.5	8	711.5	88.9	5	90.4	3	86.6	5F-3R	Q	711.5	
7	Elise Milnes	F50	13						87.1				85.1		85.9	75.3		84.8		83.0			88.9		87.7		85.9	84.7	86.5					86.7	85.7			13	1107.3	85.2	6	83.5	7	86.6	3F-5R	Q	693.8	
8	Martin Stork	M	12			80.4			82.1				84.6										81.9	77.0	86.3	88.7	85.2	82.8	84.3		81.0			81.1				12	995.4	83.0	3	82.4	9	83.1	3F-5R	Q	674.4	
9	Peter Ehrhardt	M60	15	76.6				69.9	83.3	82.7	71.3		85.1							89.0			81.9		83.8	80.3	83.4	82.9	83.5		79.7						78.2	15	1211.6	80.8	7	79.7	8	81.7	4F-4R	Q	673.7	
10	Melanie Robertson	F45	13			74.6			72.6				73.4									75.9	69.9	84.5	84.8	83.6	81.4	76.3		79.9	88.0	75.2					13	1020.1	78.5	3	73.5	10	79.9	3F-5R	Q	642.9		
11	Barry Chapman	M60	10			80.6	73.8		82.6		72.6	76.1	79.1		74.7								69.6				70.8	72.2									10	752.1	75.2	7	77.1	3	70.9	5F-3R	Q	605.7		
12	Graham Milnes	M50	9						73.4				75.1		73.5								64.1		69.3		67.9	64.0	70.9			72.6					9	630.8	70.1	3	74.0	6	68.1	3F-5R	Q	566.8		
13	Dave O'Neill	M50	9		60.9	64.8	60.3					56.1	69.2	69.9									65.3		68.4	69.7											9	584.6	65.0	6	63.5	3	67.8	5F-3R	Q	528.5		
14	Andrew Wrench	M40	7			106.3				100.3	93.1	98.5	103.1	102.7										93.2													7	697.2	99.6	6	100.7	1	93.2	-	X	604.1		
15	Darren Tweed	M	8			84.1														91.3				73.7	83.7	85.9			82.8			85.3		83.8			8	670.6	83.8	2	87.7	6	82.5	-	X	596.9		
16	Moyra Parfitt	F65	6				101.0		103.0											104.8							92.9			95.2		98.9					6	595.8	99.3	3	102.9	3	95.7	-	X	595.8		
17	Richard Butterwick	M	10	68.6						72.5													81.8	75.6	79.2	81.5	77.1	82.7				83.2	77.9				10	780.1	78.0	2	70.6	8	79.9	-	X	549.5		
18	Dave Collins	M50	12	101.4			100.8	92.8	102.5	100.4	95.3	99.8	103.5	102.8		98.7	89.2	105.8															83.2	77.9			12	1193.0	99.4	12	99.4	0	#####	-	X	516.0		
19	Lauren Jeska	F35	6		96.1		97.6		102.0			100.6					92.1	103.1																		6	591.5	98.6	6	98.6	0	#####	-	X	499.4			
20	Jane Leonard	F50	12		88.3	99.6	98.1			84.7	83.2	89.8	91.6	91.6	84.7		98.9		89.9	103.4																12	1103.8	92.0	12	92.0	0	#####	-	X	491.6			
21	Kevin Booth	M40	6		82.6												71.0		67.6						89.5				79.4					89.0			6	479.1	79.9	3	73.7	3	86.0	-	X	479.1		
22	Steve Brandwood	M50	5	96.2	94.2					94.5	92.8	98.9																								5	476.6	95.3	5	95.3	0	#####	-	X	476.6			
23	Andrew Horsfall	M45	9		90.8	97.4	91.3			93.5	87.8	91.6		97.5				93.2	81.1																	9	824.2	91.6	9	91.6	0	#####	-	X	473.2			
24	Kath Brierley	F45	7				97.9		97.0		86.7	92.3					88.1	97.8	80.4																	7	640.2	91.5	7	91.5	0	#####	-	X	473.1			
25	Martin Roberts	M50	5			100.8	89.7						87.2	93.9	95.6																				5	467.2	93.4	5	93.4	0	#####	-	X	467.2				
26	Alastair R-Dawson	M40	7				88.5		95.0			89.5	96.9				88.0	97.2	83.2																7	638.3	91.2	7	91.2	0	#####	-	X	467.1				
27	Mark Anderton	M45	7																					83.9	91.7	91.1	89.1		92.1				90.8		80.2		7	618.9	88.4	0	#####	7	88.4	-	X	454.8		
28	Myra Wells	F50	9										73.7										69.3	66.8	73.3	73.6	76.4	72.2				78.6	67.6			9	651.5	72.4	1	73.7	8	72.2	-	X	447.8			
29	Phil Hodgson	M50	7				88.6				84.4	91.5				89.7	89.5	84.1	82.1																	7	609.9	87.1	7	87.1	0	#####	-	X	443.7			
30	Mick Craven	M50	5									84.3		85.8				83.9		97.6												90.0				5	441.6	88.3	4	87.9	1	90.0	-	X	441.6			
31	Ian Stansfield	M65	8		56.3				54.4																66.5	64.2				62.7	62.8	68.0		61.7			8	496.6	62.1	2	55.4	6	64.3	-	X	434.9		
32	Clive Greateorex	M45	7	84.9						84.5	81.9			83.1		75.2	80.8			93.5																7	583.9	83.4	7	83.4	0	#####	-	X	427.9			
33	Paul Hobbs	M	5	86.6						82.8				86.0				83.7										87.2								5	426.3	85.3	4	84.8	1	87.2	-	X	426.3			
34	Maria Prescott	F45	5						77.2				76.1		83.8										89.8							91.2				5	418.1	83.6	3	79.0	2	90.5	-	X	418.1			
35	Peter Clarke	M50	5				88.4	78.9			72.8		86.4		88.9																					5	415.4	83.1	5	83.1	0	#####	-	X	415.4			
36	Richard Leonard	M50	10		78.3		76.6				71.3	78.1	81.8		78.9	78.4	76.2		67.4	90.2																10	777.2	77.7	10	77.7	0	#####	-	X	407.6			
37	Sarah Warburton	F35	6						83.9		76.2	76.5	82.7		80.8		78.9																			6	479.0	79.8	6	79.8	0	#####	-	X	402.8			
38	Louise Abdy	F50	8			81.9	82.1					76.3		78.7	79.9		74.2	80.2		77.6															8	630.9	78.9	8	78.9	0	#####	-	X	402.8				
39	Sue Roberts	F45	5			78.3	73.0					77.5	77.3							88.6																5	394.7	78.9	5	78.9	0	#####	-	X	394.7			
40	Ben Crowther	M	5		82.7					82.4				85.5			66.5	68.8																		5	385.9	77.2	5	77.2	0	#####	-	X	385.9			
41	Nigel Hanson	M50	7																			71.1			75.7		74.8	66.5	75.4		79.1		71.3		7	513.9	73.4	0	#####	7	73.4	-	X	376.3				
42	James Riley	M	5		74.1		72.7	68.2								70.9									82.9											5	368.8	73.8	4	71.5	1	82.9	-	X	368.8			
43	Richard O'Sullivan	M45	4											72.8		74.0							79.1					</																				

45	Oz Kershaw	M50	3													88.9	92.7			85.7															3	267.3	89.1	3	89.1	0	####	-	X	267.3					
46	Keith Parkinson	M55	3		85.8							86.9																						88.5			3	261.2	87.1	2	86.4	1	88.5	-	X	261.2			
47	Chris Preston	F45	3							79.5			85.3		94.1																				3	258.9	86.3	3	86.3	0	####	-	X	258.9					
48	David Baldaro	M40	3						78.8												80.9														81.0			3	240.7	80.2	1	78.8	2	80.9	-	X	240.7		
49	Shaun Picard	M45	3							80.3		62.9		95.5																						3	238.7	79.6	3	79.6	0	####	-	X	238.7				
50	Bev Wright	F40	3																		75.7														76.7			3	228.7	76.2	0	#####	3	76.2	-	X	228.7		
51	Johnny Medcalf	M50	3							65.9		77.3	77.1																								3	220.3	73.4	3	73.4	0	####	-	X	220.3			
52	John Preston	M45	3							62.7	73.2		72.5																								3	208.4	69.5	3	69.5	0	####	-	X	208.4			
53	Helen Hodgkinson	F35	3					68.6						70.1	65.4																					3	204.1	68.0	3	68.0	0	####	-	X	204.1				
54	Julie Wyant	F40	3									66.3		66.9																							68.6			3	201.8	67.3	2	66.6	1	68.6	-	X	201.8
55	Sean Carey	U18	2		90.7							95.9																									2	186.6	93.3	2	93.3	0	####	-	X	186.6			
56	Kathy Bridger	F40	3									63.2		58.9																							3	177.5	59.2	2	61.1	1	55.4	-	X	177.5			
57	Mel Siddall	F45	2																		80.8																2	168.5	84.3	0	#####	2	84.3	-	X	168.5			
58	Rachel Skinner	F35	2						83.8			81.9																									2	165.7	82.9	2	82.9	0	####	-	X	165.7			
59	Angus Barclay	M45	2									83.0		82.3																							2	165.3	82.7	2	82.7	0	####	-	X	165.3			
60	Claire Duffield	F35	2						79.7		85.1																										2	164.8	82.4	2	82.4	0	####	-	X	164.8			
61	Lucy Hobbs	F40	2																		82.0																2	161.8	80.9	0	#####	2	80.9	-	X	161.8			
62	Paul Cruthers	M45	2																		80.1																2	158.6	79.3	1	80.1	1	78.5	-	X	158.6			
63	Lee McCluskey	M55	2						72.1		86.2																										2	158.3	79.2	2	79.2	0	####	-	X	158.3			
64	Emma Osenton	F	2							79.7			74.3																								2	154.0	77.0	2	77.0	0	####	-	X	154.0			
65	Phil Cook	M40	2																																			2	150.7	75.4	0	#####	2	75.4	-	X	150.7		
66	Fiona Armer	F40	2							76.5				73.6																							2	150.1	75.1	2	75.1	0	####	-	X	150.1			
67	Patsey Reilly	F40	2									73.2	67.1																								2	140.3	70.2	2	70.2	0	####	-	X	140.3			
68	Stuart Boulton	M50	2									73.0	64.0																								2	137.0	68.5	2	68.5	0	####	-	X	137.0			
69	Dave Wilson	M50	2								74.1						62.5																				2	136.6	68.3	2	68.3	0	####	-	X	136.6			
70	Wayne Morrison	M40	2																																			2	128.9	64.4	0	#####	2	64.4	-	X	128.9		
71	Dwane Dixon	M	1									93.7																										1	93.7	93.7	1	93.7	0	####	-	X	93.7		
72	Karen Gray	F45	1																																			1	91.8	91.8	0	#####	1	91.8	-	X	91.8		
73	Peter Bowles	M	1																																			1	90.5	90.5	1	90.5	0	####	-	X	90.5		
74	Peter Jackson	M60	1			87.5																																1	87.5	87.5	1	87.5	0	####	-	X	87.5		
75	Andrew Bibby	M55	1														85.8																					1	85.8	85.8	1	85.8	0	####	-	X	85.8		
76	Bohuslav Barlow	M60	1																																				1	84.0	84.0	0	#####	1	84.0	-	X	84.0	
77	Jeff Walker	M40	1									82.7																										1	82.7	82.7	1	82.7	0	####	-	X	82.7		
78	Simon Galloway	M45	1										82.4																									1	82.4	82.4	1	82.4	0	####	-	X	82.4		
79	Marcel Ellison	M	1																																			1	82.2	82.2	1	82.2	0	####	-	X	82.2		
80	Roger Howarth	M40	1									79.5																										1	79.5	79.5	1	79.5	0	####	-	X	79.5		
81	Neil Hodgkinson	M40	1				77.9																															1	77.9	77.9	1	77.9	0	####	-	X	77.9		
82	Rachel Henthorne	F40	1																																			1	71.4	71.4	0	#####	1	71.4	-	X	71.4		
83	Andy McFie	M40	1																																			1	71.0	71.0	1	71.0	0	####	-	X	71.0		
84	Kevin Coughlan	M45	1											69.8																								1	69.8	69.8	1	69.8	0	####	-	X	69.8		
85	Isobel Pollard	F	1								68.7																											1	68.7	68.7	1	68.7	0	####	-	X	68.7		
86	John Newby	M75	1																																			1	68.3	68.3	0	#####	1	68.3	-	X	68.3		
87	David Henthorne	M50	1																		66.8																1	66.8	66.8	0	#####	1	66.8	-	X	66.8			
88	Katy Moore	F35	1																																			1	59.2	59.2	0	#####	1	59.2	-	X	59.2		
89	Paula Haworth	F35	1									56.2							</																														

Grand Prix 2010 - overview

After last year's season full of record-breaking performance, big turnouts and the domination of Andrew Wrench, 2010 has seen new, first time winners for all categories: Grand Prix, Club, Fell and Road championships. We will wait and see what next seasons new criteria brings.

89 Toddlies ran at least one GP race, a turnout second only to last year's record of 96. Whilst half completed in 4 or more races only 13 ran the 8 races needed to qualify for the GP (a minimum 3 fell, 3 road/trail plus two others). Three leaving it to the last race to qualify. Of the 13 Nick Barber, Martin Stork, Mel Robertson, Graham Milnes and surprisingly Jon Wright qualified in the GP for the first time.

79 of the 89 GP competitors ran a fell race, but numbers of road runners were down to 43 this year. 20 harriers turned out for just one race and a further for only two GP fixtures. Of those running 2 or more races, only 6 did not compete in a fell race whilst a very high 32 stayed off the roads. Of those qualifying there was more of a return to balance after last year's heavy scoring in road races where 11 of the 19 had 5 road races contributing to their maximum points. This year it was 7 out of 13 gaining maximum points on the fells.

Average turn out for road/trail races was 10 (15 races, 154 entries); Cliviger and Wesham were the most popular attracting 17 runners. The average on the fells was 16 (18 races, 281 entries) with great turnouts of 33 for the very muddy but local Withens Skyline and an equally good 28 at Coniston - an English Championship race.

In fact the English Championship races were a great showcase for Tod as a club. Not just because of the gold medal success of Lauren and Moyra but the attendance and visible presence of Harriers throughout the season. Excluding Noon Stone that we hosted, 51 club members have turned out for an English Championship race (it was 42 last year) competing 106 times over 5 races – an impressive average of 21 per race.

So on to individual performances. This year's GP was won by Jon Wright with the fourth highest total since the new scoring system was introduced 13 years ago – and with a split of 5 fell, 2 road and 1 trail this would be a qualifying total for next year's new formula. In also winning the Fell Championship he is only the second person to do a Fell and GP double: Andrew Wrench did it in 2000 and, of course, last year.

One disappointment was the fact that only 3 runners did the requisite races for the Club Championship. 9 others were one race away from qualifying – mostly failing to do a long category, but there were a couple of runners who missed a medium race having done both longs. Club Champion Nick Barber's number of points 558.7 is a total second only to last year's record set by Andrew Wrench.

This year's most prolific racer was Peter Ehrhardt who finished 15, pursued by a posse of women on 13– Mel Blackhurst, Elise Milnes and Mel Robertson, with the latter being congratulated for doing the most road races – 10 – in what is her first full season with the club. On the fells Dave Collins and Jane Leonard both did 12 of the 18 races. Highest scoring race was the Good Shepherd where 4 competitors topped 100 points.

Jon Wright's winning GP total averaged 98.7 points per race, but this average was beaten by Moyra on 99.3, Dave Collins on 99.4 and topped by last year's winner Andrew Wrench with 99.6. He also had the highest individual score of 106.3 at Mearley Clough – so despite not qualifying for any of the championships this year he has achieved success in some minor reckonings.

The 'GP Ten' trophy - instigated last year - has another recipient. It is awarded to those who have, since the new system was introduced 13 years ago, qualified for 10 GP's. This not a straightforward achievement as injuries and other factors easily intervene. Only two other club members have completed 10 GPs; Peter Ehrhardt and Paul Brannigan were first awarded it last year, and it is good to see them both qualifying again this year. Now a third member has completed their 10th GP this season.

The trophy is, in essence, a recognition of commitment not ability; something so true of this year's recipient Dave O'Neill. Completing his first GP in 1997 he has qualified for all nine since 2002. There may be some of you who, having seen him run, will question his completing one GP let alone ten – anyone doubting this award should express their concerns to the club statistician who checks these things.

2010 ROAD TABLE 15 races				Huddersfield 10k	Salford 10k	Cliviger 6	Cowm 4.2	Wesham 10k	Lytham 10	Bluebell trail	Otley 10	Eccup 10	Burnlet fire Stn 7	Liversedge 1/2	Hendon Brook 1/2	Belper 30k trail	Langdale 1/2	Holmfirth 15	Completed Races	total points	Qualified?	qualifying TOTAL
	attendance			17	11	17	16	17	10	13	6	9	12	11	7	4	1	3	154			
	average points			67.0	72.3	74.7	74.1	69.4	67.1	71.3	66.0	68.0	70.5	71.3	70.9	73.8	73.7	79.9	71.3			
1	Nick Barber	M				94.9	96.6	93.1				90.8				96.2		94.0	6	565.6	Q	565.6
2	Martin Stork	M		81.9	77.0	86.3	88.7	85.2	82.8	84.3		81.0		81.1					9	748.3	Q	508.4
3	Darren Tweed	M			73.7	83.7	85.9			82.8			85.3		83.8				6	495.2	Q	495.2
4	Mark Anderton	M45			76.8	83.9	83.4	81.6		84.4				83.1		73.4			7	566.6	Q	493.2
5	Richard Butterwick	M		81.8	75.6	77.0	79.1	74.9	82.7				80.9	77.9					8	629.9	Q	479.4
6	Mel Blackhurst	F40			67.5			72.2	74.0		72.1		72.3	73.4	75.6		73.7		8	580.8	Q	441.2
7	Elise Milnes	F50		69.5		68.6		67.1	66.2	67.6					67.8	67.0			7	473.8	Q	407.6
8	Melanie Robertson	F45		60.5	55.7	66.7	67.0	66.0	64.9	60.8		63.1	69.5	59.9					10	634.1	Q	394.0
9	Nigel Hanson	M50		62.5			66.5		65.7	58.5	66.3		69.6		62.7				7	451.8	Q	393.3
10	Peter Ehrhardt	M60		65.8		66.6	63.8	66.3	65.8	66.4		63.3						62.2	8	520.2	Q	393.1
11	Myra Wells	F50		53.0	51.1	55.5	55.7	57.9	55.2				59.5	51.7					8	439.6	Q	335.5
12	Ian Stansfield	M65				51.2	48.8				48.2	48.3	51.7		47.4				6	295.6	Q	295.6
13	Paul Brannigan	M45		86.5		90.1	88.8				77.2	82.5							5	425.1	X	425.1
14	Graham Milnes	M50		55.9		60.4		58.7	55.9	61.9			62.8						6	355.6	X	299.7
15	Jon Wright	M40			89.2	95.6	99.3												3	284.1	X	284.1
16	Kevin Booth	M40				83.8				76.7					83.4				3	243.9	X	243.9
17	Sarah May	F			76.1			83.1										83.5	3	242.7	X	242.7
18	Richard Blakeley	M65					75.2	70.3					75.0						3	220.5	X	220.5
19	Bev Wright	F40		65.2				65.4						65.7					3	196.3	X	196.3
20	Moyra Parfitt	F65						59.8			62.2		64.6						3	186.6	X	186.6
21	Dave O'Neill	M50		57.9		60.7	61.8												3	180.4	X	180.4
22	Barry Chapman	M60		55.3				55.7	57.4										3	168.4	X	168.4
23	David Baldaro	M40		80.9										81.0					2	161.9	X	161.9
24	Maria Prescott	F45				73.8							75.0						2	148.8	X	148.8
25	Richard O'Sullivan	M45		73.2										74.8					2	148.0	X	148.0
26	Phil Cook	M40				71.9				72.4									2	144.3	X	144.3
27	Lucy Hobbs	F40		70.6								68.8							2	139.4	X	139.4
28	Mel Siddall	F45			64.4						70.0								2	134.4	X	134.4
29	Wayne Morrison	M40						60.5						61.1					2	121.6	X	121.6
30	Andrew Wrench	M40			88.0														1	88.0	X	88.0
31	Paul Hobbs	M								87.2									1	87.2	X	87.2
32	James Riley	M					82.9												1	82.9	X	82.9
33	Mick Craven	M50											79.2						1	79.2	X	79.2
34	Keith Parkinson	M55													75.9				1	75.9	X	75.9
35	Karen Gray	F45												74.7					1	74.7	X	74.7
36	Paul Cruthers	M50								72.0									1	72.0	X	72.0
37	Bohuslav Barlow	M60										67.4							1	67.4	X	67.4
38	Mandy Goth	F45						61.5											1	61.5	X	61.5
39	Rachel Henthorne	F40		59.8															1	59.8	X	59.8
40	Julie Wyant	FV40														58.5			1	58.5	X	58.5
41	David Henthorne	M50		58.3															1	58.3	X	58.3
42	Katy Moore	F35								51.9									1	51.9	X	51.9
43	Rachel Allen	F40										46.9							1	46.9	X	46.9
44	John Newby	M75					42.0												1	42.0	X	42.0

2010 FELL TABLE			Ilkley Moor	Pendle	Mearley Clough	Sedburgh	Burnsall	Shelf Moor	Half Tour Pendle	Coledale	Coniston	Reservoir Bogs	Withens Skyline	Bronte Way	Trog	Ennerdale	Holme Moss	Borrowdale	Good Shepherd	Roaches	Completed Races	Total points	Qualified?	Qualifying TOTAL
	attendance		7	13	15	22	4	24	13	19	28	20	33	16	10	16	16	9	14	2	281			
	average points		78.2	72.4	76.4	72.7	66.0	70.5	78.4	67.1	72.3	73.2	70.8	66.0	69.3	73.4	77.8	70.5	77.0	67.3				
1	Jon Wright	M40				94.9			96.9		97.4	100.0				97.4		92.3			6	578.9	Q	578.9
2	Alastair R-Dawson	M				86.0		92.3			89.5		94.1			85.5	94.4	80.8			7	622.6	Q	541.8
3	Lauren Jeska	F35		86.8		88.2		91.1			90.9					83.2	93.2				6	533.4	Q	533.4
4	Andrew Horsfall	M45		84.1	90.3	84.6			86.6	81.4	84.9	90.3					86.6	74.4			9	763.2	Q	523.3
5	Dave Collins	M50	85.6			85.1	78.4	86.6	84.7	80.4	84.2	86.9	87.4		83.3	75.3	89.3				12	1007.2	Q	520.9
6	Clive Greateorex	M45	78.7						77.6	75.2		76.2			69.7	74.1			85.8		7	537.3	Q	467.6
7	Phil Hodgson	M50				74.8				72.0	77.2				76.6	75.6	71.0	69.3			7	516.5	Q	447.2
8	Kath Brierley	F45				75.5		74.8		67.7	72.1					68.0	75.4	62.1			7	495.6	Q	433.5
9	Jane Leonard	F50		65.5	73.8	72.7			62.8	61.7	66.5	67.8	67.9	62.3		73.3		66.6	76.6		12	817.5	Q	432.1
10	Sarah Warburton	F35						74.3		68.1	67.8		73.3	71.6		69.9					6	425.0	Q	425.0
11	Richard Leonard	M50		68.3		66.8				62.2	68.1		70.6	68.2	68.4	66.5		58.7	77.8		10	675.6	Q	421.4
12	Richard Blakeley	M65				66.9		70.0		56.9	61.3	65.0							74.3		6	394.4	Q	394.4
13	Elise Milnes	F50						66.3					64.8	65.4	57.4		64.6		63.2		6	381.7	Q	381.7
14	Louise Abdy	F45			64.0	62.5				59.7	61.5			60.7		58.0	61.1			59.1	8	486.6	Q	369.5
15	Peter Ehrhardt	M60	58.1				52.3	62.3	61.9	53.3			63.7						66.6		7	418.2	Q	365.9
16	Andrew Wrench	M40			99.5				93.9	87.1	92.2	96.1	95.5								6	564.3	X	564.3
17	Nick Barber	M			95.3	92.0					70.8		95.4			84.4					5	437.9	X	437.9
18	Sarah May	F			86.3			82.4			78.4		80.8				80.4				5	408.3	X	408.3
19	Steve Brandwood	M50	82.1	79.5					80.7	78.3	83.5										5	404.1	X	404.1
20	Martin Roberts	M50			87.0	77.4					75.2		81.0	82.5							5	403.1	X	403.1
21	Paul Brannigan	M45	87.5		73.6			78.7				74.1					84.7				5	398.6	X	398.6
22	Ben Crowther	M		82.7					82.4			85.5				66.5	68.8				5	385.9	X	385.9
23	Mel Blackhurst	F40				67.0		69.1							66.7		67.3		81.2		5	351.3	X	351.3
24	Peter Clarke	M55				73.0	65.1			65.6			71.3	73.4							5	348.4	X	348.4
25	Paul Hobbs	M	86.6						82.8			86.0					83.7				4	339.1	X	339.1
26	Dave O'Neill	M50		52.5	55.9	52.0					48.4	60.3	59.1								6	328.2	X	328.2
27	Sue Roberts	F45			62.0	57.7					61.4		60.4						69.3		5	310.8	X	310.8
28	Mick Craven	M50									72.7	73.2					71.7		83.3		4	300.9	X	300.9
29	Barry Chapman	M60			60.3	55.3		61.0		54.3	57.0		58.4	55.2							7	401.5	X	292.0
30	James Riley	M		74.1		72.7	68.2								70.9						4	285.9	X	285.9
31	Martin Stork	M			80.4			82.1					84.6								3	247.1	X	247.1
32	Oz Kershaw	M50														78.3	81.7			75.5	3	235.5	X	235.5
33	Shaun Picard	M45								78.1			55.4	84.2							3	217.7	X	217.7
34	Chris Preston	F45								63.7		68.4			76.4						3	208.5	X	208.5
35	Kevin Booth	M40		77.3												65.8		62.7			3	205.8	X	205.8
36	John Preston	M45								58.1	67.8	67.2									3	193.1	X	193.1
37	Johnny Medcalf	M50								58.1		67.2	67.4								3	192.7	X	192.7
38	Maria Prescott	F45						62.7					61.8	68.0							3	192.5	X	192.5
39	Sean Carey	U18		90.7									95.9								2	186.6	X	186.6
40	Moyra Parfitt	F65				60.9		62.1											63.2		3	186.2	X	186.2
41	Graham Milnes	M50						61.3					62.7	61.4							3	185.4	X	185.4
42	Helen Hodgkinson	F35							60.1					60.9	57.4						3	178.4	X	178.4
43	Darren Tweed	M			84.1														91.3		2	175.4	X	175.4
44	Mel Robertson	F45			58.3			56.0					56.6								3	170.9	X	170.9
45	Mandy Goth	F45								53.0	58.3		58.3								3	169.6	X	169.6
46	Angus Barclay	M45											74.7	74.1							2	148.8	X	148.8
47	Rachel Skinner	F35						74.2			72.6										2	146.8	X	146.8
48	Claire Duffield	F35				70.6		75.4													2	146.0	X	146.0
49	Keith Parkinson	M55		70.8									70.9								2	141.7	X	141.7
50	Richard Butterwick	M	68.6						72.5												2	141.1	X	141.1
51	Emma Osenton	F						72.0					67.2								2	139.2	X	139.2
52	Lee McCluskey	M50				62.2		73.6													2	135.8	X	135.8
53	Richard O'Sullivan	M45										65.5			66.5						2	132.0	X	132.0
54	Fiona Armer	F40						62.9				60.5									2	123.4	X	123.4
55	Stuart Boulton	M50										55.8	63.7								2	119.5	X	119.5
56	Patsey Reilly	F40										55.8	60.8								2	116.6	X	116.6
57	Dave Wilson	M50									62.6					52.8					2	115.4	X	115.4
58	Julie Wyant	F40											55.8	56.3							2	112.1	X	112.1
59	Kathy Bridger	F40											53.2	49.6							2	102.8	X	102.8
60	Dwane Dixon	M											93.7								1	93.7	X	93.7
61	Peter Bowles	M																	90.5		1	90.5	X	90.5
62	Marcel Ellison	M																	82.2		1	82.2	X	82.2
63	Jeff Walker	M40									79.6										1	79.6	X	79.6
64	Ian Stansfield	M65		40.5				38.6													2	79.1	X	79.1
65	David Baldaro	M							76.6												1	76.6	X	76.6
66	Roger Howarth	M40									75.8										1	75.8	X	75.8
67	Simon Galloway	M45											75.7								1	75.7	X	75.7
68	Neil Hodgkinson	M40			75.0																1	75.0	X	75.0
69	Paul Cruthers	M45																	72.8		1	72.8	X	72.8
70	Andrew Bibby	M55															70.8				1	70.8	X	70.8
71	Peter Jackson	M60		68.0																	1	68.0	X	68.0
72	Andy McFie	M40																67.7			1	67.7	X	67.7
73	Kevin Coughlan	M45												62.5							1	62.5	X	62.5
74	Isobel Pollard	F						62.1													1	62.1	X	62.1
75	Myra Wells	F50											53.9								1	53.9	X	53.9
76	Paula Haworth	F35									48.9										1	48.9	X	48.9

2010 CLUB CHAMPION

			No of races		Ilkley Moor	Pendle	Mearley Clough	Sedburgh	Burnsall	Shelf Moor	Half Tour Pendle	Coledale	Coniston	Withens Skyline	Reservoir Bogs	Bronte Way	Trog	Ennerdale	Holme Moss	Borrowdale	Good Shepherd	Roaches		Huddersfield 10k	Salford 10k	Cliviger 6	Cowm 4.2	Wesham 10k	Lytham 10	Bluebell trail	Otley 10	Eccup 10	Burnlet fire Stn 7	Liversedge 1/2	Hendon Brook 1/2	Belper 30k trail	Langdale 1/2	Holmfirth 15	total	
1	Nick Barber	M	11				95.3	92.0					70.8		95.4			84.4								94.9	96.6	93.1				90.8				96.2		94.0	558.7	
2	Elise Milnes	F50	13							66.3					64.8	65.4	57.4		64.6		63.2			69.5		68.6		67.1	66.2	67.6					67.8	67.0				401.2
3	Peter Ehrhardt	M60	15		58.1				52.3	62.3	61.9	53.3			63.7						66.6			65.8		66.6	63.8	66.3	65.8	66.4		63.3							62.2	387.8

ENGLISH CHAMPIONSHIP 2010 FELL TABLE

				Ilkley Moor	Pendle	Mearley Clough	Sedburgh	Burnsall	Shelf Moor	Half Tour Pendle	Coledale	Coniston	Reservoir Bogs	Withens Skyline	Bronte Way	Trog	Ennerdale	Holme Moss	Borrowdale	Good Shepherd	Roaches	Completed Races	Total points	Qualified?	Qualifying TOTAL
	attendance			13	13	13	11	13	6	13	13	13	13	13	13	13	11	8	13	13	13	49			
	average points			0.0	0.0	0.0	80.3	0.0	83.6	0.0	0.0	77.5	0.0	0.0	0.0	0.0	76.1	81.4	0.0	0.0	0.0				
1	Jon Wright	M40		0.0	0.0	0.0	94.9	0.0		0.0	0.0	97.4	0.0	0.0	0.0	0.0	97.4		0.0	0.0	0.0	3	289.7	Q	289.7
2	Alister R-Dawson	M		0.0	0.0	0.0	86.0	0.0	92.3	0.0	0.0	89.5	0.0	0.0	0.0	0.0	85.5	94.4	0.0	0.0	0.0	5	447.7	###	276.2
3	Lauren Jeska	F35		0.0	0.0	0.0	88.2	0.0	91.1	0.0	0.0	90.9	0.0	0.0	0.0	0.0	83.2	93.2	0.0	0.0	0.0	5	446.6	###	275.2
4	Dave Collins	M50		0.0	0.0	0.0	85.1	0.0	86.6	0.0	0.0	84.2	0.0	0.0	0.0	0.0	75.3	89.3	0.0	0.0	0.0	5	420.5	###	260.1
5	Andrew Horsfall	M45		0.0	0.0	0.0	84.6	0.0		0.0	0.0	84.9	0.0	0.0	0.0	0.0		86.6	0.0	0.0	0.0	3	256.1	Q	256.1
6	Nick Barber	M		0.0	0.0	0.0	92.0	0.0		0.0	0.0	70.8	0.0	0.0	0.0	0.0	84.4		0.0	0.0	0.0	3	247.2	Q	247.2
7	Sarah May	F		0.0	0.0	0.0		0.0	82.4	0.0	0.0	78.4	0.0	0.0	0.0	0.0		80.4	0.0	0.0	0.0	3	241.2	Q	241.2
8	Phil Hodgson	M50		0.0	0.0	0.0	74.8	0.0		0.0	0.0	77.2	0.0	0.0	0.0	0.0	75.6	71.0	0.0	0.0	0.0	4	298.6	Q	227.6
9	Kath Brierley	F45		0.0	0.0	0.0	75.5	0.0	74.8	0.0	0.0	72.1	0.0	0.0	0.0	0.0	68.0	75.4	0.0	0.0	0.0	5	365.8	X	223.0
10	Jane Leonard	F50		0.0	0.0	0.0	72.7	0.0		0.0	0.0	66.5	0.0	0.0	0.0	0.0	73.3		0.0	0.0	0.0	3	212.5	Q	212.5
11	Sarah Wharburton	F35		0.0	0.0	0.0		0.0	74.3	0.0	0.0	67.8	0.0	0.0	0.0	0.0	69.9		0.0	0.0	0.0	3	212.0	Q	212.0
12	Richard Leonard	M50		0.0	0.0	0.0	66.8	0.0		0.0	0.0	68.1	0.0	0.0	0.0	0.0	66.5		0.0	0.0	0.0	3	201.4	Q	201.4
13	Louise Abdy	F45		0.0	0.0	0.0	62.5	0.0		0.0	0.0	59.7	0.0	0.0	0.0	0.0	58.0	61.1	0.0	0.0	0.0	4	241.3	Q	183.3

CONGRATULATIONS TO ALL OUR WINNERS

Road Champion Nick Barber

Lady Road Champion Mel Blackhurst

Fell champion Jon Wright

Lady Fell champion Lauren Jeska

Grand Prix Winner Jon Wright

Club champion Nick Barber

Eric Stuttard Memorial award Lauren Jeska

Toilet Seat Nick Barber

Award for completion of 10 Grand Prix Championships Dave O'Neill

Clubman of the Year Graeme Wrench (as voted for on the night)

PACK RUNS

JANUARY –SHOULDER OF MUTTON MYTHOLMROYD

FEB—RED LION AT LITTLEBOROUGH

**MARCH—BARE ARTS BREWERY –OPP MORRISONS ROCHDALE RD
TOD**

WEDS AT 7PM

SPEED WORK/INTERVAL SESSIONS

OR

CIRCUIT TRAINING IN THE GYM WHEN THE WEATHER IS POOR

COST £1 WHEN IN THE GYM

TUESDAY NIGHTS 6.30PM

PENNINE BRIDLEWAY RELAY

Still needed Allstars captain