



TORRIER

DEC 11



**A MERRY CHRISTMAS
TO ALL TODDIES
LETS HAVE A GREAT NEW YEAR**

CONGRATULATIONS TO ALL OUR WINNERS

Road Champion Robin Tuddenham

Lady Road Champion Sarah Glyde

Fell champion Jon Wright

Lady Fell champion Sarah May

Grand Prix Winner Robin Tuddenham

Club champion John Lloyd

Eric Stuttard Memorial award Lauren Jeska

Toilet Seat John Lloyd

Clubman of the Year Kath Brierley (as voted for on the night)

PACK RUNS

WEDS 7pm (unless otherwise stated)

January	White Swan, Hebden Bridge
February	Red Lion, Littleborough
March	Bare Arts, Todmorden
April	Shepherds Rest, Lumbutts Rd, Todmorden (6.45pm start)

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

Pilates/Body Conditioning

Last class before Xmas 22nd Dec 7pm

Classes resume 19th Jan

If you would like to come along give me a ring.

We need a few more bodies to create 2 classes plus we're getting outnumbered by Calder Valley. 01422 844936 Mandy

WHAT'S ON DECEMBER 2011 JANUARY 2012

Tuesday Dec 27th Hot Toddy Road Race

Helpers still needed (details elsewhere in this newsletter)

Saturday 7th Jan Navigation Training Event organised by James Logue.

Based in Todmorden. Will involve instruction followed by some outdoor practise see forum for details

Good training for -

Sunday 15th December Todmorden Harriers Mini Moorland Marathon

3 hour score event from the Roebuck Burnley Rd Todmorden. (Full details elsewhere)

Sat 22nd Jan – Stanbury Splash (First fell/GP race)

Sat 28th Jan Northern Cross Country (full details elsewhere)

Sunday 5th Feb – Pennine Bridleway Relay

Still needed Mens B Team captain please let Mandy know or sign up on Forum (Dan happy to help but away on the day)

We have four teams Mens A Jon Wright
 Ladies A captain Mel B
 Ladies B Elise

If you want to run please sign up on forum.

ENGLISH CHAMPIONSHIPS

Entries for Lads Leap and Coledale are already open so get those entries in.

Inaugural Duathlon Relay

December 11, 2011

This was a great success! A simple format – teams of 3, one bike ride, one fell run, one road run – fastest cumulative time wins! The seventh fastest individual times won a spot prize along with those who were best at guessing their times. We had the pub (Summit Inn) all to ourselves and there was free, all-you-can-eat food. What not to like? Many thanks to Andrew Horsfall, Jon Wright, Mandy Goth and all the other helpers. The weather could hardly have been worse (wind, rain, cold) but a great time was had by all!



Grand Prix 2011 – The Overview

Save your eyesight by not peering at the small-print in the tables

Save your valuable time by not reading this

The inclusion for the first time of a separate Trail championship has meant there cannot be an exact comparison with previous years - excepting that it has again been a very notable season.

Only Jon Wright in the Fell Championship has successfully defended last year's title – all the other categories have new – and first time – winners: Sarah May female fell, Robin Tuddenham and Sarah Glyde on the road, Dwane Dixon in the Trail races, John Lloyd as Club Champion and Robin again as overall Grand Prix winner.

89 Toddlies ran at least one of the 33 GP races – the exact same total as last years and one that has only been bettered by the record turnout of 2009. 75 have run a fell race, 43 a road race (interestingly the figures for last year were 76 and 43) and 54 entered one of the 6 trail races. 16 qualified for this year's GP under the new criteria; an above average turnout for recent years, with Robin and John Lloyd first time qualifiers.

Turn-outs for races saw a respectable number of our club vests on view; highlights were 29 at Stanbury, 24 at Heptonstall, 22 at the English Championship counter Mearley Clough and on the road 21 at Littleborough. The average number of entrants for a fell race was 15 and 10 for a road – about the same as last year. Trail races topped out at an average 16 – but despite this only 7 runners qualified for the championship, with only one fifth (11 from 54) competing in three or more. Champion Dwane was the only person to run all six.

There were only two people who ran all six English Championship fell races – Alastair Rhodes Dawson and Sarah May. John Lloyd and Nick Barber ran the most fell races and Martin Stork the most road – all managed 9.

Other notable individual performances came from the GP first timers Robin and John. Robin's GP total of 793.7 points, a fraction above John Wrights winning score last year, is the fourth highest ever. His road total of 583.6 is the best for 11 years, since Paul Brannigans 587.2 in 2000. This GP and Road Championship double has only been done one before - by Richard Blakeley in 2007.

Robin had the highest individual points score at a race being first over the line at Boggart Hole - 107.9 - and at Caldervale - 107.8. An honourable mention to the late Dave Collins who averaged over 100 points for the fell and road races he ran this year; had he managed to complete a trail race he would have been set to win the GP outright.

The closely fought Club Championship, with 6 qualifiers, saw John take the title from Nick Barber with a points total that has only been surpassed by Andrew Wrench (albeit by a substantial 20 points) in his outstanding season two years ago. By running 20 of our 33 GP races John also claimed Peter Ehrhardt's perennial mantle of 'Most Prolific Runner'; who, despite missing the end of the season, was second with 16. Peter's ongoing achievement is qualifying for every GP in the past 14 years – remarkable for both commitment and staying injury free.

2011 FELL TABLE		Lads Leap	Mearley Clough (EC)	Whittle Pike (EC)	Bradley	Thieveley Pike	Stanbury Splash	Long Mynd (EC)	Loughridd (EC)	Yr Aran (BC)	Withins Skyline	Heptonstall	Three Peaks	Duddon (EC)	Sedburgh Hills (EC & BC)	Good Shepherd	Completed Races	Total points	Qualified?	Qualifying TOTAL
	attendance	12	22	18	5	15	29	13	16	10	20	24	8	16	10	10	228			
	average points	75.4	76.1	76.4	79.9	76.9	68.3	78.0	75.3	79.6	66.2	71.2	73.3	72.8	75.7	73.2				
1	Jon Wright	M40	99.4	98.6	96.9	99.4		99.9	98.6	97.5		97.2	91.1				9	878.6	Q	593.1
2	Nick Barber	M		93.2		95.3	88.9	84.1	93.3	90.4			84.1		81.3	95.9	9	806.5	Q	557.0
3	Alastair R-Dawson	M40		92.9	88.7			89.6	91.7	94.0			79.9	90.5	90.7		8	718.0	Q	549.4
4	John Lloyd	M	92.0	88.3		91.3	92.5		92.9	89.5		89.9		72.8			8	709.2	Q	548.1
5	Paul Hobbs	M		85.0		88.7	82.3				84.7	84.9	69.4			89.6	7	584.6	Q	515.2
6	Dave Collins	M55	85.0	83.8	84.7		80.0	87.3				84.2		82.5	80.1		8	667.6	Q	507.5
7	Sarah May	F		79.6	85.4		75.7	79.6	80.0					76.2	80.3		7	556.8	Q	481.1
8	Andrew Bibby	M55		75.6	77.1		68.6	65.5	71.4			70.7			73.4		7	502.3	Q	436.8
9	Kath Brierley	F45	75.7	72.9				70.9	72.5	67.9		72.2		68.7			7	500.8	Q	432.9
10	Mel Blackhurst	F45			67.0			67.8	70.1					64.7	67.2	77.8	6	414.6	Q	414.6
11	Jane Leonard	F50	70.7	69.0	69.6				63.0	67.9				68.4	63.9		7	472.5	Q	409.5
12	Richard Blakeley	M65	69.2	66.8	69.4				61.3			60.6		52.9			6	380.2	Q	380.2
13	Peter Ehrhardt	M60	52.4	62.6	63.3		60.1	60.8				59.4		52.8	61.1		8	472.5	Q	367.3
14	Lauren Jeska	F35		88.3				85.5	85.3	87.4				93.3			5	439.8	X	439.8
15	Simon Galloway	M45	77.2				71.6		69.0		74.4	67.0					5	359.2	X	359.2
16	Paul Brannigan	M45	85.4		90.2	90.4						79.4					4	345.4	X	345.4
17	Ben Crowther	M				87.7	77.9					78.6		80.9			4	325.1	X	325.1
18	Dan Taylor	M				81.6					79.3	78.1				82.5	4	321.5	X	321.5
19	Robin Tuddenham	M40		83.7							85.8		72.2	75.1			4	316.8	X	316.8
20	Sean Carey	U18			91.9		97.8	90.4									3	280.1	X	280.1
21	Dave O'Neill	M50		55.6		55.7	56.6	50.4			57.9						5	276.2	X	276.2
22	Louise Abdy	F50				54.1	56.7		53.8		55.2	54.3					5	274.1	X	274.1
23	Dwane Dixon	M					86.1							87.7	85.8		3	259.6	X	259.6
24	Helen Hodgkinson	F35		64.7		69.0			62.0			62.1					4	257.8	X	257.8
25	Richard Butterwick	M40	74.3			63.5	67.8				49.1						4	254.7	X	254.7
26	Sue Roberts	F45		61.5				61.4		60.3	62.0						4	245.2	X	245.2
27	Clive Greatorex	M45				79.3					74.1	78.6					3	232.0	X	232.0
28	Keith Parkinson	M55		71.4			65.5				67.6						3	204.5	X	204.5
29	Richard Leonard	M50	68.2						67.0	67.2							3	202.4	X	202.4
30	Hatty Nylan	F				73.0	62.1				66.4						3	201.5	X	201.5
31	Kevin Coughlan	M50			61.2	65.6					63.0						3	189.8	X	189.8
32	Elise Milnes	F50									63.9		57.0			53.5	3	174.4	X	174.4
33	Mandy Goth	F50					55.3				58.7			57.0			3	171.0	X	171.0
34	Martin Roberts	M50		83.2			78.3										2	161.5	X	161.5
35	Kevin Booth	M45				83.0										77.7	2	160.7	X	160.7
36	Marcel Ellison	M			77.3		72.3										2	149.6	X	149.6
37	Darren Tweed	M									78.0			70.6			2	148.6	X	148.6
38	Andy McFie	M40										78.1	69.2				2	147.3	X	147.3
39	Gemma Kendal	F							72.5						73.0		2	145.5	X	145.5
40	Sarah Warburton	F35		70.6				73.8									2	144.4	X	144.4
41	Mick Craven	M50			73.4							70.0					2	143.4	X	143.4
42	Derek Donohue	M50					66.5					68.7					2	135.2	X	135.2
43	Phil Hodgson	M50					64.1				70.3						2	134.4	X	134.4
44	Phil Cook	M40			68.5		61.8										2	130.3	X	130.3
45	Fiona Armer	F45			67.0							56.8					2	123.8	X	123.8
46	Moyra Parfitt	F65				61.0										53.5	2	114.5	X	114.5
47	Barry Chapman	M65	55.8				52.4										2	108.2	X	108.2
48	Andrew Wrench	M45						87.7									1	87.7	X	87.7
49	Peter Bowles	M40			82.1												1	82.1	X	82.1
50	Martin Stork	M					80.3										1	80.3	X	80.3
51	David Baldaro	M40														78.2	1	78.2	X	78.2
52	Shaun Pickard	M50					77.5										1	77.5	X	77.5
53	James Riley	M								73.7							1	73.7	X	73.7
54	Paul Smith	M45										70.8					1	70.8	X	70.8
55	Darren Graham	M40												70.7			1	70.7	X	70.7
56	Bev Holmes	FV40														69.4	1	69.4	X	69.4
57	Lucy Hobbs	F40			68.2												1	68.2	X	68.2
58	Andy Glyde	M					67.0										1	67.0	X	67.0
59	Maria Prescott	F45		66.9													1	66.9	X	66.9
60	Chris Drinkwater	M60									66.9						1	66.9	X	66.9
61	Lisa Parsons	F40										66.3					1	66.3	X	66.3
62	Chris Preston	F45									65.8						1	65.8	X	65.8
63	Paul Cotton	M45											63.8				1	63.8	X	63.8
64	Paul Cruthers	M45										63.2					1	63.2	X	63.2
65	Graham Milnes	M55									62.1						1	62.1	X	62.1
66	Emma Osenton	F					61.3										1	61.3	X	61.3
67	Stuart Boulton	M50										60.9					1	60.9	X	60.9
68	Andrea Marshall	F		60.7													1	60.7	X	60.7
69	Karen Gray	F45			59.9												1	59.9	X	59.9
70	Mick Howard	M50					59.3										1	59.3	X	59.3
71	Patsey Reilly	F40										57.7					1	57.7	X	57.7
72	Ray Poulter	M60					55.2										1	55.2	X	55.2
73	Julie Wyant	FV40														53.5	1	53.5	X	53.5
74	Kathy Bridger	F45					45.8										1	45.8	X	45.8
75	Myra Wells	F50									38.5						1	38.5	X	38.5

2011 ROAD TABLE 12 races				Littleborough 5k	Burnley Lions 10k	Boggart Hole 10k	Accrington 10k	Caldervale 10	Elswick 10	Burnsall 10	Preston 10	Liversedge Half	Hendon Brook 13.5	Fleetwood Half	Lancaster Half	Completed Races	total points	Qualified?	qualifying TOTAL
	attendance			21	17	15	13	10	5	6	7	8	12	5	6	125			
	average points			77.4	76.7	81.2	72.8	84.1	81.6	76.4	71.8	73.7	73.9	82.0	79.1	#DIV/0!			
1	Robin Tuddenham	M40			91.5	101.9	96.7	103.2	92.9					95.1	93.8	7	675.1	Q	583.6
2	John Lloyd	M			93.0	98.5	94.1	99.3	91.9	86.7	89.1		93.1			8	745.7	Q	569.9
3	Martin Stork	M		97.8	87.4	95.8	87.7	94.5		87.5		88.6	87.8	90.3		9	817.4	Q	554.8
4	Paul Brannigan	M45		75.9	87.2			95.9	86.6	90.0			88.7			6	524.3	Q	524.3
5	Sarah Glyde	F35		78.7	72.1	78.6	73.6		70.8		67.5		72.3			7	513.6	Q	446.1
6	Mel Blackhurst	F45				77.3	74.6				70.9	74.1	74.2		74.2	6	445.3	Q	445.3
7	Peter Ehrhardt	M60		70.0	65.7				65.8	64.4		66.8	66.1			6	398.8	Q	398.8
8	Nigel Hanson	M50		70.9	65.3	69.2	66.0				63.4	63.9				6	398.7	Q	398.7
9	Melanie Robertson	F45				69.7	66.7			63.2	63.5	67.6		67.9		6	398.6	Q	398.6
10	Simon Galloway	M45		86.7		79.4		73.6						76.6		4	316.3	X	316.3
11	Nick Barber	M					96.2				90.2				95.4	3	281.8	X	281.8
12	Kevin Coughlan	M45		73.0	70.4							68.8	66.5			4	278.7	X	278.7
13	Kevin Booth	M45		85.8	81.4			83.5								3	250.7	X	250.7
14	Mel Siddall	F45		76.2	70.0			66.8								3	213.0	X	213.0
15	Elise Milnes	F50					70.0				58.3		68.6			3	196.9	X	196.9
16	Sarah May	F				92.1						85.4				2	177.5	X	177.5
17	Dave Collins	M55		90.6		84.3										2	174.9	X	174.9
18	Dan Taylor	M				86.4									77.4	2	163.8	X	163.8
19	Darren Graham	M40			82.5									80.3		2	162.8	X	162.8
20	Richard Butterwick	M40		85.9		76.2										2	162.1	X	162.1
21	Andrew Bibby	M55			77.0	82.5										2	159.5	X	159.5
22	Mick Craven	M50						81.3				74.3				2	155.6	X	155.6
23	Lucy Hobbs	F40		78.0				75.9								2	153.9	X	153.9
24	Paul Cruthers	M45											69.7		71.4	2	141.1	X	141.1
25	Richard O'Sullivan	M45			71.9								69.0			2	140.9	X	140.9
26	Richard Blakeley	M65			71.8					66.7						2	138.5	X	138.5
27	Helen Hodgkinson	F35		69.2	67.1											2	136.3	X	136.3
28	Andrea Marshall	F		68.4											62.1	2	130.5	X	130.5
29	Moyra Parfitt	F65					64.5						62.5			2	127.0	X	127.0
30	Dave O'Neill	M50		62.6			57.5									2	120.1	X	120.1
31	Myra Wells	F50		59.9		59.4										2	119.3	X	119.3
32	Dwane Dixon	M		99.5												1	99.5	X	99.5
33	Keith Parkinson	M55		80.7												1	80.7	X	80.7
34	Phil Cook	M40		78.9												1	78.9	X	78.9
35	Lee McCluskey	M50			76.6											1	76.6	X	76.6
36	Hatty Nylan	F		75.8												1	75.8	X	75.8
37	Maria Prescott	F45			73.4											1	73.4	X	73.4
38	Chris Preston	F45											68.8			1	68.8	X	68.8
39	Ray Poulter	M60				67.4										1	67.4	X	67.4
40	Julie Wyant	FV40						66.8								1	66.8	X	66.8
41	Graham Milnes	M55					60.6									1	60.6	X	60.6
42	Barry Chapman	M65		60.4												1	60.4	X	60.4
43	Jim Smith	M70					37.8									1	37.8	X	37.8

Race 33

Pos	Name	Cat	Lads Leap	Mearley Clough (EC)	Whittle Pike (EC)	Bradley	Thieveley Pike	Stanbury Splash	Long Myrd (EC)	Loughrigg (EC)	Yr Aran (BC)	Withins Skyline	Heptonstall	Three Peaks	Duddon (EC)	Sedburgh Hills (EC & BC)	Good Shepherd	Littleborough Sk	Burnley Lions 10k	Boggart Hole 10k	Accrington 10k	Caldervale 10	Elswick 10	Burnsall 10	Preston 10	Liversedge Half	Hendon Brook 13.5	Fleetwood Half	Lancaster Half	Roddlesworth Roller	Bluebell Trail	Whicken Hill Whizz	Worshorne Moor	Worsley Woods	Beely's Nab	total completed races	total points	total fell races	avg per fell race	total ood races	avg per road race	total trail races	avg per trail race	QUALIFIED?	Best Combination	GP SCORE	
1	Robin Tuddenham	M40		87.7							90.8		75.7	78.7					95.6	107.9	101.7	107.8	97.7					100.0	98.7			98.3	99.1		13	1239.7	4	83.2	7	101.3	2	98.7	Q	2F-5R-1T	793.7		
2	Paul Brannigan	M45	93.1		99.3	99.5						86.5						81.7	94.5			102.7	96.0	97.6			96.1			95.3		92.8	101.3		13	1236.4	4	94.6	6	94.8	3	96.5	Q	2F-4R-2T	787.8		
3	John Lloyd	M	92.0	88.3		91.3	92.5			92.9	89.5		89.9		72.8				93.0	103.6	94.1	99.3	91.9	86.7							92.2	89.6		20	1830.5	8	88.7	8	93.9	4	92.6	Q	2F-5R-1T	765.6			
4	Nick Barber	M		93.2		95.3		88.9	84.1	93.3	90.4		84.1			81.3	95.9					96.2				90.2						92.2			13	1180.5	9	89.6	3	93.9	1	92.2	Q	5F-2R-1T	751.9		
5	Andrew Bibby	M55		92.7	94.5			84.2	80.2	87.6			86.6						90.7	102.4												95.6			10	904.5	7	88.0	2	96.6	1	95.6	Q	5F-2R-1T	740.1		
6	Sarah May	F		88.1	94.5			83.8	88.1	88.5										101.9						94.5						89.5	88.6		11	990.7	7	88.0	2	98.2	2	89.1	Q	4F-2R-2T	734.5		
7	Richard Blakeley	M65	97.5	94.1	97.7					86.3			85.4		74.4				94.4					87.7									90.3			9	807.8	6	89.2	2	91.1	1	90.3	Q	5F-2R-1T	733.4	
8	Mel Blackhurst	F45				83.6			83.5	87.5					80.7	83.9	97.0				91.7				87.2	90.2	91.2			91.2		87.7			13	1151.8	6	86.0	6	91.3	1	87.7	Q	2F-5R-1T	732.9		
9	Simon Galloway	M45	85.0					78.1		75.9		81.9	73.7							87.4		79.7						83.0			86.0	78.4	81.3	89.8	81.9		14	1155.3	5	78.9	4	85.8	5	83.5	Q	2F-3R-3T	688.2
10	Elise Milnes	F50										85.0	75.9					71.2				90.5				75.4		88.7			90.3	80.2	83.1			10	828.9	3	77.4	3	84.9	4	85.6	Q	2F-2R-4T	682.3	
11	Peter Ehrhardt	M60	71.0	84.7	85.7			80.3	82.3				80.4		71.4	82.7			88.1	83.5			83.7	81.9			84.0	84.1			86.3	78.4				16	1308.5	8	79.8	6	84.2	2	82.4	Q	2F-5R-1T	680.1	
12	Dan Taylor	M					81.6					79.3	78.1				82.5													77.4	84.0					10	812.7	4	80.4	2	81.9	4	81.9	Q	3F-2R-3T	657.9	
13	Kevin Coughlan	M45			69.5		74.5					71.5							80.4	78.1						87.2	73.7				78.0	71.6		76.8			11	838.5	3	71.8	4	79.9	4	75.9	Q	2F-3R-3T	623.7
14	Helen Hodgkinson	F35		74.5						71.3			71.4						79.6	77.2											73.4		73.8			9	685.0	4	74.3	2	78.4	3	77.0	Q	3F-2R-3T	613.7	
15	Richard Butterwick	M40	76.5				66.0	69.8				51.0						88.4			79.2										81.3			71.7	8	583.9	4	65.8	2	83.8	2	76.5	Q	4F-2R-2T	583.9		
16	Dave O'Neill	M50		65.2		65.2	67.0	59.1				68.6							71.2			65.9									67.2			68.0	69.4	10	666.8	5	65.0	2	68.6	3	68.2	Q	3F-2R-3T	542.5	
17	Dave Collins	M55	101.8	100.4	101.5			95.8					100.9			98.8	96.0		104.8		100.9															10	1005.5	8	100.0	2	102.9	0	0	N		714.9	
18	Dwane Dixon	M						86.1							87.7	85.8		99.5													89.5	92.9	91.6	96.9	92.5	98.5	10	921.0	3	86.5	1	99.5	6	93.7	N		654.1
19	Martin Stork	M						80.3										97.8	87.4	95.8	87.7	94.5		87.5		88.6	87.8	90.3			92.5	85.7				13	1167.8	1	80.3	9	90.8	3	90.0	N		643.1	
20	Alastair R-Dawson	M40		95.6	92.1				92.2	95.2	97.7			82.3	94.1	94.2																	91.6			9	835.0	8	92.9	0	0	1	91.6	N		568.4	
21	Paul Hobbs	M		85.0			88.7	82.3				84.7	84.9	69.4			89.6																86.0			8	670.6	7	83.5	0	0	1	86.0	N		518.9	
22	Melanie Robertson	F45																		91.5	85.4			80.9	81.3	85.7		86.6					87.0			7	598.4	0	0	6	85.2	1	87.0	N		517.5	
23	Jon Wright	M40	103.2	102.5	100.7		103.3		103.8	102.5	101.3		101.0	94.6					88.1	81.3	88.8	83.0		79.9		76.2		81.6								9	912.9	9	101.4	0	0	0	0	N		515.3	
24	Sarah Glyde	F35																		81.3	88.8	83.0		79.9		76.2		81.6			85.6				8	664.5	0	0	7	82.7	1	85.6	N		508.4		
25	Keith Parkinson	M55		87.5				80.3				83.9							90.0													82.9	80.2			6	504.8	3	83.9	1	90.0	2	81.6	N		504.8	
26	Lauren Jeska	F35		98.9					95.7	95.5	97.8				104.5																				5	492.4	5	98.5	0	0	0	0	N		492.4		
27	Moyra Parfitt	F65					103.0										90.4					100.2						97.0				92.5			5	483.1	2	96.7	2	98.6	1	92.5	N		483.1		
28	Kath Brierley	F45	98.1	94.6					91.9	95.2	89.1		93.6		89.0		87.4																		7	651.5	7	93.1	0	0	0	0	N		473.4		
29	Jane Leonard	F50	96.7	94.4	95.2					86.1	92.8				93.6	87.4																			7	646.2	7	92.3	0	0	0	0	N		472.7		
30	Hatty Nylan	F					80.8	68.7				73.5							83.8												77.6				6	471.0	3	74.3	1	83.8	2	82.1	N		471.0		
31	Kevin Booth	M45					89.5										83.8	91.6	86.9			89.1													5	440.9	2	86.7	3	89.2	0	0	N		440.9		
32	Mick Craven	M50		87.0									82.9									93.2					85.2									5	438.7	2	85.0	2	89.2	1	90.4	N		438.7	
33	Graham Milnes	M55										75.2																				73.3	67.1	70.4			6	437.2	1	75.2	1	70.1	4	73.0	N		437.2
34	Ben Crowther	M					87.7	77.9					78.6		80.9																		82.0			5	407.1	4	81.3	0	0	1	82.0	N		407.1	
35	Sue Roberts	F45		78.7					78.5		77.1	80.4																								5	400.4	4	78.7	0	0	1	85.7	N		400.4	
36	Nigel Hanson	M50																	81.3	75.5	82.8	76.3			73.3	73.2									6	462.4	0	0	6	77.1	0	0	N		389.2		
37	Sean Carey	U18			91.9		97.8	90.4																												4	378.2	3	93.4	0	0	1	98.1	N		378.2	
38	Mandy Goth	F50						72.6				78.1			75.9																	76.0				5	376.8	3	75.5	0	0	2	75.1	N		376.8	
39	Louise Abdy	F50					72.0	74.5		71.7		73.5	71.3																						5	363.0	5	72.6	0	0	0	0	N		363.0		
40	Myra Wells	F50										53.4							79.1		82.5														78.7	66.6	5	360.3	1	53.4	2	80.8	2	72.7	N		360.3
41	Andrea Marshall	F		67.1															75.6										68.8						5	354.3	1	67.1	2	72.2	2	71.4	N		354.3		
42	Clive Greateorex	M45					87.3					81.6	86.5																			86.7				4	342.1	3	85.1	0	0	1	86.7	N		342.1	
43	Darren Graham	M40													74.2					86.2								84.5																			

Race 33

[illegible]

Race 33

Pos	Name	Cat	Lads Leap	Mearley Clough (EC)	Whittle Pike (EC)	Bradley	Thieveley Pike	Stanbury Splash	Long Mynd (EC)	Loughrigg (EC)	Yr Aran (BC)	Withins Skyline	Heptonstall	Three Peaks	Duddon (EC)	Sedburgh Hills (EC & BC)	Good Shepherd	Littleborough 5k	Burnley Lions 10k	Boggart Hole 10k	Accrington 10k	Caldervale 10	Elswick 10	Burnsall 10	Preston 10	Liversedge Half	Hendon Brook 13.5	Fleetwood Half	Lancaster Half	SCORE
1	John Lloyd	M	92.0	88.3		91.3	92.5			92.9	89.5		89.9		72.8	0.0	0.0		93.0	103.6	94.1	99.3	91.9	86.7	89.1		93.1			571.3
2	Nick Barber	M		93.2		95.3		88.9	84.1	93.3	90.4			84.1		81.3	95.9				96.2				90.2				95.4	566.3
3	Robin Tuddenham	M40		83.7								85.8		72.2	75.1				91.5	101.9	96.7	103.2	92.9					95.1	93.8	544.8
4	Simon Galloway	M45	77.2					71.6		69.0		74.4	73.7					86.7		79.4		73.6						76.6		455.5
5	Mel Blackhurst	F45				67.0			67.8	70.1					64.7	67.2	77.8			77.3	74.6				70.9	74.1	74.2		74.2	437.3
6	Peter Ehrhardt	M60	52.4	62.6	63.3			60.1	60.8				59.4		52.8	61.1		70.0	65.7				65.8	64.4		66.8	66.1			387.8

2011 ENGLISH CHAMPIONSHIP FELL TABLE			Mearley Clough (EC)	Whittle Pike (EC)	Long Mynd (EC)	Loughrigg (EC)	Duddon (EC)	Sedburgh Hills (EC & BC)	Completed Races		Qualified?	Qualifying TOTAL
	attendance		22	18	13	16	16	10				
1	Alastair R-Dawson	M40	92.9	88.7	89.6	91.7	90.5	90.7	6		Q	275.3
2	Nick Barber	M	93.2		84.1	93.3		81.3	4		Q	267.8
3	Lauren Jeska	F35	88.3		85.5	85.3	93.3		4		Q	267.1
4	Dave Collins	M55	83.8	84.7	87.3		82.5	80.1	5		Q	254.5
5	John Lloyd	M	88.3			92.9	72.8		3		Q	254.0
6	Sarah May	F	79.6	85.4	79.6	80.0	76.2	80.3	6		Q	245.7
7	Andrew Bibby	M55	75.6	77.1	65.5	71.4		73.4	5		Q	221.9
8	Kath Brierley	F45	72.9		70.9	72.5	68.7		4		Q	214.1
9	Peter Ehrhardt	M60	62.6	63.3	60.8		52.8	61.1	5		Q	185.2
10	Jane Leonard	F50	69.0	69.6		63.0	68.4	63.9	5		Q	183.8
11	Richard Blakeley	M65	66.8	69.4		61.3	52.9		4		Q	177.5
	Jon Wright	M40	98.6	96.9	99.9	98.6			4		X	198.5
	Robin Tuddenham	M40	83.7				75.1		2		X	158.8
	Gemma Kendal	F				72.5		73.0	2		X	145.5
	Sarah Warburton	F35	70.6		73.8				2		X	144.4
	Mel Blackhurst	F45			67.8	70.1	64.7	67.2	4		X	137.2
	Helen Hodgkinson	F35	64.7			62.0			2		X	126.7
	Sue Roberts	F45	61.5		61.4				2		X	122.9
	Sean Carey	U18		91.9					1		X	91.9
	Paul Brannigan	M45		90.2					1		X	90.2
	Dwane Dixon	M					87.7	85.8	2		X	87.7
	Andrew Wrench	M45			87.7				1		X	87.7
	Paul Hobbs	M	85.0						1		X	85.0
	Martin Roberts	M50	83.2						1		X	83.2
	Peter Bowles	M40		82.1					1		X	82.1
	Ben Crowther	M					80.9		1		X	80.9
	Marcel Ellison	M		77.3					1		X	77.3
	Mick Craven	M50		73.4					1		X	73.4
	Keith Parkinson	M55	71.4						1		X	71.4
	Darren Graham	M40					70.7		1		X	70.7
	Darren Tweed	M					70.6		1		X	70.6
	Simon Galloway	M45				69.0			1		X	69.0
	Phil Cook	M40		68.5					1		X	68.5
	Lucy Hobbs	F40		68.2					1		X	68.2
	Richard Leonard	M50				67.0			1		X	67.0
	Fiona Armer	F45		67.0					1		X	67.0
	Maria Prescott	F45	66.9						1		X	66.9
	Kevin Coughlan	M50		61.2					1		X	61.2
	Andrea Marshall	F	60.7						1		X	60.7
	Karen Gray	F45		59.9					1		X	59.9
	Mandy Goth	F50					57.0		1		X	57.0
	Dave O'Neill	M50	55.6						1		X	55.6
	Louise Abdy	F50				53.8			1		X	53.8

CROSS COUNTRY 2011

Due to the enthusiasm of Robin for the first time in many years Tod harriers were well represented at the Red Rose Cross country League.



NORTHERN CROSS COUNTRY CHAMPIONSHIP 28TH JAN 2012



Yes at long last the final info is available on this exciting event, which gives us a chance to have one final cross country event in the North alongside many of the top runners in the UK. Just remember to try not to keep up with Andi Jones and Steve Vernon! 🤔

This event helpfully occurs a weekend before the Bridleway and so offers the first chance of the year for a Tod Harriers team outing. It also represents a fabulous chance for some hardcore training and an early potential run off between the usual suspects 😏

12k for men (over 20), 8k for women, and lots of juniors races. Starting from 11am but with the womens event at 2.15, and men at 3.05.

Location: Pontefract Racecourse

ADVANCE ENTRY ONLY- DEADLINE 8th JANUARY 2012

£6 per person except juniors £4.50.

CLUB COLOURS MUST BE WORN. COUNTERS FIRST 6 MEN, 4 WOMEN

I am registered to enter the team for XC and so happy to put together a single entry and collect entry fee later.

Can I suggest everyone who is up for it please post on here and I will keep track of interest. If you know someone who doesn't use forum and may be up for it can you let them know.

I will be at Jinglebats Wed and will be confirming details then but still time afterwards, but 8th is final deadline I will do entry on the 7th!

Lets get a team out for this one, its going to be memorable

N:B: I have also avoided any Leslie Phillips like reference to fillies you may notice or other assorted bad jokes 😊

Further info attached: <http://www.noeea-athletics.org.uk/FileUpload/entry.pdf>



Toilet Seat 2011

Well done to John Cannonball Lloyd, the 2011 Toilet Seat winner! John was a late starter but possibly managed to pick up all of his points on the same day! Thanks John – I was joint leader until your fabulous navigation skills won the day. Commiserations to all other contenders: make a little more effort next year and this prestigious prize could be yours...

Yours, Uncle Barry

Babes in the Wood

Sue and Johnny took the wrong turning from the Staff of Life after the Wednesday training run, trotted up some steps in search of the car and ended up lost in the dark, dark woods! They eventually turned up at the car park, holding each other's hands for comfort and guidance and for 5 points each.

Babe on the fence? Jim Smith went for one of his famous lonesome runs from the Staff of Life one Wednesday. Sadly he got entangled in an electric fence. Jim could have been there for quite a while but fortunately, Arthur and Brian turned up to rescue him – 5 points Jim!

The lost wallet - Lucy Burnett left her wallet in the Bare Arts containing not only all her money but her train ticket. Not only was she left penniless but she had to sweet talk the conductor when she got off the train in Manchester – please find 5 points in the league table Lucy!

Evening race from Mytholmroyd:

A sting in the tail was experienced by Nick Barber who, after finishing a short fell race in Mytholmroyd, collapsed onto a bench and thought he'd been bitten! Wrong Nick – you were burned! Rachael Skinner had left a lit incense burner (why? – ed.) on a bench close to the finish of the race. A hot 5 points for you Nick for carelessness and, to be fair, 5 points to Rachael for silliness.

Not sure what race – but I do know that Nick Barber entered it twice! Not 2 prizes but 5 points Nick

Fun at the FRA Do – Sue Roberts flirted with George Arnold during the evening of the 'do'. Luckily George, now in his 70s, manage to survive a possible heart attack to run another day – no heart attack for George but 5 points for flirty Sue

Leigh x-country – 1

John Cannonball Lloyd (AKA Master Navigator), driving the lead car, stuck in a traffic jam on a road he shouldn't have been on. He then managed to miss the sign to Leigh when you are heading to Leigh Sports Village, not once, but **twice!** So, that's twice times 5 points John!

Leigh x-country – 2

So, John Master Navigator Cannonball Lloyd then led a desperate group of Harriers into the toilets, only to find that it was the cleaning cupboard! Another 5 points John!

? Is this next bit Leigh x-country – 3 or another race? I've heard yet another report of John Master Navigator Cannonball Lloyd doing a U-turn on the dual carriageway whilst following his Sat-Nav, totally confusing the Harriers in the following car – yet another 5 points John!

A fine example of good

parenting? Ben Crowther put a nip of whiskey into a squeeze pop bottle and popped it into the fridge in preparation for the Mountain Marathon. Later the next day, he received a phone call from his daughter's to say that she had brought whiskey into the classroom. Ben, as a school governor, is in charge of health and safety at the very same school! 5 points Ben

Race to the Summit? No –

Race for the shoes! Dan Taylor forgot his shoes and had to go home to get them, missing the start of the race. Be sure not to miss these 5 points!

League Table

John Lloyd	20
Uncle Barry	15
Nick Barber	15
Paul Brannigan	15
Richard Blakely	10
Sue Roberts	10
Claire Duffield	10
Colin Duffield	10
Kath Brearley	10
Derek Donohue	5
Jon Wright	5
Andrew Wrench	5
Johnny Metcalf	5
Robin Tuddenham	5
Alistair R-Dawson	5
Paul Hobbs	5
Mandy Goth	5
Ben Crowther	5
Dan Taylor	5
Jim Smith	5
Lucy Burnett	5
Rachael Skinner	5

ALAN AINSWORTH 1943 - 2011

Tony Shaw and myself had the pleasure and privilege of enjoying a long, happy friendship with Alan. Here are a few details of his happy and eventful life.

In the 1970's and 80's Alan enjoyed hill walking in the Lake District, Wales and Scotland, having a preference for the highlands and islands of Scotland. He was usually accompanied by two or more of his good friends : John Newby and Jackie, Ray and Pat Poulter, George Barrow, Alan Norris, Roger Cook, Mike Partington, Don and Len Ardron and, last but not least, Noel Baker from Stockport, a large, bearded laid back gentleman who would, absent-mindedly, put on his T-shirt inside out and back to front. Dogs were an important part of Alan's life - they also accompanied him on the mountains. His favourite dogs were probably Robbie - a large white labrador cross which resembled a polar bear and Robbie's energetic pup, Murphy. Alan had an amazing memory for the names of Scottish mountains. He took the trouble to learn the correct Gaelic pronunciations for each mountain.

His association with Todmorden Harriers dated from 1986 when he competed in the Winter Hill Race. Over the next 20 years he tackled some of the toughest races in the Calendar - the Three Towers Race, Arrochar Alps, Bens Of Jura, Ennerdale Horseshoe, to name a few. He was a gritty and determined competitor. A heart operation involving a metal valve did not stop him running; it merely slowed him down a little! Every Wednesday evening he would turn up to the club pack runs which started from a different pub venue each month. Alan was appointed Beer Secretary to vet the quality of beer supplied by each pub. He was, after all, the natural choice for such an important post.

Alan's interests were many. Perhaps his most passionate interest was motor bikes, especially the vintage variety. He owned eight vintage bikes, all spotlessly clean and highly polished. He was a member of the BMC and Goldstar Owners' Clubs. Other hobbies included steam trains and static engines, photography, sailing, micro breweries, collecting beer bottles from obscure breweries, DIY, history and classical music. This lovely man was largely self educated - he had a breadth of knowledge on a variety of subjects.

On the jobs front Alan serviced vehicles - he was an excellent mechanic - he drove vans, he delivered scenery for Studio 2000. He worked in a small garage partnership with Brian He eventually became an entrepreneur delivering goods around the country in his box van. The only trouble was that he didn't charge very much and, sometimes, he would help friends move house for little or no reward. That's how he was. He acted as a film extra in television programmes. He played the part of a mourner who was seen after the funeral service, first into the pub piling his plate full of sandwiches. He played the part of a tramp and an alcoholic, after which he exclaimed - " I'm sick of being typecast ! ".

On the subject of clothing he once appeared in a fancy new red leather jacket. Someone said "Alan, are you becoming a trendsetter? " Quick as a flash Alan replied " more like a red setter! ". Tony, Alan and myself were labelled " Last Of The Summer Wine " by lots of people. The original cast featured Norman Clegg, Compo and Foggy Dewhurst. *'I'll leave you to decide which person fitted which character.*

Now for the real Alan Ainsworth:

He was very talkative - you couldn't get a word in edgeways. But this did not matter because Alan was the one who had something interesting to say.

He was exceedingly cheerful and extremely helpful

He was a Manchester City and Oldham Athletic supporter, which says a great deal for his stamina, if not an impeccable taste !

He was a connoisseur of real ales and single malt Scottish whiskies

He was very handy at solving problems, often using brute strength and improvisation, but usually applying patience, thoroughness and skill.

He was a natural comedian, full of dry wit - a cross between Al Read and Fred Dibnah.

It should be mentioned that Alan's two sisters, Gill and Lynda and the people of Red Lumb rallied round and found good homes for Bruno, Alice and Meg.

His final day was spent with his lifelong friend, Brian, enjoying three of his favourite pastimes - a pint of beer, motor bikes and steam trains. When he arrived home his neighbour, Carol, had made him an apple pie.

Above all, everyone knew and recognised Alan for his generous nature - a selfless character who was held in high regard by his neighbours and who readily gave up his time to people in need. Alan was a proper chap who spent most of his life helping others.

Jim Smith



Alan with his favourite dog Robbie

THE BULLOCK SMITHY

SEPTEMBER 3rd/4th 2011

By Darren Graham

I'm sat in the community room that is Brand Top, Checkpoint 10 of the Bullock Smithy event at 8pm. Light is fading rapidly and clouds in the sky are grey with the threat of rain. I'm feeling tired and my legs are heavy as I've been on the go now for 8 hours and have run 38 miles. My aim was to finish within 12 hours and with 18 miles to go within 4 hours, it looked possible....just. So what possibly could go wrong?

But before I carry on, let's go back a bit and let me explain. Firstly, what is the Bullock Smithy? It's a 56 mile running/walking/crawling event around the Peak District, starting and finishing at Hazel Grove, near Stockport. This was my fourth year in a row of doing this event as four years ago, it was my first 'Ultra' and it took me over nineteen and a half hours to complete.....as a runner! It was my baptism of fire of doing Ultra events and since then, I have tried to better my time each year resulting in a 12.37 time last year. This year I wanted a sub 12 hour time and I felt fit and strong enough to do it.

So, when September 3rd came and we all gathered at the starting line at 12pm, I felt confident. I was a little worried about my ITB as it had played up on my last two runs at Belper and Fleetwood. Normally, it flares up once in a while but for it to happen twice in a row was a little worrying, especially with a 56 mile event beckoning! Still, history reassured me that it would be ok, if I took it nice and easy. To try and plan my way around the course, I took last year's times at each checkpoint and took off 5 minutes. This plan would have got me round in just under 11 and a half hours, but as long as I got under 12 hours I would be happy.

So, off we went! Out of the park and heading for the hills. Normally it's a mass of runners, but this year I headed up a different route and soon found myself ahead of most runners. To bring me back to earth, I turned a corner and saw plenty of runners in front who obviously had done their homework and found a slightly quicker start.

I soon reached Checkpoint 1 at Bowstones and was 2 minutes ahead of my schedule (7 minutes up from last year). Hmm, I thought. Might be going too fast as I wasn't really expecting to beat my times until later. Still, I felt fine and carried on.

Checkpoint 2 at Chinley Churn was met and I was 12 minutes up from last year. At this point, I first noticed that my legs felt tired, which was a concern as I still had a long, long way to go. 6 days earlier, I had done the Fleetwood half marathon and although I said I wouldn't race it, being only an event to get some miles in my legs, I ended up racing it (bloody Grand Prix has a lot to answer for!). Not usually a road runner and definitely not used to doing 13 miles NON STOP, I was knackered afterwards, especially my ITB. This had flared up at Belper a week earlier. 18 miles of trail running was ideal for me, and so it was, until about 10 miles in and I had to hobble/walk in the rest. Another good time yet again was blown out of the window!

The climb up to Edale cross, CP3, was reached easier than I remembered and I was soon running down to checkpoint 4 at Edale. Unfortunately, this is where the cramp started in my quads. It even stopped me in my path as I climbed out of Edale, over Hollins Cross and niggled at me all the way to Castleton (CP5). I sat down here, proud, I think, of being told I was the first

runner to sit down at this checkpoint. Eer, ok, I thought. I planned to show that I was still fit by running from the checkpoint but decided on eating a jam sandwich and walk instead!

Cramp ate at my legs all the way past Peak Forest (CP6) and down into Millers Dale (CP7 and the half-way point). I took salt at each checkpoint to try and help me and even stopped for soup at Millers Dale! Once past CP7, there's a long and winding road for a couple of miles uphill, which I admit to walking most of the way. Along the way, a friend of mine, Helen Skelton (think she was 2nd lady at Noon Stones this year) spotted me as she drove past. She turned round and drove up to meet me. Not realising I was racing (which goes to show how much I had slowed down), she offered me a lift!! I must have looked tired! I had to decline and kept on telling myself that all the way up the hill.

Passing CP8 and grabbing a jammy doughnut I realised I hadn't cramped since coming down from Millers Dale, but my quads were tiring and thus, I was slowing down. CP9 at Earl Sterndale came and went and I put on a long sleeved top as evening was fast approaching. I had run in my club vest up to this point and was glad to be running for Tod Harriers this week as Belper had me down for running with some club from Hong Kong! No idea. Anyway, after climbing to Brand Top (CP10) I decided to rest, which is where the story really starts.

I declined the complimentary hot dogs on offer in favour of my own energy gels, salt, mars bar, more energy bars, electrolyte drinks, boiled sweets, liquorice, salted nuts and a prayer. Two runners came and went as I was there. It made me realise that I had been running on my own since Edale. I hadn't caught anyone up but nobody, to my knowledge, had passed me either. Using their example, I thought I'd better plod on. 4 hours to do 18 miles was realistic but I knew then that I would have to get my head down and push it a little.

So, off I went into the evening dusk. This next section to Cumberland Cottage had me slightly worried as I'm usually tired here and rely on others to navigate. But this year was different as I was on my own. Also, I had run this section for the last 3 years so I couldn't possibly go wrong! But it all went wrong fairly quickly. I followed the track from Brand Top to the road, past the hamlet of Flash and down into the valley. I took a right turn, which, when looking at the map the following day, should have been a left THEN a right! Not thinking I was wrong, I was running along a decent path until I hit a lane. Hmm! Don't remember that there last year. I'll consult the map. Nope, no lane there. Map's wrong! Ah, stop worrying. There's my path up the hill as I remember. So off I went up this path until I hit a farm. Hmm. Seem to be slightly off course, too far to the right. Bugger, I don't remember that drop to the left! Damn, why has it suddenly gone dark AND misty? I know, I'll keep going right, along this track and it should hit the main road. Then I'll head down the road until I'm back on track. No road appeared. I ran, knowing I was heading the wrong way but hoping to hit the road at any time. Again, no road appeared. In fact the track looked like it was disappearing as well! Damn! I thought. Got to go back. So I turned and headed back to the farm, then up the hill. A decent path crossed me so I followed it, heading towards the now line of torches seen on the distant hill ahead of me. Then the path turned away, following the contour of the hill and the distant lights started to fade away. Damn! Damn! So I climbed over a wall, headed down the hill, crossed a stream, took a bearing (ahead north, fool!) And climbed back up the other side of the valley until I eventually hit the main road. Thank god! I ran down to the route crossing and joined a party of runners to head down to Cumberland Cottage. I was not happy. When I arrived at the Checkpoint (CP11), my mate Alan was there and he gleefully told me that I had been at least half an hour in front of him at CP10. I had in reality

lost 44 minutes, my head and the will to try and beat 12 hours. In fact, beating last year's time at all was starting to look doubtful as well.

I Left CP11 a different person. Naffed off as I knew I had blown 12 hours but also because I went wrong! With no energy left, I plodded and walked to appropriately named Walker Barn (CP 13). It felt like I had hit that massive brick wall we all get. But this was the biggest so far! I sat down; feeling fed up and had a brew. Bugger it, I thought. Might as well enjoy what's left. So I sat there, enjoying my brew and some cake and set off with 10 miles to go. These last 10 miles are easy and straight forward to navigate, even for me. Anyone with anything left would push these last miles as they are easy to do. But not me today. I jogged and walked the last 10 miles and at Whitley Green (CP13), felt better than I did back at Brand Top (CP10).

The final run in along MiddlewoodWay and down Tower Road to the main road which leads to the finish are mentally hard. They never end but as each step is taken, the finish line draws nearer and nearer. I finished in a total time of 13.25 hours, 4.39 hours behind the winner! Not a great time for me but a good time (I train hard to be this average!). I did 12.37 last year and even with the time lost whilst wandering, I was still slower than last year. Maybe my head went after getting lost, or I set off too quick (which is usually the case with me), I don't know. All I know is that I will be back again next year to try and beat that 12 hour mark.

But, it's not just about the time. The Bullock Smithy was my first Ultra! It was an awakening! The sense you feel running whilst day becomes night is weird. The environment is different at night, even if it's familiar to you. Sheep become animals with reflective eyes and if you pass a lonely house, you can't help but think how cosy it must be sat inside watching the box!



The 3rd Hazel Grove Scouts should be proud of the work they do in organising such a great event. The checkpoints are well supported and the organisation is second to none. I'm not saying it's the best event ever, but I love this event and will keep coming back even if, one day, I do break that elusive 12 hours.

Better start training now!

Darren Graham

A Saturday night in October

What's the weather like on a Saturday night in late October in Bilbao? Scorchio? Pleasantly balmy? Freezing cold wind off the Bay of Biscay just to the north? Snow drifting in from the Picos de Europa over to the west?

Hard to know in advance, so I took precautions when packing the one carry-on bag for the Easyjet flight: thermals, tracksters, gloves. And Friday evening, when we arrived, was certainly a bit brisk weather-wise (although not once we were safely inside Bar Iruña, which Maitena took us to immediately and which became our second home). Basque lesson: tapas=pintxoak.

But Saturday turned out a really nice day, and the day turned into a really pleasant evening. Bilbao has been running a city marathon, it transpired, only for three years and had decided to distinguish itself from every other city marathon by holding it at night. The race was supposed to start at 8pm, but a few days beforehand an email came through saying that the start had now been put back to 9.30pm. When we arrived, we realised that this was because a big Basque nationalist demo had been arranged at short notice for early evening. I did the calculations, and realised it would be the early hours before I'd get back to the finishing line just by the Guggenheim museum.

So anyway, registration in the morning to get the race number, pasta lunch in a restaurant next door to the Iruña, siesta afterwards, cup of coffee in the Iruña, potter about the old town until teatime and then back to the hotel, get the chip tied on firmly, get the race number pinned on the Toddie vest, get nervous, all the usual stuff. Down to the Guggenheim in very good time to listen to the execrable band doing its motivational stuff. Quick decision on what to wear: just vest and shorts. (Definitely the right decision). Shoes too of course, though half-way round I did see one runner running barefoot.

With northern European efficiency I am one of the first to line up. 9.30 comes, and everyone is still milling around. We finally get off at about 9.35, and I'm over the start line only ten seconds after the race starts. Beat that, London.

I hadn't realised this when I'd booked, but the marathon in Bilbao is a two-lap course, which isn't what I normally like. There was indeed a horrible moment

after an hour and a half when all the runners around me starting accelerating like crazy and veered off to the right to the finish of the half marathon. Suddenly the road ahead became very empty. It turned out that there were only a few hundred of us signed up for the full 42.195 kms, with far more runners choosing the half (presumably so they could get back to the Iruña for their Saturday evening pintxoak). Yes, I did ponder sloping off to join them, but in the end pride forced me on.

Bilbao is a small city, so the marathon route takes in pretty well all the sights, several times over. We ran four times through the main shopping area (up and back once, up and back a second time). We ran four times past the old town. And we seemed to run past the Guggenheim, Bilbao's deservedly famous art gallery which is indeed a stunning building, just about every twenty minutes. But just to prove that we weren't any old tourists, we also were taken on a tour of the old dock area downstream, which isn't in many guidebooks. Even here though there were lots of people out to cheer us on.

One advantage of running a race abroad is that you get kilometre rather than mile markers, so that they come round more frequently. (On the other hand, there are more of them). I got into a good rhythm early on which kept me on target for a sub-3.30, which was what I'd been hoping for, and managed to keep this going into the second leg. Gradually the kms slipped by. Every so often, when the race turned, Richard and I would pass each other and encourage each other on. And then the kilometre markers started beginning with 3-, and I knew I had only a 10K left to run to get home. I can't say that it was my fastest 10K time, but it was enough, and I crossed the finish line two minutes after 1am, having averaged just over 4.5 mins/km. And then a rather ungainly stagger back to the hotel.

So what do you do afterwards, on the Sunday? A visit to the Guggenheim of course. And... yes, lunch. I hear the Iruña has a pretty good set menu...

Andrew Bibby

Lyon Half Marathon, October 2011

Writing this at the end of November, with the wind howling outside and a fire burning in the stove, it's hard to believe that only last month we were having to remember to put on sun block before running. Martin and I were in Lyon for the Lyon Half Marathon during the late heatwave that hit the UK and mainland Europe at the beginning of October. As things turned out though, it was only me on the starting line at 09.00 on Sunday 2 October 2011, owing to a flare-up of Martin's plantar fasciitis. It was a long way to go not to run, but at least the race wasn't our sole reason for being there, having planned a long overdue visit to friends to coincide with the race date.

Each year there is a Run in Lyon festival, and there are three races to choose from: a 10k, a half and a full marathon (in France referred to as 21k and 42k respectively) all starting together. Lyon is a beautiful city, and the route takes in some of its best sights. Of course the sunny weather helped, it might not have been so appealing in heavy rain! One thing to note about entering races in France: they want a medical certificate but will accept a copy of your competition licence, which you need to send in advance.

The day before the race it was necessary to pick up race number and race pack (including a pretty decent Adidas top) from the Place Bellecour in the centre of Lyon, where locals arrange to meet "under the horse's tail", referring to the statue of Louis XIV on horseback. We resisted all the usual stalls selling things, and spent the rest of the day just getting our bearings.

I was wondering/worrying what would be the best thing to eat, not being able to prepare the usual night-before-a race meal, but we were in Lyon, a city famed for its gastronomy, what could go wrong? Well, to misquote the Rime of the Ancient Mariner, it was a case of water, water everywhere and not a drop to drink. The best food money could buy, but finding something light and simple not involving obscene amounts of butter and cream proved to be a hard task.

Another thing I wouldn't normally do back home the night before a race is go to a gig that you know isn't going to finish till midnight and you're not actually sure how you are going to get home. But we had tickets to see Peter Doherty – it's Peter now rather than Pete apparently – and it turned out to be a really good evening. It was just him playing acoustic guitar, he turned up on time, played in tune, talked and sang a bit in French, and the crowd loved him. Interestingly, we got talking to a French man who turned out to be an ultra runner and had run 50k that day as part of his training for a 100k ultra race in the Alps later in the year. Made my paltry 21k the following day seem like nothing!

The day of the race, another cloud-free blue sky promising a soon to be very hot day. Cornflakes and toast for breakfast, not very French, admittedly, but it was a budget hotel, and it was just the job. We walked from our hotel to the race start in Place Bellecour. There were huge crowds, of runners and spectators, and a great atmosphere. The race



organisers claimed 15,000 entrants for the three races. The newspaper the following day reported an actual figure of 11,403, and suggested that the no-shows were because of the heat (recorded at 29 degrees for runners completing the marathon at 3.00). I had the usual “where are the toilets and are there massive queues?” panic but struck lucky by asking a Frenchwoman who directed me to a nearby café whose proprietor was very kindly letting runners use his loos for free, and no queues.

The race route follows the banks of both of the rivers, the Saône and the Rhône, through Vieux Lyon, passing the Opera, long loops through the enormous Parc de la Tête d’Or with its zoo and botanical gardens, and finally crossing the Place des Terreaux with its spectacular fountain before reaching the finish back on Place Bellecour.

Stats: I finished in 1h 53m, not a PB, but 11th out of 109 in my age category, 2,659 out of 5,334, so just in the top half! The marathon and the half marathon were both won by members of the French Foreign Legion, 2h 23m, and 1h 09m respectively. The first lady in the half marathon was English, a student spending a year in Lyon, Katie Good from Thames Valley Harriers who ran 1h 18m. Another interesting fact for all you barefoot running advocates, a French man, Emmanuel Pillet, ran the half marathon barefoot and finished 15th in a time of 1h 16m. The newspaper report mentioned this website <http://www.courirpiedsnus.com/>.

Having crossed the finishing line, done my stretching, drunk some water, I was just contemplating eating a banana when, to my astonishment I was offered a glass of sherry and a plate of salami! An offer I couldn’t refuse. Then we noticed runners helping themselves to post-race food – some quite appetising-looking pre-packed chicken couscous salads, except for the fact the packs had been sitting in full sun for however many hours. When I say “helping themselves” they were happily and unashamedly taking not just one pack but filling large cardboard boxes full of as many packs as they could carry!

If you want to combine a bit of a holiday with a bit of running, and you like France, then this race isn’t a bad one to choose. For further information: <http://www.runinlyon.com/>

HOT TODDY 5.8

Tuesday 27th December 2011 11.00am start.

Race HQ is Todmorden WM Social Club, Halifax Road, Todmorden OL14 5QG. Race starts/finishes at Dale Street, Todmorden Town Centre.

If you are available to help then please contact Ben by e-mail ben@todharriers.co.uk on the forum or ring on 01706 818988

What we liked (and sometimes didn't like) about 2011

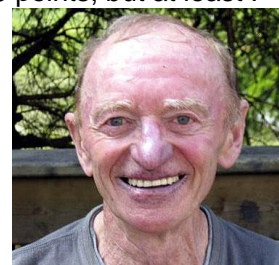


Best race was Wardle Skyline, a 2 pm start meant a 9am parkrun warmup was possible. Flashed to the residents of Littleborough getting changed, stuck in a traffic jam, and then had a cracking run round in 70+ April sunshine - probably best fell race ever, knocking off a few scalps that I wouldn't normally be in sight of.

Worst race - Withins Skyline, less than a minute *before* the start managed to badly sprain ankle and could barely walk. Needed to finish race to qualify for GP so as most of the first mile was a nice track - hoped endorphins would kick in before the rough stuff. They didn't. Walked across tops waiting for Myra to catch up. She didn't. Decided I was ok to run again after Top Withins. I wasn't. Crashed to the ground with a second sprain and ankle ballooned. Hobbled the last 3 miles to finish for a measly 49 points, but at least I qualified for the GP.

- Buddy

Accrington 10km road race. Very well organised. Quiet course. No men's team prize – Robin, Nick and John would have been easy winners. Marshalls had grown beards by the time I had finished. My speed 4 mph. – Jim S



I have only done 5 races this year; all of them were in the first 10 weeks of the year, and the one that sticks in my mind is the Mickledon Straddle. Heaven only knows why Mandy and I even set off for this race - the wind was strong at home, and when we arrived it was blowing a gale. It was the 3rd Mickledon for both of us I think, and a change of route made it 1.5 miles longer than before. It was one of those races where you just seem to be in survival mode from the outset, on a route you would normally describe as fairly easy. It was difficult to stay upright, especially on the narrow tracks characteristic of the first and last 2 miles. Miles 10 to 12 are downhill, but the wind was so strong that even when it was behind us we struggled just to keep on our feet. It's not often I finish a race and can't think of any part of it I enjoyed. The marshalls on one of the checkpoints recorded a wind speed of 65 mph. So why is this my favourite race



of 2011? I suppose it's because I felt a sense of achievement just doing it. Would I do the race again? Yes, but I will check the weather forecast first. – Derek

The Langdale Half ticks all the right boxes for me- being a half marathon I don't have to kill myself going off like a bullet, there are exhilarating climbs which keep you focused, steep descents where you can really stretch out, real characters from all over to chat to (on the down!!!) and fabulous views of the Langdales. I have now run this 6 times and never tire of the course-even though this year it poured the whole time!! Mel Blackhurst



As last years GP came to close and the dark winter nights closed in, pack run discussions inevitably began to swagger towards our plans for 2011. Strangely our thoughts coincided and it was suggested post pack run in the pub (as these things are) that could it be put forward as a GP counter? Months later an early morning recce took place which got us home for lunch time:) Many a long run took pace and the hobble was justified as a training run! Forum posts right through from the entry day through to the week of the race were eagerly anticipated and Wednesday night chat regularly regarded what shoes we planned to wear? Many of us sat up and pricked our ears as the wise words of experience fell upon us and the fine details of strange concepts such as "tapering" and "nutrition" were dutifully followed. Come race day, during the drive I momentarily began to think I may have been over ambitious with my ETA and at the start these feelings were still with me. On the top of the first climb a wave of calm came over me and it was time to remove



myself from any forms of anxiety or lack of confidence - the race was on and I figured I better just shut up and just try to enjoy it. At times I had to disconnect myself through the body/mind issues that I hope we all go through. As usual I found it was much to late to begin to question any issues regarding training. Conditions on the day were perfect - though the emergency kit list did result in PB rubbing his hands together as large stocks of socks sold as gloves. Blue skies unfolded and elaborately decorated vessels filled with preprepared formulas of liquid were dispatched. To conclude it simply is a must do -

I loved it and hope you did or will soon! - Nick B (If you feel it is necessary to reference what race - it was the the 3P's)

A pub crawl in Shrewsbury and sleeping in Tesco's car park is not ideal preparation for a race. However, Long Mynd was my best race and favourite race of the year. A bit like a shortened version of the Tour of Pendle with, possibly, steeper climbs. It was also great to see the women getting off to a winning start in the English champs. Pub of the year, Dog and Partridge at Sowood, just wonderful. - Dave Collins

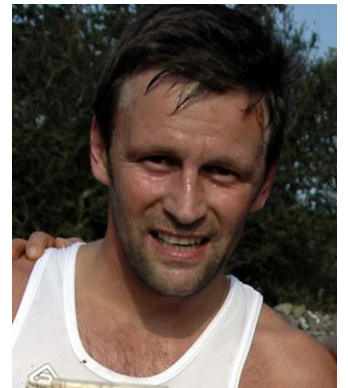


'Favourite fell race this year (and there have only been a few) has to be Midgley Moor - local race so familiar terrain and friendly faces, and offers something for everyone - steep start, lovely long run across the moors, choice of route back across and great run in. Just shows you don't have to travel far.

Also, must mention the FRA relays - what a great spot - loved Kettlewell, thought it was impeccably organised and I had a great running partner (cheers Chris!) - Lucy



My favourite race of the year was the Snowdon Race. Great atmosphere - a real occasion. Or was it because it was the start of the Summer holidays? The route is unique in that there's such a huge amount of support that pulls you up the mountain and keeps you pushing on the descent (notably on the less steep bits). Great to see the leaders coming back down the hill. It's a fantastic, tricky descent that demanded more concentration than most; in fact the second I switched off I went flying. It's not often you get proper crowds at the finish of a fell race; bloodied and battered I crossed the line straight into the first aid tent. It's also a bonus personally that training for Snowdon doesn't demand long, long sessions! Having just scraped in this year I'm going to secure my entry for 2012. - Paul H



The more recent races are easier to remember. Bilbao, but I've written about that elsewhere. So let's say the Macclesfield Half. One of those days when it all comes together nicely. And a PB, which is a rare event these days. - Andrew Bibby

Yr Aran, I thought this was a great race. The start didn't bode well as it was on the road but very quickly we turned onto a track that climbed on lovely grassy paths upwards. There seemed to be lots of people out supporting & it was a friendly atmosphere. There were a couple of

rocky sections for added interest on the way up & down & the summit was very rocky – but the view from the top was amazing, it was a perfect day for a run. I made sure I had a good look round. The race returned the same way which allowed us to see the lead runners battling it out, so you felt you could spectate as well as compete. Part of the enjoyment was travelling as a team on the bus together, its always good to be with Toddies!

- Kath B



Pendle Cloughs

Friendly, low-key with fast descents especially that brilliant run into Downham from the summit of Pendle Hill. Love it! Only 39 runners this year – it deserves more. – Helen H



This year, with over 40 races to choose from, I've really struggled to choose one particular race. There have been many great races such as The Highland

Fling (free cold beer at the end.....although closely followed by feeling sick. Note for future...No beer immediately after finishing a 50 mile race in the sun!), The Fellsman (still not sure why I enjoyed it!!), The Haworth Hobble (probably the only time I will finish in front of some of our fast lads) or the Midsummer Madness Weekend races (highest finishing position this year). But the one that particularly sticks out is the Turnslack Fell Race back in July.



The weather was fantastic (although slightly too warm) and the route was great. It was my first year doing this race and it was an area I had previously had never been over. Great event, great organisation and GREAT cakes at the end!!!! - Darren Graham

As a dedicated enthusiast for long distance and ultra running, my fave race of 2011 will be something of a surprise. It's the Oldham Park Run. A small group of us - Richard, Myra, Moira, Louise and myself - have started getting up early in order to go and run three times round Alexandra Park in Oldham. Who would have thought



this could be so enjoyable, challenging and motivating? But this is a great workout, and a chance to try different pacing and training techniques in an atmosphere that is as competitive as you want to believe it to be (and after all, who can resist one final sprint to try and overtake that lass in the pink top?). Camaraderie and competition, and still home in time for breakfast. - Joolz

For me it has to be our own Shepherd's Skyline as, after a nightmare start to the season at Standbury Splash I entered the Sky Line feeling a lot fitter and a lot more positive having had a many months training with Sarah Glyde and Brannies treadmill

sessions. Fantastic day, felt so good to be back on a course I ran 19 mins faster 26 years previously. A "result" for me and my Compression calf-guards. – Ranter



The Mourne peaks race was fantastic: stunning mountains rolling down to the sea, friendly Irish folk, a fun post race do' (what I remember of it!), Guinness, Jane singing "paddy Mcguintys goat "(if you ask her nicely I am sure she will do it again!), a weekend adventure with my bestest running buddies! Wonderful memories that will last forever! Thanks to my companions-Mandy, Kath and Jane- it was just what I needed! If you get the chance to go and do an Irish race- Go For It!! Cheers Sue

My favourite fell race of 2011 has got to be Jura. It's a proper mountain race. The landscape is spectacular, the course is long enough to be tough and the terrain is awesome! When you hit the boulder field coming off Pap3 and you have to run down the side of a mountain with lumps of rock the size of small fridges all stacked on top of each other. And to run it with me old pal Rhys for company. What could be better? Leonardo.



It has to be Jura, this year it was tougher than normal the wind took your breath away and made climbing the hills even harder than ever. The scenery is amazing and the fact I had Richard & Rhys in my sights along the road made it even better. But it's not just about the race it's the whole weekend cycling over Aran with everyone makes it an adventure. It's also a time to meet lots of new people and make lots of friends. Roll on next year. Mandy

2012 TODMORDEN HARRIERS MINI MOORLAND MARATHON

3 hour Score Event

Sunday 15th January from Roebuck Inn, Todmorden.
(Burnley Rd, Cornholme, Todmorden)

Registration: On day from 9am.

Categories: Solo or team (team can consist of one or more competitors)

Cost: £6.00 each – includes map, and soup and sandwiches after event.

Compulsory Kit: **Full waterproof top and bottoms, compass, whistle, hat, gloves, + spirit based pen/pencil** (the latter can be purchased on the day)

It is recommended that you carry a mobile phone and survival bag.

Anyone intending to enter as a solo must be a competent navigator in wild moorland terrain and in potentially adverse winter weather. If in doubt run as a pair or in a group. (At the club's discretion all runners may be required to run in pairs if weather requires it)

Starts between 9.30 and 10.30am

Format: 3 hour score event

Checkpoints will be wooden stakes with letters on

– you must record the letter from each checkpoint you visit.

A 2 point penalty will be deducted for each minute over the 3 hours

From 30 mins over this will increase to 5 points per minute.

Please post on forum or email me at phil@todharriers.co.uk if you intend to take part so I can make sure we've enough post event food.

Look forward to seeing you on the day 🙌😊



TODMORDEN HARRIERS FELL RACE CHAMPIONSHIPS 2012

- Sun 22nd Jan - Soreen Stanbury Splash M 11.30am Entry on day
- Sat 11th Feb - Wadsworth Trog L 10am Pre-entry from Jan
- Sat 17th Mar - Lad's Leap S Ladies 12pm Men 1pm English Champs Pre-entry Open now
- Sat 14th Apr - Coledale Horseshoe M Ladies 1pm Men 1.30pm English/British Champs Pre-entry Open now
- Wed 2nd May - Flower Scar S 7pm Entry on day
- Sat 5th May - Pendle Cloughs L 11am Entry on day
- Sun 27th May - Saddleworth S 12.30pm Entry on day
- Sat 16th Jun - Great Lakes Run L 11am English Champs Pre-entry from March 1st
- Sat 21st Jul - Turnslack M 2.30pm Entry on day
- Sat 4th Aug - Borrowdale L 11am Pre-entry from May 31st
- Sat 18th Aug - Weasdale Horseshoe M Ladies 12.30pm Men 2.30pm English Champs Pre-entry from May 1st
- Sat 15th Sep - Rombald's Romp M 10am Pre-entry or Entry on day
- Sat 29th Sep - Kielder Blast S Ladies 1pm Men 2pm English Champs Entry on Day
- Sat 6th Oct - Good Shepherd L 10.30am Entry on day
- Sat 20th Oct - Running Bear Race You To The Summit S 11.30 Entry on day

British Champs (not in Tod Harriers Fell Race Champs or Grand Prix)

- Sat 14th Apr - Coledale Horseshoe M Ladies 1pm Men 1.30pm English/British Champs Pre-entry Open now
- Sat 12th May - Slieve Bearnagh (N Ireland) S Ladies 12pm Men 12.30pm British Champs Entry on day
- Sat 7th Jul 2012 - Arrochar Alps (Scotland) L 11am British Champs Pre-entry from March 1st
- Sat 8th Sep 2012 - Moel Wnion (Wales) S Ladies 1pm Men 2pm British Champs Entry on day

OTHER FELL DATES FOR YOUR DIARY :

- Sun 15th Jan - Tod Harriers Mini Mountain Marathon 3 hour score event Starts 9.30-10.30 Entry on day
- Sat 28th Jan - Northern Cross Country Champs - Pontefract Details TBC
- Sun 5th Feb - Pennine Bridleway Relays - 4 teams entered - the Captains will be in touch
- Sat 25th February - Noonstone M Tod Harriers Race - Helpers required
- Sun 13th May - Calderdale Way Relay - Details TBC
- Sun 3rd June - Wadsworth village show race - Elise is organising - will need some help on day
- Thur 7th June - Hebden Bridge - Tod Harriers Race - Helpers required
- Tues 3rd July - Stoodley Pike - Tod Harriers Race - Helpers required
- Tues 7th Aug - Crow Hill Reverse - Ali Mills is organising - will need help in the evening
- Sun 7th Oct - Ian Hodgson relays - Details TBC
- Sun 14th Oct - FRA Relays Shropshire - Details TBC
- Sat 3rd Nov - Shepherds Skyline - Tod Harriers Race - Helpers required
-

Provisional Road & Trail Races 2012

Trail

18 Feb	Standish Trail
1 Apr	Bent and Bong Trail
11 May	Pinhaw Trail
6 Jun	Bash Grueller Trail
2 Aug	Cuerden Valley Trail
6 Sep	Stanhill Trail

Road

29 Jan	Meltham 10k (S)
11 Mar	Blackpool Half Marathon (L)
25 Mar	Thirsk 10 mile (M)
6 Apr	Caldervale 10 mile (M)
11 Apr	Steve Rothwell 4 mile (S)
6 May	Keswick Half Marathon (L)
4 Jul	Helen Windsor 10k (S)
15 Jul	Eccup 10 mile (M)
26 Aug	Fleetwood Half Marathon (L)
28 Oct	Preston Guild Half Marathon (L)
4 Nov	Through the Villages (M)
24 Nov	Wesham 10k (S)

YEAR PLANNER 2012

FELL	Short	Medium	Long	English	British	Tod Events
ROAD	Short	Medium	Long			
TRAIL	Short	Medium	Long			

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A few more pictures



Le Tour d'Anglesey 2011

The day dawned with Bethesda immersed in a miserable drizzle as we roused ourselves for the first Tour d'Anglesey. Phil had planned the route, keeping mostly to quiet country lanes: 100 miles around the island of Anglesey. As we ate our high calorie breakfast in the Achille Ratti hut the drizzle turned to steady rain. Conversation turned from ragging Jeff Lea about his first mountain marathon (Mandy and Jeff were putting their kit together for the RAB which was starting in Bethesda that morning) to the question of what kit to wear. At last, fully kitted out, we posed with our bikes for a group photo: Phil, Richard, Dave Makin, Dave Reynolds, Chris and Tash, Martin, Marcel and me.

The route took us to Bangor, over the Britannia Bridge onto Anglesey, and then followed a clockwise circuit of the island, taking in the South Stack Lighthouse visitor centre, Holyhead, Amlwch and Pentraeth, before returning to the mainland and back to the hut. Phil had programmed the route into his trusty GPS, attached to his crossbar by means of a high tech device which looked suspiciously as if it was made from a roll of electrical tape. To be honest, although we gave Phil a bit of stick when we went wrong a few times, the day would have been tedious without it: stopping to look at the map every 5 minutes. If you don't know Anglesey then make a date to go there. The coastal scenery is superb, and the island is criss-crossed with hundreds of narrow, almost traffic-free lanes.

The first hour or so was very wet and windy, and I was wondering how cold we might all be by the end of the day. There was talk of a weather forecast which had promised sun at 10 am. Needless to say, 10 am came and went, but by 11 the clouds were clearing and the sun was drying us out. The first stage went well, the peloton speeding past RAF Valley and Treardurr Bay, and we were in good time arriving at South Stack for lunch. The second stage, to Amlwch passed some tremendous coastal views and took in the superb Cemaes bay with its wide, sandy beach. There is not much going on in Amlwch itself, but down the hill is the fascinating Amlwch Port which was once a centre for copper exporting. We had tea and tiffin at the Heritage Centre overlooking the port, and prepared ourselves for the final stage. The last few miles on the island found some of us reaching into our energy reserves, but on the very steep climb out of Bangor it was clear a race was developing: it was only later I discovered it was a race for the first shower. Seeing the front riders make the break I summoned all my reserves and set off in pursuit. With a couple of miles to go I could see Dave (Makin) had dropped back a bit and I decided to try and catch him. Dave then looked back and saw me and I knew I was beaten, but I carried on pushing myself to the extent that I rode right past the front of the hut without realising. I then had an embarrassing 10 minutes cycling around the town trying to identify a road or building from the previous night's arrival in the dark. Eventually I found the hut and was last to arrive; not a very dignified ending to an otherwise awesome day.

I think we all did well, but my congratulations go to: Tash on her first, and very impressive century; Marcel on his first century, and for overcoming some early self-doubt; and Dave for insulting me more in one day than most people do in a year (and I had never met him before!).

Special thanks go to: Phil for the planning, and for guiding us round; and Richard for driving me to Wales, and for being generous with bread, butter, and jam.

I had a superb day and I feel I have made some great new friends. Roll on Le Tour d'Anglesey 2012.

Derek Donohue, Todmorden Harriers.