



TORRIER

MARCH 2011



Toddies at the recent Pennine Bridleway Relay



What's On March/April 2011

PACK RUNS

Wednesdays 6.45pm for April only

Shepherds Rest, Lumbutts Rd, Tod.

Back on the fells

SPEED WORK / INTERVAL TRAINING

TUESDAYS 6.30PM TODMORDEN HIGH SCHOOL

AGM

Monday 4th April

7pm

Venue to be arranged see forum for details

PILATES/ BODY CONDITIONING

THURSDAYS

Near Hebden Bridge Train Station

Still a few places in the 7.30-8.30 class

Cost £5

Tell Mandy if interested

2011 Todmorden Harriers Fell races

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

2011 Trail Championship – Race Information

full)

More Info – www.ukresults.net

Sunday 1st 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

Friday 17th 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

Sunday 7th August – Worsthorpe Moor 6.8m/900' (BM)

When – 11am Bay Horse Inn, Worsthorpe 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

Sunday 11th 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

Sunday 9th 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

2011 Road Championship – – Race Information

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

Friday 28 May Burnley Lions 10k (Short)

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

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

Cost – £5

More Info - 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

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

Saturday 20th 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

Sun 28th 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

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

Sun 30th 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

Sunday 6th 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

Sunday 20th 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

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

SUBS ARE DUE

If you have not had a reminder then contact Bev on
Jjbawright@aol.com
Or ring on 01706 810967

Our Next Race Flower Scar Weds 4th May

BUNNY SCORE EVENT



Thursday 5th May,
thought it best to be after easter...no expense spared, bargain eggs!

£5 per person.

From Emma & Alis house....
bring some beer if you want some after and we'll supply the chilli!

starts from 6.30pm

don't forget an extra item of clothing for the swap control.

Need a list of all those wanting to take part so that I can start making all the ears!

CALDERDALE WAY RELAY

8th May.

Team Captains

A team - Alastair Rhodes— Dawson
Ladies A Sarah Warburton
B Team Simon Galloway

PENNINE BRIDLEWAY RELAY



Todmorden Men's A team put in a strong performance, with Sean Carey and Andrew Wrench recording the 3rd best time of the day on leg 4 to move them up from 15th to 12th. Team captain Nick Barber and Robin Tuddenham set the 6th best time on the final leg to gain a further two places as the team finished in 10th place with a total time of 5:17:21, improving on last year's efforts by 12 minutes.

The ladies A team were in contention throughout but had to settle for second place at the finish, in a highly competitive battle for the ladies title. Lisa Parsons and Kath Brierley put in a solid performance to handover in 4th place, a few seconds behind 3rd placed Calder Valley, with Rossendale leading Clayton at the front.

English Fell Champion Lauren Jeska and Team Captain Sarah May then turned things on their head with Todmorden leading Calder Valley by over four minutes at the end of the 2nd leg.

Ali Richards and Sarah Warburton then put in a blistering run to set a new ladies course record on leg 3, to hand over an eight minute lead to Jayne Williams and Sarah Glyde. Calder Valley managed to claw a few seconds back on leg 4, before a strong final pairing of Jo Waites and Gayle Sugden put in a stunning run to overhaul Todmorden's Mel Blackhurst and Lucy Hobbs to steal the win in 6:03:02.



The Todmorden ladies were left to console themselves that they had at least improved by 13 minutes on the previous year, to finish in a highly respectable time of 6:09:38, which would have been good enough to win the competition in many years.

For the first time the club also fielded a Ladies B team, who put in a fine effort to finish second placed ladies B team behind Clayton le Moors B, in a time of 7:21:11 and 89th overall.

The Men's B team finished in 32nd place in a time of 5:55:24, also 13 minutes faster than 12 months ago, with club B records being set on leg 2 by Andy McFie and Peter Bowles and on leg 3 by Marcel Ellison and David Baldaro.

The Todmorden Allstars team also enjoyed a strong performance to improve on their time from 2010 by just short of an hour. They crossed the line in a total time of 6:40:05 and 64th place.

Richard Butterwick

It is with regret that we say goodbye to Ali Richards. Ali has been a member for many years and stayed with us despite moving to Kendal. She has sadly decided to move to her local club who she has been training with Helm Hill.

We wish her all the best.

Mandy



Long Mynd Valleys tastic!

I've decided that one of the many fantastic things about fell racing is that it takes me to gems of places that I would never otherwise think to visit.

When I saw that "Long Mynd Valleys" was the first race in the 2011 English Champs series I hadn't a clue where it was. A bit of research later and I worked out that it is in Shropshire in an area known as the Stretton Hills.

A few months later the fell calendar came out and I noted with interest the stats - a whopping 4500' of ascent over 11.5 miles. That's a lot! Almost double that of the Noonstone in fact for only 2.5 miles more distance. It would be tough for an early season race.

Next, a few weeks later, came a text from a mate of mine called Ralph who has been threatening for a while to make a return to fell running after a 5 year lay off, saying that he would definitely be entering Long Mynd Valleys. And then it clicked....Ralph had told me about this race before: he'd grown up in Church Stretton and it had been his favourite local race. He'd described it in brutal terms, a race of 2 halves with a fast first few miles then a rollercoaster 2nd half with steep ascents and descents that are really brutal on the legs and leave most runners staggering! Okay, I thought to myself, it sounds like an experience: bring it on!!

The experience started for me when I took my first look at the map. Ignoring thinking about the steep contours temporarily, I became spellbound by the magical mystery tour of names and places: Boiling Well Spring; Jonathan's Hollow; Narnell's Rock; Barrister's Plain; Hanging Brink; Barrister's Plain. I couldn't quite decide if it was more Twin Peaks or Narnia but I thought it sounded ace and I was really looking forward to seeing it all for real.

The day of the race came and it was all very exciting. Mercia fell runners did a really good job organizing and providing friendly marshals and loads of cakes. A good number of Toddies had made it down to run, the sun was shining and there was a real buzz amongst the huge crowd of runners with it being the first championship race.

The route lived up to all expectations, both in its delightfulness and its toughness. The hills reminded me a bit of the Howgills with their rounded tops and steep sides, but with bubbling clear running streams and a range of vegetation they feel less wild and bleak. If you stick to the paths there is lots of really lovely running over gentle gradients and on sheep nibbled green turf, with hardly any stones or rocks to trip you up anywhere. The earlier parts of the race had some lovely long runnable sections including some long fast easy "down the valleys" descending of the type that is every fell runner's dream.

But it is indeed a race of 2 halves. And the person who dreamed up this race route must've had a wicked gleam in his or her eye. You have to have either strong legs or a sense of humour for what lies in store after you've reached checkpoint 5 at the bottom of Windy Batch. You can forget the paths at this point as we're off cross country and tussock over what was indeed a true rollercoaster of steep climbs and descents to get you from there to the finish. And there was a lot of staggering going on. It was jelly legging, but also, in the words of someone we all know and love, completely "awesome". This is a race route that really stands out, and one that really deserved to be an English Championship counter.

The English Championships..... now this is where it gets really exciting. Go TOD go!! It was really brilliant to have so many of us out running at Long Mynd Valleys and we got ourselves a great start to the season with a fine haul of championship points stretching over both individual and team categories. For the women's team to be leading the championships going into the second race of the series shows that as a team we are going from strength to strength and I know there's a good few of us now feeling really fired up for the next races, hoping to improve on our 4th place overall in the series last year.

The more runners we have at the championship races the stronger a team we are and the better chance we have of doing well. As I am writing this, entries for the second counter Mearley Clough have opened today, so come on everyone, get those entries in and get training... 3.5 miles steep up and down so I am told!

Sarah W

Spring ahead in the Grand Prix stakes

We're five races in to the 2011 Grand Prix series, but don't worry if you haven't got started yet. Now that Spring is on the horizon, there's lots more races to tackle and lots more GP points to win.

The much-advertised inaugural **Heptonstall** fell race finally takes place next Sun (20 Mar) starting at the White Lion in the village at 10.30. This is a fifteen-miler with about 3300 feet of climbing, so it should be treated with some respect. Keep something back for the final ascent back up to Heptonstall.

A shorter fell race, **Lad's Leap**, is two weekends later, on Sun April 3rd. This starts from the Crowden campsite, which is on the main Woodhead pass road between Glossop and Peniston (just beyond Holme Moss TV mast). 5.9 miles, 1700 feet of climb. Why not? (Lasses allowed to leap, too).

There's the ever popular **Caldervale 10 mile** road race on Good Friday, April 22nd. This is up in the undulating country near Garstang, a little bit beyond Preston. There's an application form included with this Torrier.

This year the classic **Three Peaks** fell race is in the GP calendar. The race (Sat 30 Apr) is already full, but there's the option to join the Waiting List. You do this online, at www.threepeaksrace.org.uk.

If you haven't got a place for the Three Peaks, do not despair. A day later you can enjoy the **Bluebell Trail** race, around the woods at the back of Halifax. What better way to spend May Day? This is just over 10 miles, and is deservedly popular with many Tod-dies. It's also got an exciting finish, where you make your way across the river Calder. Application form in this Torrier. No entries accepted on the day, so be organised.

Which takes us neatly to the **Mearley Clough** race on Saturday May 14th. This one you'll definitely need to book in for, and in good time too. It's the second English Championship counter of the season, and the field will almost certainly be full up very soon. Send a standard FRA entry form now to Geoff Newsam, 3 Greenfield Ave, Chatburn, Clitheroe, BB7 4AJ with a cheque (payable to Geoff) for £5. The race is up the left side of a clough to the top of Pendle and then back down the right hand side. Short and sharp.

Looking further ahead, you really need to book now if you're at all interested in the **Duddon valley** race on June 4th. This too is an English Champs and will be very popular.

race		time		pts	GP pts
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Stanbury Splash 23/1/11

Sean Carey	U18	47	14	90.4	90.4
Nick Barber	M	48	1	88.9	88.9
Dwane Dixon	M	49	37	86.1	86.1
Paul Hobbs	M	51	54	82.3	82.3
Martin Stork	M	53	12	80.3	80.3
Dave Collins	M55	53	23	80.0	95.8
Martin Roberts	M50	54	32	78.3	90.8
Ben Crowther	M	54	50	77.9	77.9
Shaun Pickard	M50	55	7	77.5	87.9
Sarah May	F	56	25	75.7	83.8
Marcel Ellison	M	59	2	72.3	72.3
Simon Galloway	M45	59	36	71.6	78.1
Andrew Bibby	M55	1	2	12	68.6
Richard Butterwick	M40	1	2	58	67.8
Andy Glyde	M	1	3	46	67.0
Derek Donohue	M50	1	4	13	66.5
Keith Parkinson	M55	1	5	10	65.5
Phil Hodgson	M50	1	6	37	64.1
Hatty Nylan	F	1	8	48	62.1
Phil Cook	M40	1	9	3	61.8
Emma Osenton	F	1	9	40	61.3
Peter Ehrhardt	M60	1	11	4	60.1
Mick Howard	M50	1	11	58	59.3
Louise Abdy	F50	1	15	16	56.7
Mandy Goth	F50	1	17	16	55.3
Ray Poulter	M60	1	17	22	55.2
Barry Chapman	M65	1	21	31	52.4
Dave O'Neill	M50	1	24	40	50.4
Kathy Bridger	F45	1	33	9	45.8

Liversedge 1/2 13/2/11

Martin Stork	M	1	27	12	88.6	88.6
Sarah May	F	1	30	26	85.4	94.5
Mick Craven	M50	1	43	59	74.3	85.2
Mel Blackhurst	F45	1	44	10	74.1	90.2
Kevin Coughlan	M45	1	52	14	68.8	87.2
Melanie Robertson	F45	1	54	13	67.6	85.7
Peter Ehrhardt	M60	1	55	41	66.8	84.0
Nigel Hanson	M50	2	0	57	63.9	73.2

Littleborough 5m 27/2/11

Dwane Dixon	M	30	31	99.5	99.5
Martin Stork	M	31	3	97.8	97.8
Dave Collins	M55	33	31	90.6	104.8
Simon Galloway	M45	35	3	86.7	93.2
Richard Butterwick	M40	35	31	85.5	88.0
Kevin Booth	M45	35	23	85.8	91.6
Keith Parkinson	M55	37	38	80.7	90.0
Phil Cook	M40	38	29	78.9	83.0
Sarah Glyde	F35	38	36	78.7	88.1
Lucy Hobbs	F40	38	55	78.0	91.5
Mel Siddall	F45	39	50	76.2	96.6
Paul Brannigan	M45	40	0	75.9	81.7
Hatty Nylan	F	40	5	75.8	83.8
Kevin Coughlan	M45	41	35	73.0	80.4
Nigel Hanson	M50	42	49	70.9	81.3
Peter Ehrhardt	M60	43	24	70.0	88.1
Helen Hodgkinson	F35	43	54	69.2	79.6
Andrea Marshall	F	44	26	68.4	75.6
Dave O'Neill	M50	48	29	62.6	71.2
Barry Chapman	M65	50	17	60.4	76.8
Myra Wells	F50	50	42	59.9	79.1

Long Mynd 6/3/11

Jon Wright	M40	1	43	7	99.9	103.8
Alastair R-Dawson	M40	1	54	59	89.6	92.2
Andrew Wrench	M45	1	57	26	87.7	94.7
Dave Collins	M55	1	57	57	87.3	104.6
Lauren Jeska	F35	2		33	85.5	95.7
Nick Barber	M	2	2	32	84.1	84.1
Sarah May	F	2	9	24	79.6	88.1
Sarah Warburton	F35	2	19	32	73.8	83.3
Kath Brierley	F45	2	25	22	70.9	91.9
Mel Blackhurst	F45	2	32	2	67.8	83.5
Andrew Bibby	M55	2	37	25	65.5	80.2
Sue Roberts	F45	2	47	55	61.4	78.5
Peter Ehrhardt	M65	2	49	31	60.8	82.3

Roddlesworth Trail 6m 13/3/11

Martin Stork	M		36	44	92.5	92.5
Dwane Dixon	M		37	58	89.5	89.5
Paul Brannigan	M45		38	22	88.6	95.3
Dan Taylor	M		40	27	84.0	84.0
Simon Galloway	M45		42	50	79.3	86.0
Gemma Kendall	F		43	22	78.3	86.7
Sarah Glyde	F35		44	47	75.9	85.6
Jane Williams	F45		46	18	73.4	93.3
Kevin Coughlan	M45		47	58	70.8	78.0
Hatty Nylan	F		48	28	70.1	77.6
Elise Milnes	F50		48	41	69.8	90.3
Peter Ehrhardt	M65		50	5	67.8	86.3
Rachel Henthorne	F40		51	45	65.7	79.1
David Henthorne	M55		51	51	65.5	75.8
Helen Hodgkinson	F35		53	15	63.8	73.4
Graham Milnes	M55		53	36	63.4	73.3
Mandy Goth	F50		57	13	59.4	76.0
Dave O'Neill	M50		57	28	59.1	67.2
Jim Smith	M70	1	27	40	38.8	52.8

2011 ROAD TABLE 2 races			Littleborough 5k	Burnley Lions 10k	Boggart Hole 10k	Accrington 10k	Caldervale 10	Lune & Howgills 10	Burnsall 10	Preston 10	Liversedge Half	Hendon Brook 13.5	Fleetwood Half	Lancaster Half	Completed Races	total points	Qualified?	qualifying TOTAL
	attendance		21	0	0	0	0	0	0	0	8	0	0	0	29			
	average points		77.4	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	73.7	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!			
1	Martin Stork	M	97.8								88.6				2	186.4	X	186.4
2	Kevin Coughlan	M45	73.0								68.8				2	141.8	X	141.8
3	Peter Ehrhardt	M60	70.0								66.8				2	136.8	X	136.8
4	Nigel Hanson	M50	70.9								63.9				2	134.8	X	134.8
5	Dwane Dixon	M	99.5												1	99.5	X	99.5
6	Dave Collins	M55	90.6												1	90.6	X	90.6
7	Simon Galloway	M45	86.7												1	86.7	X	86.7
8	Kevin Booth	M45	85.8												1	85.8	X	85.8
9	Richard Butterwick	M40	85.9												1	85.9	X	85.9
10	Sarah May	F									85.4				1	85.4	X	85.4
11	Keith Parkinson	M55	80.7												1	80.7	X	80.7
12	Phil Cook	M40	78.9												1	78.9	X	78.9
13	Sarah Glyde	F35	78.7												1	78.7	X	78.7
14	Lucy Hobbs	F40	78.0												1	78.0	X	78.0
15	Mel Siddall	F45	76.2												1	76.2	X	76.2
16	Paul Brannigan	M45	75.9												1	75.9	X	75.9
17	Hatty Nylan	F	75.8												1	75.8	X	75.8
18	Mick Craven	M50									74.3				1	74.3	X	74.3
19	Mel Blackhurst	F45									74.1				1	74.1	X	74.1
20	Helen Hodgkinson	F35	69.2												1	69.2	X	69.2
21	Andrea Marshall	F	68.4												1	68.4	X	68.4
22	Melanie Robertson	F45									67.6				1	67.6	X	67.6
23	Dave O'Neill	M50	62.6												1	62.6	X	62.6
24	Barry Chapman	M65	60.4												1	60.4	X	60.4
25	Myra Wells	F50	59.9												1	59.9	X	59.9

2011 FELL TABLE			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	Completed Races	Total points	Qualified?	Qualifying TOTAL
	attendance		0	0	0	0	0	29	13	0	0	0	0	0	0	0	0	42			
	average points		#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	68.3	78.0	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!				
1	Nick Barber	M						88.9	84.1									2	173.0	X	173.0
2	Dave Collins	M55						80.0	87.3									2	167.3	X	167.3
3	Sarah May	F						75.7	79.6									2	155.3	X	155.3
4	Andrew Bibby	M55						68.6	65.5									2	134.1	X	134.1
5	Peter Ehrhardt	M60						60.1	60.8									2	120.9	X	120.9
6	Jon Wright	M40							99.9									1	99.9	X	99.9
7	Sean Carey	U18						90.4										1	90.4	X	90.4
8	Alastair R-Dawson	M40							89.6									1	89.6	X	89.6
9	Andrew Wrench	M45							87.7									1	87.7	X	87.7
10	Dwane Dixon	M						86.1										1	86.1	X	86.1
11	Lauren Jeska	F35							85.5									1	85.5	X	85.5
12	Paul Hobbs	M						82.3										1	82.3	X	82.3
13	Martin Stork	M						80.3										1	80.3	X	80.3
14	Martin Roberts	M50						78.3										1	78.3	X	78.3
15	Ben Crowther	M						77.9										1	77.9	X	77.9
16	Shaun Pickard	M50						77.5										1	77.5	X	77.5
17	Sarah Warburton	F35							73.8									1	73.8	X	73.8
18	Marcel Ellison	M						72.3										1	72.3	X	72.3
19	Simon Galloway	M45						71.6										1	71.6	X	71.6
20	Kath Brierley	F45							70.9									1	70.9	X	70.9
21	Richard Butterwick	M40						67.8										1	67.8	X	67.8
22	Mel Blackhurst	F45							67.8									1	67.8	X	67.8
23	Andy Glyde	M						67.0										1	67.0	X	67.0
24	Derek Donohue	M50						66.5										1	66.5	X	66.5
25	Keith Parkinson	M55						65.5										1	65.5	X	65.5
26	Phil Hodgson	M50						64.1										1	64.1	X	64.1
27	Hatty Nylan	F						62.1										1	62.1	X	62.1
28	Phil Cook	M40						61.8										1	61.8	X	61.8
29	Sue Roberts	F45							61.4									1	61.4	X	61.4
30	Emma Osenton	F						61.3										1	61.3	X	61.3
31	Mick Howard	M50						59.3										1	59.3	X	59.3
32	Louise Abdy	F50						56.7										1	56.7	X	56.7
33	Mandy Goth	F50						55.3										1	55.3	X	55.3
34	Ray Poulter	M60						55.2										1	55.2	X	55.2
35	Barry Chapman	M65						52.4										1	52.4	X	52.4
36	Dave O'Neill	M50						50.4										1	50.4	X	50.4
37	Kathy Bridger	F45						45.8										1	45.8	X	45.8

2011 TRAIL TABLE 1 races				Roddlesworth	Bluebell	Wicken Hill	Worsthorne	Norland Moor	Beefys nab	Completed Races	total points	Qualified?	qualifying TOTAL
	attendance			19	0	0	0	0	0	19			
	average points			71.4	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!			
1	Martin Stork	M		92.5						1	92.5	X	92.5
2	Dwane Dixon	M		89.5						1	89.5	X	89.5
3	Paul Brannigan	M45		88.6						1	88.6	X	88.6
4	Dan Taylor	M		84.0						1	84.0	X	84.0
5	Simon Galloway	M45		79.3						1	79.3	X	79.3
6	Gemma Kendall	F		78.3						1	78.3	X	78.3
7	Sarah Glyde	F35		75.9						1	75.9	X	75.9
8	Jane Williams	F45		73.4						1	73.4	X	73.4
9	Kevin Coughlan	M45		70.8						1	70.8	X	70.8
10	Hatty Nylan	F		70.1						1	70.1	X	70.1
11	Elise Milnes	F50		69.8						1	69.8	X	69.8
12	Peter Ehrhardt	M65		67.8						1	67.8	X	67.8
13	Rachel Henthorne	F40		65.7						1	65.7	X	65.7
14	David Henthorne	M55		65.5						1	65.5	X	65.5
15	Helen Hodgkinson	F35		63.8						1	63.8	X	63.8
16	Graham Milnes	M55		63.4						1	63.4	X	63.4
17	Mandy Goth	F50		59.4						1	59.4	X	59.4
18	Dave O'Neill	M50		59.1						1	59.1	X	59.1
19	Jim Smith	M70		38.8						1	38.8	X	38.8

Race 5

Pos	Name	Cat	Lads Leap	Meanley Clough (EC)	Whittle Pike (EC)	Bradley	Thieveley Pike	Stanbury Splash	Long Mynd (EC)	Loughrigg (EC)	Yr Aran (BC)	Withlins Skyline	Heptonstall	Three Peaks	Duddon (EC)	Sedburgh Hills (EC & BC)	Good Shepherd	Littleborough 5k	Burnley Lions 10k	Boggart Hole 10k	Accrington 10k	Caldervale 10	Lune & Howgills 10	Burnsall 10	Preston 10	Liversedge Half	Hendon Brook 13.5	Fleetwood Half	Lancaster Half	Roddiesworth Roller	Bluebell Trail	Whicklen Hill Whizz	Worsthorne Moor	Worsley Woods	Beefy's Nab	total completed races	total points	total fell races	avg per fell race	total road races	avg per road race	total trail races	avg per trail race	Best Combination	QUALIFIED?	GP SCORE			
1	Peter Ehrhardt	M60						80.3	82.3									88.1								84.0				86.3						5	421.0	2	81.3	2	86.1	1	86.3	N		421.0			
2	Martin Stork	M						80.3										97.8								88.6				92.5						4	359.2	1	80.3	2	93.2	1	92.5	N		359.2			
3	Dave Collins	M55						95.8	104.6									104.8																		3	305.2	2	100.2	1	104.8	0	0	N		305.2			
4	Dwane Dixon	M						86.1										99.5												89.5						3	275.1	1	86.1	1	99.5	1	89.5	N		275.1			
5	Sarah May	F						83.8	88.1																	94.5										3	266.4	2	85.9	1	94.5	0	0	N		266.4			
6	Simon Galloway	M45						78.1										93.2												86.0						3	257.3	1	78.1	1	93.2	1	86.0	N		257.3			
7	Kevin Coughlan	M45																80.4								87.2				78.0						3	245.6	0	0	2	83.8	1	78.0	N		245.6			
8	Hatty Nylan	F						68.7										83.8												77.6						3	230.1	1	68.7	1	83.8	1	77.6	N		230.1			
9	Dave O'Neill	M50						59.1										71.2												67.2						3	197.5	1	59.1	1	71.2	1	67.2	N		197.5			
10	Paul Brannigan	M45																81.7											95.3						2	177.0	0	0	1	81.7	1	95.3	N		177.0				
11	Mel Blackhurst	F45							83.5																	90.2										2	173.7	1	83.5	1	90.2	0	0	N		173.7			
12	Sarah Glyde	F35																88.1												85.6						2	173.7	0	0	1	88.1	1	85.6	N		173.7			
13	Nick Barber	M						88.9	84.1																												2	173.0	2	86.5	0	0	0	0	N		173.0		
14	Keith Parkinson	M55						80.3										90.0																			2	170.3	1	80.3	1	90.0	0	0	N		170.3		
15	Andrew Bibby	M55						84.2	80.2																													2	164.4	2	82.2	0	0	0	0	N		164.4	
16	Richard Butterwick	M40						69.8										88.4																			2	158.2	1	69.8	1	88.4	0	0	N		158.2		
17	Nigel Hanson	M50																81.3								73.2											2	154.5	0	0	2	77.3	0	0	N		154.5		
18	Helen Hodgkinson	F35																79.6											73.4								2	153.0	0	0	1	79.6	1	73.4	N		153.0		
19	Mandy Goth	F50						72.6																						76.0							2	148.6	1	72.6	0	0	1	76.0	N		148.6		
20	Phil Cook	M40						65.5										83.0																			2	148.5	1	65.5	1	83.0	0	0	N		148.5		
21	Barry Chapman	M65						70.9										76.8																				2	147.7	1	70.9	1	76.8	0	0	N		147.7	
22	Jon Wright	M40							103.8																													1	103.8	1	103.8	0	0	0	0	N		103.8	
23	Mel Siddall	F45																96.6																				1	96.6	0	0	1	96.6	0	0	N		96.6	
24	Lauren Jeska	F35							95.7																													1	95.7	1	95.7	0	0	0	0	N		95.7	
25	Andrew Wrench	M45							94.7																														1	94.7	1	94.7	0	0	0	0	N		94.7
26	Jane Williams	F45																										93.3											1	93.3	0	0	0	0	1	93.3	N		93.3
27	Alastair R-Dawson	M40							92.2																														1	92.2	1	92.2	0	0	0	0	N		92.2
28	Kath Brierley	F45							91.9																														1	91.9	1	91.9	0	0	0	0	N		91.9
29	Kevin Booth	M45																91.6																				1	91.6	0	0	1	91.6	0	0	N		91.6	
30	Lucy Hobbs	F40																91.5																				1	91.5	0	0	1	91.5	0	0	N		91.5	
31	Martin Roberts	M50						90.8																															1	90.8	1	90.8	0	0	0	0	N		90.8
32	Sean Carey	U18						90.4																															1	90.4	1	90.4	0	0	0	0	N		90.4
33	Elise Milnes	F50																												90.3									1	90.3	0	0	0	0	1	90.3	N		90.3
34	Shaun Pickard	M50						87.9																															1	87.9	1	87.9	0	0	0	0	N		87.9
35	Gemma Kendall	F																												86.7									1	86.7	0	0	0	0	1	86.7	N		86.7
36	Melanie Robertson	F45																									85.7											1	85.7	0	0	1	85.7	0	0	N		85.7	
37	Mick Craven	M50																								85.2												1	85.2	0	0	1	85.2	0	0	N		85.2	
38	Dan Taylor	M																												84.0								1	84.0	0	0	0	0	1	84.0	N		84.0	
39	Sarah Warburton	F35							83.3																														1	83.3	1	83.3	0	0	0	0	N		83.3
40	Paul Hobbs	M						82.3																															1	82.3	1	82.3	0	0	0	0	N		82.3
41	Myra Wells	F50																79.1																				1	79.1	0	0	1	79.1	0	0	N		79.1	
42	Rachel Henthorne	F40																												79.1									1	79.1	0	0	0	0	1	79.1	N		79.1
43	Sue Roberts	F45							78.5																														1	78.5	1	78.5	0	0	0	0	N		78.5
44	Ben Crowther	M						77.9																															1	77.9	1	77.9	0	0	0	0	N		77.9
45	Derek Donohue	M50						76.2																															1	76.2	1	76.2	0	0	0	0	N		76.2
46	Phil Hodgson	M50						75.9																															1	75.9	1	75.9	0	0	0	0	N		75.9
47	David Henthorne	M55																												75.8									1	75.8	0	0	0	0	1	75.8	N		75.8
48	Andrea Marshall	F																75.6																				1	75.6	0	0	1	75.6	0	0	N		75.6	
49	Louise Abdy	F50																																															

CALDERVALE VILLAGE HALL COMMITTEE INVITE YOU TO RUN
CALDERVALE COUNTRY 10 MILE

(OPEN TO ALL OVER 16 YEARS)

Or

4 MILE FAMILY FUN RUN

GOOD FRIDAY

22 April 2011

tonyboltonsports



STARTING

FUN RUN 12 NOON 10 MILE 1 pm

**MEMENTOES TO
ALL FINISHERS
IN BOTH RACES
SPOT PRIZES FUN
RUN**

Course

10 Mile One lap undulating
With hills challenging course
using country roads

Fun Run

Quiet country roads one lap

PRIZES

1-6 MEN

1st VET MEN

40,45,50,60,65,70+

1-6 LADIES

1st VET LADIES

35,40,45,50,55,60,65,70

**ONLY ONE PRIZE
PER PERSON**

ENTRY FEE

10 MILE

ATTACHED £8.00

UNATTACHED £10.00

ENTRIES ON THE DAY

£2.00 EXTRA ON

ABOVE FEE'S

FUN RUN

ALL £2.50

ENTRIES TO:

Steve Ashcroft 36 Brook Place, Preston, PR2 1TE Tel 0788 678 6246

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PLEASE ENCLOSE S.A.E for number etc. Postal closing date 16 April 2010

Online entries to www.ukresults.net

Name.....

Club.....

Address.....

.....

Post Code..... Tele.....

Age.....

DOB.....

Male ☐ Female ☐ Fun Run ☐ 10 m ☐ E-mail.....

Data Protection: If you do not wish any details to be passed on to third party, including other running organisations. Tick Box ☐

Please enter me for the above event, I accept & certify that I am medically fit to run & understand that the organizers will in no way be held responsible/liable for any injury or illness, loss or damage of my property during the event, entrants under 16 years Parent or Guardian to sign

Signed.....

Date (caldervale 2011).

From ukresults.net



A MULTI-TERRAIN 10.3 MILE RACE

The course incorporates some of the most scenic views within the heart of Yorkshire with a unique river crossing to finish

RAISING FUNDS FOR



Sunday 1st May 2011 at 10am from Heath Rugby Club
Stainland Road, West Vale, Halifax, HX4 8LS

Under UKA rules - permit applied for

1st prize of £100 to the first male or female to complete the official course under 1 hour!

Current course record stands at 1:01:36. Timing verification by the Bluebell Race Officials.
Ladies graded equivalent performance of 1:07:09 triggers the fund if the first male fails to break the hour.
If prize not claimed this year we'll roll it over to next year and add another £50 to the pot.
Full terms & conditions are available on the website.

QUALITY GIFT & GOODY BAG TO ALL FINISHERS

Entry £10 EA members or £12 unattached.
Online entry available at: www.ukresults.net

Postal entries close 23rd April 2011.
Online entry closes midnight 28th April.

Changing facilities, showers & refreshments available.

NO ENTRIES ON THE DAY - PRE-ENTRY ONLY



Race limit of 450. Send completed entry form with cheque made payable to Stainland Lions to:
Bluebell Trail, 31 Bishopdale Court, Halifax, West Yorkshire, HX1 2QD.

A list of entrants will be posted on the website. Don't send SAE - race numbers to be collected on the day.

Email: webmaster@stainlandlions.com Website: www.stainlandlions.com Phone: 07855 213915

Forename		Surname	
Address			
Postcode		Phone	
Email address			
Club and EA registration number		Age on race day	Sex
I hereby declare that I am an amateur according to UKA rules, am over 17 years of age and medically fit to run. I understand that I enter at my own risk and that the organisers will in no way be responsible for any injury, damage or loss incurred to me or my property as a result of the race.		Sign & date	