



# TORRIER

JAN/FEB 2011

**HAPPY NEW YEAR TO ALL TODDIES**

**Lets get running**



# HELP WANTED

FOR OUR NEXT PRESENTATION



## Noon Stone Fell Race

From the Top Brink Inn Mankinholes

12pm

**Marshalls and runners wanted**

If available to help then please sign up on the Forum or ring Andrew and Caite on 01706 818623

# THANKS

To Ben Crowther for a successful Hot Toddy (not forgetting all those toddies who helped)

And

To Dave Collins for the MMM from the Jubilee Tea Rooms  
Which was enjoyed by all

## CALDERDALE WAY RELAY

Has been rearranged to the 8th May.

We need some idea of how many teams we can fill.

If you want to run then please make this known either on the forum or let Mandy and Derek know.

If we don't have enough runners then we will just have two teams

# **What's On Jan-Feb 2011**

## **PACK RUNS**

**Wednesdays 7pm**

**Jan - Shoulder of Mutton, Mytholmroyd.**

**Feb - Red Lion, Littleborough.**

**Mar - BareArts (opp. Morrisons), Todmorden.**

**April - Shepherds Rest, Lumbutts Rd, Tod. (6.45pm start) n**

**SPEED WORK / INTERVAL TRAINING  
6.30PM IN GOOD WEATHER  
OR 7PM FOR  
CIRCUITS INSIDE WHEN THE WEATHERS BAD  
COST £1  
TODMORDEN HIGH SCHOOL**

## **SUNDAY 30TH JAN PENNINE BRIDLEWAY RELAY**

We have four teams entered Team lists are on the forum Captains and team no's as follows

Ladies A (92)	Sarah May
Mens A (93)	Nick Barber
Allstars (94)	Darren Graham
Ladies B (95)	Mandy Goth
Mens B (96)	Dan Taylor

There will be a debrief in the evening in the White Swan where food will be provided starting around 7.30pm

See forum for final details

# **NEW GRAND PRIX FORMAT**

## **THE BASICS**

The 33 races are split into 12 road races, 15 fell races and 6 trail races to choose from. There are 5 championships:

Fell (6 fell races of different lengths to qualify)

Road (6 road races of different lengths to qualify)

Trail (4 trail races of any length to qualify)

Club Champion (3 fell races of different lengths plus 3 road races of different lengths)

Grand Prix (8 of any races, but a minimum of 2 road, 2 fell and 1 trail). This is the only championship that is handicapped according to age and sex thus finding the best 'pound for pound' runner

Our statistician calculates your points by dividing your finishing time by the average of the first 3 finishing times and multiplying by 100.

A lot of races are pre-entry especially the English championship fell races and some road races. It is important to enter these races early as they do get over subscribed.

**You must wear a club vest.**

The full rules can be found in your Oct/Nov Torrier which can be found online

## **PILATES/ BODY CONDITIONING**

## **STARTING SOON**

## **THURSDAYS**

**PLEASE LET MANDY KNOW IF  
INTERESTED**

## **Here's a grand prix-view of what's ahead in 2011**

New year, new races to run, new opportunities to get lots of lovely Grand Prix points. Why not make it your new year resolution to get stuck in straight away? Here's what you need to know.

Sunday Jan 23<sup>rd</sup> is the year's first fell race, the Stanbury Splash. This starts like so many other local fell races at the quarries at Penistone Hill just outside Haworth, but unlike the others ranges westwards. Seven miles, 1200 feet of climbing, and two river crossings (well, streams, but you'll get wet feet). 11.30am, just turn up. Malt loaf (loaf, not whisky) to all.

The first road race is, like Stanbury Splash, another old favourite. The Liversedge half marathon takes you round all the bits of Brighouse you never knew were there (and all the hills you never knew were there, either). But here's the bad news.... it's full up already. Your second new year resolution: get organised, get those entries in early.

So that just leaves one further GP race for February, the Littleborough 5K. This is on Sunday morning Feb 27<sup>th</sup>, with the race leaving Littleborough at 11.15am. This year, the race is being held in part in memory of our own Brian Hargreaves. Normally you can just turn up and run, but to be on the safe side we've included an application form with this Torrier. (Don't forget it's Tod's own Noonstone race the day before).

The first English fell Championship counter, also in our GP, is on Sunday March 6<sup>th</sup>. The Long Mynd Valleys will take you up and down the Shropshire hills near Church Stretton (did you know these hills were some of England's oldest geologically?). 11.30am start, 11.5 miles and a hefty 4500 feet of climbing. It'll be a great race, and unfortunately lots of people want to run it and have already got places. So – like Liversedge – you're too late if you haven't bagged a place.

A week later there's the first GP trail race of the year, the six-mile Roddlesworth Roller. You're probably sensible to book in advance, and an entry form is enclosed. Roddlesworth is over in that bit of Lancashire where the M65 meets up with the M61. (Somewhere. I'm pretty vague about where exactly). The route itself starts at the Hare and Hounds, Abbey Village and (I'm cribbing the entry form here) traverses the shale tracks of Roddlesworth, the roads of Tockholes, and the scenic delights of the area. You'll enjoy it.

Finally, on Sun March 20<sup>th</sup>, we're supporting our friends in Heptonstall who are putting on the first Heptonstall fell race. It starts in Heptonstall village and then meanders across fifteen miles of the moorland we know so well. About 3300 feet of climbing. Go on, give the Heptonstall Hurriers a helping hand (and do your bit to support alliteration).

# 2011 Todmorden Harriers Fell races

## **Sun 23 Jan Stanbury Splash**

7m/1200' (BM)

11.30am Penistone Hill Nr Haworth

Cost £3.50 Entry on the day

Free Soreen Malt loaf to all finishers

Website:woodentops.co.uk

## **Sun 6 Mar Longmynd Valleys**

11.5m/4500' (AM)

English champs - already full

Website:merciafellrunners.org.uk

## **Sun 20 Mar Heptonstall fell race**

15m/3300' (BL)

10.30am White Lion, Heptonstall

£5 EOD

Website:heptonstallfellrace.org.uk

## **Sun 3 Apr Lads Leap**

5.9m/1700' (AS)

11.00 Crowden campsite, nr woodhead off A628

£4 pre-entry or on the day limit 200

## **Sat 30 Apr Three Peaks**

23.3m/5280' (AL)

£18 pre-entry only Entry online already nearly full

Website:threepeaksrace.org.uk

## **Sat 14 May Mearley Clough**

3.5m/1200' (AS)

English champs Ladies 12noon Men 1pm

Worston Nr Clitheroe

Entries open 15th March (post only)

Website:clayton-le-moors-harriers.co.uk

## **Sat 4 Jun Duddon Valley**

18m/6000' (AL)

English champs entries open 1st March

Entry form on website

Website:duddonvalleyfellrace.org.uk

## **Sun 26 Jun Loughrigg**

8.5m/2530' (AM)

English Champs

1pm Ambleside football Club

Entries on universal entry form by 20th June.

Details:fellrunner.org.uk

## **Sat 9 Jul Yr Aran**

10m/3100' (AM)

British champs

1.00pm Village Hall Llanuwchllyn nr Bala.

£5.00 entry before 1st July Limit 350

Website:run-meirionnydd.co.uk

## **Sat 30 Jul Whittle Pike**

5.1m/1400' (AS)

English champs Men 1pm Ladies 2pm

Cowpe Village Hall, Waterfoot, Rossendale

£5 EOD

Website:rossendaleharriers.co.uk

## **Sun 21 Aug Sedbergh Hills**

14m/6000'

English/British champs 11.00am

Peoples Hall, Howgill Lane, Sedbergh

Entries open 1st July

Official entry form from website

Www.peteblandsports.co.uk

## **Sun 4 Sep Bradley Fell race**

3.5m/750' (BS)

3.00pm Playing Fields Bradley Nr Skipton

£3.00 EOD

## **Sat 24 Sep Thieveley Pike**

4.3m/1300' (AS)

11.00am Holme Chapel, Cliviger

£4.00 EOD

## **Sat 8 Oct Good Shepherd**

14m/2000' (BL)

10.30am Good Shepherd Centre Mytholmroyd

£5 pre-entry £6 EOD

Website:goodshepherdfellrace.co.uk

## **Sun 23 Oct Withens Skyline**

7m/1000' (BM)

11.30am Penistone Hill, Nr Haworth

£3.00 EOD Curly Wurly to all finishers

All races listed on [www.fellrunner.org.uk](http://www.fellrunner.org.uk)

## 2011 Trail Championship – Race Information

### **Sunday 13<sup>th</sup> March – Roddlesworth Roller 6m**

**When** – 11am, Hare & Hounds, Abbey Village, PR6 8DD (Nr J3 M65)

**What** – 6 miles on mainly good undulating shale tracks and minor roads for this gentle? opener to the inaugural Trail Championship. Free food at finish.

**Cost** - £6.50 (+£2 entry on day if not full)

**More Info** – [www.ukresults.net](http://www.ukresults.net)

### **Sunday 1<sup>st</sup> May – Bluebell Trail 10m**

**When** – 10am, Heath Rugby Club, Stainland Road, West Vale, Halifax, HX4 8LS

**What** - 10.3 miles of trails, tracks, minor roads and the river crossing – not forgetting Trooper Lane's 570 feet of climb in 0.5 mile.

**Cost** –tba (£8 in **advance only** by 26/4 in 2010) **NOTE: This usually reaches 450 limit, so enter early.**

**More Info** – [www.stainlandlions.com](http://www.stainlandlions.com)

### **Friday 17<sup>th</sup> June – Whicken Hill Whizz 3m/1000' (AS)**

**When** – 7:30pm, Mytholmroyd Community Centre with prize giving at the Shoulder of Mutton

**What** - Short but steep, up to Sheepstones trig from Mytholmroyd and back down again. First race of CVFR's 3 day Midsummer Madness for the adventurous or a gentle warm up for Hendon Brook.

**Cost** - £4 eod only

**More Info** – [www.cvfr.co.uk](http://www.cvfr.co.uk)

### **Sunday 7<sup>th</sup> August – Worsthorne Moor 6.8m/900' (BM)**

**When** – 11am Bay Horse Inn, Worsthorne Village, BB10 3NH

**What** - Tracks, tarmac and moorland for this mixed terrain 7 miler. Also is one of the Pendle & Burnley GP races.

**Cost** – tba

**More Info** – [www.clayton-le-moors-harriers.co.uk](http://www.clayton-le-moors-harriers.co.uk)

### **Sunday 11<sup>th</sup> September – Worsley Woods Trail 4.5m**

**When** – 10am Roe Green, Worsley, nr Salford M28 2JL (M60 J14) with prizes at Beasley Green Community Centre

**What** – Lots of trees and maybe a bit of mud.

**Cost** –tba (£6 +2eod in 2010)

**More Info** – [www.athletematters.com](http://www.athletematters.com)

### **Sunday 9<sup>th</sup> October – Beefy's Nab 3.5m/600' (BS)**

**When** – 3pm Lamb Inn, Oxenhope

**What** - A fast dash from Leeming Reservoir up and around Nab Hill.

**Cost** - £3 eod only

**More Info** – [www.kcac.co.uk](http://www.kcac.co.uk)

## 2011 Road Championship – – Race Information

### **Sun 13<sup>th</sup> February - Liversedge Half Marathon 13.1m (Long)**

**When** - 11am, Roberttown, if you haven't already entered, you're too late!

**What** - Plenty of hills including a particularly tough one near the end.

**More Info** - [www.roberttownroadrunners.co.uk](http://www.roberttownroadrunners.co.uk)

### **Sunday 27<sup>th</sup> February - Lynn Hindle, Brian Hargreaves & John McDonagh's Memorial 5k (Short)**

**When** - 11:15am Falcon Inn, Littleborough

**What** – Memorial race – including for two former Todmorden Harriers - on the 'classic' 5k course down through Smithy Bridge and up to Hollingworth Lake, before a fast downhill last mile. Save some energy for Andy's legendary prize giving!

**Cost** - £5 (+1eod)

**More Info** – Andy O'Sullivan race, so see [www.ukresults.net](http://www.ukresults.net)

### **Friday 22 April - Caldervale Country 10 (Medium)**

**When** - 1pm @ Caldervale Village Hall, nr. Garstang

**What** – Allegedly it takes 10 miles of flat running to burn off a crème egg. Treat yourself to 10 miles of gentle undulations along country lanes on Good Friday and have one and a half this Easter. (You can have the other half if you do the 4 mile fun run as a warm up!)

**Cost** - £8 (+2eod)

**More Info** - [www.ukresults.net](http://www.ukresults.net)

**Friday 28 May Burnley Lions 10k (Short)**

**When** - 7pm from Colne Cricket Club, BB8 0RF

**What** – 2 lap course (is also 4<sup>th</sup> race in the Pendle and Burnley GP series).

**Cost** – £5

**More Info** - [www.clayton-le-moors-harriers.co.uk](http://www.clayton-le-moors-harriers.co.uk)

**Sunday 20 June - Hendon Brook 13.5m (Long)**

**When** - 11am Marsden Park Golf Club, nr Nelson, BB9 8DG

**What** – Hot sunshine is always guaranteed for this, the longest road race in this year's GP (also a P&B race). A fantastic race that has the odd hill or two and lots of support from friendly locals.

**Cost** - tba

**More Info** - [www.clayton-le-moors-harriers.co.uk](http://www.clayton-le-moors-harriers.co.uk)

**Sunday 3rd July - Lune Valley & Howgills 10m (Medium)**

**When** - 11:30am, Sedburgh Football Ground.

**What** - One of the most challenging and scenic road races in England.

**Cost** - £9 (+2eod)

**More Info** – [www.sedbergh.org.uk](http://www.sedbergh.org.uk)

**Saturday 20<sup>th</sup> August Burnsall 10 (Medium)**

**When** – 2:30pm

**What** – 10 miles through numerous Yorkshire Dales villages. Makes a good warm up for the (optional) classic fell race that follows as part of the Feast Sports Day.

**Cost** - tba

**More Info** – [www.burnsallsports.co.uk](http://www.burnsallsports.co.uk)

**Sun 28<sup>th</sup> August Fleetwood Half 13.1m (Long)**

**When** - 10am Marine Hall, the Esplanade, Fleetwood

**What** – Flat along the walkways & promenades of Fleetwood & Cleveleys.

**Cost** - £16 (+4 if not full)

**More Info** – [www.ukresults.net](http://www.ukresults.net)

**Sun 18 September - Boggart Hole Chase 10k (Short)**

**When** - 11:15am, Boggart Hole Clough Track, Charlestown Road, Blackley, Manchester M9 7DF

**What** – Virtually traffic free course winding its way along tarmac paths in and out of the picturesque woodland park, with some wicked small hills, some that you do twice. (Last race of the Manchester Park Series)

**Cost** – tba (£4 +1eod in 2010)

**More Info** – [www.salfordharriers.co.uk](http://www.salfordharriers.co.uk)

**Sun 30<sup>th</sup> October - Accrington 10k (Short)**

**When** - 10am @ Accrington Cricket Club, Thorneyholme Road, Accrington BB5 5BB

**What** – Take care not set off too quickly, as it's mainly downhill for the first half and mainly uphill for the second half.

**Cost** – tba (£7 +1.50eod in 2010)

**More Info** – [www.accrington-road-runners.co.uk](http://www.accrington-road-runners.co.uk)

**Sunday 6<sup>th</sup> November - Lancaster Half Marathon (Long)**

**When** - 11am @ Salt Ayre Leisure Centre, Lancaster LA1 5JS

**What** – Flattish fast course along scenic paths and roads.

**Cost** - £12 (+2eod)

**More Info** – [www.ukresults.net](http://www.ukresults.net)

**Sunday 20<sup>th</sup> November - Preston 10m (Medium)**

**When** - 10am @ Hutton Grammar School, Preston, PR4 5SN

**What** - 10 miles over two laps on the flat side of Preston for the final race in the road championship and the 2011 GP.

**Cost** - £8 (+1eod)

**More Info** – [www.prestonharriers.net](http://www.prestonharriers.net)

*NOTE: Information and dates may change so keep an eye on [www.ukresults.net](http://www.ukresults.net) / [www.ukroadraces.info](http://www.ukroadraces.info) / [www.race-results.co.uk](http://www.race-results.co.uk)*

# ***Fave races of 2010***

## ***Guinness, bagpipes, picnics, stollen, Kath's cake, ceilidh dancing – what you told us you really liked about your races last year***

TOUR OF PENDLE: Because it was the only race of 2010 that I enjoyed rather than endured, the only race on Pendle Hill that I had yet to do and my first long race in ages with no cramp. Hurrah! - *Helen H*

**Holme Moss...what a buzz getting round for the first time without bonking and actually feeling strong all the way. Always nice to spend the latter half overtaking people. – *Branny***

With over 50 completed races to choose from this year... Bull Hill (opening race of Radcliffe's 3 day event) was most enjoyable on the fells; Netherthong 10k just topped Boggart Hole 10k by a sadistic extra hill or two on the road; and trail wise, Cinnamon Lodge 6 was slightly spicier than Royton's Tandle Hill. – *Buddy*

Holme Moss

Lauren winning, bilberries on the climb, sun appears for nosh at finish, new shoes, Branny blasting eardrums, battle with Hoss till he crocked himself, Neb with 10 kilo rucksack, great race.

Dave C

*Holme Moss: best result of the year. Ennerdale: Grand day out with mates – tough race – great picnic afterwards, true fell running – Alastair Rhodes-Dawson*

**January orienteering event, because it was the only bleeding event I did in 2010 (plus delicious ale in Ma-sons – Copper Dragon)**

Ennerdale – enjoyed watching Ben Crowther being sick, crying like a cheap bitch and passing Dave Collins. That's a first, and getting my drink of the great Joss N – *Ozzy Kershaw*

**Coledale horseshoe – slow start then came food, managed to gain a couple of scalps and a good finish. – Uncle Barry**

Withens skyline! - A great attendance from Tod - have you seen the results? Five of us in within 1 minute and 2 seconds of each other. I felt like a hunter calmly tracking Steve Oldfield it felt primal and I felt at ease. In the pub the atmosphere was great, i felt we all knew we were stepping up a notch and I was so proud to step up and receive the team prize on behalf of the ladies.= Nick B

*Langdale - a perfect October day. Had done just enough training to enjoy a steady run round - beautiful views and very sociable. My shoe split going up blisco and the sole was flapping out but it managed to carry me to the end. And to finish off a grand day out....we won the ladies' team prize and I took home 3 bottles of wine - perfect. – Ali R*

Saunders LMM. It's the only one I did! – *Esther Logue*

*Saunders LMM – it's the only one I did and Esther didn't get us too lost – Emma Crowther*

Tom Tittiman – because it was midsummer and I ran well, despite those pesky tussocks – anon

Has to be the **Fellsman**. 62 miles over many of the big hills in the Yorkshire Dales. Start at Ingleton and then run over Ingleborough, Whernside, Gragareth, and Gt Coum to Dent, then over Blea Moor, Gt Knoutberry, and Dodd Fell, cross the leg sapping bogs of Fleet moss, then over Buckden Pike and Gt Whernside to finish in Grassington (in the dark). An epic, requiring good navigation skills as well as endurance.

Impeccably organised by the Scouts, this event will celebrate its 50<sup>th</sup> running in 2012 – now there's something to train for ☐.

You can run yer socks off for a sub 14 hr or stroll round in 24hrs. There's lots of checkpoints with food and drink – the cold peaches and rice pudding about 40 miles in are one of the best pick me ups known to ultra-man! Put this must-do Dales Classic in your diaries (enter early as it soon fills up) - *Phil*

Dublin marathon: Guinness... weekend away from the kids. No really, I just loved the atmosphere, the craik, even the pain was worth it. 20 secs short of goal, so exhilaration tinged with disappointment. Would I do it again? Absolutely! - Lucy

**Coniston – I love this race, not only because of the thigh burning ascents and the great support on the summit, but the camping and ceilidh/singing/dancing party (and Russ on the guitar) that follows makes me return year after year. – Rachel S**

Windermere marathon – May 2010. It felt very surreal being set off by bagpipers but great to run through the white roads through Hawkshead to Newby Bridge. At the top of every hill was a fantastic view. The hills became more challenging after 20 miles or so, but the exhilaration of the finish was worth it... Mel B

*A year of injuries, so not many races to choose from but I opt for Langdale, probably because right until the weekend I wasn't sure I'd be OK to run it and because it was such a fantastic day (...and because I got down the Bad Step without mishap...) Andrew Bibby*

The Lakeland 50. Fifty miles running through the fabulous Lake District, in the wonderful company of Elise – what a great day (and night!) out. Forty-five miles in, as dawn was breaking, I felt truly euphoric. But ouch! my feet! I couldn't wear shoes for two days. - Joolz

My favourite race wasn't even a race. Not really.

The Hebden 23 mile challenge is an excuse for runners to spend a January day on the hills around the Upper Calder Valley, taking as little time as possible to get around the course which includes 5000ft of climbing and the best winter landscape you can imagine.

Its best bits are;

The opportunity to catch up with like-minded oddballs before (at MCC) and afterwards (Shoulder of Mutton of course)

Stollen at checkpoints

Fab camaraderie, laughs and man/woman eating bogs on route.

This year I didn't wear a watch and felt to run ok. On finishing my time was clocked at 4 hours 17 minutes. This compared to my 2009 time of...4 hours 17 minutes. - Colin Duffield

**My best race of 2010 was the Cragg Vale Fell Race on 30<sup>th</sup> June. It was my birthday, it was a lovely evening, a lovely route, and I won a bottle of beer for finishing 100<sup>th</sup>! - Mel R**

My favourite race in 2010 was the Bluebell Trail 10: a great mixture of trails, tracks and minor roads. Including the infamous Trooper Lane which involves 570 feet of climbing in just over half a mile, but which rewards you with great views from Beacon Hill. I was less of a fan of the river crossing at the end, especially when two lads steamed past myself and Mark Anderton who were doing it by the book and holding onto the rope. This not only resulted in an absolute soaking but also the loss of two places! I questioned the etiquette of this and Mark replied "fair play and at least we'll know what to do next year". I see that this has made the GP list for 2011 and I'm looking forward to it already. – Martin Stork

Shelf Moor. Didn't like the climb but the descent made up for it! – Richard Blakeley

**Reservoir Bogs. It's just brilliant, 3 days of Madness in midsummer. – Ben Crowther**

Blencathra. A perfect Lake District medium, uphill almost all the way to the summit, but not too steep after the initial ascent, then make your way round the horseshoe via a fantastic fast descent, a manageable last climb, and a very steep descent bringing you almost directly to the finish. Lovely, low key, evening event ~ no prizes, cheap entry, great people! – Lauren

My favourite race of 2010 was the Bluebell Trail. I just really enjoyed the real mix of terrain, there's road and trail, steep ups and downs, firm going to ankle deep in mud!, you name it, it's there. Also, just when I was beginning to think, where are the bluebells?, we passed through loads of them towards the end, very pretty. It's a good distance for me being about my limit over that sort of terrain. I lived in Southowram through all my school years so it was great to pass through some places I hadn't been to since back then. I'm hoping to do it again in 2011, anyone else fancy it? :) Graham Milnes.

All the Lakeland classics were great, as was not having to miss any through injury. I think Ennerdale stood out though, as the weather was spectacular. It was good to finish such a long race without feeling utterly trashed, and lounging in the river with fellow racers afterwards was very refreshing and good for recovering tired muscles. The icing on the cake was being awarded the ladies team prize, which is a rare achievement for Toddies at an English Championship race. – *Jane Leonard*

As usual I have 2 that I can't pick between. (Thank heavens the Calderdale Way Relay was cancelled as I usually also struggle not to pick that!).

This year definitely the Ennerdale horseshoe, because for me it was a fantastic day out in the mountains on a beautiful day and I loved every minute of it. Also because it motivated me to get out running on the lakeland fells a lot in the run up and I had a lot of great days out exploring new corners of the fells as a result of this. It was the first time I'd run a long fell race and it was the biggest challenge of my year. I felt a lot of satisfaction in the achievement. I can't wait to train for and run at the Duddon this year and that's definitely because of Ennerdale. My New Year's wish was to have as many good days out on the lakeland fells in 2011 as I did in 2010.

Secondly, Shelf Moor, but for totally different reasons. It wasn't my best run of the year and my shoe came off in the peat, but I had to pick it because it was a brilliant day out with the club, because it was the last championship race, because Tod women flooded the field in the women's race, because a few hundred metres into the race seeing Lauren leading out and Sarah May also in the top 5 going up the hill brought tears to my eyes, because Lauren and Moyra won the championships, because it was Lauren's birthday, because Kath baked an amazing cake which we all tucked into at the end, because I missed both the Helvellyn Triathlon and a family wedding for it and didn't regret it at all, and because it left me feeling warm inside for days after just remembering what an ace day we all had together. - *Sarah W*

**Take 7 mystical mountain summits from a beautiful hebridean island and create the ultimate 1 day adventure. Isle of Jura Race - Its got to be on every fell runners to do list. – Jon W**

I've avoided big Lakeland races for quite a few seasons - trying to prolong the life of my knees. But with a free May Day Bank Holiday weekend I decided to 'go for broke' at Coniston.

As always a great race with a big turnout: tough climb, harder than I remember, lovely visibility running along the tops and then, as a reminder of weather unpredictability, a hail storm at the Old Man. (I'll choose not to relate the painfully slow decent). And I wasn't last!

The post race beers and the fine weather for camping were enhanced by the usual excellent Toddie camaraderie making for an enjoyable return to races in the Lakes; I've missed them - but realistically on this performance I don't think I'll be running many more. - *Dave O'Neill*

***Has to be Shelf moor. For the fantastic turn out & performance of all the Tod runners. I got quite emotional when I saw all those Toddie vests lined up on the start line. The route was quite good too with a good steep climb and a lovely runnable descent off, also the effort people put in to competing that day was amazing. Lauren had an exciting finish & celebrated her birthday with a win & some of the Toddie cake. Everyone was so lovely and cheerful that day it was ace. – Kath B***

## Tell us another one

Racing while jetlagged and in culture shock is probably not the best idea, but it is a good antidote. Central heating blasting away 24/7, dog shit filled pavements, and kids literally living on Fruit Shoots, Coke and sweets before getting shouted for bad behaviour are things I had forgotten while in Japan. On the other hand, people understanding your humour is a relief, or at least understanding that it is an attempt at humour, even if they don't actually laugh. I mean, what is brown and sticky? Oh....OK, a stick. As my brother often says "Mmm, great, that was like a joke, only not funny."

The Peak O Trial at 8 miles with a map and compass looked best suited to my race-free legs and lungs, and it even proved possible to get there with the timely thaw. I picked up Alison, a friend who runs for Glossop in need of some navigation practice, and arrived to find Des the organiser bustling around in the pub, which sadly seemed to be a Tod-free zone.

Come the start, it became apparent that this was a somewhat 'informal' affair, with Des whispering advice on which way round to do the course to one or two of the women starters, and not very discretely at that. I like to make my own decisions and headed straight for the fell. The informality was reinforced at the first checkpoint on my clockwise circuit, which, erm, wasn't there. Me and the various others who kept arriving wandered up and down near the waterfall for a while in case it had been tucked into a corner or mis-placed, and ten or fifteen minutes went by before I gave up and set off at a reduced pace for what could not now be a complete round. Very disappointing, as I had been feeling competitive. My sails now flapping dejectedly at the mast, a young woman approached me from the other direction.

"Here, do want to clip this control?"

"Ah, so that's what they look like, is it?"

"Visibility problems..." she muttered, before heading off towards the waterfall.

Shit happens, I suppose, and volunteers are volunteers, but the eventual story was nearly as unfunny as my rusty humour. It turned out that Des had put half the controls out the day before. The young woman had kindly offered to put the rest out on the morning of the race, but somewhat less kindly, instead of doing that first, the numpty insisted on "Doing a time" for the whole course and ran round the existing controls first! What, while putting controls out with lots of paid entrants waiting? Apparently she thought she could do it in 1.30, and it ended up taking her three hours. Doh! That's a new one on me, and thanks for nothing.

Of course, anyone who followed Des's whispered advice would have gone round anti-clockwise and found the control in place, thus not losing any time. I suggested that either the results should be adjusted for anyone who went clockwise, or just given as was for information, with an explanation of what had gone wrong. Sometimes as an organiser you have to make difficult decisions in the interest of fairness, the long term reputation of your race and the sport in general. When joint organiser of the Blackstonedged Race when it was a British Championship counter, I had to disqualify the first two finishers for inadvertently cutting a corner in the sudden snow – wouldn't you know it we had flagged with white flags two hours before when there was no snow at all, but it would have been unfair to the others (who managed to follow our verbal instructions and find the gate at the top) not to do so - Kenny Stuart in this case, who was given the win.

In the event (hah, see, a pun, I'm on a roll with this humour thing,) in Glossop we all just pretended nothing had happened and the first prizes were given to clockwise runners. I was given eighth and second V50, but who knows where anyone actually finished? Ah well, it's only a race after all, and it is volunteer amateurism that makes fell running and its roster of eccentrics and mavericks so much better than over-organised, over-priced big races like city marathons and over-organised Japanese trail races at £70 each. Annoying, but very English and somehow strangely comforting. I was really home now. A wry chuckle later, Alison, who enjoyed finding several of the controls but gave others a miss, came in, and we proceeded to tuck in to the very nice post-race soup and cakes. Everything seems better after a cake or two, doesn't it? I would have loved to do

Dave Collin's edition of the Tod MMM – it could never happen there! - but by that time I was above the North Sea.

I am writing this in a house surrounded with ten foot piles of snow at 5am, with me and my son wide-awake with our second bout of jet lag, tucked under the heated Kotatsu table, full of a cold, but cozy as bugs in a rug. I look forward to coming back, and I would do the Peak O again, just for the comedy of it. It's like a race, only...

Geoff Read  
livinginaizu@blogspot.com

### **New Year, New You - Axis Osteopathy comes to Todmorden**

From 17<sup>th</sup> January a new service will be available to provide treatment to patients from Todmorden and the surrounding area.

Edward Webster, who trained at the British School of Osteopathy, will be offering osteopathic appointments at the Todmorden Health Centre, Lower George Street on Mondays and Wednesdays. He has experience of treating people of all ages with a wide variety of complaints: from the common 'bad back' to blocked sinuses, from sports-related injuries to postural problems. In conjunction with the treatment, Edward is able to advise on posture, diet and exercise to help maintain your body's healthy rhythm.

Edward is registered with the General Osteopathic Council and a member of the British Osteopathic Association.

Web: [www.axisosteopathy.co.uk](http://www.axisosteopathy.co.uk)  
Email: [info@axisosteopathy.co.uk](mailto:info@axisosteopathy.co.uk)  
Phone: 07775 481235

**8.00am-7.30pm Mondays**  
**7.00am - 6.00pm Wednesdays**  
**Todmorden Health Centre,**  
**Lower George Street**



Andems Runners assisted by Rochdale Harriers present

Lynn Hindle, Brian Hargreaves & John McDonagh's Memorial  
5K Road Race. (UK Athletics Laws. Licence No )

11.15am Sunday 27<sup>th</sup> February 2011 from the Falcon Inn, Church Street  
Littleborough. (A58 Halifax Rd)

Andems are staging this memorial 5K (RRC 96/045) to honour the  
memory of Lynn, Brian & John who all loved the sport. Proceeds to  
Transplant Athlete Bryce Butterworth & Children of Chernobyl Project.

Entry Fee £5.00 to Affiliated £7.00 to non affiliated. £1.00 extra on day.  
Cheques payable Andems Runners LBP to Andy O'Sullivan MBE, 40  
Crowshaw Drive, Rochdale, OL12 0SR. Tel Enqs (01706) 750620 or  
[info@andemsrunners.co.uk](mailto:info@andemsrunners.co.uk)

Prize to All Finishers. Extensive Prize list to cover ALL categories.  
**PLEASE POOL VEHICLES AND USE POLICE STATION CAR  
PARK/HEALTH CENTRE.**

Please retain above. Return below to race organiser

----- cut here -----

Lynn Hindle, Brian Hargreaves & John McDonagh's Memorial 5K Road Race

Name.....Age.....Sex.....

Address.....

Club (If Any)..... Tel No.....

E-mail.....

I accept that Andems Runners cannot be held responsible for any loss,  
damage or injury incurred before, during or after the race. I am physically  
fit and enter at my own risk.....Signed.....Dated (By Parent  
if u/18)

From ukresults.net
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**Abbey Village School**  
presents

# **The 23rd Annual Roddlesworth Roller**

**6 miles approximately**

**Undulating, scenic, multi-terrain**

**ARC Licence applied for**

**SUNDAY 13 March 2011**

**11.00 am prompt start**

**Course Records: Neil Tattersall Pendle 29.55 - Vanessa Peacock Clayton 37.42**

**Venue.**

Starting and finishing near the Hare and Hounds, Abbey Village, traversing the shale tracks of Roddlesworth, the roads of Tockholes, and the scenic delights of the area.

**Course.**

A well marshalled course - tough but enjoyable! Free food at the finish.

**Prizes.**

**Medals to first 200 to enter.** First home receives the Challenge Trophy plus first prize. Minimum Guaranteed Prizes subject to pre entry numbers : First three men, first three women. Vet categories depending upon PRE ENTRY, first two teams, first vet team.

**Prizes will be proportional ONLY to pre entry, and may be reduced.**

**ONLY ONE MAIN PRIZE PER RUNNER. VETS CAN ONLY COUNT FOR THE OPEN TEAM IF THEY FOREGO ANY INDIVIDUAL VET PRIZE THEY WIN. DECLARATIONS MUST BE MADE BEFORE THE RACE.**

**Entry Fee.**

£6.50 Members of UKA/ARC £8.50 Unattached runners.

**ENTRIES ON THE DAY ADD £2**

**Pre Entries to: Terry Dickenson, Abbey Village CP School, c/o 58 Milbrook Close, Wheelton, Nr Chorley, PR6 8JY to be received no later than 1 March 2011 RACE LIMIT 2011 - 400**

**MINIMUM AGE ON DAY - 16 YRS**

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**ENTRY FORM 2011 RODDLESWORTH ROLLER**

Name.....ARC/UKA Club.....Unique No.....

Address..... Tel no. ....

.....

.....Post Code..... Male/ Female ..... DoB .../ .../ .....

**Age on day of race.....**

I enclose an SAE ( 10 x 8 ins ) plus :

Results 50p extra. Total fee enclosed £.....made payable to

**ABBAY VILLAGE PARENTS' ASSOCIATION**

**I declare that I am an amateur to ARC/ UK Athletics LAWS**

Signed .....

Date .....

Signature of Parent or Guardian if under 18 yrs

**Don't forget SAE, send by DUE DATE 1 March**

From ukresults.net