



TORRIER

MAY/JUNE 2011



Jon Wright
12th 3 Peaks



Lauren Jeska
Winner
Mearley Clough



Robin Tuddenham
Winner
Caldervale 10



Gemma Kendall
1st lady Flower Scar



Sean Carey
3rd Flower Scar



John Lloyd
2nd Caldervale 10

Well done to all Toddies

Over the past couple of months we have seen some pretty impressive performances from lots of our runners (some of whom are pictured on the front page) both individually and in team competition and on both fell and road.

Most importantly the team spirit is tremendous – so enjoy and keep getting out there.

Results and reports from both grand prix and non grand prix races can be seen on Richard Butterwick's blog www.thewrongtrod.blogspot.com. There is a link from the todharriers website.

Calderdale Way Relay

A big thank you to all team captains (Alastair, Sarah & Simon) for all the hard work they put in. Special mention must go to Simon Galloway who had a nightmare and contacted at least 25 people before managing to fill his team.

Final results were

9	48	Todmorden Harriers	Andy McFie		Paul Hobbs		Sean Carey		Ben Crowther		Martin Stork		Nick Barber	
			Peter Bowles		A Rhodes-Dawson		John Lloyd		Dave Collins		Shaun Pickard		Robin Tuddenham	
			1:25:44	(25)	1:04:54	(10)	0:38:16	(3)	1:17:26	(11)	0:58:22	(9)	1:14:02	(12)
			1:25:44	(25)	2:30:38	(17)	3:08:54	(9)	4:26:20	(13)	5:24:42	(10)	6:38:44	(9)
5	51	Todmorden Harriers B	Kevin Booth		Richard O'Sullivan		Dan Taylor		Simon Anderton		Mick Craven		Phil Hodgeson	
			Darren Tweed		Lee McCluskey		Peter Clarke		Nick Wigmore		Simon Galloway		John Medcalf	
			1:33:00	(40)	1:22:25	(56)	0:46:23	(24)	1:24:52	(30)	1:06:05	(31)	1:30:53	(48)
			1:33:00	(40)	2:55:25	(49)	3:41:48	(36)	5:06:40	(37)	6:12:45	(35)	7:43:38	(35)
48	49	Todmorden Harriers Ladies	Kath Brierley		Lisa Parsons		Sarah Glyde		Sarah May		Karen Gray		Mel Blackhurst	
			Gemma Kendall		Chris Preston		Maria Prescott		Lauren Teska		Hatty Nylan		Lucy Hobbs	
			1:35:55	(49)	1:20:51	(54)	0:47:51	(31)	1:21:03	(22)	1:20:42	(68)	1:33:07	(58)
			1:35:55	(49)	2:56:46	(57)	3:44:37	(44)	5:05:40	(35)	6:26:22	(48)	7:59:29	(48)

AGM

The AGM was uneventful all officers were re-elected unopposed.

A big thank you to all those who have done a lot of work behind the scenes this year.

Thanks also

To those who sent in contributions to this newsletter.

WANTED

NEW RACE ORGANISER FOR THE NOONSTONE FELL RACE

THANKS

TO ANDREW HORSFALL (hoss)

WHO HAS ORGANISED THIS RACE FOR THE PAST 10 YEARS. THIS HAS INCLUDED TWO VERY SUCCESSFUL ENGLISH CHAMPIONSHIP RACES. Andrew has decided that now is the time to hand over the reins. He is happy to help and advise any new race organiser.

If you feel you can do this job then please tell Mandy at pack runs or e-mail mandy@todharriers.co.uk or derek@todharriers.co.uk.

Subs are overdue

At last count there were up to 70 of you not paid your subs, these were due by the end of last month. Please, please could you send them to

Bev Wright 83 Bacup Road, Todmorden, Lancs. OL14 7HG.

Any queries you can e-mail her on bev@todharriers.co.uk

If you do not wish to renew then please could you also let her know it's a real hassle having to chase everyone up.

PACK RUN VENUES

Weds 7pm

May - New Delight Inn, Blackshaw, Hebden Bridge

June - Robin Hood, Cragg Vale, Hebden Bridge

July - Sportsmans Arms, Kebs Road, Todmorden

August - Hare and Hounds, Old Town, Hebden Bridge

**September - White House, Blackstone Edge, Halifax Rd, Littleborough
(6.45pm)**

Speed work/Interval Training

Still at 6.30pm Todmorden High School

All welcome.

When we use the track on the High School field there will be a nominal charge of £1 to cover costs.

Kit

To all new runners please note you may be asked to carry kit at fell races. This normally constitutes a waterproof or windproof top. Overtrousers, map, compass & whistle.

Info usually available on www.fellrunner.org.uk

GRAND PRIX RACES 2011 –FULL DETAILS IN MARCH TORRIER

Friday 28 May Burnley Lions 10k (Short) (Road)
Sat 4 Jun Duddon Valley (Fell) 18m/6000' (AL)
Friday 17th June – Whicken Hill Whizz (Trail)3m/1000' (AS)
Sunday 20 June - Hendon Brook 13.5m (Long)(ROAD)
Sun 26 Jun Loughrigg (Fell) 8.5m/2530' (AM)
Sunday 3rd July - Lune Valley & Howgills 10m (Medium)(Road)
Sat 9 Jul Yr Aran (Fell)10m/3100' (AM)
Sat 30 Jul Whittle Pike (Fell)5.1m/1400' (AS)
Sunday 7th August – Worsthorne Moor (Trail)6.8m/900' (BM)
Saturday 20th August Burnsall 10 (Medium)(Road)
Sun 21 Aug Sedbergh Hills (Fell)14m/6000'

Sun 28th August Fleetwood Half 13.1m (Long)(Road)
Sun 4 Sep Bradley Fell race (Fell)3.5m/750' (BS)
Sunday 11th September – Worsley Woods Trail 4.5m
Sun 18 September - Boggart Hole Chase 10k (Short)(Road)
Sat 24 Sep Thieveley Pike (Fell)4.3m/1300' (AS)
Sat 8 Oct Good Shepherd (Fell) 14m/2000' (BL)
Sunday 9th October – Beefy's Nab (Trail)3.5m/600' (BS)
Sun 23 Oct Withens Skyline (Fell)7m/1000' (BM)
Sun 30th October - Accrington 10k (Short)(Road)
Sunday 6th November - Lancaster Half Marathon (Long)(Road)
Sunday 20th November - Preston 10m (Medium)(Road)

SPORTS MASSAGE

Massage therapist Jenny Greenwood is on holiday for the month of May and into the beginning of June. If you would normally see Jenny but would like specialist treatment and advice while she is away then two recommended alternatives are:

Julie Lomax - Physiotherapist and Sport & Remedial Massage Therapist based in Hebden Bridge. Call 01422 847378 or 07981 931853, email info@caldermassage.co.uk and check out www.caldermassage.co.uk for details.

Ali Mills - Physiotherapist and Clinical Pilates Specialist also based in Hebden Bridge. Call 07780 901493, email ali@millsphysiotherapy.co.uk and check out www.millsphysiotherapy.co.uk for details.

PILATES

THURSDAYS HEBDEN BRIDGE

6.30-7.30

7.30- 8.30 SPACES AVAILABLE DUE TO HOLIDAYS CONTACT MANDY 07915073393

Grand Prix gets into full swing



Toddies at the Bluebell trail Race

So how is your Grand Prix season going so far? Don't forget that the Grand Prix itself is handicapped (you get more points for being older, and more for being female), and to qualify you'll need to do eight GP races, which must include at least two road races, two fell races and one trail race.

To qualify for the Fell Championship (not handicapped), you need to do six races, including one long, one medium and one short. Ditto for the Road Championship. And for the (new) Trail Championship, you need to tackle four trail races.

What's coming up? On Sat May 14th, we'll be over the back of Pendle Hill for the **Mearley Clough** fell race. Three and a half miles, but 1200 foot of climbing. This is an English Champs qualifier, and bookings closed on May 1st.

On Friday evening May 27th, the **Burnley Lions 10K** will be held around the roads and lanes of Colne. 7pm start at the Colne Cricket Club and is a two-lap race. This appears to be a nice turn-up-and-run job, with no entry form apparently available. More info anyway proffered on 01282 702348.

Which takes us into June. The **Duddon** fell race, one of the Lakeland longer fell races (18m, 6000 ft), is another English champs race, so once again pre-registration is essential. At time of writing, there

were still some places available, but booking was supposed to close on May 14th. If you're keen, it's worth seeing if you can sneak in a late entry. Details at www.duddonvalleyfellrace.co.uk

A rather different fell race two weeks later, on Fri June 17th. This is the **Wicken Hill Whizz**, a three mile up-and-down from Mytholmroud on to the edge of Midgley moor. 7.30pm from the Mytholmroyd community centre. Just turn up to run.

And/or a road race the same weekend: the **Hendon Brook** road race. At 13.5 miles this is just a tad more than a half marathon, and is run from Marsden Park golf course near Nelson. 11am start. The organisers describe it as 'hilly – very tough', but hills hold no fears for Toddies now, do they? Like the Burnley 10K it appears to be a turn up race, but the phone number given is 01282 431959.

Finally, on Sun June 26th, there's the medium-length **Loughrigg and Silverhowe** fell race – yes, another English Champs race, so yet again be organised and get your entry in. FRA universal entry form by June 20th to P Bland, 12 Danes Rd, Staveley, Kendal LA8 9PW, with a £6 cheque.

Looking ahead, July offers the Howgills 10 road race, the Tal y Fan fell race and Whittle Pike. Plenty to look forward to.

Results

race	time	pts	GP pts	time	pts	Gp pts
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Heptonstall 20/3/11						
Jon Wright	M40	2	0	13	97.2	101.0
John Lloyd	M	2	10	4	89.9	89.9
Paul Hobbs	M	2	17	43	84.9	84.9
Dave Collins	M50	2	18	43	84.2	100.9
Paul Brannigan	M45	2	27	16	79.4	86.5
Ben Crowther	M	2	28	41	78.6	78.6
Clive Greatorex	M45	2	28	43	78.6	86.5
Andy McFie	M40	2	29	40	78.1	81.9
Dan Taylor	M	2	29	40	78.1	78.1
Kath Brierley	F45	2	41	53	72.2	93.6
Paul Smith	M40	2	45	3	70.8	72.9
Andrew Bibby	M55	2	45	23	70.7	86.6
Mick Craven	M50	2	46	59	70.0	82.9
Derek Donohue	M50	2	50	14	68.7	78.7
Simon Galloway	M45	2	54	27	67.0	73.7
Lisa Parsons	F40	2	56	9	66.3	79.8
Paul Cruthers	M45	3	4	53	63.2	70.3
Helen Hodgkinson	F35	3	8	13	62.1	71.4
Stuart Boulton	M50	3	11	57	60.9	70.6
Richard Blakeley	M65	3	12	45	60.6	85.4
Peter Ehrhardt	M65	3	16	46	59.4	80.4
Patsey Reilly	F40	3	22	37	57.7	70.2
Fiona Armer	F45	3	25	55	56.8	69.9
Louise Abdy	F50	3	35	7	54.3	71.3

Lads Leap 3/4/11						
Jon Wright	M40	49	17	99.4	103.2	
John Lloyd	M	53	15	92.0	92.0	
Paul Brannigan	M45	57	20	85.4	93.1	
Dave Collins	M55	57	36	85.0	101.8	
Simon Galloway	M45	1	3	26	77.2	85.0
Kath Brierley	F45	1	4	42	75.7	98.1
Richard Butterwick	M40	1	5	52	74.3	76.5
Jane Leonard	F50	1	9	14	70.7	96.7
Richard Blakeley	M65	1	10	44	69.2	97.5
Richard Leonard	M50	1	11	48	68.2	79.0
Barry Chapman	M65	1	27	49	55.8	75.5
Peter Ehrhardt	M65	1	33	22	52.4	71.0

Caldervale 10m 23/4/11						
Robin Tuddenham	M40	1	31	103.2	107.8	
John Lloyd	M	1	2	54	99.3	99.3
Paul Brannigan	M45	1	5	25	95.5	102.7
Martin Stork	M	1	6	8	94.5	94.5
Kevin Booth	M45	1	14	50	83.5	89.1
Mick Craven	M50	1	16	50	81.3	93.2
Lucy Hobbs	F40	1	22	19	75.9	88.9
Simon Galloway	M45	1	24	56	73.6	79.7
Julie Wyant	FV40	1	33	34	66.8	79.0
Mel Siddall	F45	1	33	35	66.8	84.6

3 Peaks 30/4/11						
Jon Wright	M40	3	13	39	91.1	94.6
Nick Barber	M	3	29	51	84.1	84.1
Alastair R-Dawson	M40	3	40	40	79.9	82.3
Robin Tuddenham	M40	4	4	23	72.2	75.7
Paul Hobbs	M	4	14	3	69.4	69.4
Andy McFie	M40	4	15	2	69.2	72.5
Paul Cotton	M45	4	36	37	63.8	71.4
Elise Milnes	F50	5	9	33	57.0	75.9

Bluebell Trail 12m		1/5/11					
Dwane Dixon	M	1	10	53	92.9	92.9	
John Lloyd	M	1	11	25	92.2	92.2	
Martin Stork	M	1	16	51	85.7	85.7	
Sarah May	F	1	21	27	80.8	89.5	
Mark Anderton	M45	1	21	31	80.8	88.9	
Clive Greatorex	M45	1	22	19	80.0	86.7	
Richard Butterwick	M40	1	23	56	78.5	81.3	
Keith Parkinson	M55	1	28	36	74.3	82.9	
Simon Galloway	M45	1	31	2	72.3	78.4	
Mel Blackhurst	F45	1	31	18	72.1	87.7	
Paul Cruthers	M45	1	34	54	69.4	75.8	
Maria Prescott	F45	1	37	5	67.8	83.4	
Kevin Coughlan	M45	1	41	14	65.0	71.6	
Elise Milnes	F50	1	46	7	62.1	80.2	
Peter Ehrhardt	M65	1	46	51	61.6	78.4	
David Leslie	M55	1	48	32	60.7	73.4	
Moyra Parfitt	F65	1	50	34	59.6	92.5	
Graham Milnes	M55	1	53	28	58.0	67.1	
Rachel Henthorne	F40	1	53	42	57.9	69.8	
David Henthorne	M55	1	58	36	55.5	64.2	
Barry Chapman	M65	1	59	29	55.1	70.1	
Katy Moore	F35	2	10	28	50.5	58.1	

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			12	0	0	0	0	29	13	0	0	0	24	8	0	0	0	86			
	average points			75.4	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	68.3	78.0	#DIV/0!	#DIV/0!	#DIV/0!	71.2	73.3	#DIV/0!	#DIV/0!	#DIV/0!				
1	Jon Wright	M40		99.4						99.9				97.2	91.1				4	387.6	X	387.6
2	Dave Collins	M55		85.0					80.0	87.3				84.2					4	336.5	X	336.5
3	Nick Barber	M							88.9	84.1					84.1				3	257.1	X	257.1
4	Paul Hobbs	M							82.3					84.9	69.4				3	236.6	X	236.6
5	Peter Ehrhardt	M60		52.4					60.1	60.8				59.4					4	232.7	X	232.7
6	Kath Brierley	F45		75.7						70.9				72.2					3	218.8	X	218.8
7	Simon Galloway	M45		77.2					71.6					67.0					3	215.8	X	215.8
8	Andrew Bibby	M55							68.6	65.5				70.7					3	204.8	X	204.8
9	John Lloyd	M		92.0										89.9					2	181.9	X	181.9
10	Alastair R-Dawson	M40								89.6					79.9				2	169.5	X	169.5
11	Paul Brannigan	M45		85.4										79.4					2	164.8	X	164.8
12	Ben Crowther	M							77.9					78.6					2	156.5	X	156.5
13	Sarah May	F							75.7	79.6									2	155.3	X	155.3
14	Andy McFie	M40												78.1	69.2				2	147.3	X	147.3
15	Richard Butterwick	M40		74.3					67.8										2	142.1	X	142.1
16	Derek Donohue	M50							66.5					68.7					2	135.2	X	135.2
17	Richard Blakeley	M65		69.2										60.6					2	129.8	X	129.8
18	Louise Abdy	F50							56.7					54.3					2	111.0	X	111.0
19	Barry Chapman	M65		55.8					52.4										2	108.2	X	108.2
20	Sean Carey	U18							90.4										1	90.4	X	90.4
21	Andrew Wrench	M45								87.7									1	87.7	X	87.7
22	Dwane Dixon	M							86.1										1	86.1	X	86.1
23	Lauren Jeska	F35								85.5									1	85.5	X	85.5
24	Martin Stork	M							80.3										1	80.3	X	80.3
25	Clive Greatorex	M45												78.6					1	78.6	X	78.6
26	Martin Roberts	M50							78.3										1	78.3	X	78.3
27	Dan Taylor	M												78.1					1	78.1	X	78.1
28	Shaun Pickard	M50							77.5										1	77.5	X	77.5
29	Sarah Warburton	F35								73.8									1	73.8	X	73.8
30	Marcel Ellison	M							72.3										1	72.3	X	72.3
31	Robin Tuddenham	M40													72.2				1	72.2	X	72.2
32	Paul Smith	M45												70.8					1	70.8	X	70.8
33	Jane Leonard	F50		70.7															1	70.7	X	70.7
34	Mick Craven	M50												70.0					1	70.0	X	70.0
35	Richard Leonard	M50		68.2															1	68.2	X	68.2
36	Mel Blackhurst	F45								67.8									1	67.8	X	67.8
37	Andy Glyde	M							67.0										1	67.0	X	67.0
38	Lisa Parsons	F40												66.3					1	66.3	X	66.3
39	Keith Parkinson	M55							65.5										1	65.5	X	65.5
40	Phil Hodgson	M50							64.1										1	64.1	X	64.1
41	Paul Cotton	M45													63.8				1	63.8	X	63.8
42	Paul Cruthers	M45												63.2					1	63.2	X	63.2
43	Helen Hodgkinson	F35												62.1					1	62.1	X	62.1
44	Hatty Nylan	F							62.1										1	62.1	X	62.1
45	Phil Cook	M40							61.8										1	61.8	X	61.8
46	Sue Roberts	F45								61.4									1	61.4	X	61.4
47	Emma Osenton	F							61.3										1	61.3	X	61.3
48	Stuart Boulton	M50												60.9					1	60.9	X	60.9
49	Mick Howard	M50							59.3										1	59.3	X	59.3
50	Patsey Reilly	F40												57.7					1	57.7	X	57.7
51	Elise Milnes	F50													57.0				1	57.0	X	57.0
52	Fiona Armer	F45												56.8					1	56.8	X	56.8
53	Mandy Goth	F50							55.3										1	55.3	X	55.3
54	Ray Poulter	M60							55.2										1	55.2	X	55.2
55	Dave O'Neill	M50							50.4										1	50.4	X	50.4
56	Kathy Bridger	F45							45.8										1	45.8	X	45.8

2011 ROAD TABLE

				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	10	0	0	0	8	0	0	0	39			
	average points			77.4	#DIV/0!	#DIV/0!	#DIV/0!	84.1	#DIV/0!	#DIV/0!	#DIV/0!	73.7	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!			
1	Martin Stork	M		97.8				94.5				88.6				3	280.9	X	280.9
2	Paul Brannigan	M45		75.9				95.9								2	171.8	X	171.8
3	Kevin Booth	M45		85.8				83.5								2	169.3	X	169.3
4	Simon Galloway	M45		86.7				73.6								2	160.3	X	160.3
5	Mick Craven	M50						81.3				74.3				2	155.6	X	155.6
6	Lucy Hobbs	F40		78.0				75.9								2	153.9	X	153.9
7	Mel Siddall	F45		76.2				66.8								2	143.0	X	143.0
8	Kevin Coughlan	M45		73.0								68.8				2	141.8	X	141.8
9	Peter Ehrhardt	M60		70.0								66.8				2	136.8	X	136.8
10	Nigel Hanson	M50		70.9								63.9				2	134.8	X	134.8
11	Robin Tuddenham	M40						103.2								1	103.2	X	103.2
12	Dwane Dixon	M		99.5												1	99.5	X	99.5
13	John Lloyd	M						99.3								1	99.3	X	99.3
14	Dave Collins	M55		90.6												1	90.6	X	90.6
15	Richard Butterwick	M40		85.9												1	85.9	X	85.9
16	Sarah May	F										85.4				1	85.4	X	85.4
17	Keith Parkinson	M55		80.7												1	80.7	X	80.7
18	Phil Cook	M40		78.9												1	78.9	X	78.9
19	Sarah Glyde	F35		78.7												1	78.7	X	78.7
20	Hatty Nylan	F		75.8												1	75.8	X	75.8
21	Mel Blackhurst	F45										74.1				1	74.1	X	74.1
22	Helen Hodgkinson	F35		69.2												1	69.2	X	69.2
23	Andrea Marshall	F		68.4												1	68.4	X	68.4
24	Melanie Robertson	F45										67.6				1	67.6	X	67.6
25	Julie Wyant	FV40						66.8								1	66.8	X	66.8
26	Dave O'Neill	M50		62.6												1	62.6	X	62.6
27	Barry Chapman	M65		60.4												1	60.4	X	60.4
28	Myra Wells	F50		59.9												1	59.9	X	59.9

TRAIL TABLE 2011

2 races				Roddlesworth	Bluebell	Wicken Hill	Worsthorne	Norland Moor	Beefys nab	Completed Races	total points	Qualified?	qualifying TOTAL
	attendance			19	22	0	0	0	0	41			
	average points			71.4	69.7	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!			
1	Dwane Dixon	M		89.5	92.9					2	182.4	X	182.4
2	Martin Stork	M		92.5	85.7					2	178.2	X	178.2
3	Simon Galloway	M45		79.3	72.3					2	151.6	X	151.6
4	Kevin Coughlan	M45		70.8	65.0					2	135.8	X	135.8
5	Elise Milnes	F50		69.8	62.1					2	131.9	X	131.9
6	Peter Ehrhardt	M65		67.8	61.6					2	129.4	X	129.4
7	Rachel Henthorne	F40		65.7	57.9					2	123.6	X	123.6
8	Graham Milnes	M55		63.4	58.0					2	121.4	X	121.4
9	David Henthorne	M55		65.5	55.5					2	121.0	X	121.0
10	John Lloyd	M			92.2					1	92.2	X	92.2
11	Paul Brannigan	M45		88.6						1	88.6	X	88.6
12	Dan Taylor	M		84.0						1	84.0	X	84.0
13	Sarah May	F			80.8					1	80.8	X	80.8
14	Mark Anderton	M45			80.8					1	80.8	X	80.8
15	Clive Greatorex	M45			80.0					1	80.0	X	80.0
16	Richard Butterwick	M40			78.5					1	78.5	X	78.5
17	Gemma Kendall	F		78.3						1	78.3	X	78.3
18	Sarah Glyde	F35		75.9						1	75.9	X	75.9
19	Keith Parkinson	M55			74.3					1	74.3	X	74.3
20	Jane Williams	F45		73.4						1	73.4	X	73.4
21	Mel Blackhurst	F45			72.1					1	72.1	X	72.1
22	Hatty Nylan	F		70.1						1	70.1	X	70.1
23	Paul Cruthers	M45			69.4					1	69.4	X	69.4
24	Maria Prescott	F45			67.8					1	67.8	X	67.8
25	Helen Hodgkinson	F35		63.8						1	63.8	X	63.8
26	David Leslie	M55			60.7					1	60.7	X	60.7
27	Moyra Parfitt	F65			59.6					1	59.6	X	59.6
28	Mandy Goth	F50		59.4						1	59.4	X	59.4
29	Dave O'Neill	M50		59.1						1	59.1	X	59.1
30	Barry Chapman	M65			55.1					1	55.1	X	55.1
31	Katy Moore	F35			50.5					1	50.5	X	50.5
32	Jim Smith	M70		38.8						1	38.8	X	38.8

GRAND PRIX 2011

Pos	Name	Cat	Lads Leap	Stanbury Splash	Long Mynd (EC)	Heptonstall	Three Peaks	Littleborough 5k	Caldervale 10	Liversedge Half	Roddlesworth Roller	Bluebell Trail	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	GP SCORE
1	Peter Ehrhardt	M60	71.0	80.3	82.3	80.4		88.1		84.0	86.3	78.4	8	650.8	4	78.5	2	86.1	2	82.4	Q	650.8
2	Simon Galloway	M45	85.0	78.1		73.7		93.2	79.7		86.0	78.4	7	574.1	3	78.9	2	86.5	2	82.2	N	574.1
3	Martin Stork	M		80.3				97.8	94.5	88.6	92.5	85.7	6	539.4	1	80.3	3	93.6	2	89.1	N	539.4
4	Dave Collins	M55	101.8	95.8	104.6	100.9		104.8					5	507.9	4	100.8	1	104.8	0	0	N	507.9
5	Paul Brannigan	M45	93.1			86.5		81.7	102.7		95.3		5	459.3	2	89.8	2	92.2	1	95.3	N	459.3
6	Jon Wright	M40	103.2		103.8	101.0	94.6						4	402.6	4	100.7	0	0	0	0	N	402.6
7	John Lloyd	M	92.0			89.9			99.3			92.2	4	373.4	2	91.0	1	99.3	1	92.2	N	373.4
8	Dwane Dixon	M		86.1				99.5			89.5	92.9	4	368.0	1	86.1	1	99.5	2	91.2	N	368.0
9	Sarah May	F		83.8	88.1					94.5		89.5	4	355.9	2	85.9	1	94.5	1	89.5	N	355.9
10	Kevin Coughlan	M45						80.4		87.2	78.0	71.6	4	317.2	0	0	2	83.8	2	74.8	N	317.2
11	Richard Butterwick	M40	76.5	69.8				88.4				81.3	4	316.0	2	73.2	1	88.4	1	81.3	N	316.0
12	Barry Chapman	M65	75.5	70.9				76.8				70.1	4	293.3	2	73.2	1	76.8	1	70.1	N	293.3
13	Kath Brierley	F45	98.1		91.9	93.6							3	283.6	3	94.5	0	0	0	0	N	283.6
14	Mel Blackhurst	F45			83.5					90.2		87.7	3	261.4	1	83.5	1	90.2	1	87.7	N	261.4
15	Mick Craven	M50				82.9			93.2	85.2			3	261.3	1	82.9	2	89.2	0	0	N	261.3
16	Nick Barber	M		88.9	84.1		84.1						3	257.1	3	85.7	0	0	0	0	N	257.1
17	Keith Parkinson	M55		80.3				90.0				82.9	3	253.2	1	80.3	1	90.0	1	82.9	N	253.2
18	Andrew Bibby	M55		84.2	80.2	86.6							3	251.0	3	83.7	0	0	0	0	N	251.0
19	Elise Milnes	F50					75.9				90.3	80.2	3	246.4	1	75.9	0	0	2	85.3	N	246.4
20	Paul Hobbs	M		82.3		84.9	69.4						3	236.6	3	78.9	0	0	0	0	N	236.6
21	Hatty Nylan	F		68.7				83.8			77.6		3	230.1	1	68.7	1	83.8	1	77.6	N	230.1
22	Helen Hodgkinson	F35				71.4		79.6			73.4		3	224.4	1	71.4	1	79.6	1	73.4	N	224.4
23	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
24	Robin Tuddenham	M40					75.7		107.8				2	183.5	1	75.7	1	107.8	0	0	N	183.5
25	Richard Blakeley	M65	97.5			85.4							2	182.9	2	91.5	0	0	0	0	N	182.9
26	Mel Siddall	F45						96.6	84.6				2	181.2	0	0	2	90.6	0	0	N	181.2
27	Kevin Booth	M45						91.6	89.1				2	180.7	0	0	2	90.4	0	0	N	180.7
28	Lucy Hobbs	F40						91.5	88.9				2	180.4	0	0	2	90.2	0	0	N	180.4
29	Alastair R-Dawson	M40			92.2		82.3						2	174.5	2	87.3	0	0	0	0	N	174.5
30	Sarah Glyde	F35						88.1			85.6		2	173.7	0	0	1	88.1	1	85.6	N	173.7
31	Clive Greatorex	M45				86.5						86.7	2	173.2	1	86.5	0	0	1	86.7	N	173.2
32	Dan Taylor	M				78.1					84.0		2	162.1	1	78.1	0	0	1	84.0	N	162.1
33	Ben Crowther	M		77.9		78.6							2	156.5	2	78.2	0	0	0	0	N	156.5
34	Derek Donohue	M50		76.2		78.7							2	154.9	2	77.5	0	0	0	0	N	154.9
35	Nigel Hanson	M50						81.3		73.2			2	154.5	0	0	2	77.3	0	0	N	154.5
36	Andy McFie	M40				81.9	72.5						2	154.4	2	77.2	0	0	0	0	N	154.4
37	Rachel Henthorne	F40									79.1	69.8	2	148.9	0	0	0	0	2	74.5	N	148.9
38	Mandy Goth	F50		72.6							76.0		2	148.6	1	72.6	0	0	1	76.0	N	148.6
39	Phil Cook	M40		65.5				83.0					2	148.5	1	65.5	1	83.0	0	0	N	148.5
40	Paul Cruthers	M45				70.3						75.8	2	146.1	1	70.3	0	0	1	75.8	N	146.1
41	Louise Abdy	F50		74.5		71.3							2	145.8	2	72.9	0	0	0	0	N	145.8
42	Graham Milnes	M55									73.3	67.1	2	140.4	0	0	0	0	2	70.2	N	140.4
43	David Henthorne	M55									75.8	64.2	2	140.0	0	0	0	0	2	70.0	N	140.0
44	Jane Leonard	F50	96.7										1	96.7	1	96.7	0	0	0	0	N	96.7
45	Lauren Jeska	F35			95.7								1	95.7	1	95.7	0	0	0	0	N	95.7
46	Andrew Wrench	M45			94.7								1	94.7	1	94.7	0	0	0	0	N	94.7
47	Jane Williams	F45									93.3		1	93.3	0	0	0	0	1	93.3	N	93.3
48	Moyra Parfitt	F65										92.5	1	92.5	0	0	0	0	1	92.5	N	92.5
49	Martin Roberts	M50		90.8									1	90.8	1	90.8	0	0	0	0	N	90.8
50	Sean Carey	U18		90.4									1	90.4	1	90.4	0	0	0	0	N	90.4
51	Mark Anderton	M45										88.9	1	88.9	0	0	0	0	1	88.9	N	88.9
52	Shaun Pickard	M50		87.9									1	87.9	1	87.9	0	0	0	0	N	87.9
53	Gemma Kendall	F									86.7		1	86.7	0	0	0	0	1	86.7	N	86.7
54	Melanie Robertson	F45								85.7			1	85.7	0	0	1	85.7	0	0	N	85.7
55	Maria Prescott	F45										83.4	1	83.4	0	0	0	0	1	83.4	N	83.4
56	Sarah Warburton	F35			83.3								1	83.3	1	83.3	0	0	0	0	N	83.3
57	Lisa Parsons	F40				79.8							1	79.8	1	79.8	0	0	0	0	N	79.8
58	Myra Wells	F50						79.1					1	79.1	0	0	1	79.1	0	0	N	79.1
59	Richard Leonard	M50	79.0										1	79.0	1	79.0	0	0	0	0	N	79.0
60	Julie Wyant	FV40							79.0				1	79.0	0	0	1	79.0	0	0	N	79.0
61	Sue Roberts	F45			78.5								1	78.5	1	78.5	0	0	0	0	N	78.5
62	Phil Hodgson	M50		75.9									1	75.9	1	75.9	0	0	0	0	N	75.9
63	Andrea Marshall	F						75.6					1	75.6	0	0	1	75.6	0	0	N	75.6
64	Ray Poulter	M60		73.7									1	73.7	1	73.7	0	0	0	0	N	73.7
65	David Leslie	M55										73.4	1	73.4	0	0	0	0	1	73.4	N	73.4
66	Andy Glyde	M		73.0									1	73.0	1	73.0	0	0	0	0	N	73.0
67	Paul Smith	M45				72.9							1	72.9	1	72.9	0	0	0	0	N	72.9
68	Marcel Ellison	M		72.3									1	72.3	1	72.3	0	0	0	0	N	72.3
69	Paul Cotton	M45					71.4						1	71.4	1	71.4	0	0	0	0	N	71.4
70	Stuart Boulton	M50				70.6							1	70.6	1	70.6	0	0	0	0	N	70.6
71	Patsey Reilly	F40				70.2							1	70.2	1	70.2	0	0	0	0	N	70.2
72	Fiona Armer	F45				69.9							1	69.9	1	69.9	0	0	0	0	N	69.9
73	Emma Osenton	F		67.8									1	67.8	1	67.8	0	0	0	0	N	67.8
74	Mick Howard	M50		67.3									1	67.3	1	67.3	0	0	0	0	N	67.3
75	Kathy Bridger	F45		59.4									1	59.4	1	59.4	0	0	0	0	N	59.4
76	Katy Moore	F35										58.1	1	58.1	0	0	0	0	1	58.1	N	58.1
77	Jim Smith	M70									52.8		1	52.8	0	0	0	0	1	52.8	N	52.8

RACES MAY/JUNE/JULY

FELL RACES

Tue 24th May 2011 – Coppice

Date & time: Tue 24th May 2011 at 19:30

Website: runningspec.com

Distance: 5m / 8km

Climb: 600ft / 183m

Venue: Peel Park Hotel, Turkey St, Accrington.

Sun 29th May 2011 – Saddleworth

Date & time: Sun 29th May 2011 at 12:30

Website: saddleworth-runners.co.uk

Distance: 3m / 4.8km

Climb: 950ft / 290m

Venue: Tanners Waterside Mill, Greenfield, Saddleworth.

Sat 4th Jun 2011 – Kelbrook

Date & time: Sat 4th Jun 2011 at 14:00

Distance: 3.4m / 5.5km

Climb: 700ft / 213m

Venue: Kelbrook Parish Church.

Sun 5th Jun 2011 – Edenfield

Date & time: Sun 5th Jun 2011 at 11:00

Distance: 7.5m / 12.1km

Climb: 1600ft / 488m

Venue: Edenfield Cricket Club.

Sun 12th Jun 2011 – Knowl Hill

Date & time: Sun 12th Jun 2011 at 11:00

Website: rochdaleharriers.co.uk

Distance: 6m / 9.7km

Climb: 1300ft / 396m

Venue: Brown Cow, Norden, Rochdale.

Tue 14th Jun 2011 – St Ives Trail

Date & time: Tue 14th Jun 2011 at 19:30

Category: CS

Website: bingleyharriers.org.uk

Distance: 5m / 8km

Climb: 500ft / 152m

Venue: Care home car park, St Ives estate, Harden, Bingley.

Fri 17th Jun 2011 – Wicken Hill Whizz

Date & time: Fri 17th Jun 2011 at 19:30

Website: cvfr.co.uk

Distance: 3m / 4.8km

Climb: 1000ft / 305m

Venue: Mytholmroyd Community Centre, nr Hebden Bridge.

Sat 18th Jun 2011 – Reservoir Bogs

Date & time: Sat 18th Jun 2011 at 11:30

Website: cvfr.co.uk

Distance: 8.5m / 13.7km

Climb: 1750ft / 533m

Venue: Hare & Hounds, Chiserley, nr Hebden Bridge.

Grid ref: SE005280

Sun 19th Jun 2011 – Timothy Taylors Tom Tittiman

Wed 29th Jun 2011 – Cragg Vale

Sat 2nd Jul 2011 – Oakworth Haul

Tue 5th Jul 2011 – Stoodley Pike

Tue 12th Jul 2011 – Waugh's Well

Wed 20th Jul 2011 – Widdop

Sat 23rd Jul 2011 – Turnslack

Tue 26th Jul 2011 – Allan Greenwood's 50th Birthday Bash

Sat 30th Jul 2011 – Whittle Pike

Tue 2nd Aug 2011 – Mills Physiotherapy Crow Hill Reverse

ROAD RACES

Saturday 21st May Sowerby Scorchers 10k Multi

terrain 11am- a newish race, quite varied, I know Elise ran it last year!

Starts from St Peter's Centre, Sowerby Bridge. A costly £11!!

Tuesday 24th May-Margaret Greenwood Memorial

M/T race-7pm. Another chance to go round the Cowm reservoir! £5

Friday 27th May-Burnley Lions 10k Part of the Grand Prix-mentioned elsewhere!!

Sunday 29th May 1pm-Blackpool Beach 10K

-great fun, in a sandy way! Don't believe what it says- you will get wet feet!!

Thursday 2nd June-Cuerden Valley Badger 10k Trail

Race-organised by Lancs Wildlife Trust. 7.30pm.

Claire and Nick will be able to give more details, its part of a series of races.

Sunday 5th June Harewood House Chase 10k-£8.50

and £2 more on the day. Women at 10.30am and Men 11am.

More information from uk.results.net

Toilet Seat 2011

Welcome to the first Toilet Seat page of 2011. I won't say too much at this point as there are so many good tales to tell – let the page speak for itself!

Yours, Uncle Barry

How not to hide your car keys:

Paul Brannigan hid his keys in a window box at the Red Lion. After the run he couldn't find the things – they'd slipped down the back of the window box and he couldn't reach them. A long struggle ensued before he could make his way home again. 5 points Paul
The wrong pub: Richard Blakely went to a Sunday run at the Hare and Hounds but he should have gone to the New Delight. He did see lots of runners though as it was the day of the Wadsworth Trog. 5 points Richard

Stanbury crash? Whilst driving over Keighley Road to do the Stanbury Splash race, Uncle Barry stopped behind a row of 'parked' cars to allow oncoming traffic through. When the road cleared, Barry set off, and so did the last car in the row of 'parked' cars, resulting in a near miss. Turned out that the not parked car was being driven by Derek Donohue! 5 points each for rotten driving

Don't give up the day job... Richard Blakely went out to rescue wife Margaret at Todmorden rail station (flat battery) and beheaded the top of his camper van on the height barrier. Unable to reach Margaret, Uncle Barry's rescue service was called out to save the day and get poor Margaret on her way again. 5 points Richard
Take that! Jon Wright and Andrew Wrench will miss the Duddon Fell Race as they're going to see Take That. Take 5 points each boys!

More shoes than sense? (1) Colin Duffield confessed to leaving his fell shoes on the road in Heptonstall after recce-ing the Heptonstall Fell Race with the Heptonstall Hurriers. The problem was that he didn't realise until a week later and by that time they had gone (probably walked off by themselves). 5 points

More shoes than sense? (2) Paul Brannigan left his fell shoes at Lad's Leap but collects 5 points

More shoes than sense? (3) Uncle Barry turned up at the Todmorden Mountain Marathon with 1 fell shoe and 1 trail shoe. Luckily there was a right and a left shoe so he could still run – and they were both Adidas! Says it didn't affect his time but it does warrant 5 points

More money than sense? Paul Brannigan is awarded 5 points for withdrawing £180 from the cash point and forgetting to take the money!

Mystery of the missing trousers:

At the Mourne Mountains Race in Northern Ireland, Kath Brearley accused all the girls in the hotel of hiding her tracksters. Returning to the car park the following morning, she found the pants neatly folded on the ground – just where she'd dropped them! 5 points for carelessness and 5 points for shifting the blame, Kath

Another mystery: About to set off on holiday, Uncle Barry spent rather a long time searching for the caravan electric cable: he decided that it must have been stolen and duly bought another cable. On arriving at the campsite, there was the original cable neatly coiled and stored in the back of the car. There must be some very strange robbers in Todmorden – they're putting things **into** the car instead of taking them out! 5 points

Calderdale Way Relay (1): Shaun Pickard & Martin Stork ran a really fast leg 5 – unfortunately Nick Barber & Robin Tuddenham hadn't bothered to get changed until Martin and Sean arrived so they had to hang around! 5 points each to Barber and Tuddenham

Calderdale Way Relay (2): Local lads Alistair Rhodes Dawson and Paul Hobbs got lost in Todmorden on leg 2 – but the lads'll find they've found 5 points each

Super navigator Mandy Goth got lost at the Mourne Mountains Race – is this a first? When you've got such a good reputation, Mandy, even the smallest slip up deserves 5 points
Burnt offerings? Colin and Claire Duffield were in the Travellers Rest in Grasmere enjoying a lovely meal. The place was very full with families and couples. Claire finished and put her (paper) serviette on the table and carried on chatting. Seconds later there was a terrible smell of burning and it transpired that she had put the aforementioned serviette on top of a tea-light candle. (Smoke everywhere, waitresses trying to open windows, black specks of burnt paper filled the air...). Luckily, Colin saved the day by pouring almost half a pint of Sneek Lifter onto the pyre to extinguish it. Claire gets 10 points for arson and Colin gets 5 for wasting good beer – should have used water

League Table

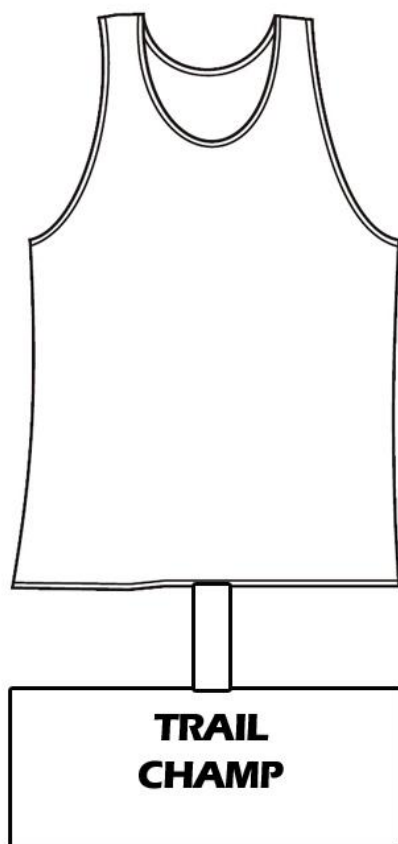
Uncle Barry	15
Paul Brannigan	15
Richard Blakely	10
Claire Duffield	10
Colin Duffield	10
Kath Brearley	10
Derek Donohue	5
Jon Wright	5
Andrew Wrench	5
Nick Barber	5
Robin Tuddenham	5
Alistair R-Dawson	5
Paul Hobbs	5
Mandy Goth	5

YOUR DESIGN IDEAS ARE NEEDED

With this seasons inauguration of a Trail Championship we again need you budding designers to come up with some great ideas – this time for a new trophy.

As you all know, Tod Harriers is a progressive club at the vanguard of cutting edge visual designs, willing to embrace the very best of new concepts without hesitation or delay. We are looking to maintain our outstanding, forward looking perspective of moving the club out if the 1970s and into the 1980s with a trophy that will be “modern, clever, bold, cool, and funky” (where have you read that before?)

You don't have to be a skilled artist - just sketch or colour in your ideas onto this template



(left) and hand to Mandy at a pack run. The more avant garde of you might consider designing a trophy based on, say, a buff, cycling jersey, technical T-shirt, baseball cap etc or something equally radical.

We know from previous experience that many of you will be very creative, inspired by the possibility of Tod Harriers being associated with a modern eye-catching design. Hopefully some of you will post photos on the forum, a few will put in the extra effort and make prototype models out of recycled materials and poster paint and bring them along to pack runs and races.

Once a suitable level of interest and enthusiasm has been achieved a subcommittee will be set up. At this point everyone will be informed that, unfortunately, the brief neglected to state that the design should in no way be different to the trophies we already have.

With the new designs never seen again and members thoughts sidetracked to other projects the club will turn its attention to less contentious subjects such as an alcohol-free AGM or the ethnic cleansing of the road championship.

Trail blazing! By Darren Tweed

I think I must have properly caught the running bug, only recently concluding this after a 22 mile jaunt along the South West Coastal Path (SWCP) in April.

When I think about some of the crazy stuff I've heard and read about people doing in this club it probably doesn't sound like much to a lot of you ... but for me it felt a pretty significant step up in my running to date. The things that finally convinced me I have the bug are that I ran this despite:

- a) being on holiday when I'm told most normal people would just stick their feet up and chill out;
- b) my very active 14-month old was choosing to wake up, and stay up, at 5am every morning during this period; and
- c) I had put in no long-distance training runs under the belt bar a couple of 12-milers in the month leading up to it.



That's not the reason for writing this though. The reason is that I was running as part of the launch event for a new concept called 'Trail Blaze' that I thought some in the club may be interested to hear about ... so here you go.

Basically the idea is that you run one of a

'hand-picked portfolio of tough endurance challenges consisting of a selection of stunning trails which pass through some of the world's most demanding and inspiring landscapes – the key to it all is that you run as far as you can under your own steam in one complete attempt. As well as earning rewards for reaching important milestones, known as 'hotspots', there are some amazing prizes up for grabs. The further you make it, the better the prizes get, and the greater your chances of winning.'

I nicked that bit off the website if you hadn't guessed for a nice quick summary - if you want to find out more all the details are here www.trail-blaze.com.

What particularly appealed to me about this was the fact it sold itself as an endurance challenge event but not technically 'a race'. Having been over 6 months since I'd actually participated in any kind of race whatsoever it seemed the perfect antidote to that racing drought as speed wouldn't matter ... oh, and maybe the promise of some freebies, what with it being the launch event and all, swung it for me.

So, once you've sent off your money and received your entry and wristband, the idea is you set off whenever you want any time of day, any day of the year, and get as far as you can in 24 hours or until you've just had enough. Target distances are set on each trail with 5 levels of difficulty to act as incentives. The distances vary depending on which trail you are doing - the SWCP that I ran were as follows: medium (8Km); difficult (15Km); hard (35Km); severe (53km); extreme (89K).

At the start and along the way, every 5-10km, are checkpoints which you stick your wristband into to register your time and progress. When you're done and home, you post it back to Endurance Life (who organise the whole thing) and wait a few days to see your times up on the internet. Sections of 8 National Trails went live on the 22nd April, with more to follow. Pennine Way South is open, passing right through our patch, with others such as Offa's Dyke and South Downs Way available.

The route I did was absolutely stunning (Dartmouth to Salcombe), but the section opened up for trail blazing goes on all the way to Plymouth. This would involve multiple estuary crossings along the whole route, some with ferries, but 1 or 2 of which rely on timing arrival at or close to low tide to avoid some strenuous swimming. On the section I did I managed to take in Dartmouth Castle - Blackpool Sands - the long sweeping bay of Slapton Sands (famous I think for where the Americans practised their D-Day landings) - to Start Point lighthouse - and along some remote rugged clifftops to Prawle Point (the most southerly point in Devon) - finally onto Salcombe, the English Riviera as some call it. No swimming for me though to finish, just a nice ferry ride across the Salcombe estuary – basically a tiny motor boat seating about 8 people, one of whom happened to be Clive Woodward who I guess would be used to being close to sweaty, dirty men so I didn't feel too bad in such proximity.

All in all a very enjoyable day out, in glorious Easter sunshine – the only down side I would say is the cost. £20 for something that you're not getting that 'race experience' for may put a lot of people off – especially if you're used to bargain fell running prices. But I guess the point is it's a different kind of running challenge. And regardless of the time that you do it in, all finishers at each stage of difficulty get entered into prize draws for some pretty decent looking prizes at the end of each year – has to be a bonus, and probably means my best chance of ever winning a decent prize in a running event!

World Records so far for Weaving and sending e-mails to the same place.....

I am the sort of sad person who always wanted to be on the Jimmy Saville show-I even invented a Jimmy bar of chocolate(it had apricots in so I was obviously ahead of my time!!) but no luck. I also wasted embarrassing amounts of time trying to get on Blue Peter and Crackerjack.I loved the McWhirter twins as a child-what better TV!!



Johnny. We wished each other well and Johnny made me promise not to say anything if I saw him during the race. What are the odds of spotting one person out of 37,000.Little did I realise!!

I relaxed watching Wicked in the afternoon, ate pasta until I felt like the Vicar of Dibley and drank a bath's worth of water. All set!!

Anyway last Autumn I was flicking through the Marathon News-the one which tells you got in through the Ballot-

My eyes fixed on Louise Winstanley-Fastest Woman in School Uniform.Time-4 hours 16 minutes. Piece of cake I thought!!

I can beat this so----an idea was borne.

I sent several e-mails to GWR and got the attempt approved, the usual monotonous(but necessary) training schedule

started and all seemed to be going ok.Our head at school was very over zealous, after hauling me up in my uniform before over 500 people he joked that I needn't bother coming back after Easter if I didn't make it!! No pressure there then.

I tried out all the different uniform parts on various training runs and after some serious chafing realised I would have to wear shorts under my skirt so the waist area was steaming!! I had a very embarrassing time early in April testing the whole outfit along the canal-I got stopped by curious strangers and several people I knew. I even got wolf whistled outside the Old Brandy Wine which got me thinking-I wonder where the Nun, Fairies, Fred Flintstone etc go to test their outfits!!

Guiness Book of Records is a cool fish-there's no phone number, just email communication. It took weeks to get a reply and when I did they wanted me to pay for an Adjudicator to confirm the record-only £2000. No way!! My suggestion of sharing others attempting records at the London Marathon was



ignored. So-slightly disillusioned the Marathon weekend arrived.

Personally I find the Expo (where you go to register) very claustrophobic and too manic but its a roadrunner's paradise -more gadgets, training shoes, freebies, new gels etc than you'll see anywhere. My day was made when amongst the crowd I met Johnny and Mrs

Watching other runners pre race preparations kept me from feeling too nervous at the mass start!!Suddenly we were off-it was slow to get going but jovial. Lots of chat ,loads of fellow runners wishing me luck as they steamed past and wanting to know what the existing record was. I felt fine but soon realised I was overheating. So the only answer was to get water every mile and pour it over my head and down my skirt. I was a wet, soggy mass by the time I finished!

I was in my 8 minutes a mile zone, when I saw a Tod vest ahead -I knew it must be Johnny!! After a moment of initial panic I passed him on the left, quite chuffed I thought that was it,5 minutes or so later he passed me and then I weaved about desperate not to be seen and passed behind a nun Other runners were talking to me within touching distance of Johnny so I was convinced he had seen me but was just looking blank!!

We do run at a similiar pace and we continued to pass each other for the next 18 miles!! .I could still see him at the finish line. Personally I think Johnny needs to go to Specsavers and that I set a record for weaving around-it certainly passed the time" Johnny avoiding" and working out which side to go!!!! Well done Johnny!

The boys and Russ were out to cheer me on at 18 and 25 miles which was a real boost!!The atmosphere really does help keep the spirits up and the legs pounding!!

I felt very hot but pretty strong right up to 24 miles-the pace dropped a little then-my legs knew then I would finish and started wilting!!!I crossed the finish in 3 hours 33 minutes. Finishing under 3 hours 30 minutes still alludes me but given the warm day, the uniform and the effort I made weaving round Johnny I was pleased enough!!

The record attempt did not go so smoothly-loads of e-mails later-I am still waiting to receive confirmation. At the finish they wanted to know where my blazer was-I have told them at least 3 times,Parkinson Lane does not have a blazer so anyway!! I have definitely got the need for a record attempt out of my system!! Final decision awaited in next 3 weeks(I won't hold my breath!!)

I have raised over £400 for the Haitan Bala school in Pakistan, which my school fund- raised to build after the Pakistan Earthquake and continues to support. Thanks to everyone for their great support, advice and sponsorship.

Mel B

The Virgin Marathon 2011 by a marathon virgin

To most people the idea of running 26 miles sounds mad, impossible, or both. It's definitely not something I thought I would ever be able to do. As a shy, slightly asthmatic child I'd invent excuses to get out of PE at school. I only started running in my mid-40s, after being inspired by seeing thousands of people of all ages, shapes, sizes and levels of fitness having a go at the Great North Run. I decided that I too would have a go. Back then even the thought of a 10k seemed impossible, five years later I've run a marathon.

Training

Some people say that the training is harder than the race itself. It involves a huge time commitment and can take over your life, not to mention the effect that has on family and friends. I started training at the beginning of December, making a total of 20 weeks, although serious contenders would prepare for longer than that. Also, if I'm honest, my training was a bit haphazard initially, partly because of the snow and ice and Christmas, and partly because I couldn't decide which of two training plans I should follow. I didn't know if they were aimed at someone like me, doing their first marathon, or somebody starting from no running at all. Fellow Toddies gave me marathon training advice, but I still wasn't sure what was the best approach for me because most of the Toddies I spoke to were all more experienced runners than me, some with several marathons under their belts. Time was passing and I was still faffing about.

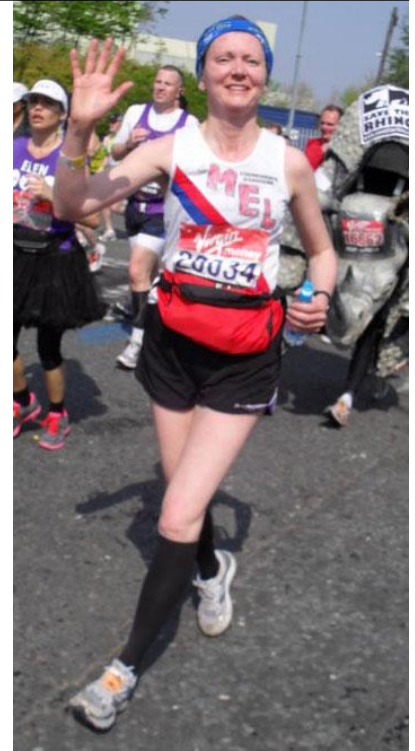
It was Joolz who guided me through the training fog and I started to follow a plan from a book she lent me, aiming to run on five days each week, a mixture of speed work, lactate threshold runs, recovery runs, long runs, and something called VO2 max, which I never really got the hang of. I would have liked to add in some cycling for cross-training but a nasty fall in early January on my new bike meant I lost confidence and stayed off the bike.

Joolz was training for the Edinburgh marathon, a month after London, so we started running a few extra miles together on a Wednesday evening on our way to the park runs, comparing notes on how our training was going.

I was becoming a bit obsessed with the training plan. After the Pennine Bridleway Relay at the end of January, which I ran with Joolz, I looked at the amount of running I'd been doing compared to The Plan, decided it wasn't enough, panicked, and made the mistake of increasing my weekly mileage too suddenly, by more than you are supposed to. This didn't cause any problems at first, but I blame that now for the Achilles pain that developed in the weeks leading up to the race, and which now, in May, seems to be getting worse...

In February I ran the Liversedge half-marathon, really enjoyed it, finishing ten minutes faster than the year before. I even ran an extra two miles at the end (because that was how

many miles The Plan said I had to do that day!). I started running longer long runs on Sundays. Not having a Garmin or similar, I adopted the low-tech approach of mile markers written on the back of an envelope. Martin and I measured a 20-mile out-and-back route driving on both Rochdale Road and Burnley Road (so as to have a choice of route), measuring each mile against a memorable feature like a bus stop, pub, speed limit sign. My favourite mile marker was the angel in the churchyard at Cornholme, mile 4.



Burnley Road became my preferred long run route, because of the views that open up after you leave Portsmouth. There was one low point though. Running past The House That Jack Built the day of a Man U/Liverpool match on Sky, I had to run the gauntlet of a heaving mass of testosterone outside the pub at half-time. One man shouted "I can effing run faster than you" while his mates aimed flying kicks at the bus shelter. What made things even worse was that my water bottle had started leaking in my bum-bag, making it look like I was wetting myself as I ran past.

Taper madness

The three-week taper period before the race is when you gradually decrease the number of miles run each week. I was looking forward to easing off, expecting it would all be plain sailing. I hadn't anticipated "taper madness", when your mind, and body, start playing tricks on you. Doubts: maybe all of my training has been completely wrong? Pains appeared out of nowhere. Fear: after all those months of training, some last-minute injury might stop me doing the race. I just wanted to get to London and get it all over with.

The day before the race

On arrival at Kings Cross, on the recently-introduced Grand Central train service from Halifax, we made our way to Docklands for the race registration procedure. I think it's supposed to get you "in the mood" - the idea being that you meet up with other runners, swap stories, eat an

over-promoted and over-priced pasta meal. I didn't like being herded through a massive arena filled with people trying to sell you things. We took the shortest route and left. Although I have to confess I weakened and bought some commemorative Adidas shorts, a t-shirt, and a beetroot juice energy shot drink. Already the signs of desperation appearing? - being prepared to risk drinking some untried drink on race day in the hope it might give me an edge.

We then went our separate ways to meet up with friends. I spent a very enjoyable evening relaxing with my friends who fed me lots of pasta and cake and gave me a comfy bed. I was a little late going to bed but the nerves were kicking in about what lay ahead. I laid all my kit out, checked it, checked it again, packed, unpacked, repacked my bag, then finally sleep.

Sunday, 17th April, 2011

The weather forecast said it would be hot. It was deceptively cool and overcast first thing. I made my way from Beckenham to Blackheath by train, gradually noticing more runners on the way to the station, on the platform, on the train. Once off the train, a huge procession of runners through Blackheath to the start. My first impression on reaching the common was of a music festival. Portaloos. Catering. Water bottles. Loud music and voice commentary, police and TV helicopters overhead.

I tried to stay focused on the job in hand: drink water, wee, check-in bag. But in what order? Decided on: get water, drink water while waiting for wee, get rid of bag. Suddenly horrified to see myself on a large TV screen in the queue for the loo, followed by panic when the voice on the loudspeakers said "Ten minutes left to check in your bags." WHAT??? It's going to take at least ten minutes to get to the loo! Needless panic. The baggage queues were worse than the loo queues.

After checking in my bag, realising that I'd checked in my sunscreen without applying any, I tried to locate my starting pen. I wanted to jump ahead a few pens, but there were very determined marshalls on all pen entry points so I obeyed the rules. Stroke of luck though: in my official pen I got to the front and then joined a mass break for the next pen. So by the time the race started I wasn't far off being near the 9 minute mile markers, where I wanted to be.

The race start was a bit of an anticlimax. No big gun or anything. We just started moving slowly, gradually picking up to running, quicker than I thought. My plan was to stick as close as possible to a 9 minute mile pace throughout. I'd been told I should be able to finish in just under 4 hours, based on recent race times. My time for the Spen 20 in March was 3h 3m which was only slightly over the 9 minute mile pace I needed for a sub-4 hour, but Spen was hilly so I figured I could go faster at London.

I first saw Martin at mile 9 and he ran alongside till after mile 10 which gave me a real boost. Some people thought he was running the race in jeans and wearing a rucksack! He was

there again at miles 15 and 18, when things were going badly for me, and finally by Big Ben when I was out of the doldrums.

I had been expecting to make it to 20 miles and then suffer. I was not expecting to start to suffer soon after the half-way point. I began to get pains in places I hadn't had pains at all during training and my legs felt heavy. Surely this can't be the Wall already? I hadn't gone off too fast, my pre-race fuel and hydration had been good. What's going on? I got downhearted then because at that point it literally felt like I hadn't done any training at all. All positive thinking deserted me, when I needed it most.

I had enjoyed the atmosphere in the first few miles, joining in hand-slapping the hands extended by spectators, marvelling at the uplifting effect of complete strangers smiling and shouting encouragement, and the kindness of people holding out sweets, orange segments and other food they'd thought to bring along for those who needed it. Now that things were going wrong I wasn't enjoying the race at all any more. The inescapable heat, the deafening noise (I wanted to be back on a training run on some quiet Calder Valley road or track), the smell of barbecued food (making me feel nauseous), and, as the race progressed, dodging all the discarded water bottles and Lucozade sports bottles in the road was becoming increasingly hard, I went over on my ankle twice by treading on one. I was even doubting I was going to finish I felt so awful.

Bizarrely I recovered towards the end of the race, my legs started working again, and I enjoyed running the last three miles. I finished in 4h 16m 52s. Not the sub-4 hour I'd been hoping for, but I was chuffed to find I'd finished ahead of Olympic athlete, Iwan Thomas!



My first (of many) Three Peaks by Paul Hobbs

I'd been building up to doing one of the big races for the last year but was always frightened off until the Three Peaks was announced on our grand prix. Perfect excuse, I thought and that was that; I entered and the ball was well and truly rolling. My training would start in February, first race Noon Stone, which didn't go according to plan....suffering from after effects of flu I pulled out across the moor. Oh well...plenty of time and so the training began!

Gradually I built up my mileage ready for Heptonstall Fell Race...I actually think I was ahead of target having run 19 miles (furthest ever!) before Heptonstall and was very pleased. I ran a good steady race and felt strong until the last climb, which killed me. Fast forward about four weeks and my training had gone well. Friday afternoon PPA time (which should be a teacher's planning session for the week ahead) became my long run time (just making weekends all the busier) and I was right on track having bagged a few 20 mile runs with as much climb as I could plan on each route. Brilliant... I'd done it...the taper began.

What surprised me was that as soon as I started to taper things didn't quite go according to plan. I stiffened, I tightened and all sorts of strange things appeared to be happening to my body. My knee was taped up and I generally felt rubbish. Oh well only a week to go. Lots of stretching, a massage.....just relax and enjoy....I was now seriously starting to doubt the benefits of training for a particular race. What if it all went wrong? What would have bothered me more than anything would be not running the race after sacrificing so much time and effort (having never done anything like it before).

The week of the race.....a night away with my lovely wife beckoned so we took the bikes, went for a ride prior to a lush meal in a fine old setting. Those red routes on the mountain bike are great fun but you can get a wee bit carried away on the burns. In fact, taking my 19th burn of the day with great confidence and speed I missed the track on the turn and hit a ditch flying in slow motion and landed with a bit of a thud. Comedy moment for Lucy but not great race preparation!

So, patched up, taped up and revved up I hopped in the car, ice pack on knee, on my way with Nick, Alistair and Robin. I had decided that if my knee wasn't right coming off Pen-Y-Ghent, I would jog back. I had the mantra 'steady start' playing over and over in my head and went off at a steady pace and felt good coming off Pen-Y-Ghent. I was looking forward to the long undulating run to Ribbleshead and had paced myself well. I was running my own race, not worrying about anyone else, just savouring the moment, really enjoying it and looking forward to seeing Lucy and the boys at Ribbleshead. Cutting it fine as always, Lucy pulled up in the car just as I was passing the viaduct. A minute quicker and I would have missed them. Here it goes, the beast, Whernside. I was feeling good, confident I'd get up Whernside and catch Robin who I could see just ahead of me. Encouraged by the

thought that I'd unknowingly been close to Robin on his sort of terrain and that now it got a bit rougher and steeper, I focussed on catching the 'metronome.'

Then a 'twinge'. No, this couldn't be happening. Then another twinge. No, this couldn't be happening. Then a bigger twinge. Cramp in my groin and calves. I pushed on through the twinges to the top, turned into the hurricane at the top and the cramp was hideous. To say I was p****d off would be a huge understatement. I don't know why I got cramp. It was so bad that that my descent off Whernside (descents are usually where I make up places) was a non-descent, more a battle to hold off major cramp attacks. I was being over-taken by what seemed like hundreds of people. Gutted. If I could have seen the funny side at the time though, I would've chuckled at myself. Fine cramp-dance moves. Damn fine.

I slowly made my way to Hill Inn (at a pace which my Nanna could have maintained), perked up by the thought of the family waiting there and now determined to carry on. I started to feel slightly better on the run in towards the check point and looked forward to the drink I had waiting. Spotting my drink wasn't going to be a problem given the kids had decorated the bottle with pink and gold ribbons. Unfortunately, there wasn't a prize for the campest Three Peaks drink. I'd have walked it. I spotted my elaborate bottle with ease. It went down a treat. All was not lost I thought.

Fast forward... Got up Ingleborough reasonably. I'm not a religious person but 'praise be' to Clive and his water three quarters of the way up. Then there he was again. Robin, a minute ahead of me!!!! I'd again been on the cusp of major twinges for a while then my 'nearing the summit' cramp trigger struck me hard again. My descent was once again, absolutely



shocking. I was overtaken by hordes of people; the young, the old, the older, walkers, toddlers. The amount of folk offering me drinks, asking if I was okay seemed to be increasing by the mile. I couldn't even enjoy the energy-saving track Chris P had told me to take.

Anyway, I made it back safely. My descent off Ingleborough took me 50 minutes (including a 12 minute mile.)

I'd like to think of myself as pretty positive, but still I'm struggling to pull positives out of my run. I still can't

understand why I cramped up so early given the training I'd put in, how hydrated I was, the bananas, not to mention Nuun tablets on route! However, looking forward, I'm definitely doing it again next year and I'll do it better (won't be hard as I was a good 25 minutes slower than expected!). I'll go and do a few training runs up there so I'm mentally ready. It's a fantastic course, superb atmosphere and it was great to see familiar faces out and about. The club had some great performances and I have total respect for the race and everyone who completes it. Well done everyone. See you next year.

Hebden Bridge Fell Race – coming soon!

The next Tod Harriers production is the Hebden Bridge fell race, which this year reaches its sixth birthday. It's being held on Thursday evening June 9th, (7.15pm) and will follow the same course as previous years (from HB park to Stoodley Pike and back by a slightly devious route).

The race is being organised by Andrew Bibby, who is asking for help from other club members. He needs marshals out on the course, people doing registration and the funnel, back markers, a first aider, and also somebody to join him on Thurs afternoon to put out the flags. And of course **runners** are needed, because without them why bother? (No need for car parking marshals, though)

The prize-giving will be in the White Swan, who all being well will do the usual pie and peas supper.

Erringden Moor is (so far) pretty dry this year and the path to the Pike has recently been 'improved', so times may be quick. The male recordholder is Karl Gray (42.41). The female recordholder is Lisa Lacon, in 52.29 – a time which looks a bit vulnerable, if anyone feels up to a challenge. But as in past years new fell-runners are also encouraged, and there are prizes for the first M and F running their first ever fell race.

Please see Andrew at a pack run to volunteer or email him, on andrew@andrewbibby.com

Also Coming soon

Stoodley Pike Fell Race Tuesday 5th July

If available to help then contact Rachel on 07962322791

The Royal 106 by Ali Mills

So Emma persuaded me it was time to do 100 miles on the bike in preparation for the Dragon Ride in June (125 miles) ..arrgh. The royal wedding day seemed a good time and the weather had been glorious so we hoped it would stay.

A friend of ours with a Garmin thingy planned us a route, it had 4 lovely cafes on it which was most important! I was told it was flatter going out towards Padiham and round the Trough of Bowland.....

I went to Blazing Saddles and bought about 100 gels and energy bars (you never want to be short of such things) I studied the route and memorised the villages we were to go through. The bike fairy checked the bikes over (Emma) and I went to bed not too anxious. I deliberately didn't tell anyone as I didn't want any pressure, my adrenaline levels are too high at the best of times!

Got up at 7am, felt sick, eating porridge when you feel sick is a challenge! Weather was sunny but looked a little breezy. And off we went..... nice and steady, no rush, got all day blah blah blah still a 100 miles though.

Legs felt ok as we pedaled out to Padiham, still had the sick feeling and the words "100 miles" went round and round in my head. Only done 70 before, although it was hilly (tod loops) Went over the Nick of Pendle and into Waddington, 25 miles done and time to have a cup of tea and half a bacon sandwich, every cyclist was out enjoying the day off, lots of friendly chat at the lovely cafe. So a 1/4 done, 3/4 to go, what a long way!

Back on the bike to go straight up Waddington Fell-tough, fast down though:)

Mile 30-40 HELP! Legs failing, only done 30 miles, will never do 70 more, up, down, up, down...EMMA! Brainwave-saddle had been lowered slightly in a recent bike fit adjustment with Olli, thats why my quads



are shattered, stopped, raised the seat and started again, felt a bit better, had another gel.

Eventually felt like I was reducing the miles as we swooped along for another 10. Another energy bar consumed. And then the wind started, oh my god how soul destroying, head down, pedal pedal, 5mph, had to pull over, take a rest and a gel, the bikes were being blown backwards. I was running out of enthusiasm for this ride!

Then went through a village having a scarecrow festival-amazing life size characters.

Stopped for lunch at a pub, the largest plate of curly fries arrived with my baguette, tempting but not too many to be eaten with 40 miles still to go, too greasy.

And so Waddington Fell and the Nick of Pendle loomed again, they had haunted me all the way round. Logistical consumption of gels and milky ways fueled me up them, all be it slightly delirious with exhaustion! How on earth were my legs still going round?

The final ascent up towards Burnley was a killer, even Emma had forgotten the stinging little beast and it took all I had to get up it, I felt drunk at the top!

Back in Burnley, familiar ground, more gels and an eccles cake, bottle of coke for the last bit. Pedal, pedal, pedal, going to do it, going to do it, I could feel the elation creeping in, faster faster.....STOP, nosebleed at Cliviger!

Off we go again, bit shaky inside now, hang on a minute 2 miles from Todmorden and the speedo thing says I've done the 100! The actual route was 106 but Emma kept that to herself, she said I could get the train from Tod if I wanted to - as if!

Eventually got home, even managed Palace House Road (killer hills), collapsed off the bike onto the sofa-what a rush! Downed the recovery drink, felt a bit teary and smiled a lot.

Lessons learnt

1. check how hilly the route is (8500ft climb) before you start, I think this is a lot for a first 100!
2. go with someone you can rely on when its tough
3. You have to battle your mind as much as your body
4. You really can do it!

