



TORRIER

MAY/JUNE 2010



TODDIES AT COLEDALE HORSESHOE

Our Next Presentation Flower Scar Fell Race

Weds 5th May 2010

*7.15pm from Hare & Hounds, Burnley
Rd, Tomorden.*

*Wanted runners and marshals if
available to help contact
race organiser*

Jon Wright 07789 967212

Please note this replaces the Pack Run



What's On May 10- June 10

Pack Runs

Weds 7pm start

May - New Delight, Colden

Please note there will not be a pack run on the first Weds as it is Flowerscar Fell race -come and run

June - Robin Hood Cragg Vale

July - Kebs Long Causeway

Aug - Lane Ends Old Town,
Hebden Bridge

ENGLISH CHAMPS UPDATE

Holme Moss Long Sun 18th July Entries open from May
1st Enter on official form from website

Shelf Moor Short Sun 5th Sept Entries open July 1st
Enter on official form available from website

Thursday 6th May Pendle Trip
Postponed till later in the year

Grand Prix fixtures

are as follows

All information is on the website

www.todharriers.co.uk

Road details on www.ukresults.net

Fell info on www.fellrunner.org.uk

THURSDAY 3RD JUNE 2010

7pm

AWAY RUN AND SOCIAL

FROM JUBILEE REFRESHMENT
ROOMS, SOWERBY BRIDGE
RAILWAY STATION

Run or cycle.

RAID run on the hills above Sowerby Bridge.
(1hour to 90 mins)

Pie (veg or meat) and peas for £2.80, great
beers etc in the refurbished refreshment room.

All welcome -

let me know if you require food.

Train from Tod/Hebden arrives at 6:51.

Plenty of car parking near the station and cycle
lockers.

Further info. contact

Dave Collins 01422 836447,

e-mail dave.collins@wycas.org.uk

Mearley Clough (FS) May 11 EOD

Otley 10 (RM) June 09

Ennerdale (FL) June 12 EC!

Reservoir Bogs (FM) June 19

Hendon Brook 13.5 (RL) June 20

Sedbergh 3 Peaks (FS) June 26 EC!

Eccup 10 (RM) July 11

Holme Moss (FL) July 18 EC!

Cliviger 6 (RS) Aug 01

Borrowdale (FL) Aug 7

Belper Rugby Rover 30K Trail (RL) Aug 15

Burnsall Classic (FS) Aug 21

Shelf Moor (FS) Sept 05 EC!

Cowm Reservoir 4.2 (RS) Sept 10

Hodder Valley (FM) Sept 11

Good Shepherd (FL) Sept 18

Langdale Half Marathon (RL) Sept 19

Burnley Fire Station 7 (RM) Oct 03

Holmfirth 15 (RL) Oct 24

Brontë Way (FM) Oct 31

Roaches (FL) Nov 14

Wesham 10K (RS) Nov 27

Interval Training
Tuesday s 6.30pm
Tod High School

NEWS ITEMS

Can be read in Todmorden News or on
Richards Blog

www.thewrongtrod.blogspot.com/

**Help wanted
for the
Hebden Bridge fell race**

After Flower Scar, the next race being organised by the club is the **Hebden Bridge fell race**, this year moving to a mid-week slot on **Thurs June 10th**.

Organiser Andrew Bibby is as usual looking for help for the race. Please let him know if you can offer to be a marshall, or help in Calder Holmes park doing registration and the funnel. He's also looking for lots of Toddie runners wanting to take part.

As in recent years, the prize-giving will be in the White Swan, from about 8.45pm.

SUBS ARE DUE

If you have not paid your subs (they were due in March) then please send to

Richard Gilbert, New Sunderland House, Brearley, Luddendenfoot, West Yorkshire. HX2 6JF
£12 for fell only £17 for road and fell.

Cheques payable to
Todmorden Harriers

For sale
And going fast
Noon Stone Buffs

We have approx 40 buffs left for sale at cost price of £5 (cost 10/11 in the shops)

Will be at pack runs from Mandy or ring Andrew (hoss) on 01706818623

CONTRIBUTIONS

DESPARATELY WANTED

There are 160 of you out there I'm sure someone has done something interesting recently. It could be a race you've never done before - just please write something.

Also wanted someone to write some profiles of members for the Torrier
For example how many of you knew that our President Jim Smith was the first treasurer of the FRA (ok I know you read it in the magazine that came free with the fellrunner).
I am happy to continue compiling the Torrier just need one or two more bodies to do some jobs.

KEEPER OF THE KIT



Margaret Blakeley has kindly taken over this job. She can be contacted on 01422 881974

Thanks

To Emma for another excellent Bunny Score Event.

Everyone entered into the spirit of it (Face paint everywhere)
Batman managed to retain his title.

KEEP THOSE GRAND PRIX POINTS COMING IN

It's Spring, the world is turning sunny again and it's time to give some *serious* attention to the 2010 Tod Harriers Grand Prix.

There are all sorts of great races scheduled in the Grand Prix over the next couple of months – but don't forget that you may need to pre-book to be sure of a place.

The May Day bank holiday weekend offers a choice of the Coniston fell race on Saturday (May Day itself) and the Bluebell Trail race on Sunday May 2nd. In olden times, maidens would bathe in the May Day dew to keep their skin beautiful. If you're planning to camp at Coniston you may like to try this. Maybe works for blokes too.

Actually, if you haven't pre-booked for these two races, you're too late. No GP points for you, loser!

So what's after Coniston and the Bluebell? Ah yes, Mearley Clough on Tuesday evening May 11th. This is a jolly little 3.5m fell race round the back of Pendle Hill, straight up and straight back down again. The race starts at the Calfs Head, Worston near Clitheroe, and you get a free bowl of pasta afterwards for your efforts. (This must be some new idea about post-race carb loading.) Always fun to see the rather posh Calfs Head invaded by muddy fell runners. Entry on day only.

Nothing for the rest of May, but a nifty little 10 miler mid-week in early June. The Otley 10 takes place on Weds 9 June, and an entry form is with this Torrier. I don't think we've been over to Otley for many a long year, so why not give it a try this year?

June 12th is Ennerdale day. What can we say? The first of the Lakeland long classics, and another English championship race this year. It's tough but tremendous. Pre-entry will be essential, but at the moment it would appear that there are still some spaces. The entry form is enclosed. Race organiser is Colin Dulson, colin@berrison.com

Arguably the best name for a fell race is Reservoir Bogs, and this 7 mile local fell race organised by our friends in CVFR down t'valley is on Sat June 19th. It starts from the Lane Ends (Hare and Hounds) at 11.30am, and wanders across Midgley Moor. Look out for Bronze Age remains as you run.

Sun June 20th is the revised date for this year's Hendon Brook. This is an old favourite (?) for many of us. It's run from Nelson (the start is apparently at 11am from Marsden Park golf course) and it has the occasionally little molehill to climb. As each year, information on the race is almost impossible to find online, though the phone number for enquiries is 01282 431959. Mel Blackhurst usually has all the gen. Buy her a drink and ask her for the details.

Which brings us to the end of June. Sun June 26 is another fell race, this time over in the Howgills. The Sedbergh 3 Peaks is both a British and English championship and will definitely fill up, so get an entry in immediately. Standard FRA entry form to Jon Richardson, 12a Queens Drive, Sedbergh, LA10 5DP (£5 entry).

GP Race Results

race		time			pts	GP pts	Race		time			pts	GP pts
Trog 6/2/10							Lytham 10 21/3/10						
Dave Collins	M50	3	40	13	83.3	98.7	Martin Stork	M	1	6	24	82.8	82.8
Phil Hodgson	M50	3	59	37	76.6	89.7	Richard Butterwick	M	1	6	27	82.7	82.7
Chris Preston	F45	4	0	14	76.4	94.1	Mel Blackhurst	F40	1	14	15	74.0	89.2
James Riley	M	4	19	3	70.9	70.9	Elise Milnes	F50	1	23	3	66.2	84.7
Clive Greateorex	M45	4	23	30	69.7	75.2	Peter Ehrhardt	M60	1	23	29	65.8	82.9
Richard Leonard	M50	4	28	29	68.4	78.4	Nigel Hanson	M50	1	23	36	65.7	74.8
Mel Blackhurst	F40	4	35	23	66.7	81.1	Melanie Robertson	F45	1	24	39	64.9	81.4
Richard O'Sullivan	M45	4	35	53	66.5	74.0	Barry Chapman	M60	1	35	48	57.4	72.2
Helen Hodgkinson	F35	5	19	50	57.4	65.4	Graham Milnes	M50	1	38	24	55.9	64.0
Elise Milnes	F50	5	19	51	57.4	75.3	Myra Wells	F50	1	39	34	55.2	72.2
Liversedge 1/2 14/2/10							Salford 10k 2/4/10						
Mark Anderton	M45	1	29	57	83.1	90.8	Jon Wright	M40	33	54	89.2	91.8	
Martin Stork	M	1	32	10	81.1	81.1	Andrew Wrench	M40	34	22	88.0	93.2	
David Baldaro	M40	1	32	22	81.0	81.0	Martin Stork	M	39	15	77.0	77.0	
Richard Butterwick	M	1	36	1	77.9	77.9	Mark Anderton	M45	39	21	76.8	83.9	
Richard O'Sullivan	M45	1	40	0	74.8	80.8	Sarah May	F	39	45	76.1	84.2	
Karen Gray	F45	1	40	6	74.7	91.8	Richard Butterwick	M	40	1	75.6	75.6	
Mel Blackhurst	F40	1	41	56	73.4	88.4	Darren Tweed	M	41	2	73.7	73.7	
Bev Wright	F40	1	53	50	65.7	76.3	Mel Blackhurst	F40	44	47	67.5	81.4	
Wayne Morrison	M40	2	2	19	61.1	64.8	Mel Siddall	F45	46	56	64.4	80.8	
Melanie Robertson	F45	2	4	45	59.9	75.2	Melanie Robertson	F45	54	16	55.7	69.9	
Myra Wells	F50	2	24	39	51.7	67.6	Myra Wells	F50	59	8	51.1	66.8	
Ilkley 21/2/10							Pendle 3/4/10						
Paul Brannigan	M45		47	42	87.5	94.4	Sean Carey	U18	37	2	90.7	90.7	
Paul Hobbs	M		48	10	86.6	86.6	Lauren Jeska	F35	38	40	86.8	96.1	
Dave Collins	M50		48	45	85.6	101.4	Andrew Horsfall	M45	39	55	84.1	90.8	
Steve Brandwood	M50		50	49	82.1	96.2	Ben Crowther	M	40	35	82.7	82.7	
Clive Greateorex	M45		53	2	78.7	84.9	Steve Brandwood	M50	42	13	79.5	94.2	
Richard Butterwick	M	1	0	52	68.6	68.6	Kevin Booth	M40	43	26	77.3	82.6	
Peter Ehrhardt	M60	1	11	53	58.1	76.6	James Riley	M	45	20	74.1	74.1	
Huddersfield 10k 28/2/10							Keith Parkinson	M55	47	26	70.8	85.8	
Paul Brannigan	M45		40	11	86.5	92.4	Richard Leonard	M50	49	10	68.3	78.3	
Martin Stork	M		42	27	81.9	81.9	Peter Jackson	M60	49	23	68.0	87.5	
Richard Butterwick	M		42	30	81.8	81.8	Jane Leonard	F50	51	17	65.5	88.3	
David Baldaro	M40		42	58	80.9	80.9	Dave O'Neill	M50	1	3	57	52.5	60.9
Richard O'Sullivan	M45		47	29	73.2	79.1	Coledale 17/4/10						
Lucy Hobbs	F40		49	15	70.6	82.0	Andrew Wrench	M40	1	24	48	87.1	93.1
Elise Milnes	F50		50	2	69.5	88.9	Andrew Horsfall	M45	1	30	46	81.4	87.8
Peter Ehrhardt	M60		52	53	65.8	81.9	Dave Collins	M50	1	31	52	80.4	95.3
Bev Wright	F40		53	20	65.2	75.7	Steve Brandwood	M50	1	34	20	78.3	92.8
Nigel Hanson	M50		55	36	62.5	71.1	Shaun Picard	M40	1	34	39	78.1	80.3
Melanie Robertson	F45		57	26	60.5	75.9	Clive Greateorex	M45	1	38	15	75.2	81.9
Rachel Henthorne	F40		58	7	59.8	71.4	Phil Hodgson	M50	1	42	33	72.0	84.4
David Henthorne	M50		59	41	58.3	66.8	Sarah Warburton	F35	1	48	32	68.1	76.2
Dave O'Neill	M50	1		12	57.9	65.3	Kath Brierley	F45	1	49	3	67.7	86.7
Graham Milnes	M50	1	2	10	55.9	64.1	Peter Clarke	M50	1	52	33	65.6	72.8
Barry Chapman	M60	1	2	52	55.3	69.6	Chris Preston	F45	1	55	56	63.7	79.5
Myra Wells	F50	1	5	37	53.0	69.3	Jane Leonard	F50	1	59	46	61.7	83.2
Half Tour Pendle 6/3/10							John Preston	M45	2	7	11	58.1	62.7
Jon Wright	M40	1	9	11	96.8	99.7	Johnny Medcalf	M50	2	7	11	58.1	65.9
Andrew Wrench	M40	1	11	22	93.9	100.3	Richard Blakeley	M65	2	9	44	56.9	79.1
Andrew Horsfall	M45	1	17	20	86.6	93.5	Barry Chapman	M60	2	15	57	54.3	72.6
Dave Collins	M50	1	19	4	84.7	100.4	Peter Ehrhardt	M60	2	18	31	53.3	71.3
Paul Hobbs	M	1	20	55	82.8	82.8	Mandy Goth	F50	2	19	22	53.0	69.6
Ben Crowther	M	1	21	20	82.4	82.4							
Steve Brandwood	M50	1	23	1	80.7	94.5							
Clive Greateorex	M45	1	26	20	77.6	84.5							
David Baldaro	M40	1	27	29	76.6	78.8							
Richard Butterwick	M	1	32	20	72.5	72.5							
Jane Leonard	F50	1	46	39	62.8	84.7							
Peter Ehrhardt	M60	1	48	16	61.9	82.7							
Helen Hodgkinson	F35	1	51	22	60.1	68.6							

2010 FELL TABLE				Ilkley Moor	Pendle	Half Tour Pendle	Coledale	Trog	Completed Races	Total points	Qualified?	Qualifying TOTAL
	attendance			7	12	13	18	10	60			
	average points			78.2	75.0	78.4	67.4	69.3				
1	Dave Collins	M50		85.6		84.7	80.4	83.3	4	334.0	X	334.0
2	Steve Branwood	M50		82.1	79.5	80.7	78.3		4	320.6	X	320.6
3	Clive Greateorex	M45		78.7		77.6	75.2	69.7	4	301.2	X	301.2
4	Andrew Horsfall	M45			84.1	86.6	81.4		3	252.1	X	252.1
5	Jane Leonard	F50			65.5	62.8	61.7		3	190.0	X	190.0
6	Andrew Wrench	M40				93.9	87.1		2	181.0	X	181.0
7	Peter Ehrhardt	M60		58.1		61.9	53.3		3	173.3	X	173.3
8	Paul Hobbs	M		86.6		82.8			2	169.4	X	169.4
9	Ben Crowther	M			82.7	82.4			2	165.1	X	165.1
10	Phil Hodgson	M50					72.0	76.6	2	148.6	X	148.6
11	James Riley	M			74.1			70.9	2	145.0	X	145.0
12	Richard Butterwick	M		68.6		72.5			2	141.1	X	141.1
13	Chris Preston	F45					63.7	76.4	2	140.1	X	140.1
14	Richard Leonard	M50			68.3			68.4	2	136.7	X	136.7
15	Helen Hodgkinson	F35				60.1		57.4	2	117.5	X	117.5
16	Jon Wright	M40				96.9			1	96.9	X	96.9
17	Sean Carey	U18			90.7				1	90.7	X	90.7
18	Paul Brannigan	M45		87.5					1	87.5	X	87.5
19	Lauren Jeska	F35			86.8				1	86.8	X	86.8
20	Shaun Picard	M45					78.1		1	78.1	X	78.1
21	Kevin Booth	M40			77.3				1	77.3	X	77.3
22	David Baldaro	M				76.6			1	76.6	X	76.6
23	Keith Parkinson	M55			70.8				1	70.8	X	70.8
24	Sarah Wharburton	F35					68.1		1	68.1	X	68.1
25	Peter Jackson	M60			68.0				1	68.0	X	68.0
26	Kath Brierley	F45					67.7		1	67.7	X	67.7
27	Mel Blackhurst	F40						66.7	1	66.7	X	66.7
28	Richard O'Sullivan	M45						66.5	1	66.5	X	66.5
29	Peter Clarke	M50					65.6		1	65.6	X	65.6
30	Johnny Medcalf	M45					58.1		1	58.1	X	58.1
31	John Preston	M40					58.1		1	58.1	X	58.1
32	Elise Milnes	F50						57.4	1	57.4	X	57.4
33	Richard Blakeley	M65					56.9		1	56.9	X	56.9
34	Barry Chapman	M60					54.3		1	54.3	X	54.3
35	Mandy Goth	F45					53.0		1	53.0	X	53.0
36	Dave O'Neill	M50			52.5				1	52.5	X	52.5

2010 ROAD TABLE 4 races				Huddersfield 10k	Salford 10k	Lytham 10	Liversedge 1/2	Completed Races	total points	Qualified?	qualifying TOTAL
	attendance			17	11	10	11	49			
	average points			67.0	72.3	67.1	71.3	#DIV/0!			
1	Martin Stork	M		81.9	77.0	82.8	81.1	4	322.8	X	322.8
2	Richard Butterwick	M		81.8	75.6	82.7	77.9	4	318.0	X	318.0
3	Melanie Robertson	F45		60.5	55.7	64.9	59.9	4	241.0	X	241.0
4	Mel Blackhurst	F40			67.5	74.0	73.4	3	214.9	X	214.9
5	Myra Wells	F50		53.0	51.1	55.2	51.7	4	211.0	X	211.0
6	David Baldaro	M40		80.9			81.0	2	161.9	X	161.9
7	Mark Anderton	M45			76.8		83.1	2	159.9	X	159.9
8	Richard O'Sullivan	M45		73.2			74.8	2	148.0	X	148.0
9	Elise Milnes	F45		69.5		66.2		2	135.7	X	135.7
10	Peter Ehrhardt	M60		65.8		65.8		2	131.6	X	131.6
11	Bev Wright	F40		65.2			65.7	2	130.9	X	130.9
12	Nigel Hanson	M50		62.5		65.7		2	128.2	X	128.2
13	Barry Chapman	M60		55.3		57.4		2	112.7	X	112.7
14	Graham Milnes	M50		55.9		55.9		2	111.8	X	111.8
15	Jon Wright	M40			89.2			1	89.2	X	89.2
16	Andrew Wrench	M40			88.0			1	88.0	X	88.0
17	Paul Brannigan	M45		86.5				1	86.5	X	86.5
18	Sarah May	F			76.1			1	76.1	X	76.1
19	Karen Gray	F45					74.7	1	74.7	X	74.7
20	Darren Tweed	M			73.7			1	73.7	X	73.7
21	Lucy Hobbs	F40		70.6				1	70.6	X	70.6
22	Mel Siddall	F45			64.4			1	64.4	X	64.4
23	Wayne Morrison	M40					61.1	1	61.1	X	61.1
24	Rachel Henthorne	F40		59.8				1	59.8	X	59.8
25	David Henthorne	M50		58.3				1	58.3	X	58.3
26	Dave O'Neill	M50		57.9				1	57.9	X	57.9

2010 GRAND PRIX TABLE - 9 races			No of races		Ilkley Moor	Pendle	Half Tour Pendle	Coledale	Trog		Huddersfield 10k	Salford 10k	Lytham 10	Liversedge 1/2	completed races	total points	avg per race	Fell Races	Road Races	QUALIFIED?	GP SCORE
1	Richard Butterwick	M	6		68.6		72.5				81.8	75.6	82.7	77.9	6	459.1	76.5	2	4	X	459.1
2	Dave Collins	M50	4		101.4		100.4	95.3	98.7						4	395.8	99.0	4	0	X	395.8
3	Peter Ehrhardt	M60	5		76.6		82.7	71.3			81.9		82.9		5	395.4	79.1	3	2	X	395.4
4	Steve Branwood	M50	4		96.2	94.2	94.5	92.8							4	377.7	94.4	4	0	X	377.7
5	Mel Blackhurst	F40	4						81.1			81.4	89.2	88.4	4	340.1	85.0	1	3	X	340.1
6	Clive Greatorex	M45	4		84.9		84.5	81.9	75.2						4	326.5	81.6	4	0	X	326.5
7	Martin Stork	M	4								81.9	77.0	82.8	81.1	4	322.8	80.7	0	4	X	322.8
8	Melanie Robertson	F45	4								75.9	69.9	81.4	75.2	4	302.4	75.6	0	4	X	302.4
9	Andrew Wrench	M40	3				100.3	93.1				93.2			3	286.6	95.5	2	1	X	286.6
10	Myra Wells	F50	4								69.3	66.8	72.2	67.6	4	275.9	69.0	0	4	X	275.9
11	Andrew Horsfall	M45	3			90.8	93.5	87.8							3	272.1	90.7	3	0	X	272.1
12	Jane Leonard	F50	3			88.3	84.7	83.2							3	256.2	85.4	3	0	X	256.2
13	Elise Milnes	F50	3						75.3		88.9		84.7		3	248.9	83.0	1	2	X	248.9
14	David Baldaro	M40	3				78.8				80.9			81.0	3	240.7	80.2	1	2	X	240.7
15	Richard O'Sullivan	M45	3						74.0		79.1			80.8	3	233.9	78.0	1	2	X	233.9
16	Barry Chapman	M60	3					72.6			69.6		72.2		3	214.4	71.5	1	2	X	214.4
17	Jon Wright	M40	2				99.7					91.8			2	191.5	95.8	1	1	X	191.5
18	Paul Brannigan	M45	2		94.4						92.4				2	186.8	93.4	1	1	X	186.8
19	Mark Anderton	M45	2									83.9		90.8	2	174.7	87.4	0	2	X	174.7
20	Phil Hodgson	M50	2					84.4	89.7						2	174.1	87.1	2	0	X	174.1
21	Chris Preston	F45	2					79.5	94.1						2	173.6	86.8	2	0	X	173.6
22	Paul Hobbs	M	2		86.6		82.8								2	169.4	84.7	2	0	X	169.4
23	Ben Crowther	M	2			82.7	82.4								2	165.1	82.6	2	0	X	165.1
24	Richard Leonard	M50	2			78.3			78.4						2	156.7	78.3	2	0	X	156.7
25	Bev Wright	F40	2								75.7			76.3	2	152.0	76.0	0	2	X	152.0
26	Nigel Hanson	M50	2								71.1		74.8		2	145.9	73.0	0	2	X	145.9
27	James Riley	M	2			74.1			70.9						2	145.0	72.5	2	0	X	145.0
28	Helen Hodgkinson	F35	2				68.6		65.4						2	134.0	67.0	2	0	X	134.0
29	Graham Milnes	M50	2								64.1		64.0		2	128.1	64.1	0	2	X	128.1
30	Dave O'Neill	M50	2			60.9					65.3				2	126.2	63.1	1	1	X	126.2
31	Lauren Jeska	F35	1			96.1									1	96.1	96.1	1	0	X	96.1
32	Karen Gray	F45	1											91.8	1	91.8	91.8	0	1	X	91.8
33	Sean Carey	U18	1			90.7									1	90.7	90.7	1	0	X	90.7
34	Peter Jackson	M60	1			87.5									1	87.5	87.5	1	0	X	87.5
35	Kath Brierley	F45	1					86.7							1	86.7	86.7	1	0	X	86.7
36	Keith Parkinson	M55	1			85.8									1	85.8	85.8	1	0	X	85.8
37	Sarah May	F	1									84.2			1	84.2	84.2	0	1	X	84.2
38	Kevin Booth	M40	1			82.6									1	82.6	82.6	1	0	X	82.6
39	Lucy Hobbs	F40	1								82.0				1	82.0	82.0	0	1	X	82.0
40	Mel Siddall	F45	1									80.8			1	80.8	80.8	0	1	X	80.8
41	Shaun Picard	M45	1					80.3							1	80.3	80.3	1	0	X	80.3
42	Richard Blakeley	M65	1					79.1							1	79.1	79.1	1	0	X	79.1
43	Sarah Warburton	F35	1					76.2							1	76.2	76.2	1	0	X	76.2
44	Darren Tweed	M	1									73.7			1	73.7	73.7	0	1	X	73.7
45	Peter Clarke	M50	1					72.8							1	72.8	72.8	1	0	X	72.8
46	Rachel Henthorne	F40	1								71.4				1	71.4	71.4	0	1	X	71.4
47	Mandy Goth	F45	1					69.6							1	69.6	69.6	1	0	X	69.6
48	David Henthorne	M50	1								66.8				1	66.8	66.8	0	1	X	66.8
49	Johnny Medcalf	M45	1					65.9							1	65.9	65.9	1	0	X	65.9
50	Wayne Morrison	M40	1											64.8	1	64.8	64.8	0	1	X	64.8
51	John Preston	M40	1					62.7							1	62.7	62.7	1	0	X	62.7

LADIES UPDATE

Despite a ridiculous number of ladies being injured – including Claire, Louise, Helen, Lucy, Bev, Chris, Karen and some of us on our way back from injury Moyra, Mandy, Jane & myself Tod ladies have had a reasonably good start to the year. We were 3rd ladies team in the Pennine Bridleway with Sarah May & Lauren Jeska producing the



fastest time on their leg, and Kerry Edwards who hadn't run for ages, pulled out a good time with **no training** & saved the day with Karen Gray on leg 4, well done to Mel B for captaining & doing a good job.



First English championship race was Noonstone where Lauren produced a fantastic result **4th lady**. Overall we finished a respectable **7th ladies team** with Sarah W & Rachel (aka Skinz) as 2nd & 3rd counters, Karen Gray, Mel B & Louise produced a very useful **5th place in the LV40** team and Moyra was **1st LV65 & 3rd LV60** –well done! Subsequently Lauren ran at Silent Valley in the British champs & was **2nd lady** – and she seems to improving every race –bring it on!

It was great to watch so many of our ladies out on the Hobble in March with Chris breezing along into 7th place – with her dodgy knee – *how does she do it?* Elise, Sue , Louise, Jules & Helen W also trotted round quite merrily with no problem, well done its a looong race!

Beep beep! The road runners seem to be growing in number this year with Mel B, Myra & Mel R competing in all of the GP races so far, with Sarah M, Rachel H , Mel S, Lucy & Elise joining in – good effort, those road races are hard & fast. Just heard today that Helen W and Carla finished the London marathon with impressive times of 4.17 & 4.44

respectively a superb effort from both of you, proving us girls can do distance.

So far in April we have had Pendle where Lauren comfortably won the ladies race – taking a few scalps on the way – watch out fast lads! Jane was 2nd LV50, nice work. Wardle skyline was another opportunity for Mandy & Kathy Bridger to get out & race with both of them joining in the Bunny runs too, yes they are horribly short & fast but they are such a good work out – well done. Coledale was also well attended with 6 ladies out which meant we got the team prize wahoo! We have lots of new runners coming out with us now, it would be great to see people turn up & race. If you have never raced before & would like to have a go, talk to any of the people mentioned above to find out more – it is a great way to improve & such good fun – have a go!

We've got Coniston , Ennerdale & Sedbergh 3 peaks coming up shortly if we can get out & race we should do well. Happy running.

Kath Brierley



Toilet Seat 2010

Welcome to the first edition of the Toilet Seat 2010! What a great Club: quite a few of you have been dishing the dirt on your clubmates – keep it up – it's really appreciated! Now then, Nick Barber has taken an early lead, already scoring more points than some past winners ! However, there are a few in hot pursuit! The rest of you will have to try a lot harder if you fancy this year's trophy!

Yours,
Uncle Barry

DNF 1: Nick Barber DNF at Ilkley by following the wrong people (on a flagged course!!!) – 5 pts

DNF 2: Nick also got lost at Langdale and ended up in the wrong valley for another DNF – 5 more pts

DOA? Nearly...Nick Barber almost had a fantastic run at St. Anne's 10... lying in about 7th around the 6 mile mark (and well ahead of his brother), he then decided that toilet seat points were more valuable than GP points and collapsed around mile 9, eventually being carted off in an ambulance. Initially when Alistair first saw him whilst warming down, he was in a very confused state. The marshals were very good and after a St John's Ambulance volunteer pumped some oxygen in, he was starting to come round by the time a bike paramedic arrived: eventually, an ambulance took him off to get checked out at A&E, by which time he could just about stand up again to collect 5 pts

The Lost Keys: Roger Hawarth's brother had been visiting, then left to sail to Norway (or somewhere ooop North). Shortly after, a delivery man called, after which Roger realised that his keys were missing. Having checked everywhere, Roger thought they must have been left in the front door, then got the notion that the delivery man must have nicked them so that he could return later, enter the house, then steal his car! Roger charged down to the depot to confront the driver but fortunately the depot was closed and deserted. This left Roger no option but to change the house locks, change the car door codes, plus new keys, all at a cost of several hundred £s. Quite some time later, Roger's brother phoned to say that he'd accidentally taken Roger's coat and was Roger wearing his identical coat? He also mentioned that there was a bunch of keys in the coat pocket.....5 pts for having identical coats, 5 for the delivery man debacle, and 5 for having a brother who must be as barmy as he is!

Roving Reporter Myra reckons she can see the grassing up of Richard turning into a full time job: she was just taking Richard's glove out the washer and it reminded her of this fine tale: With just a couple of minutes to the start of Ilkley Moor, **Richard Butterwick** went behind a bush to complete final preparations and put his gloves in his mouth whilst he relieved himself. Part way through, one glove dropped and landed right in the line of fire! With no time to get back to the van, at least he had one warm dry hand for the race! (the other being wet and warm? 5 pts)

Having parted company with last year's much treasured pigeon trophy, **Richard** seems to have set his sights on this year's target silverware already with this little lot...

1. **Balls-up** at the Stoop gate (see Myra for gory details – ouch! 5 pts

2. **Additional injury** to above (discovered later): let's just say, not only were his veg mashed, but his meat was cut up too! 5 pts

Mel Siddall will stop at nothing to win this fabulous trophy: she managed to run herself over with her own car just before Christmas: she'd got half way out to clear the ice and it just took off down the hill backwards! She tried to hang on to it but then the door came off against the wall and finally it ran over her – must be worth 10 pts this!

Spare ribs anyone? Yes, it's our **Mel** again: she fell over on the ice prior to the Hot Toddy race and cracked her ribs – ended up swollen and sore but was desperate for her 5 pts so it was worth it!

Nick Barber: accident specialist:

Calderdale Relay - tried to be clever: tried to vault a stile and ended up falling over for 5 pts

Pennine Bridleway Relay – did some freestyle diving into the first Ford they came to – 5 more points

Change yer route Nick: managed to get knocked from his bike – twice – and in the same spot – 5 pts

Cycled over a tree root, causing him to fall off and rip his knee – 5 pts

Twisted ankle (Nick cont.) by jumping over a wall, only to find a 6ft drop on the other side – 5 pts

Here's Colin Duffield's desperate bid for points: "I was driving twixt hospital sites in my role as roving hospital busy-body, as I passed the turn off for West Vale Quarry whilst singing along to The Smiths (Still Ill), and wondering how Mrs Duff was getting on with the decorating. At that moment a runner appeared from nowhere, causing me to brake quite hard. This nearly (but not quite) caused a Timothy Taylor's wagon to run into my rear. The braking also caused a bag of my son's toys, which were on the back seat of the car, to be propelled forward, hitting me on the head. I thought it a nice bit of Chaos that, so many random things that have been/are important to me all came together at the same moment to give me a headache." Here's 5 pts to go with it Colin

Even more expense for Roger: who managed to drop his mobile phone in deep snow in the back garden, couldn't find it, then it finally showed up about a week later, and surprise, surprise, it no longer worked! Here's 5 pts towards the cost of a new one Roger

A bad day for Ray Rantin' Poulter when he turned his dumper over for 5 pts – please see Ray for the gory details

League Table

Nick Barber	40
Roger Hawarth	20
Richard Butterwick	15
Mel Siddall	15
Colin Duffield	5
Rantin' Ray	5

Fell Races May 2010

SAT. MAY 1. CONISTON (R). AM. 12.30 p.m. 9m/3500'. Venue: Shepherds Bridge, Coniston. GR 306978. £8.00, pre-entry. By April 17th. Over 18. Records: I. Holmes, 01.03.29, 1996; f. Menna Angharad, 01.20.51, 1996. English Championship counter. Weekend camping and live music - check website for details. Details: Sam Clarke, 22 Yewdale Road, Coniston, LA21 8DX. Tel: 015394 41869. Email: andrew.clarke@onetel.net. Website: conistonfellrace.org.uk. **Should be a good one – loads of Toddlies entered, lets just hope the sun shines**

SAT. MAY 1. THE CAKE RACE (FORMERLY AUTUMN LEAVES) (R). BM. 11.00 a.m. 8.5m/1700'. Venue: Kiln Green Church, Diggle, Saddleworth. £4.00, on day. Teams. LK/PM. Over 18. Records: P. Green, 59.23, 2006; f. A. Lupton, 01.11.25, 2006. Full kit/equipment must be brought to start. Details: Howard Chambers, 65 Broad Lane, Rochdale, OL16 4PL. Tel: 01706 358632. Email: howard@remploy1.freemove.co.uk. Website: saddleworth-runners.co.uk.

SUN. MAY 2. GREAT HAMELDON (R). BM. 12.00 p.m. 6m/1100'. Venue: Peel Park pub, Turkey St, Accrington. GR 766292. £5.00, on day. Teams. PM. Over 16. Records: R. Hope, 36.12, 2004; f. B. Whitfield, 44.48, 2005. Details: Marie Greenwood, 196 Bold Street, Accrington, BB5 6SS. Tel: 01254 237485. Email: mgreen8@hallmark-uk.com. Website: clayton-le-moors-harriers.co.uk.

SUN. MAY 2. Roses Community 10k Fun Run, 10.30am. Lancaster University, Lancashire. Also 5k Fun Run at 11.30 (£5) and 1.5k Fun Run at 11.00am (£2)

Sponsorship money raised will be in aid of CancerCare

2010 entry fees: £7 (pay "Lancaster University Students Union")

Contact: LUVU, Lancaster University LA1 4XX - tel. 01524 592266 - Email James Perrin

SUN. MAY 2. Bluebell Trail 10, 10am. Heath Rugby Club, Stainland Road, West Vale, Halifax HX4 8LS. Changing facilities, limited showers. 2010 entry fee: £8/£10 no entries on the day ("Stainland Lions Road Runners") c/d 26/4. Contact: Bluebell Trail 10, 33 Albion Court, Halifax, West Yorkshire HX1 1YN - tel. 07855 213915

MON. MAY 3. COINERS (R). BM. 1.30 p.m. 7m/1100'. Venue: Mytholmroyd Community Centre. £3.50, on day. Over 18. Records: B. Mounsey, 45.10, 2007; f. J. Buckley, 51.49, 2007. Allow 10 mins to walk to start. Separate entry for junior races. Details: Nick Murphy, Shireburn, Rudd Lane, Cragg Vale, Hebden Bridge, HX7 5TD. Tel: 01422 884497. Email: nickmurphy@hotmail.com. Website: cvfr.co.uk.

MON. MAY 3. WRAY CATON MOOR (R). BM. 11.30 a.m. 6.75m/1100'. Venue: Wray, nr Lancaster. GR 602676. £3.50, on day. Teams of 3. PM. Over 18. Records: M. Croasdale, 42.20, 2006; f. H. Jones, 51.44, 2006. Juniors: U8(over 6)/U10/U12/U14/U16/U18, £1. Different routes for each age group. 2 mass starts after seniors. Village Fair & Scarecrow Festival. Details: Peter Edge, Sandstones, Hornby Road, Wray, Lancaster, LA2 8QN. Tel: 015242 21626. Email: peter@edge.go-plus.net. Website: wrayvillage.co.uk.

TUE. MAY 4. BUNNY RUN RELAY (R). 7.30 p.m. Venue: Old Sun Hotel, Haworth, W Yorks. 5 min walk to start. £6.00, on day. Per team of 3. PM. Over 10. Records: Rossendale Dwarves, 31.24, 2009; f. 3 People, 38.29, 2009. All 3 Legs 2m/200'. Almost any conceivable team composition welcome including mixed, family, junior etc. Relay batons are eggs! Cadbury's creme egg to all finishers. Soup and roll included. Details: Dave Woodhead, 166 Hainworth Wood Road, Keighley, BD21 5DF. Tel: 01535 669100. Website: woodentops.org.uk. **Let's see how many Toddy teams we can get out, dressup as bunnies (or anything appropriate), and how much chocolate we can 'collect'**

WED. MAY 5. FLOWER SCAR (R). AS. 7.15 p.m. 4m/1400'. Venue: Hare & Hounds, Burnley Rd, Todmorden. Free entry on day. No prizes. Teams. LK/PM. Over 16. Records: S. Livesey, 26.58, 1995; f. J. Kenyon, 33.00, 1995. No safety pins. Details: Jon Wright, 83 Bacup Road, Todmorden, OL14 7HG. Tel: 07789 967212. Email: jjbawright@aol.com. Website: todharriers.co.uk. **Our very own race – why not help out if you aren't racing?**

FRI. MAY 7. PINHAW MOOR (R). BS. 7.00 p.m. 5m/700'. Venue: Red Lion St, Earby, nr Colne, BB18 6NN. GR 908467. £5.00, on day. PM. Over 18. Records: A. Norman, 27.36, 2006; f. V. Wilkinson, 32.24, 2007. Details: Peter Thompson, 22 Buckingham Drive, Read, Burnley, BB12 7QE. Tel: 07831 399092. Email: peter.thompson@rbs.co.uk. Website: clayton-le-moors-harriers.co.uk.

SAT. MAY 8. BELMONT WINTER HILL (R). BS. 1.15 p.m. 4.5m/1000'. Venue: Belmont Bull. GR 673163. £4.00, on day. PM. Over 16. Records: N. Wilkinson, 30.15, 1993; f. V. Wilkinson, 33.48, 2008. Juniors: U12, 1.5m/300'; U14, 2m/400'; U16, 2.5m/600'. Mass start 12:30 p.m. Hosting the Greater Manchester AA Fell Running Championships for Seniors and Juniors. Details: Dave Bateson, 92 High Street, Belmont Village, Bolton, BL7 8AL. Tel: 01204 811515. Email: dave.bateson@talk21.com.

SAT. MAY 8. BUTTERMERE SAILBECK HORSESHOE (R). AM. 1.00 p.m. 9.5m/4650'. Venue: Bridge Hotel, Buttermere. GR NY175169. £6.00 pre-entry, £8.00 on day. Pre-entry by April 30th. Teams men(4), ladies(3). ER/LK/NS/PM. Over 18. Records: R. Jebb, 01.23.49, 2005; f. O. Walwyn, 01.41.56, 2008. Refreshments included. Please note change of date from Sun. Details: Mike Robinson, 38 Burneside Road, Kendal, LA9 4RL. Tel: 01539 721202. Email: mikerobinson1969@yahoo.co.uk. **A tough lake district race – look out for the little climb up to Causey Pike & fabulous descents**

SAT. MAY 8. PENDLE CLOUGHS (R). AL. 11.00 a.m. 14m/3900'. Venue: Downham, nr Clitheroe. GR SD785440. £4.00 pre-entry, £5.00 on day. Pre-entry by May 3rd. Cheques to "A. Hirst". Teams. ER/LK/NS/PM. Over 18. Records: T. Brunt, 02.16.36, 2009; f. J. Buckley, 02.44.24, 2009. 1:25,000 map of course provided. Orienteering punches at checkpoints. Car sharing recommended. Details: Andrew Hirst, 29 Darnbrook Road, Barnoldswick, BB18 5RE. Tel: 01282 812701. Email: amdrewhirst05@tiscali.co.uk. Website: wharfedaleharriers.org.uk..

TUE. MAY 11. JACK BLOOR RACE (R). BS. 7.15 p.m. 5.2m/1150'. Venue: Darwin Gardens, Ilkley. GR 117470. £4.00, on day. Teams. LK/NS. Over 17. Records: G. Hull, 38.04, 2007; f. L. Wright, 45.57, 1995. Juniors: Under 8(over 6)/U10, 0.5m/180'; U14, 1.0m/300'; U17, 1.5m/600'; from 6.15 p.m. No

toilets. No safety pins. Details: Peter Haines, 22 Ashburn Place, Ilkley, LS29 9NW. Tel: 01943 607725. Email: hainesilkley@yahoo.co.uk. Website: jackbloor.co.uk. **Possibly the longest 5 fell miles in the world!**

TUE. MAY 11. MEARLEY CLOUGH (R). AS. 7.15 p.m. 3.5m/1200'. Venue: Calfs Head, Worston. GR 767428. £3.00, on day. Includes pasta supper. ER/PM. Over 14. Records: M. Whitfield, 28.13, 2005; f. B. Haywood, 35.55, 2006. Night for 2 at Calfs Head for breaking records. Details: Geoff Newsam, 3 Greenfield Avenue, Chatburn, Clitheroe, BB7 4AJ. Tel: 01200 441328.

FRI. MAY 14. CHURN MILK CHASE (R). BS. 7.15 p.m. 3.8m/700'. Venue: Midgley Recreation Ground. GR SE036261. £5.00, pre-entry or on day. Includes pie & peas. Teams. LK. Over 14. Records: A. Breaks, 24.24, 2009; f. C. Hanson, 32.05, 2009. Juniors: Provisionally U8(over 6)/U10/U12/U14, £2 (includes goody bag). Races start after seniors. Check website for details. Prize giving in community room. Bar. Parking on Soloman Hill or Jim Allen Lane. Details: Graham Lloyd, Heathercroft, Radcliffe Lane, Midgley, Halifax, HX2 6UT. Tel: 01422 882899. Email: lloyd@ukonline.co.uk. Website: midgleyvillage.co.uk.

SAT. MAY 15. FAIRFIELD HORSESHOE (R). AM. 1.00 p.m. 9m/3000'. Venue: Rydal Hall, Ambleside. GR NY365064. £5.00, on day. Teams of 3. ER/LK/NS/PM. Over 18. Records: M. Roberts, 01.15.11, 2000; f. J. McIver, 01.28.21, 2008. Parking £1. Tea/cake at finish. Details: Eddie Bland, Beechmount, Langrigge Drive, Bowness-on-Windermere, LA23 3AQ. Tel: 015394 48567. Email: eddie.linda@btinternet.com. Website: amblesideac.org.uk. **Classic Lake District horseshoe, not too rocky, just keep turning right & make sure you take the right route off Fairfield.**

TUE. MAY 18. STANHILL (R). BS. 7.15 p.m. 5m/800'. Venue: Britannia Inn, Haslingden Old Rd, Oswaldtwistle, Accrington, BB5 3RJ. £3.00 pre-entry, £4.00 on day. Pre-entry before May 18th. Cheques to "Stanhill FR". Teams men (3), ladies (2). LK/PM. Over 16. Records: L. Passco, 30.09, 2008; f. D. Wright, 35.42, 2008. Juniors: U9, 0.5m/100'; U12, 1m/300'; U14/U16, 1.5m/400'. £1 on night. From 6.30 p.m. Incorporates Hyndburn Champs. Details: Lee Passco, 202 Stanley Street, Accrington, BB5 6QQ. Tel: 01254 879839. Email: passco6qd@btinternet.com. Website: freewebs.com/stanhillfellrace.

WED. MAY 19. BLACKSTONE EDGE (R). AS. 7.30 p.m. 3.5m/1200'. Venue: Knowl Farm, Lydgate Hamlet, Blackstone Edge Old Rd, Littleborough. £4.00, on day. Teams men(4), ladies(3). ER/PM. Over 14. Records: C. Donnelly, 26.33, 1989; f. A. Mudge, 32.38, 2008. Refreshments by "famous" Calderbrook Church ladies. Details: Kev Shand, 13 Chichester Close, Smithybridge, Littleborough, OL15 8QL. Tel: 01706 370080.

WED. MAY 19. KILDWICK (R). BS. 7.30 p.m. 3.75m/800'. Venue: White Lion, Kildwick, between Keighley and Skipton. GR 011457. £3.00, on day. Juniors: Full set of races for over 6s from 6.30 p.m. onwards. Parking limited, please car share. Full details on website. Details: Brett Weeden, 32 Kirkgate, Silsden, Keighley, BD20 0AL. Tel: 07970 206003. Email: brett@phluidity.net. Website: kcac.co.uk.

TUE. MAY 25. COPPICE (R). BS. 7.30 p.m. 5m/600'. Venue: Peel Park Hotel, Turkey St, Accrington. £2.00 pre-entry, £3.00 on day. Pre-entry by May 25th. Cheques to "Lee Passco". Teams men (3), ladies (2). PM. Over 16. Records: L. Passco, 30.52, 2002; f. C. Leah, 37.17, 2004. Juniors: U9, 0.5m, 50p; U12/U14/U16, 2m, £1; from 6.30 p.m.; entry on day. Details: Lee Passco, 202 Stanley Street, Accrington, BB5 6QQ. Tel: 01254 879839. Email: passco6qd@btinternet.com. Website: freewebs.com/coppicefellrace.

WED. MAY 26. HARROCK HILL 1 (R). BS. 7.30 p.m. 5.2m/900'. Venue: Farmers Arms, Bispham Green, nr Parbold. GR 497130. £3.00, on day. £9 for series of 4 races. No extra charge for series entry. PM. Over 16. Records: N. Leigh, 30.28, 2006; f. K. Ingram, 36.06, 2007. Big prizes for series - 3 races to count. Details: Andy Quickfall, 26 Chaucer Close, Ecclestone, Chorley, PR7 5UJ. Tel: 01257 450339. Email: andyquickfall@hotmail.com.

WED. MAY 26. WILL RAMSBOTHAM BADGER STONE RELAYS (R). 7.30 p.m. Venue: White Wells, Ilkley Moor. GR 118467. £7.50, on day. For team of 3. Each of 3 Legs 2m/400'. Over 12. Juniors: Relay - 2m (U14/U16) plus 2 x 1m (U12/U14), £4.50/team. Over 10 on day. White Wells open for refreshments and plunge pool!. Details: Paul Wood, 1 Daisy Hill, Addingham, Ilkley, LS29 0PN. Tel: 01943 831765. Email: paul@ilkleyharriers.org.uk. Website: ilkleyharriers.org.uk.

SAT. MAY 29. HUTTON ROOF CRAGS (R). BM. 2.30 p.m. 7m/1300'. Venue: Hutton Roof Village Hall, nr Kirkby Lonsdale. GR SD570786. £4.00, pre-entry or on day. Check website for pre-entry information. Teams of 4. ER/LK/PM. Over 18. Records: M. Croasdale, 43.38, 1991; f. S. Rowell, 50.56, 1994. Juniors: U12/U14/U16, from 1.45 p.m., £2. Arrive in good time to avoid traffic problems. Details: John Dickinson, The Homestead, Hutton Roof, Carnforth, LA6 2PG. Tel: 015242 71929. Email: john@dickinsons.bbfree.co.uk. Website: huttonroof.org.uk.

SUN. MAY 30. ILKLEY TRAIL (R). BM. 11.30 a.m. 6.5m/700'. Venue: Ilkley swimming pool. £6.00 pre-entry, £8.00 on day. Teams. LK/PM. Over 18. Records: S. Vernon, 40.26, 2008; f. K. Pickles, 50.09, 2008. Juniors: U12(over 8), 1m; U14, 1.5m; U18, 2m; from 10 a.m. Proceeds to Revival Centre in Matugga, Uganda (www.revivalcentrematugga.org.uk). Details: Lawrence Basham, 21 Old Lane, Low Mill Village, Addingham, Ilkley, LS29 0SA. Tel: 01943 830546. Website: ilkleyharriers.org.uk.

SUN. MAY 30. SADDLEWORTH (R). AS. 12.00 p.m. 3m/950'. Venue: Tanners Waterside Mill, Greenfield, Saddleworth. GR SE002038. £4.00, on day. U18s need consent of parent or guardian. See separate details for junior races. Teams. ER/LK/PM. Over 16. Records: R. Wilde, 18.50, 1978; f. C. Greenwood, 22.49, 1984. Full kit/equipment must be brought to start. Kit check. Details: Ruby Carr, 325 Manchester Road, Mossley, Ashton-under-Lyne, OL5 9AY. Tel: 01457 839527. Email: carr_ruby@yahoo.co.uk. Website: saddleworth-runners.co.uk.

MON. MAY 31. AUSTWICK AMBLE (R). BM. 1.00 p.m. 8m/1200'. Venue: Austwick Village Green. GR 768684. £3.50, on day. Street market/gala supporting village organisations. Donations invited on entry. LK/PM. Over 18. Records: J. Logue, 49.23, 2006; f. C. Leah, 57.05, 2006. Juniors: U12/U14 race at 12 noon. Details: Michael Menday, Orchid House, Pant Lane, Austwick, Lancaster, LA2 8BH. Tel: 01524 251787. Email: michael_menday@yahoo.co.uk. Website: austwick.org. **Great family day out for the Bank Holiday, a village fete, village pub and glorious setting for this 'cross country' race**

Road races-May/June 2010

Sunday 2nd May-Bluebell Trail.10miles-definitely fun to do,varied terrain and a river crossing!!..In this year's Grand Prix.You need to preenter.

Monday 3rd May Rothwell 10k 9.30AM.New route and now £15 to enter on the day.

Monday 3rd May Sowerby Bridge Multi terrain 10k. First run in 2009 from St Peter's centre.Enter on day-last year only 67 finishers so could be a good one for a prize!!

Wednesday 5th May-Norman Poole Cwm Reservoir Race,Whitworth. 7pm.£4 to enter,extra £1 on night.The first of a number of Andy's races in May.

Sunday 9th May Ross Walsh Memorial ,Brown House,Wham reservoir race near Rochdale(it takes longer to read than to run!!) 11am.Enter on day.

Sunday 9th May-French Anne half-marathon 11am.Lancaster Cricket Club.£15,extra on day.

Sunday 9th May-Ripon 10 10.30am.Ripon Cricket Club

Tues 11th May-(clashes with Mearley Clough)

5K Geoff Doggett race £5.Another Andy O'Sullivan race. No entry on night!

Sun 16th May Eyam half marathon 10.30am. Definitely hilly and usually very hot(welcome sponges along the way!!) £14. No entry on the day.

Fri 28th May Burnley Lions 10k 7pm.Colne Cricket Club.£5

Thurs 3rd June Cuerden Valley 10k organised by Clare Kenny 7.30pm.£6

Thurs 3rd June Full Bronte 5.7.30pm.Pre entry only as features Yorkshire Vets.

Sunday 6th June Robberttown 7(same route as part of Liversedge ½ marathon).Well organised race.11am.£7 on day.

Wed 9th June Otley 10 In Grand Prix

Wed 16th June Burnley Boys Club, Barden Lane 7pm.£5

Sun 27th June Trawden 7 multi-terrain(more road than anythingelse!!) 11am.£5 on day.

Well,plenty of local road races at this time of year.More details on uk.results.net Mel.B

Noonstone English Championship 2010

Many thanks to Andrew & Caite Horsfall for their organisation plus the many Toddlies who helped make this event such a great success.



Trevor Smith, Arthur Daniels & Jane Leonard



Andrew Horsfall



The Noonstone



Dave Collins



The Start

New image for Tod Harriers – your ideas are wanted now!

Technology moves on and we've got a bit of cash tucked away just waiting to be spent. So, it was decided at recent Committee meetings to try and put these two ingredients together to get some brand new kit ordered - and YOU may be able to have a direct input into this by contributing ideas for new designs.

If you look at your Toddlies vest you will notice that the pattern is achieved by sewing together various bits of different coloured material and any lettering is screen-printed on to the finished garment. Things can be done much differently these days using a process called dye sublimation printing. On most football and cycling jerseys you will see that the design/pattern/lettering can be printed all over the garment in as many colours as you want. The only limit is the designer's imagination and graphic artist/design software implementation skills. Even simple designs like the latest Bingley Harriers vests are now produced like this (have a look at what they are wearing next time you do a race).

So, the challenge is to come up with the germ of an idea for an "evolution" of the current red and blue diagonal stripes on a white background. The concept should be recognisable as Tod Harriers kit but what we are looking for is something modern, clever, bold, cool, funky and a bit moved-on from the 1970s! Keep to a colour palette of red, blue, black, white, grey. We might choose to combine the best elements from different contributors.

If you fancy having a go at a new logo then feel free to do so – the existing "space alien at Stoodley Pike" was hastily thrown together by myself in 1994 when we were co-hosting the FRA Relays with CVFR and needed a logo for the commemorative T-shirt.

The new design ideas would then be drawn up by a professional graphic artist in digital format and will be applicable for all the new kit that will soon be produced – including vest, Buff, cycling jersey, long-sleeved base layer, technical T-shirt, cap, training top etc...

You don't need to be a skilled artist – dig out your felt tips/crayons and sketch your ideas on a bit of paper or use the blank vest below to draw on. Hand it in to Mandy at the next few pack runs. Get creative!!!

KEITH PARKINSON



FROM THE ARCHIVES...

Words of wisdom from Parky...

"You're only as good as your last run – and you never know if that may turn out to be your last run ever!" (Good to see you're still running well 22 years later Keith!)

From April
1989 issue of
Torrier

WEDNESDAY TRAINING RUNS

Starting in April there will be Training Runs for seniors every Wednesday night. The first one will be on April 5th from the Shepherd's Rest Inn, Lumbutts Road at 7.00pm prompt. After every month the venue will be changed.

It is hoped that we can split into groups to run different distances at different speeds on roads and/or fells. In order to develop the social side of the club it is intended to meet in the pub for a drink after the training runs. If you are injured or unavailable for training you could still come up afterwards at around 8.15pm.

Those wanting to run on the fells will need to arrive early to ensure a 7.00pm set-off time. This will make full use of the light in the first few months. Please bring along ideas for routes – especially if you have knowledge of public rights of way. We don't want to get our club a bad name for trespassing or not following the country code.

Please make the effort to turn up for these runs. The more turning out the better it will be. It would also be an ideal opportunity to introduce a prospective new member to the club if any of your friends are considering joining.

(Thanks to Mark Grice for this contribution – ED)

This month in...

1988 – Ken Hanson, one of the early members of Tod Harriers, is forced to retire from fell running due to osteo-arthritis in his knee

1989 – Wednesday evening pack run is held for first time ever on April 5th, 7pm from the Shepherd's Rest (See Torrier entry on left of this page)

Also in 1989 – Eileen Miles passes her Club Coaching course enabling her to train the Junior Harriers (a role Eileen still performs to this day)

1990 – Subs were due. £3 for adults, £2 for 15/16 years, £1 for 8-14 years

1991 – Dave Kite takes on role of Club Secretary

1992 – Harriers were preparing for their next English Champs race at Coniston (no change there then!)

1995 – Uncle Barry imposes a 5-point penalty on Mandy Goth for littering after she crammed her car full of fell runners and their gear, but forgot to close the boot!

Thank you! To Tony Davison for the loan of his collection of Torriers from 1987-1995

Wanted: Torriers from 1995-2001 for scanning. If you can help complete the collection, please contact Claire on 01422 846593/ claire@todharriers.co.uk

LONDON MARATHON

Why on earth would a person with chronic knees who abhors running on the roads ever even consider doing the London Marathon?

Well it's like this...

I am very lucky to be the Aunty of Heather Johnson. My very beautiful and very talented niece attends a mainstream secondary school in Chesterfield, where she is a popular and active student who achieves well. She is a keen guitar player, adores swimming, has a sharp wit and a wicked sense of humour! She is also profoundly deaf and has bi-lateral cochlear implants. She has had a long and difficult journey to get where she is today – a place which most children and their families take totally for granted!

Having the opportunity to run the London Marathon for The Ear Foundation provides a great opportunity to give back a little support to a charity which has not only provided vital support for Heather but also for thousands of children and their families both in this country and across the world.



The Ear Foundation was first set up in 1989 to bring the new technique of cochlear implantation to the UK, offering useful hearing to profoundly deaf children. The Ear Foundation is a unique charity providing support for children across the UK with cochlear implants and hearing aids – through information, community education, resources, and research & development.

In the UK around 800 children per year are born profoundly deaf, and a number of others become deaf through accident or illness. Profound deafness makes it difficult for a child to learn how to talk, read and write through the usual path of hearing, which affects their ability to participate fully in family and social life.

For these children, modern technology including either a hearing aid or a cochlear implant, may help. The fitting of the technology is only the start. In order to benefit from the implant, the children, their families and their local professionals (for example teachers of the Deaf, speech and language therapists) need ongoing training and resources, not offered by statutory services.

The Ear Foundation offers a bridge between the clinic-based audiology services and the child's own community, by providing education and support for those living and working with the children on a daily basis. This ensures the children can use their new hearing in their everyday lives, where the majority of them are now attending mainstream schools and are joining fully in family life.

Over 3,500 children and young people in the UK now have cochlear implants, representing over half profoundly deaf children. Despite this high figure, The Ear Foundation receives no statutory support and it relies a great deal on donations and grants.



I do have a chronic knee condition which meant I was unable to do sport throughout my childhood and teenage years, despite major surgery in the 1980s. I eventually decided not to let my knee condition shackle my life and ventured into fell-running when I moved to Todmorden in the 1990s and first met up with the legend that is Tod Harriers! However, my knees did continue to deteriorate and a couple of years ago I once again succumbed to major surgery.

This surgery has 'patched up' my knees again for a while – and my fell running and cross-training helps to support them. I feel that I have been given a second chance – and I want to make it count for something. I know I only have a short period of time in which I would manage a long road event such as the London Marathon. So I am going to do it this year – and I am going to use this 'second chance' to raise money for a charity which makes an

enormous difference to the quality of life for thousands of profoundly deaf children and their families all over the world.

I do have a just-giving website if you would like to find out more, or would like to donate to my charity run.

<http://www.justgiving.com/helenelizabethwilson>

Maintaining a Cheerful Disposition in the face of Adversity

Having suffered my first serious running injury and determined not to become a Chronic Achilles bore (not sure if I quite succeeded here!) I decided to endeavour to try to maintain some level of fitness and not become a complete lard a**e, whilst also avoiding slumping into the depths of self-pity. This noble intention greatly benefited several parties 1. Blazing Saddles 2. the physio 3. the gym and 4. my husband who used my sudden unfortunate incapacity to abandon his family at every opportunity and train like a demon.

So, having spent my kid's inheritance at the physio I decided it was time to push the boundaries and get out on a bike (having previously restricted myself to gentle pootles along the canal on a push up basket bicycle with my little boys, bellowing after them 'don't go near the edge'. An experience that wasn't particularly enjoyable for any of us). So, weighing up the merits of road v off road and with contradictory advice ringing in my ear I opted to have a go on a mountain bike (primarily to please my sons who are all desperate to leave me for dead on the hills). I decided, rather than be foolhardy and just buy a decent entry level bike outright, I'd be sensible and hire one out first. So, I hobbled around to Blazing Saddles where young George kitted me out with the 'Daddy' (or should I say Mummy) of the Marin range (he even lent me a hat, sorry helmet, and a water bottle). He looked a bit anxious when I asked him how the gears and brakes worked and he quickly decided now wasn't the right time to explain disc brakes, full suspension system, slick tyres etc. Nevertheless, he pushed me off in the right direction and told me to pedal fast and don't look down...

Seven hours later I returned bruised, bloodied, dehydrated, slightly manic but happy with my new hobby. I loved it! The crazy descents, the technical twists and turns, the friendly cyclists I met on route (all of whom looked mightily impressed with the bike that I was riding) It all went to my head, so the following morning, stiff in places that shall remain unmentionable, I returned to Blazing Saddles cheque book in hand. Having now experienced the magic carpet ride offered by the Marin Mount Vision I had to have it. So, with a little help from the 'bike to work' scheme I became the proud owner, and they even threw in the helmet. I left the shop having made friends with Ollie, Al and George etc (they loved me ... easiest sale they've ever made).

Encouraged by Rachel Skins who introduced me to the delights of following hard working fell runners whilst on our bikes shouting out words of encouragement ... , then taking them out on the descents (well not you Phil!). Having survived several endurance routes with Rachel (usually trying desperately hard to keep up with her on the ascents, but failing ... then scaring her half to death on the downs) she taught me the etiquette with gates, bells and the need to share with fellow cyclists tales of amazing kamikaze descents, new undiscovered tracks and technical wizardry. We enjoyed fracas with grumpy rambles and quickly bonded over a true love of getting mucky out on the moors (I'm still waiting for a puncture repair lesson - lets hope don't suffer one whilst out on my own)

The downside, however, is the fact that you have to go out on a bike for at least three hours to truly benefit (and yes you were right Chris and John a cyclo cross would have been better for fitness, but I'm afraid I rather shallowly opted for the pure fun route, however, I am now saving for my snake!). So, as a busy working mother of three and in order to stay married it became evident that a professional mountain bike career wasn't an option (yet!), so I also joined the gym (another first). Now if you're going to have to hit the gym Waterside is probably one of the least intimidating; full of friendly Hebden Bridge types in a strange assortment of gym get ups, without a six pack in sight. However, the boredom nearly saw me off before I even started. Until that is, I was introduced to the mighty, if not mythical cross trainer - the Arc! Determined to conquer the beast I set myself increasingly tricky uphill programmes and contrived to be there at quiet times when I wouldn't be kicked off after 15 minutes. Not for the faint hearted but convinced it must be doing some good if the sweat levels and scary heart rate monitor were anything to go by, I soon found that I could easily wile away an hour. I even tried out the weights but caught a glimpse of myself in the mirror and scared that I was increasingly looking like a ripped Madonna (..umm), or more realistically a German shot putter, I decided it was finally time to try a gentle jog on the flat to Mytholmroyd and back.

The good news is 8 weeks later (and with a large hole in my pocket and very slightly better defined pecs and abs!) I can run again, slowly, cautiously but without searing pain. I even managed to run up to Sheep Stones the other day with my 11 year son Luka (I couldn't keep up with him but I did make it home in one piece). So, I'm hoping my days at the gym are numbered, but I will still keep getting out on my bike – cross training is the way forward (at least till I've paid the loan off!)

On a final note thanks to all of the advice, words of encouragement and shared tales of woe that have been offered to me over the last few months. I never realised how much fellow runners love discussing injuries (and if you're not one of them then I can only apologise profusely for having bored the pants of you lately)



Lucy Hobbs

Swim like a Pilchard !

If I can do it – so can you! I remember my first forays in Tod pool after I'd foolishly signed up for my Ironman. I was advised by JP to buy a pair of roller castors, "To help your toes roll along the bottom of the pool", such was my non-streamlined profile as I ploughed through the water rather than gliding over it. Over a year later I still haven't got my legs up, so to speak but ... I can now swim 2.2 miles. Skinz was very impressed that I was now able to swim like a fish and described me as "just like a pilchard", if I recall correctly.

Front crawl has to be the most technical sport ever devised. It's not really about strength, it's much more about technique. (For technical guidance you should visit swimsmooth.com). I got, and am still getting, a great buzz out of learning a new skill, and an even bigger buzz from wild swimming in the tarns and meres of the Lake District (although perhaps slightly less from the peat water reservoirs of the West Yorkshire moors, but they're still worth a visit to get a fish's eye view of the Pennines)

The pool is the place to start, but wild swimming has to be your aspiration. Did you see Robson Green swim the coldest lake in Wales, and the Corryvreckan whirlpool off Jura, and out to Holy Island ... wild swimming opens up new horizons, and new challenges: the Frog Graham, the Fish Witton... to name but a couple. The world's your paddling pool. No more moaning, "What can we do", when it's raining. So what's stopping you? Dig out your goggles, wriggle into your cossies and budgie smugglers, and get down to the pool.

Why do it? – the benefits of swimming :

Something to do on a rainy day

Low impact – you can still swim when the running injury plays up

Improves your breath holding prowess

You'll acquire an even more sports jargon filled vocabulary

You can buy lots of pool toys and gadgets

You too can enter crazy events involving near drowning experiences

Another reason for needing 8 days in a week

Impress the boys/girls with your fish impressions (including bulging eyes from excessive goggle wear)

You can compete in the Krypton Challenge (as long as you own a spacehopper)

Food for free – all you need is a speargun

You can join in the arm waving gesticulations down the pub when Toddies talk swimming

No more expensive ferry fares

You'll look great in a rubber suit (*Mmm not sure about that one –Ed*)



Phil & JP at Ironman France

Pre-entry form for the

.....Fell Race

Please enter me for the above race.

I have enclosed a cheque / postal order / cash for the pre-entry fee of :-

£..... made payable to 'CFRA' (& if details are required a self addressed envelope).

Please use block capitals for the following details :-

Name.....

Age..... Date of Birth...../...../.....

Category	Male	S / V40 / V45 / V50 / V55 / V60 / V65 / V70
	Female	LS / LV40 / LV45 / LV50 / LV55 / LV60 / LV65 / LV70

Club.....

Address.....

.....

.....

.....

Post Code.....

Tel. No.....

Mobile.....

E-mail.....

Signed.....

Emergency contact (if available)

Name..... Tel/mobile no.....

Please note :-

The lower age limit for Ennerdale/Wasdale is 18+, for the Scafell Pike 16+

You will also be required to fill out a registration form at the race. This form carries a disclaimer & you must record your transport details, i.e. car registration so in the event of your not reaching the finish we are able to verify if your transport is still present.

OTLEY 10 MILE ROAD RACE



Wednesday 9 June 2010 at 7.30pm

Start and finish at Otley RUFC

Cross Green, Otley, West Yorkshire, LS21 1HE

Substantial prize list for all categories

(one individual prize per person)

Memento for all finishers

TheBedGuru
www.bedguru.co.uk

**Changing facilities and showers for men and women
refreshments and bar**

Course records: 50:56 Colin Moore (Bingley H) 1989

and 57:50 Veronique Marot (Leeds City) 1989

****Cash bonus of £50 for new course record****



Closing date for postal entries: Friday 4 June 2010

For lots more information visit www.otleyac.org.uk

Race held under UK Athletics rules: UK Athletics licence number 2010-100495

Entries (including SAE 9x6 please) to:

Race Secretary, 1 Tufton Street, Silsden, Keighley, West Yorkshire, BD20 0PN, tel: 01535 656846

Cheques or postal orders payable to 'Otley AC' please

--- X ---

		<i>please tick appropriate box</i>	
First Name		<input type="checkbox"/> M16-39	<input type="checkbox"/> F16-34
Surname		<input type="checkbox"/> M40-44	<input type="checkbox"/> F35-39
Address		<input type="checkbox"/> M45-49	<input type="checkbox"/> F40-44
.....		<input type="checkbox"/> M50-54	<input type="checkbox"/> F45-49
Postcode	Phone	<input type="checkbox"/> M55-59	<input type="checkbox"/> F50-54
Email Address		<input type="checkbox"/> M60-64	<input type="checkbox"/> F55-59
Date of Birth	Age on Race Day	<input type="checkbox"/> M65-69	<input type="checkbox"/> F60-64
Affiliated Club		<input type="checkbox"/> M70+	<input type="checkbox"/> F65+
EA Reg No			

ENTRY FEES: £8.00 (£10.00 unattached) and £1.00 extra for results

TOTAL ENCLOSED £..... (entry on the day £1.00 extra but eligible for prizes)

I am an amateur as defined by the rules of UK Athletics. I agree that the race organisers will in no way be held responsible for any injury, illness or loss of property occurring during or as a result of the race.

Signature Date