



# TORRIER

SEPT 2011

# CONGRATULATIONS TOD LADIES ENGLISH CHAMPIONS

LAUREN  
GOLD MEDAL WINNER  
FOR THE SECOND YEAR

LETS SEE WHAT WE CAN DO IN  
THE BRITISH CHAMPIONSHIPS

FINAL RACE DEVILS BEEFTUB SEPT 10TH

# ***WHATS ON SEPT***

## **PACK RUN VENUES**

**Weds 6.45pm**

**September – Staff of Life, Burnley Road Todmorden**

## **Speed work/Interval Training**

Still at 6.30pm Todmorden High School

All welcome.

## **Kit**

Available from Margaret Blakeley 01422 881974

## **STOP PRESS TRAIL CHAMPIONSHIP**

**WORSLEY WOODS TRAIL RACE WILL REPLACE WATERGROVE ON THE  
SAME DATE SEPT 11<sup>TH</sup> 10am**

**Race starts here: Greenleach La, Manchester M28 2QW (Beesley Green Community Centre)  
[40 mins from Tod]**

**Entry Form here: [http://www.ukforms.net/onlineforms/php/ ... entID=1187](http://www.ukforms.net/onlineforms/php/...entID=1187)**

## **PILATES**

**There will be no Pilates on Thurs 1<sup>st</sup> Sept. Classes will resume the week after still one class at 7pm.**

**If anyone new wants to come along we are hoping to return to 2 classes once the holidays are over.**



Sue Nixon  
Mountain Wild Hebden Bridge  
Tel/Fax: 01422 844500  
<http://www.mountain-wild.com/>

Sue from Mountain Wild would like to know if there is anything in particular you would like her to stock.

A particular brand of socks?  
Which style of Salomon shoe?

Which style of Inov-8 shoe?  
Anything in particular from the Ronhill range?

Anyone can email me directly at [info@mountain-wild.com](mailto:info@mountain-wild.com). I'm open to suggestions and if it's something I can stock I'll be more than happy to do so if it means you can shop locally (& of course get a discount!)

Sue

# WANTED

## TEAM CAPTAINS

**IAN HODGSON MOUNTAIN RELAY**

**SUN 2<sup>ND</sup> OCT**

**LADIES & MENS CAPTAINS WANTED**

**8 IN A TEAM**

**FRA RELAYS**

**KETTLEWELL SAT 15<sup>TH</sup> OCT**

**A TEAM, VETS TEAM & LADIES**

**6 IN A TEAM**

## NEWSLETTER EDITOR

**PLEASE PLEASE WOULD SOMEONE TAKE THIS TASK OFF ME I'VE BEEN DOING IT FOR YEARS NOW AND REALLY DON'T HAVE THE TIME.**

**(Sorry no pictures this time). Happy to contribute.**

**Takes a few hours once every couple of months.**

**DEVILS BEEFTUB SAT 10<sup>TH</sup> SEPTEMBER 2011**

We are hoping to get a mini bus up to this event hopefully to secure a bronze medal in the British Champs

If you are wanting to come along please sign up on the forum

*If willing to do any of the above either post on the forum or e-mail me  
[mandy@todharriers.co.uk](mailto:mandy@todharriers.co.uk) or phone 07915073393*

**Mandy**

## **Back from the hols in time for the Grand Prix**

OK, you've unpacked the dirty washing, checked the emails, said hello again to the hamster and you're ready for the autumn. And what's the first thing on your mind? It's the Toddie Grand Prix of course.

There are still eleven GP races in the calendar before the end of the year, so there's plenty of time to get the points you need to soar up the tables.

Let's start with the Fleetwood Half marathon, which is on Sunday August 28<sup>th</sup>. It's a nice flat route in the flat lands between Fleetwood and Cleveleys along the esplanade. Oh I do like to be beside the seaside. The organisers also promise a 'commemorative medal' to all. I think we know what they mean. Hopefully it's genuine gold because at £16 entry fee (£20 on the day) this seems to me seriously steep. The entry form is on the Toddie website (go to 'Grand Prix').

A week later, Sun Sep 4, it's the Bradley fell race, held in Bradley near Skipton. There's a whole range of junior races on offer as well as the main race which is 3.5 miles, 750 feet of climbing. Entry on the day, £3 (now that's more like it). It's organised by the British Open Fell Runners Association but treated as an FRA race. I never did understand all this fellrunning politics. Just treat it as a nice day out.

Sun Sep 18<sup>th</sup> – time for the Boggart Chase 10K. It starts from Boggart Hole Clough Track, Charlestown Road, Blackley, Manchester M9 7DF and costs £4 (+£1 on the day). Cheques payable to Salford Harriers, send the cheque to Vin Murphy, 5 Springwood Avenue, Chadderton, Oldham OL9 9RR. Booking form with this Torrier. This is described as a multi-terrain race, although we're counting it as a road race. Maybe we didn't know any better back in Jan.

Thieveley Pike is the big hill up on the left as you drive from Tod through Holme Chapel towards Burnley. The fell race (Sat Sep 24<sup>th</sup>) is always a good local event (4.3m, 1300 ft), with a sensible turn-up-on-the-day-pay-your-money-and-run approach. What else can I tell you about this race? Only that the geology of the Cliviger Gorge is very special.

Just time to venture into October (Sat Oct 8), to mention the Good Shepherd fell race, run from Mytholmroyd by the folk at the Good Shepherd church. That's why it's called the Good Shepherd, got it? It doesn't refer to Joss Naylor's running ability. This is quite a favourite for lots of people. It visits Stoodley Pike as all good local fell races do, but it manages to do this feat twice. Nasty sting in the tail up by Robin Hood Rocks. 14 miles, 2000 feet.

And, a day later, there's Beefy's Nab race (3m, 650'), equally local (it starts at the Lamb Inn, Oxenhope). This is in the FRA fell calendar but we're treating it as a trail race, mainly because Oxenhope as everyone knows only has a few wimpish hills. They're not real fellrunners over there, are they? Anyway, 3pm start, £3 on day.

**- The Man Who Knows**

		time		pts	GP pts			time		pts	GP pts		
Mearly Clough						Wicken Wizz 17/6/11							
Jon Wright	M40	30	52	98.6	102.5	Sean Carey	U18	20	52	98.1	98.1		
Nick Barber	M	32	39	93.2	93.2	Nick Barber	M	22	12	92.2	92.2		
Alastair R-Dawson	M40	32	47	92.9	95.6	Dwane Dixon	M	22	20	91.6	91.6		
John Lloyd	M	34	28	88.3	88.3	John Lloyd	M	22	50	89.6	89.6		
Lauren Jeska	F35	34	29	88.3	98.9	Alastair R-Dawson	M40	23	13	88.1	91.6		
Paul Hobbs	M	35	49	85.0	85.0	Paul Hobbs	M	23	48	86.0	86.0		
Dave Collins	M55	36	20	83.8	100.4	Paul Brannigan	M45	24	16	84.3	92.8		
Robin Tuddenham	M40	36	23	83.7	87.7	Ben Crowther	M	24	58	82.0	82.0		
Martin Roberts	M50	36	36	83.2	97.4	Sarah May	F	25	33	80.1	88.6		
Sarah May	F	38	14	79.6	88.1	Darren Graham	M40	26	1	78.6	82.5		
Andrew Bibby	M55	40	16	75.6	92.7	Marcel Ellison	M	26	34	77.0	77.0		
Kath Brierley	F45	41	44	72.9	94.6	Simon Galloway	M45	27	41	73.9	81.3		
Keith Parkinson	M55	42	39	71.4	87.5	James Riley	M40	28	30	71.8	73.9		
Sarah Warburton	F35	43	8	70.6	80.5	David Baldaro	M40	28	46	71.1	73.9		
Jane Leonard	F50	44	6	69.0	94.4	Phil Cook	M40	30	22	67.4	71.3		
Maria Prescott	F45	45	30	66.9	82.4	Keith Parkinson	M55	31	16	65.4	80.2		
Richard Blakeley	M65	45	34	66.8	94.1	Richard O'Sullivan	M45	31	49	64.3	72.2		
Helen Hodgkinson	F35	47	2	64.7	74.5	Helen Hodgkinson	F35	31	54	64.1	73.8		
Peter Ehrhardt	M65	48	38	62.6	84.7	Richard Blakeley	M65	31	55	64.1	90.3		
Sue Roberts	F45	49	28	61.5	78.7	Chris Preston	F45	32	6	63.7	80.5		
Andrea Marshall	F	50	10	60.7	67.1	Elise Milnes	F50	32	47	62.4	83.1		
Dave O'Neill	M50	54	44	55.6	65.2	Graham Milnes	M55	34	50	58.7	70.4		
						Mandy Goth	F50	36	42	55.8	74.2		
Colne 10k 29/5/11													
John Lloyd	M	36	34	93.0	93.0								
Robin Tuddenham	M40	37	10	91.5	95.6								
Martin Stork	M	38	56	87.4	87.4	Hendon Brook 19/6/11							
Paul Brannigan	M45	39	1	87.2	94.5	John Lloyd	M	1	30	29	93.1	93.1	
Darren Graham	M40	41	14	82.5	86.2	Paul Brannigan	M45	1	34	58	88.7	96.1	
Kevin Booth	M45	41	46	81.4	86.9	Martin Stork	M	1	35	55	87.8	87.8	
Andrew Bibby	M55	44	9	77.0	90.7	Mel Blackhurst	F45	1	53	28	74.2	91.2	
Lee McCluskey	M50	44	23	76.6	87.1	Sarah Glyde	F35	1	56	27	72.3	81.6	
Maria Prescott	F45	46	20	73.4	89.3	Paul Cruthers	M45	2	0	53	69.7	76.1	
Sarah Glyde	F35	47	12	72.1	81.3	Richard O'Sullivan	M45	2	2	2	69.0	76.0	
Richard O'Sullivan	M45	47	18	71.9	79.2	Chris Preston	F45	2	2	28	68.8	85.4	
Richard Blakeley	M65	47	24	71.8	94.4	Elise Milnes	F50	2	2	48	68.6	88.7	
Kevin Coughlan	M50	48	19	70.4	78.1	Kevin Coughlan	M50	2	6	44	66.5	73.7	
Mel Siddall	F45	48	35	70.0	88.7	Peter Ehrhardt	M65	2	7	20	66.1	84.1	
Helen Hodgkinson	F35	50	42	67.1	77.2	Moyra Parfitt	F65	2	14	51	62.5	97.0	
Peter Ehrhardt	M65	51	46	65.7	83.5								
Nigel Hanson	M55	52	6	65.3	75.5								
Duddon 4/6/11						Loughrigg 26/6/11							
Lauren Jeska	F35	3	14	26	93.3	104.5	Jon Wright	M40	1	15	45	98.6	102.5
Alastair R-Dawson	M40	3	20	23	90.5	94.1	Nick Barber	M	1	20	5	93.3	93.3
Dwane Dixon	M	3	26	49	87.7	87.7	John Lloyd	M	1	20	28	92.9	92.9
Dave Collins	M55	3	39	58	82.5	98.8	Alastair R-Dawson	M40	1	21	31	91.7	95.2
Ben Crowther	M	3	44	10	80.9	80.9	Lauren Jeska	F35	1	27	38	85.3	95.5
Sarah May	F	3	58	4	76.2	84.3	Sarah May	F	1	33	26	80.0	88.5
Robin Tuddenham	M40	4	1	43	75.1	78.7	Gemma Kendall	F	1	43	1	72.5	80.3
John Lloyd	M	4	9	14	72.8	72.8	Kath Brierley	F50	1	43	3	72.5	95.2
Darren Graham	M40	4	16	34	70.7	74.2	Andrew Bibby	M55	1	44	36	71.4	87.6
Darren Tweed	M	4	17	1	70.6	70.6	Mel Blackhurst	F45	1	46	31	70.1	87.5
Kath Brierley	F45	4	24	9	68.7	89.0	Simon Galloway	M45	1	48	19	69.0	75.9
Jane Leonard	F50	4	25	11	68.4	93.6	Richard Leonard	M50	1	51	35	67.0	77.6
Mel Blackhurst	F45	4	40	28	64.7	80.7	Jane Leonard	F50	1	58	41	63.0	86.1
Mandy Goth	F50	5	18	11	57.0	75.9	Helen Hodgkinson	F35	2	0	30	62.0	71.3
Richard Blakeley	M65	5	43	17	52.9	74.4	Richard Blakeley	M65	2	1	56	61.3	86.3
Peter Ehrhardt	M65	5	43	46	52.8	71.4	Louise Abdy	F50	2	18	47	53.8	71.7

		time			pts	GP pts
Yr Aran 9/7/11						
Jon Wright	M40	1	33	46	97.5	101.3
Alastair R-Dawson	M40	1	37	12	94.0	97.7
Nick Barber	M	1	41	5	90.4	90.4
John Lloyd	M	1	42	11	89.5	89.5
Lauren Jeska	F35	1	44	32	87.4	97.8
James Riley	M40	2	4	1	73.7	75.9
Jane Leonard	F50	2	14	40	67.9	92.8
Kath Brierley	F50	2	14	40	67.9	89.1
Richard Leonard	M50	2	15	56	67.2	77.9
Sue Roberts	F45	2	31	40	60.3	77.1

#### **Elswick 24/7/11**

Robin Tuddenham	M40		58	26	92.9	97.7
John Lloyd	M		59	2	91.9	91.9
Paul Brannigan	M45	1	1	16	88.6	96.0
Sarah Glyde	F35	1	16	41	70.8	79.9
Peter Ehrhardt	M65	1	22	29	65.8	83.7

#### **Whittle Pike 30/7/11**

Jon Wright	M40		42	38	96.9	100.7
Sean Carey	U18		44	59	91.9	91.9
Paul Brannigan	M45		45	49	90.2	99.3
Alastair R-Dawson	M40		46	36	88.7	92.1
Sarah May	F		48	23	85.4	94.5
Dave Collins	M55		48	46	84.7	101.5
Peter Bowles	M40		50	19	82.1	84.5
Marcel Ellison	M		53	27	77.3	77.3
Andrew Bibby	M55		53	36	77.1	94.5
Mick Craven	M50		56	17	73.4	87.0
Jane Leonard	F50		59	23	69.6	95.2
Richard Blakeley	M65		59	34	69.4	97.7
Phil Cook	M40	1	0	22	68.5	72.5
Lucy Hobbs	F40	1	0	38	68.2	80.0
Fiona Armer	F45	1	1	38	67.0	82.6
Peter Ehrhardt	M65	1	5	15	63.3	85.7
Kevin Coughlan	M50	1	7	30	61.2	69.5
Karen Gray	F45	1	9	2	59.9	75.6

#### **Worsthorne trail 7/7/11**

Dwane Dixon	M		42	48	96.9	96.9
Paul Brannigan	M45		44	24	93.5	101.3
Robin Tuddenham	M40		44	25	93.4	98.3
Martin Stork	M		45	9	91.9	91.9
Simon Galloway	M45		50	4	82.9	89.8
Andrew Bibby	M55		51	6	81.2	95.6
Mick Craven	M50		52	37	78.9	90.4
Dan Taylor	M		54	4	76.7	76.7
Richard O'Sullivan	M45		58	5	71.4	78.6
Kevin Coughlan	M50		59	57	69.2	76.8
Melanie Robertson	F50	1	1	2	68.0	87.0

#### **Burnsall 10m 20/8/11**

Paul Brannigan	M45	1	2	23	90.0	97.6
Martin Stork	M	1	4	12	87.5	87.5
John Lloyd	M	1	4	46	86.7	86.7
Richard Blakeley	M65	1	24	12	66.7	87.7
Peter Ehrhardt	M65	1	27	14	64.4	81.9
Melanie Robertson	F50	1	28	49	63.2	80.9

#### **Sedbergh 18/8/11**

Alastair R-Dawson	M40	2	30	40	90.7	94.2
Dwane Dixon	M	2	39	9	85.8	85.8
Nick Barber	M	2	47	58	81.3	81.3
Sarah May	F	2	50	3	80.3	88.9
Dave Collins	M55	2	50	31	80.1	96.0
Andrew Bibby	M55	3	6	5	73.4	90.0
Gemma Kendall	F	3	7	11	73.0	80.8
Mel Blackhurst	F45	3	23	10	67.2	83.9
Jane Leonard	F50	3	33	46	63.9	87.4
Peter Ehrhardt	M65	3	43	39	61.1	82.7

**A full version of results and updated tables  
are available on the web site shortly after races**

**Any errors etc, please contact me or post on the forum**

Dave

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	22	18	0	0	29	13	16	10	0	24	8	16	10	0	178			
	average points		75.4	76.1	77.9	#DIV/0!	#DIV/0!	68.3	78.0	75.3	79.6	#DIV/0!	71.2	73.3	72.8	75.7	#DIV/0!				
1	Jon Wright	M40	99.4	98.6	96.9				99.9	98.6	97.5		97.2	91.1				8	779.2	Q	591.2
2	Alastair R-Dawson	M40		92.9	88.7				89.6	91.7	94.0			79.9	90.5	90.7		8	718.0	Q	549.4
3	Nick Barber	M		93.2				88.9	84.1	93.3	90.4			84.1		81.3		7	615.3	Q	534.0
4	John Lloyd	M	92.0	88.3						92.9	89.5		89.9		72.8			6	525.4	Q	525.4
5	Dave Collins	M55	85.0	83.8	84.7			80.0	87.3				84.2		82.5	80.1		8	667.6	Q	507.5
6	Sarah May	F		79.6	85.4			75.7	79.6	80.0					76.2	80.3		7	556.8	Q	481.1
7	Andrew Bibby	M55		75.6	77.1			68.6	65.5	71.4			70.7			73.4		7	502.3	Q	436.8
8	Kath Brierley	F45	75.7	72.9					70.9	72.5	67.9		72.2		68.7			7	500.8	Q	432.9
9	Jane Leonard	F50	70.7	69.0	69.6					63.0	67.9				68.4	63.9		7	472.5	Q	409.5
10	Richard Blakeley	M65	69.2	66.8	96.4					61.3			60.6		52.9			6	407.2	Q	407.2
11	Peter Ehrhardt	M60	52.4	62.6	63.3			60.1	60.8				59.4		52.8	61.1		8	472.5	Q	367.3
12	Lauren Jeska	F35		88.3					85.5	85.3	87.4				93.3			5	439.8	X	439.8
13	Paul Hobbs	M		85.0				82.3					84.9	69.4				4	321.6	X	321.6
14	Simon Galloway	M45	77.2					71.6		69.0			67.0					4	284.8	X	284.8
15	Mel Blackhurst	F45							67.8	70.1					64.7	67.2		4	269.8	X	269.8
16	Dwane Dixon	M						86.1							87.7	85.8		3	259.6	X	259.6
17	Paul Brannigan	M45	85.4		90.2								79.4					3	255.0	X	255.0
18	Ben Crowther	M						77.9					78.6		80.9			3	237.4	X	237.4
19	Robin Tuddenham	M40		83.7										72.2	75.1			3	231.0	X	231.0
20	Richard Leonard	M50	68.2							67.0	67.2							3	202.4	X	202.4
21	Helen Hodgkinson	F35		64.7						62.0			62.1					3	188.8	X	188.8
22	Sue Roberts	F45		61.5					61.4		60.3							3	183.2	X	183.2
23	Sean Carey	U18			91.9			90.4										2	182.3	X	182.3
24	Louise Abdy	F50						56.7		53.8			54.3					3	164.8	X	164.8
25	Martin Roberts	M50		83.2				78.3										2	161.5	X	161.5
26	Marcel Ellison	M			77.3			72.3										2	149.6	X	149.6
27	Andy McFie	M40											78.1	69.2				2	147.3	X	147.3
28	Gemma Kendal	F								72.5						73.0		2	145.5	X	145.5
29	Sarah Warburton	F35		70.6					73.8									2	144.4	X	144.4
30	Mick Craven	M50			73.4								70.0					2	143.4	X	143.4
31	Richard Butterwick	M40	74.3					67.8										2	142.1	X	142.1
32	Keith Parkinson	M55		71.4				65.5										2	136.9	X	136.9
33	Derek Donohue	M50						66.5					68.7					2	135.2	X	135.2
34	Phil Cook	M40			68.5			61.8										2	130.3	X	130.3
35	Fiona Armer	F45			67.0								56.8					2	123.8	X	123.8
36	Mandy Goth	F50						55.3							57.0			2	112.3	X	112.3
37	Barry Chapman	M65	55.8					52.4										2	108.2	X	108.2
38	Dave O'Neill	M50		55.6				50.4										2	106.0	X	106.0
39	Andrew Wrench	M45							87.7									1	87.7	X	87.7
40	Peter Bowles	M40			82.1													1	82.1	X	82.1
41	Martin Stork	M						80.3										1	80.3	X	80.3
42	Clive Greatorex	M45											78.6					1	78.6	X	78.6
43	Dan Taylor	M											78.1					1	78.1	X	78.1
44	Shaun Pickard	M50						77.5										1	77.5	X	77.5
45	James Riley	M									73.7							1	73.7	X	73.7
46	Paul Smith	M45											70.8					1	70.8	X	70.8
47	Darren Graham	M40													70.7			1	70.7	X	70.7
48	Darren Tweed	M													70.6			1	70.6	X	70.6
49	Lucy Hobbs	F40			68.2													1	68.2	X	68.2
50	Andy Glyde	M						67.0										1	67.0	X	67.0
51	Maria Prescott	F45		66.9														1	66.9	X	66.9
52	Lisa Parsons	F40											66.3					1	66.3	X	66.3
53	Phil Hodgson	M50						64.1										1	64.1	X	64.1
54	Paul Cotton	M45												63.8				1	63.8	X	63.8
55	Paul Cruthers	M45											63.2					1	63.2	X	63.2
56	Hatty Nylan	F						62.1										1	62.1	X	62.1
57	Emma Osenton	F						61.3										1	61.3	X	61.3
58	Kevin Coughlan	M50			61.2													1	61.2	X	61.2
59	Stuart Boulton	M50											60.9					1	60.9	X	60.9
60	Andrea Marshall	F		60.7														1	60.7	X	60.7
61	Karen Gray	F45			59.9													1	59.9	X	59.9
62	Mick Howard	M50						59.3										1	59.3	X	59.3
63	Patsey Reilly	F40											57.7					1	57.7	X	57.7
64	Elise Milnes	F50												57.0				1	57.0	X	57.0
65	Ray Poulter	M60						55.2										1	55.2	X	55.2
66	Kathy Bridger	F45						45.8										1	45.8	X	45.8

2011 ROAD TABLE 7 races			Littleborough 5k	Burnley Lions 10k	Boggart Hole 10k	Accrington 10k	Caldervale 10	Elswick 10	Burnsall 10	Preston 10	Liversedge Half	Hendon Brook 13.5	Fleetwood Half	Lancaster Half	Completed Races	total points	Qualified?	qualifying TOTAL
	attendance		21	17	0	0	10	5	6	0	8	12	0	0	79			
	average points		77.4	76.7	#DIV/0!	#DIV/0!	84.1	81.6	76.4	#DIV/0!	73.7	73.9	#DIV/0!	#DIV/0!	#DIV/0!			
1	Martin Stork	M	97.8	87.4			94.5		87.5		88.6	87.8			6	543.6	Q	543.6
2	Paul Brannigan	M45	75.9	87.2			95.9	86.6	90.0			88.7			6	524.3	Q	524.3
3	Peter Ehrhardt	M60	70.0	65.7				65.8	64.4		66.8	66.1			6	398.8	Q	398.8
4	John Lloyd	M		93.0			99.3	91.9	86.7			93.1			5	464.0	X	464.0
5	Sarah Glyde	F35	78.7	72.1				70.8				72.3			4	293.9	X	293.9
6	Robin Tuddenham	M40		91.5			103.2	92.9							3	287.6	X	287.6
7	Kevin Coughlan	M45	73.0	70.4							68.8	66.5			4	278.7	X	278.7
8	Kevin Booth	M45	85.8	81.4			83.5								3	250.7	X	250.7
9	Mel Siddall	F45	76.2	70.0			66.8								3	213.0	X	213.0
10	Nigel Hanson	M50	70.9	65.3							63.9				3	200.1	X	200.1
11	Simon Galloway	M45	86.7				73.6								2	160.3	X	160.3
12	Mick Craven	M50					81.3				74.3				2	155.6	X	155.6
13	Lucy Hobbs	F40	78.0				75.9								2	153.9	X	153.9
14	Mel Blackhurst	F45									74.1	74.2			2	148.3	X	148.3
15	Richard O'Sullivan	M45		71.9								69.0			2	140.9	X	140.9
16	Richard Blakeley	M65		71.8					66.7						2	138.5	X	138.5
17	Helen Hodgkinson	F35	69.2	67.1											2	136.3	X	136.3
18	Melanie Robertson	F45							63.2		67.6				2	130.8	X	130.8
19	Dwane Dixon	M	99.5												1	99.5	X	99.5
20	Dave Collins	M55	90.6												1	90.6	X	90.6
21	Richard Butterwick	M40	85.9												1	85.9	X	85.9
22	Sarah May	F									85.4				1	85.4	X	85.4
23	Darren Graham	M40		82.5											1	82.5	X	82.5
24	Keith Parkinson	M55	80.7												1	80.7	X	80.7
25	Phil Cook	M40	78.9												1	78.9	X	78.9
26	Andrew Bibby	M55		77.0											1	77.0	X	77.0
27	Lee McCluskey	M50		76.6											1	76.6	X	76.6
28	Hatty Nylan	F	75.8												1	75.8	X	75.8
29	Maria Prescott	F45		73.4											1	73.4	X	73.4
30	Paul Cruthers	M45										69.7			1	69.7	X	69.7
31	Chris Preston	F45										68.8			1	68.8	X	68.8
32	Elise Milnes	F50										68.6			1	68.6	X	68.6
33	Andrea Marshall	F	68.4												1	68.4	X	68.4
34	Julie Wyant	FV40					66.8								1	66.8	X	66.8
35	Dave O'Neill	M50	62.6												1	62.6	X	62.6
36	Moyra Parfitt	F65										62.5			1	62.5	X	62.5
37	Barry Chapman	M65	60.4												1	60.4	X	60.4
38	Myra Wells	F50	59.9												1	59.9	X	59.9



2011 TRAIL TABLE 4 races			Roddlesworth	Bluebell	Wicken Hill	Worsthorne		Beefys nab	Completed Races	total points	Qualified?	qualifying TOTAL
	attendance		19	22	23	11	0	0	75			
	average points		71.4	69.7	75.2	82.2	#DIV/0!	#DIV/0!	#DIV/0!			
1	Dwane Dixon	M	89.5	92.9	91.6	96.9			4	370.9	Q	370.9
2	Simon Galloway	M45	79.3	72.3	73.9	82.9			4	308.4	Q	308.4
3	Martin Stork	M	92.5	85.7		91.9			3	270.1	X	270.1
4	Paul Brannigan	M45	88.6		84.3	93.5			3	266.4	X	266.4
5	Kevin Coughlan	M45	70.8	65.0		69.2			3	205.0	X	205.0
6	Elise Milnes	F50	69.8	62.1	62.4				3	194.3	X	194.3
7	John Lloyd	M		92.2	89.6				2	181.8	X	181.8
8	Graham Milnes	M55	63.4	58.0	58.7				3	180.1	X	180.1
9	Sarah May	F		80.8	80.1				2	160.9	X	160.9
10	Dan Taylor	M	84.0			76.7			2	160.7	X	160.7
11	Keith Parkinson	M55		74.3	65.4				2	139.7	X	139.7
12	Richard O'Sullivan	M45			64.3	71.4			2	135.7	X	135.7
13	Peter Ehrhardt	M65	67.8	61.6					2	129.4	X	129.4
14	Helen Hodgkinson	F35	63.8		64.1				2	127.9	X	127.9
15	Rachel Henthorne	F40	65.7	57.9					2	123.6	X	123.6
16	David Henthorne	M55	65.5	55.5					2	121.0	X	121.0
17	Mandy Goth	F50	59.4		55.8				2	115.2	X	115.2
18	Sean Carey	U18			98.1				1	98.1	X	98.1
19	Robin Tuddenham	M40				93.4			1	93.4	X	93.4
20	Nick Barber	M			92.2				1	92.2	X	92.2
21	Alastair R-Dawson	M40			88.1				1	88.1	X	88.1
22	Paul Hobbs	M			86.0				1	86.0	X	86.0
23	Ben Crowther	M			82.0				1	82.0	X	82.0
24	Andrew Bibby	M55				81.2			1	81.2	X	81.2
25	Mark Anderton	M45		80.8					1	80.8	X	80.8
26	Clive Greatorex	M45		80.0					1	80.0	X	80.0
27	Mick Craven	M50				78.9			1	78.9	X	78.9
28	Darren Graham	M40			78.6				1	78.6	X	78.6
29	Richard Butterwick	M40		78.5					1	78.5	X	78.5
30	Gemma Kendall	F	78.3						1	78.3	X	78.3
31	Marcel Ellison	M			77.0				1	77.0	X	77.0
32	Sarah Glyde	F35	75.9						1	75.9	X	75.9
33	Jane Williams	F45	73.4						1	73.4	X	73.4
34	Mel Blackhurst	F45		72.1					1	72.1	X	72.1
35	James Riley	M			71.8				1	71.8	X	71.8
36	David Baldaro	M40			71.1				1	71.1	X	71.1
37	Hatty Nylan	F	70.1						1	70.1	X	70.1
38	Paul Cruthers	M45		69.4					1	69.4	X	69.4
39	Melanie Robertson	F45				68.0			1	68.0	X	68.0
40	Maria Prescott	F45		67.8					1	67.8	X	67.8
41	Phil Cook	M40			67.4				1	67.4	X	67.4
42	Richard Blakeley	M65			64.1				1	64.1	X	64.1
43	Chris Preston	F45			63.7				1	63.7	X	63.7
44	David Leslie	M55		60.7					1	60.7	X	60.7
45	Moyra Parfitt	F65		59.6					1	59.6	X	59.6
46	Dave O'Neill	M50	59.1						1	59.1	X	59.1
47	Barry Chapman	M65		55.1					1	55.1	X	55.1
48	Katy Moore	F35		50.5					1	50.5	X	50.5
49	Jim Smith	M70	38.8						1	38.8	X	38.8

## Race 22

Pos	Name	Cat	Lads Leap	Mearley Clough (EC)	Whittle Pike (EC)	Bradley	Thieveley Pike	Stanbury Splash	Long Myrd (EC)	Loughriggs (EC)	Yr Aran (BC)	Withins Skyline	Heptonstall	Three Peaks	Duddon (EC)	Sedburgh Hills (EC & BC)	Good Shepherd	Littleborough 5k	Burnley Lions 10k	Boggart Hole 10k	Accorington 10k	Caldervale 10	Elswick 10	Bursall 10	Preston 10	Liversedge Half	Hendon Brook 13.5	Fleetwood Half	Lancaster Half	Roddiesworth Roller	Bluebell Trail	Whickon Hill Whizz	Worsthorne Moor	Worsley Woods	Beely'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	Paul Brannigan	M45	93.1		99.3								86.5					81.7	94.5			102.7	96.0	97.6			96.1			95.3		92.8	101.3			12	1136.9	3	93.0	6	94.8	3	96.5	Q	2F-4R-2T	781.4	
2	John Lloyd	M	92.0	88.3					92.9	89.5				89.9	72.8				93.0			99.3	91.9	86.7			93.1				92.2	89.6			13	1171.2	6	87.6	5	92.8	2	90.9	Q	3F-4R-1T	744.3		
3	Richard Blakeley	M65	97.5	94.1	97.7				86.3				85.4	74.4					94.4					87.7								90.3			9	807.8	6	89.2	2	91.1	1	90.3	Q	5F-2R-1T	733.4		
4	Peter Ehrhardt	M60	71.0	84.7	85.7			80.3	82.3				80.4	71.4	82.7			88.1	83.5				83.7	81.9		84.0	84.1			86.3	78.4			16	1308.5	8	79.8	6	84.2	2	82.4	Q	2F-5R-1T	680.1			
5	Simon Galloway	M45	85.0					78.1		75.9			73.7					93.2			79.7								86.0	82.1	4	78.2	2	86.5	4	83.9	Q	2F-2R-4T	671.5								
6	Dwane Dixon	M						86.1							87.7	85.8		99.5											89.5	92.9	91.6	96.9			8	730.0	3	86.5	1	99.5	4	92.7	N		644.2		
7	Robin Tuddenham	M40		87.7										75.7	78.7				95.6			107.8	97.7										98.3			7	641.5	3	80.7	3	100.4	1	98.3	N		641.5	
8	Andrew Bibby	M55		92.7	94.5			84.2	80.2	87.6			86.6			90.0			90.7														95.6			9	802.1	7	88.0	1	90.7	1	95.6	N		637.7	
9	Martin Stork	M						80.3										97.8	87.4			94.5							92.5	85.7			91.9			10	894.0	1	80.3	6	90.6	3	90.0	N		633.4	
10	Sarah May	F		88.1	94.5			83.8	88.1	88.5					84.3	88.9			87.8	87.4			87.5			88.6	87.8			88.8	7	88.0	1	94.5	2	89.1	N					632.6					
11	Dave Collins	M55	101.8	100.4	101.5			95.8	104.6				100.9		98.8	96.0		104.8																9	904.6	8	100.0	1	104.8	0	0	N		614.0			
12	Mel Blackhurst	F45						83.5	87.5						80.7	83.9										90.2	91.2					87.7			7	604.7	4	83.9	2	90.7	1	87.7	N		604.7		
13	Alastair R-Dawson	M40		95.6	92.1				92.2	95.2	97.7			82.3		94.1	94.2																91.6			9	835.0	8	92.9	0	0	1	91.6	N		568.4	
14	Kevin Coughlan	M45			69.5													80.4	78.1							87.2	73.7			78.0	71.6		76.8			8	615.3	1	69.5	4	79.9	3	75.5	N		543.7	
15	Nick Barber	M		93.2				88.9	84.1	93.3	90.4			84.1		81.3			79.6	77.2										73.4			92.2			8	707.5	7	87.9	0	0	1	92.2	N		542.1	
16	Helen Hodgkinson	F35		74.5						71.3			71.4					79.6	77.2														73.8			7	521.2	3	72.4	2	78.4	2	73.6	N		521.2	
17	Jon Wright	M40	103.2	102.5	100.7			103.8	102.5	101.3			101.0	94.6																					8	809.6	8	101.2	0	0	0	0	N		513.3		
18	Lauren Jeska	F35																											5	492.4	5	98.5	0	0	0	0	0	0	N		492.4						
19	Kath Brierley	F45	98.1	94.6					91.9	95.2	89.1		93.6		89.0																				7	651.5	7	93.1	0	0	0	0	0	N		473.4	
20	Jane Leonard	F50	96.7	94.4	95.2					86.1	92.8				93.6	87.4																			7	646.2	7	92.3	0	0	0	0	0	N		472.7	
21	Mick Craven	M50			87.0								82.9									93.2				85.2							90.4			5	438.7	2	85.0	2	89.2	1	90.4	N		438.7	
22	Keith Parkinson	M55		87.5				80.3										90.0														82.9	80.2			5	420.9	2	83.9	1	90.0	2	81.6	N		420.9	
23	Elise Milnes	F50												75.9													88.7			90.3	80.2	83.1			5	418.2	1	75.9	1	88.7	3	84.5	N		418.2		
24	Sarah Glyde	F35																88.1	81.3				79.9				81.6				85.6				5	416.5	0	0	4	82.7	1	85.6	N		416.5		
25	Paul Hobbs	M		85.0				82.3					84.9	69.4																			86.0			5	407.6	4	80.4	0	0	1	86.0	N		407.6	
26	Ben Crowther	M						77.9					78.6		80.9																		82.0			4	319.4	3	79.1	0	0	1	82.0	N		319.4	
27	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		
28	Richard O'Sullivan	M45																	79.2							76.0								4	306.0	0	0	2	77.6	2	75.4	N		306.0			
29	Mandy Goth	F50						72.6							75.9																			74.2		76.0	4	298.7	2	74.2	0	0	2	75.1	N		298.7
30	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		
31	Phil Cook	M40			72.5			65.5										83.0															71.3			4	292.3	2	69.0	1	83.0	1	71.3	N		292.3	
32	Sean Carey	U18			91.9			90.4																									98.1			3	280.4	2	91.2	0	0	1	98.1	N		280.4	
33	Mel Siddall	F45																96.6	88.7			84.6												3	269.9	0	0	3	90.0	0	0	N		269.9			
34	Kevin Booth	M45																91.6	86.9			89.1												3	267.6	0	0	3	89.2	0	0	N		267.6			
35	Dave O'Neill	M50		65.2				59.1										71.2												67.2					4	262.7	2	62.1	1	71.2	1	67.2	N		262.7		
36	Lucy Hobbs	F40			80.0													91.5				88.9												3	260.4	1	80.0	2	90.2	0	0	N		260.4			
37	Maria Prescott	F45		82.4															89.3													83.4			3	255.1	1	82.4	1	89.3	1	83.4	N		255.1		
38	Melanie Robertson	F45																						80.9		85.7									3	253.6	0	0	2	83.3	1	87.0	N		253.6		
39	Gemma Kendall	F							80.3							80.8														86.7					3	247.8	2	80.6	0	0	1	86.7	N		247.8		
40	Darren Graham	M40												74.2					86.2													82.5			3	242.9	1	74.2	1	86.2	1	82.5	N		242.9		
41	Dan Taylor	M											78.1																	84.0					3	238.8	1	78.1	0	0	2	80.4	N		238.8		
42	Richard Leonard	M50	79.0							77.6	77.9																								3	234.5	3	78.2	0	0	0	0	N		234.5		
43	Sue Roberts	F45		78.7					78.5		77.1																								3	234.3	3	78.1	0	0	0	0	N		234.3		
44	Hatty Nylan	F						68.7										83.8												77.6					3	230.1	1	68.7	1	83.8	1	77.6	N		230.1		
45	Nigel Hanson	M50																81.3	75.5							73.2								3	230.0	0	0	3	76.7	0	0	N		230.0			
46	Marcel Ellison	M			77.3			72.3																									77.0			3	226.6										

## Race 22

[illegible]

## Championships Update

*Lauren Jeska*

We're rapidly approaching the final FRA championships race of the season, and already it's been the best year ever for Todmorden Harriers!

### **English Championships ~ Ladies team gold & individual ladies champion**

Sedbergh a week ago was the last race in the English Championships, for which we were already ladies team champions, and I had already retained my individual title way back at Loughrigg. As I predicted, we had also done enough by then to be team champions as well, and in fact we finished well clear with 42 points, to Ambleside's 33 and Wharfedale's 32. A big well done to everyone who contributed to our 1st and 2nd team places that secured the title: Sarah Warburton was key at Long Mynd, with Kath Brierley at Mearley Clough and Duddon, and Gemma Kendall helping out at Loughrigg in her debut championships race.

Of course Sarah May was the other indispensable team member, 2nd Todmorden Harrier at all of those four races, and first Harrier home at the remaining races, where her strong performances (5th place at Whittle Pike and 8th at Sebdergh), moved her up to a well deserved 7th place in the overall standings. Between myself and Sarah, Helen Fines took the silver medal, and a closely fought battle for 3rd place saw former English & British Champion Lou Roberts narrowly claim the bronze (with a very respectable 3rd place at Sedbergh), and a 3-way tie between Helen Berry, Mel Price, and Judith Jepson for 4th place.

In the ladies veteran categories, Kath Brierley followed last year's medal in the V45 category with a 9th place finish, having had some injury difficulties, and also having focussed training on a Joss Naylor long distance challenge. Jane Leonard was 10th V50, but next year she'll have to fend off Kath to be best Harrier in the category! Todmorden finished 6th team in the Ladies veterans team competition, with Clayton-le-Moors claiming the gold as usual! Mel Blackhirst took time off from road races as ever, to contribute to the fell-running teams.

**In the mens competition** the gold medal wasn't decided until Sedbergh, and second place on the day was sufficient for Lloyd Taggart to take the gold medal, especially as Rob Jebb wasn't there. Race winner Morgan Donnelly missed some of the earlier races due to injury, but is looking very good for the British Championships. Todmorden mens results aren't quite up there with the ladies, but for the men it's tough claiming any individual points at all, and Jon Wright is our top finisher in 38th place, and also 19th in the V40 category. Alastair Rhodes-Dawson and Sean Carey also

managed to claim points in the open category. Dave Collins was 7th in the V55 category, and we had two runners in the top 10 for the V65 category: Richard Blakely just getting the better of Peter Erhardt, in 6th and 9th places respectively.

The mens team competition saw Todmorden finish 9th in the open category, and a strong showing of 6th in both the V40 and V50 standings, helped by the fact that almost all our men are now veterans! Runners such as Andrew Bibby and Dave Collins have counted towards the open team as well as the V50 team, and the team has been helped by new names John Lloyd, Dwane Dixon, and Robin Tuddenham as well as familiar names Paul Brannigan, Nick Barber, Paul Hobbs, and Andrew Wrench (and those already mentioned above).

### **And moving on to the British Championships, with the final race coming up in less than a fortnight, and lots to run for!**

This year the club has actually sent teams to all of the British Championships races, with a ladies team consisting entirely of veterans (Kath, Jane and Sue Roberts) scoring well in Northern Ireland back in April, and a minibus trip to the Yr Aran race in Wales, where again we scored well. This is helped by the fact that very few clubs managed to get full teams out and it means we are currently in 3rd place in the ladies team championships, with Ambleside and Keswick well behind us, but nevertheless we need as many fast runners as we can at Devil's Beef tub. (Sorry that I'm not available for this, but as with last year, I have too many racing commitments and the British Championships has once again been dropped by the wayside). Good runs from Sarah and Gemma, and someone else, should be sufficient to hold the bronze, although nothing is certain! Calder Valley and ERYRI, as well as possible Scottish clubs, should be contesting first place, which will make it hard for Keswick or Ambleside to catch us.

The men didn't go to Mourne Peaks, where the best points were on offer, on top of an excellent trip to Newcastle (NI), so they're in 10th place in both the open and the vet team competitions. James Riley claimed a spot as 5th counter for the open team, having joined us for the trip to Wales.

There's more excitement for the individuals, with Jane Leonard currently in second place in the V50 competition! She's looking very good for a medal.

So, lots of excitement this year, and hopefully we can have lots of runners and supporters up in Scotland on the 10th!

# Road races September/October 2011

Thursday 1<sup>st</sup> September-KevanShand  
Wardle Hill race 7pm 5 miles £4 EOD

Sunday 4<sup>th</sup> September-Stainland 7 10.30am  
Favourite for many of us-downhill start but  
then sadistic hills!! £8 £1 extra EOD

Alice's Run,Mytholmroyd 11am  
Register Calder High School,startBrearley  
Fields  
Gentle undulating 10k £10,EOD

Wednesday 9<sup>th</sup> September-Graham Wright  
Cwm  
Reservoir Multi terrain 4.2 miles.7pm.  
Another chance to raise round the reservoir  
at an  
Andy O'Sullivan production £5 and £1 EOD

Sunday 11<sup>th</sup> September Accrington5k 11am  
Starts from Altham Primary School £4

Sandal Castle 10k 9.30am  
In aid of Wakefield Hospice,undulating  
course  
Expensive at £13 and extra £2 EOD

Wednesday 14<sup>th</sup> September-Helen Clitheroe  
Gold  
Cwm Reservoir Race 7pm.Another chance  
to improve on your time round the  
reservoir!  
£5 and must pre enter

Sunday 18<sup>th</sup> September-Boggart Chase 10k  
In our Grand Prix,mentioned elsewhere.

Garstang<sup>1</sup>/<sub>2</sub> Mararthon 11am  
Register at Garstang Sports and Social Club  
£10 EOD

Thursday 22<sup>nd</sup> September Ron Hill 73<sup>rd</sup>  
Birthday 5K  
The traditional 5K route from next to  
Littleborough station.6.45pm.Register  
FalcolnInn .£5 EOD

Saturday 24<sup>th</sup> September-Langdale half  
marathon  
At the earlier time of 11am!!Hilly,scenic and  
well organized.One of those races I seem to  
enjoy year after year. Must pre-enter.

Sunday 25<sup>th</sup> September-Harewood house  
10k trail race in grounds of Harewood  
House. £7 and £1 EOD

Tuesday 27<sup>th</sup> September-Dawn Taylor  
CwmReservoir 6.45pm.Details as before-  
organised by Andy O'Sullivan.

Sunday 2<sup>nd</sup> October-Gin Pit 5 11am  
Tyldesley,Manchester  
Previously in our Grand Prix EOD

Harewood 10 mile trial race 10.35 am  
Around grounds,£8 and EOD £2

Sunday 16<sup>th</sup> October Sandbach 10k 11am  
Fairly rural course £8 .EOD

Sunday 30<sup>th</sup> October-Accrington 10k-see  
Grand  
Prix details and beware the down hill after  
first half mile!!

Holmfirth 15 9.30am  
Two laps but does include Compo's Café  
£10 and £2 EOD

## MARTIN HEADS TO WHARFEDALE

Martin Roberts recently left Todmorden Harriers to join his Oxenhope pals at Wharfedale Harriers. I am sure all Toddies are sorry to see him leave the club and wish him all the best. At least Tod have the best of the deal because his wife, Sue remains a Toddie. I thought it would be good to write a few lines on Martin and to wish him well at Wharfedale.

Unfortunately Martin leaving depletes the Bratfud contingent at Todmorden. I first met Martin many years ago playing football. In those days I was a speedy winger and he was an uncompromising full back, he chopped me down in full flight and I swore at him (I won't repeat the words I used in a family journal). Martin's memory of this might be slightly different; he seems to think that his full back play was akin to Roberto Carlos. Anyway, we got chatting in the pub afterwards and got on well and managed to get him to play for the same team as me.

When Martin met Sue he got keener on outdoor stuff, lots of cycle touring, climbing and a bit of fell running. I used to go on a few training runs with Martin (usually finishing in the dark!) and he led me and gave me a hard time on a number of cycle rides. These were all enjoyable affairs but one of them sticks in my mind, and I still chuckle about it to this day. We set off on a run from Oxenhope around the local hills. We had not got very far, on a climb towards Black Moor on a narrow footpath when we came across some dogs in an adjoining farmyard. Martin took exception to these dogs (Martin wasn't a dog lover until Sammy came on the scene) and started shouting loudly that the dogs should have been under control. A woman came out to ask what his problem was to which Martin responded that by putting their heads through the fence they were in effect on the footpath and a danger to people passing. We continued up the hill to find that the woman had run after us through her garden carrying a frying pan and wearing wellies (it doesn't say much for our running abilities that she caught us up). A massive slanging match ensued with Martin threatening all sorts of legal action to the woman and her dogs, the woman's frying pan got closer to Martin's head.

We eventually got going again and managed a few miles of pleasant running. We turned into a farmyard near Cullingworth when we heard a dog bark and

come charging towards us. Neither of us saw the dog but it sounded fierce, Martin swung a foot at it, missed it, and fell on his back. The reason Martin missed the dog became apparent as while he was lying on his back a small Chihuahua type dog jumped onto his chest and started licking his face. I was bursting to laugh but could see Martin was in a rage and I had all on to suppress it. I think Martin now sees the funny side of this episode.



Martin started doing more races and eventually joined the harriers in around 1999, Martin will know the exact date, he is Mr Memory Man. I think Martin's first race for the Harriers was meant to be the White Holme Circular at Summit, he picked me up from Todmorden but realised when he got there that he hadn't brought any fell shoes. I tried to persuade him to run in his trainers but he drove back to Oxenhope instead. I'm sure Martin should have won the toilet seat award but it isn't that easy when you are married to Sue. One example, ladies race starts before men's race – Sue takes Martin's walshes (2 sizes too big) so that Martin has to squeeze into Sue's shoes for his race.

Martin and I have had some really good friendly battles in races and there was a spell when we often finished only yards apart. This was great fun and helped us both to improve. Martin never made any excuses if I got the better of him in races (he left that to me when he beat me!) and is always very sporting. Due to running at similar speeds Martin often partnered me at various relays which were always enjoyable (a leg of the Pennine Bridleway relay and the FRA relay from Castle Carr stick in my mind).

Martin is quite a prolific racer, particularly short races in the Dales and South Pennine areas (and often in the pub or cake stall after, with a tale or two to tell). If you don't know him you should recognise him by the loud shirt or Brazil football shirt he will be wearing, shorts and odd socks.



## U.T.L.D. LAKELAND 100 29-31 JULY 2011

The decision to do the Lakeland 100 came about 12 months ago on the completion of the 50. So, as soon as this year's event was open I entered as a solo, I also signed myself up for the official recces hoping I would find someone to run with.

I'm not the most organized of people so I knew a training plan was a waste of time. My theory was to do lots of long races and some back to back. The year started well with the Hebden and the Haworth Hobble. Then the Calderdale Hike happened, I bailed at Lumbutts 28.5 miles in, I felt a total failure, how was I ever going to do 100 miles? That was the first wobble, the second came about a month before the race date, I was considering quitting before I'd even started. I felt so unprepared, my furthest run had only been 34 miles. I spoke to Kath and Chris, their kind words and wisdom put my doubts into perspective, I think!



I had done three of the official recces, each one had the worst weather Lakeland can offer. The thought of 40 hours of rain and wind didn't inspire me, but at least it prepared me. I met lots of people, but they were either faster or slower than me, running by myself filled me with dread. Whilst I was running the Cragg Vale fell race a voice from behind announced "I've entered the 100", I didn't have a clue who it was until they passed me, it was Raj Madhas from Wharfedale Harriers who I've met on many ultras including the 50. A possible running buddy I thought, things were looking up. We met again at the Widdop fell race and decided it was a good idea to run together.

I took the Thursday off work to pack my rucksack (which I did about 7 times!) and to relax, I felt strangely calm. On Friday morning I caught the train from Hebden to Windermere. At the station I felt a pain in my left calf, panic set in, any niggles now and it wouldn't be worth me even starting the race, I suddenly felt depressed. A reassuring text from Issy made me feel better, I didn't dare move my leg again until changing trains at Preston, it was ok! I got the bus from Windermere to Conistown where I caught my first sight of fellow competitors. As I travelled north the clouds had lessened and the sun was shining, it was pleasantly warm, not what I had expected.

I arrived in Conistown around 1pm and went straight to the John Ruskin School where the race would start. Registration was in the school hall and at that time not too busy. First I got weighed, then kit check, my beautiful packing ruined! Next, road book and map, then dibber and race number 55. I felt very proud pinning the yellow number to my rucksack, it stated I was a 100 competitor. I sorted out my drop bag for the Dalemian CP, a full change of clothes including shoes. The official briefing wasn't till 4pm, so I had a couple of hours to kill. Sitting in the now very warm sunshine I ate my cheese butties and had several cups of tea, I made even more trips to the loo, nerves kicking in now! I meet up with Raj and his family and then we went into the school hall to be told about safety and rules etc. Then Joss Naylor took the mic, this was what I was waiting for, but sadly I only caught a few words, I guess I was too far back in the hall, but seeing the great man was inspiration enough.

The weather forecast was hot sunshine and no wind. We made a last minute plan of action, run as much as we could in the evening and over night, then take it steady during the heat off the day. 5.30pm the horn blasted and we were off, I think the whole of Conistown had come out to cheer us on, I felt great. The early evening air was warm and still and the views spectacular. We chatted and the miles quickly went by. The light started to fade at Burnmoor Tarn and it was dark by the time we entered Wasdale. The sky was clear but there was no moon, it really was as black as coal. The next section I was not looking forward to, I had already recced it in the dark and the rocky descents were slippery and we had lost the path. Luckily this time the dry weather had made it more runnable. As we headed to the Black Sail pass, the head torches behind us were like strings of fairy lights, it was beautiful.

We got to the Buttermere CP in good time. I felt less apprehensive about the next bit to Braithwaite. We easily found the path to Sail Pass, but saw many runners' lights in the distance that had missed it. At Braithwaite we met Rob Cook; he wasn't in great shape, cold and shivery, but still decided to join us. It was now just starting to get light.

We were now following the Cumbria Way to the Blencathra Centre. At this point we had talked about the delights of a fresh pair of socks, our feet had gotten wet on several occasions. It was a miracle, they were handing out new socks at the CP, what a start to the day. What was even more uplifting were the views over Derwentwater and St. John in the Vale, the thin layer of mist was just lifting, it was truly magical and nearly brought a tear to my eye (mental state, due to lack of sleep!). We got to the Old Coach Road above Threlkeld, it was hot at 7.30am and I don't do well in the heat! At the Dockray CP I had 2 cups of lentil soup, up to that point I had eaten very little. Chris had advised me, a couple of weeks before the race to start eating loads, I think I had eaten for England, in fact I wasn't even hungry till Ambleside!

We reached Dalemmain in plenty time to see the 50 competitors off. The atmosphere was buzzing. I got my drop bag, but there was nowhere to change, I didn't fancy putting on a strip show for everyone, so just clean socks and shoes. The Inov8 trail shoes didn't feel right so I put the Bare Grips back on. I had noticed a knee pain developing and spoke to the doc and physios, they couldn't have been more helpful, told me it was fatigue, you don't say! I just took a painkiller. We had the big climb of Fusedale coming up and it was full on afternoon sun, we passed many collapsed bodies, I guess through heat exhaustion, we kept going at a crawling pace. It was here we met up with Phil Wilton, Rob was still with us and the banter was good. At this point I had lost all track of time but I felt good, at 75 miles it was the furthest I had ever run.

We quickly passed through the Mardale Head CP. The next section was going to be tough on the feet, the Gatesgarth Pass is very stony. The Inov8 Bare Grips are so light and comfortable, but with no cushioning I could feel those rocks! It was just beginning to get dark at the Kentmere CP, last year Joolz and I spent ages here, this time it was going to be a quick in and out. Our spirits were high, Ambleside was coming up, after another very stony track - the Garburn Pass.

We arrived at the Lakesrunner shop in Ambleside at 1.05am, we had reached the 90 mile mark, the town was asleep, I needed to be asleep, there was no run left in my legs, we were all walking. Up to this point there had been no navigational errors, I think our brains were shutting down along with our bodies, we took a wrong turn outside the Rothay Park, didn't go too far out of our way though, thank god! Round Elterwater I hit my lowest point, I was actually falling asleep on the move and feeling very disorientated. I had no idea where I was and began having hallucinations, a cats head, an arm kept popping up and the midges in my headtorch gave the illusion of driving in snow, this made me want to shut my eyes even more. I couldn't even walk in a straight line, I kept stumbling and was getting annoyed with myself. No one was talking, we were all struggling. That was it, I was going to bail at Chapel Stile. We arrived at the CP at 4am and I announced my quitting to the response of "Get something to eat and your going on even if I have to carry you" from Raj. Sometimes you just need to be told! Suddenly there was urgency we might not make the cut off time so we ran along the Langdale valley. By the time we reached Blea Tarn it was daylight, we were back to walking but we were all talking again and now Mike Jones had joined us.



Was I seeing and hearing things? "Come on Milnesy" It was Issy, Joolz, Amanda and Woody at Tilberthwaite, these crazy people had set off at 2am to cheer me on! It was just what I needed and with only 3.5 miles to the finish I suddenly felt amazing, well, until those steps out the Tilberthwaite carpark! Those 3.5 miles took us 1hr 45, my legs had stiffened so much it felt I was walking on stilts. We had decided to run when we got down to the road but it wasn't happening, we got to the road the school was on and people had seen us and were clapping, we ran, well we were doing running movements with our arms, legs unresponsive!

The finish line 105miles, 38:49:39. I've never felt so proud, I couldn't stop smiling. We got the biggest cheer and applause in the school hall, I nearly cried. The marshals ushered us away to be weighed, I had only lost 1kg. We were given pasta, for breakfast!, and I had a beer thrust in my hand, for breakfast! It is a fantastic event, the organization and marshals and helpers were brilliant. I recommend it if you fancy a couple of days (and nights) out in the hills, and you get a nice medal!

Bare Grips all the way, Elise



# The Only Way is Essex

What is the first thing that comes to mind when you think of Essex? White stiletto heels, orange tans, peroxide-blond hair or medallion-wearing geezers racing Escort XR3i's on Southend seafront?

Away from the lazy stereotypes Essex has a quality running scene with plenty of strong clubs such as Springfield Striders, Braintree & District and Newham & Essex Beagles (home of Mo Farah). Lesser known are Tiptree Road Runners who are the club of my best mate Jamie Fairfull. Yes, in case you were wondering, *that* Tiptree, as in the jam people.

I first met Jamie in the mid-90s when we were students in Preston, back then I think we would have both struggled to run much further than up the hill to "Tokyo Jo's - Ultimate Discotheque". I guess you get older and wiser and we are now both pretty keen runners. Every year we meet up, where once this would have involved a serious amount of binge drinking, kebab eating and a night in the cells, these days we try to arrange something connected with running, perhaps with a couple of halves of mild thrown in if we are feeling outrageous.

This year it was my turn to head down to Essex and the race that Jamie pencilled in for us both to do was the Mersea Island Lions "Round the Island Race" on Sunday 26 June 2011.

Mersea Island is the most easterly inhabited island in the United Kingdom and is located off the coast of Essex about 9 miles to the south east of Colchester, like Lindisfarne in Northumberland it is connected to the mainland by a causeway which is often covered at high tides - but thankfully never at race times!

The race itself has a 20-year history and has grown in importance in the English athletics calendar, so much so that when I was checking previous results I noticed that someone called Robin "Metronome" Tuddenham was second in 2010! According to the organisers, entries have been received from virtually all over the country, so it wasn't too much of a shock for them getting one from Todmorden, although that didn't stop me trying to blag a prize for the person who'd travelled the furthest!

As the name suggests the route runs completely round the island in a clockwise direction and covers approximately 13 multi-terrain miles following the sea wall, beach, short stretches of road, all on the flat.

I know that people claim that the sun is always shining down south, I'd never believed it before but that was certainly the case on race day. The start time was 10.30am and even by then it was getting unbearably hot, by the end it was like running in an oven. Give me the wind and rain of the Calder Valley any day of the week!

The race was started by the Lord Mayor on the beach of the small town of West Mersea and we were soon on our way passing picture postcard beach huts, the yacht club and a number of oyster restaurants (Mersea native oysters are famous worldwide). Then it was up on to the sea wall which actually took me by surprise as I was expecting something similar to the sea defences along the Fylde coast when in fact it resembled a Dutch dyke with a path running along the top of the grassy bank. It was pretty uneven and overgrown in places which meant that you had to watch where you were putting your feet, a shame really as the views across the mudflats were quite spectacular.

The route passed numerous caravan parks where the great and the good of Essex take their holidays, one establishment had a sizeable swimming pool and given the heat I was tempted to take a slight detour and dive right in.

I found the stretches of beach the hardest - not much opportunity to practise beach running round our way! Not only was it quite energy-sapping but a bit like descending on the fells picking the right line seemed to make a big difference: the wet compacted sand closer to the sea was more runnable but was quite rocky and slippery in places, away from the shoreline the dryer sand was harder on the legs. Either way the lads in front of me always seemed to pull away when we were on the beach.

I faded a bit towards the end, it was Hendon Brook the week before and I could still feel those hills in my legs. Well, that is my excuse and I'm sticking it to it! Overall I finished tenth out of 170 in 1:26:01 while my top mate Jamie was 44<sup>th</sup>, which meant it was his turn to get the beers in!

So there you have it, Essex certainly has a lot to offer and I would definitely recommend this race to anyone who finds themselves in the area.

Martin Stork

## Try a Tri by Mel Robertson

I don't know when I first had the idea of trying a triathlon but I do know what put me off doing one: swimming. Most people seem to feel OK about the cycling and the running, it's the swimming that's the problem.

Lots of Tod Harriers have done Triathlons, including the toughest event, the "Ironman", so hearing all the talk the idea of doing one myself must have entered my sub-conscious and somehow appealed to me, because I bought a book. The book then glared at me accusingly for over a year while I failed to do anything more strenuous than occasionally leaf through it.

In 2010 I discovered there's a Try a Tri event in Todmorden - so, no excuses, eh? I still couldn't quite summon up the courage to enter though.

Finally, this year, feeling a bit "what next?" after the London Marathon, a solution presented itself: do the Tod Try a Tri. What follows are a few of my impressions which might be of interest if you too are vaguely thinking of trying a triathlon but haven't quite got round to it yet.

The Try a Tri is a great introduction. Nothing too scary, not even the swimming. You are allowed to do breast stroke, which helps if, like me, you can't do front crawl (I *used* to be able to, I was taught how to at primary school but if I try to do it now I can't breathe - so not the best). The Try a Tri consists of eight lengths of the Tod swimming pool (200m), 10k cycle, 2.5k run. If you are happy and competent at front crawl then the Sprint event might be for you: 400m swim, 20k cycle, 5k run.

The main thing to get your head round though are the fiendish logistics. It's a lot more complicated (for a first-timer) than the beautiful simplicity of just turning up at a fell race with your entry fee and four safety pins. You have to grapple with the concept of "transition". Or, to be more precise, "T1" and "T2". My book (Triathlon Start to Finish by Sam Murphy) describes transition as the fourth discipline, and for serious competitors time saved in transition is as important as a fast time swimming/cycling/running.

T1 is where you "transition" from the swim to cycling, and T2 is the transition from bike to run. This means that at the designated time you deposit your bike in a rack in the T1 area and position your helmet/shoes/shorts/top with number attached back AND front, to facilitate a speedy getaway (top tip: talc in shoes, helps get them on when your feet are wet from the swim - thanks to Shaun Pickard for this one). After my event, from a vantage point overlooking T1 I observed one competitor in the main sprint event demonstrating how NOT to do it - don't sit down to put your shoes on and generally fanny around while about

10 other competitors nip in and out ahead of you. You also have to find T2 and put your running shoes ready to step into when you get off your bike.

There are strict rules, eg you will be penalised if you move your bike before you have your helmet on and securely fastened. This was where my book proved to be money well spent. I followed (memorised) all the advice about transition and it all worked out OK on the day.

Once you've reccied the transition areas and got all your gear in place, it's not long till the start. Swimming costume on, clothes in locker, it's time for the poolside briefing by the race officials. We were allocated different lanes based on our estimated swim time. You sit on the edge of the pool, three to a lane. The whistle blows and the first person starts, then the other two set off at ten second intervals. It's very easy to lose count of how many lengths you've done but the race official indicates to you when you are on your last length.

Then it's out of the pool, run to the side door, down the side of the building and into the car park area converted to T1. Stand on towel, put on vest (with number already pinned on back and front) and padded shorts, put on helmet, put on shoes. Run with bike to the mount line (get on before the mount line and you risk a time penalty). A friendly face here: Sarah Warburton was the marshall. Off through the park and out on to the Burnley Road, through Lydgate, Cornholme, Portsmouth, all slightly uphill, to the layby before the road bridge crossing the railway, where you turn round and cycle back. Somehow I seemed to make up a lot of time cycling: I was in 15th place after the swim but finished the cycle in 8th.

Finally into T2 back in the park, with loudspeaker commentary, somewhat unnervingly. I forgot where I'd put my trainers and nearly put on someone else's. It's hard to describe how weird your legs feel when you start to run after just having cycled 10k, but jelly is close. The run route went round the edge of the park then up into the woods. Otherwise impeccable organisation was let down slightly here with inadequate marshalling/markers causing considerable confusion for runners. Then, thank goodness, the finishing line and a chance to compare notes with other first-timers. The unanimous conclusion: great fun and we'd all do it again. My times: swim 5:44; cycle 30:14; run 10:15; total 47:11.

For me there was a pleasant surprise in store. About three weeks later I received a £15 Blazing Saddles voucher in the post for being the third lady, to my complete astonishment!

## Skåla 1848 meter rett opp

*Lauren Jeska*



That translates as straight up or right up, the way they like to describe their mountain races over in Norway. And what a race! Think Ben Nevis then a bit more. In fact it's very much reminiscent of the Lakes or Scotland ~ there's bracken on the lower slopes, albeit that the narrow path through the woods is not quite like what we usually have over here, or at the very least a lot longer. Then, as the path climbs, there are lengthy sections very familiar to British runners, and some bits with erosion control (built up stone steps). So if you make it over to Norway you'll feel right at home! Higher up, the rocky route to the summit does go on much further than what we're used to, in fact that's a pretty good description of the whole mountain ~ similar to ours, but it goes on and on.

As with many countries in Europe, the race is only uphill. It would be pretty dangerous running down so much steep stony terrain! On top of that, if

you've ever tried training in the Alps or similar, I can tell you descending starts to lose its appeal after the first thousand metres! By that stage legs are beginning to complain; it can be fun in training when there's no pressure to go as fast as humanly possible, but in a race, it's just an injury waiting to happen, and in any case, many weeks of recovery!

The other bonus to stopping at the summit is that you get to take in the view! OK so Kath did that at Yr Aran before heading back down, but that's a quite unusual move (she was saving herself for the following week at the time). And at Skåla, what a view! There's an enormous drop off the other side of the crag. People do go base jumping in the area, and lower down, some Austrian climbers have just this year installed a Klettersteig (like a near-vertical via ferrata). Opposite on the next mountain is the edge of the glacier region that stretches a long way to the east and south.

The tiny village Loen where it all takes place is dominated by its big tourist hotels, and it's from one of these that the race is organised. The village is found at the end of Nordfjord, a 100km long sea fjord, in the middle of nowhere loosely between Bergen and Trondheim. Even from the local airports, it's a further hour or two of driving to get there! Just up the river is an inland fjord, where once a huge 'tidal' wave was caused by part of an adjacent mountain collapsing, and it is still possible to visit a ship, or as my driver told me, a large boat, stranded on the top of a small hill.

It's a large event, with over 600 runners in the competition class, and a further 1000 doing it as a walk, starting an hour or so earlier and taking as long as they want. They are under instructions to get out of the way of the runners! Some familiar friends from the running scene were making the trip ~ Jonathan and Antonella Wyatt have made this race their own for the last few years, with Jonathan setting a slightly faster record each time, to claim the huge prize for a new record (70,000Kr!). Also David Schneider from Switzerland and Thea Lillehov (Austrian and it turns out dual Norwegian nationality) have made the trip, and Ahmed Aslan, the 5 times European champion, is out to beat Jonathan and claim the big prize money. And a few Scots have made the trip ~ Robbie Simpson and Fiona Maxwell to name two, and the first time I've raced against Fiona. Despite the very big prizes, other runners are put off by the course being too steep, or by the logistical difficulties getting there ~ I had to change airports, via an incredibly expensive transfer coach, and catch an internal flight, on top of the two hour drive to Loen from the airport.

As usual for a European event, the start has many tents and sponsors, and a new one for me, a place to weigh your bag! The rules are that your bag must be 2.5kg so that you have sufficient kit at the top, whatever the weather. And for the last two years, the weather hasn't been great, with snow at the top one year, and mist the next. But this year it's warm and sunny, over 18° at the bottom. Along with the other Brits, I find it a bit too much at the start!

The beginning section is tough. There are hundreds of people vying for position on the track before we join the narrow path (the course had to be changed a few years ago, using this track to accommodate the ever-larger number of runners). And it's very hot. But also, it's a long race, so I don't want to go too fast. It's very hard to settle in to a nice rhythm, I'm either just too fast, or a bit too slow. Overtaking means jumping over some rocks to get round people, but some of the Norwegians don't like it and insist on trying to go in front again, at which point you might discover, as Thea and I did, that many of them have the strangest way of walking/running uphill, with their arms swinging wildly behind and to the side, risking banging you in the face!

Through this section, which felt very tough, I had to let a couple of athletes slightly ahead of me and save myself for later, not panicking. I was running in 5th and confident for later in the race. This proved to be a good strategy, as about a third of the way up, the scenery changed, the gradient and path were very runnable, and run I did! I started pulling back to the girl in 4th, although it took a lot longer than I anticipated to reach her, given I was moving very well on this erosion-control section. When I eventually caught her, she looked pretty shattered to me, an impression confirmed by the way she then dropped way behind, only just holding Fiona off to maintain 5th.

After I caught her we came to the bit that a lot of runners dread, a serious wild mountain climb! It's very steep and very rocky, and I loved it! I headed up the straightest, steepest way I could find, and was way faster than anyone near me. After a few hundred metres of climb, I'd made up maybe a minute, if not more, on the other runners, and as it levelled off I caught sight of the third-place woman, who I hadn't seen at all for a long while. The path then crosses some snow before a final climb up to the summit, but unfortunately not as steep, and all on large built-up stone steps. It's nicely made and good for running, but that was much better for my rival, who held station ahead of me to the finish, despite my best efforts. And by that point I was pretty exhausted! One different thing ~ the heavier-than-usual backpack caused me some back pain as of course I'm not used to it, not in a race at least!

So, I cross the line in 4th, having judged the race very well, and expended the almost the last from my legs on the steepest section. Fourth is a good result, and the massive prizes mean even that's more than enough to cover the travel, helped by the free accommodation they've provided (though sadly in an old and generally out of use motel, the luxury hotel being the preserve of paying athletes this time!). They then weigh everyone's bag at the finish. I've no idea how harsh they are if it reads 2.49kg! Mine reads 2.65kg so no problem. Then out of the finish area, and it's time to collapse for a few minutes before enjoying that view!

The hut itself is 120 years old, and was strangely built by a maverick doctor as a TB sanatorium. It's incredible small and peculiar if you're familiar with alpine huts! But on the other hand luxurious compared to some shelters I've heard of. A number of the race staff have stayed the night before the race. And it means I can get my preferred recovery drink of redbush tea, salt, and plenty of milk, which of course I've carried in my bag, along with my camera! It's actually quite difficult reaching 2.5 kilos with lightweight kit!

Quickly donning all that kit to stay warm, I enjoy the views for a good long time, before finally making my way back to the bottom, having a lengthy conversation in German with Thea on the way. (She was very nervous of descending the steep bit, even though it wasn't a race! Before catching her up, I took the chance to enjoy an off-path rocky route, not that it would be very good for racing). Lower down the temperature is soaring, and eventually I'm forced to take most of the kit off again, reaching the start area once again in my Lancashire vest that I decided to race in this time.

So the results, and Ahmed did manage to win, beating Jonathan's record by around a minute. No-one had told him to take just a few seconds off it each year, to keep claiming the big prize! Antonella had an easy win in the ladies race. Fiona Maxwell had a great run for 6th, only a couple of minutes behind me. Later on is the prize ceremony, which goes on an age, and finally, eventually, is the food! A barbecue, not as fantastic as the buffet meal the night before (at which I had to try reindeer. It's OK, I'm vegetarian apart from reindeer so it's allowed. It's very nice, I recommend it!). I head off to bed just as the fireworks display starts (I didn't know it was coming), as I've already had two incredibly early mornings to get there and to run, plus I have to get up for 6:30 in the morning to be driven to the airport, with Ahmed, for our plane. After the horde of goats wandering down the road, there's one last surprise as we're nearing the airport: the road suddenly stops at a ferry port and we have to wait for the regular boat service!

All in all, a fantastic trip, though the prices out there would put you off eating, let alone drinking! And hopefully I'll be back to run again another time.





## Fleetwood Half Marathon by Robin Tuddenham

The signs were ominous. Talk of weather warnings on the radio, and enough life in flags and trees to suggest it was going to be a breezy one. Five of us made the trip, and I think today's experience qualifies all of us as official hard core runners. Three peaks? Yes, it had its moments. Duddon Valley? testing in places. Fleetwood half, blimey, that's one to talk about to the grandchildren in misty tones... "aye, biblical conditions in that one lad" 😊

You kind of expect a bit of wind from a race at the seafront. But while I thought I had raced in all possible conditions, this one truly took the biscuit (or should that be eccles cake 🍪)

We lined up in reasonable conditions aside from the ensuing gale, but it took oh about 400m into the race before the heavens opened with a comic timing worthy of a Edinburgh fringe award. The horizontal rain, with some hailstones thrown in, was greeted with gallows humour in the front pack. I was cursing not putting my hat on, and did my best to find shelter within the group and retain my usual hopeless optimism that it would pass. Well it did, but came back again a few times.

Now a question for all you meteorologists out there. How in a race in gale force conditions which involves going round in loops, do you spend 80-90% of it going into a headwind? Fellow hardcore toddlers please correct me if I am exaggerating! 😊

Anyway, back to the race. The first three had opened up a good gap and I ran most of the race with another guy, not knowing we were having a first vet contest. Another heavy downpour greeted our return to the seafront and the inevitable turn into the full force of the wind. Oh what times we could have done if this bit was the other direction. Alas, it never seems to happen that way. We ran the next three miles along the sea wall, the ocean doing its best to give us an additional kicking and a few hardy fishermen chuckling. The most memorable point was as we approached the mile 10 sign, the wind was so strong we were

literally crouched over and I doubted if I was actually moving forward.

It might just be me, but many challenges in racing test our speed and performance - rain, heat, hills, oh yes and rocks 😊 But there is something about a strong headwind which saps both speed and the spirit simultaneously. The fact this was flat course just added to the psychological impact as you know you could be going much faster. But that's what makes it fun I guess.

Sorry, this is becoming an epic, but towards the denouement... three of us were giving it all we had left in the last few miles, and those of you who are fans of the metronome will be pleased to hear that some final respite from the wind led to a burst of speed and my last mile was my fastest of the day, pulling away for a 7th place

finish and first vet. 🏆 My finish time was just about on target, and given the 2-3 minutes lost in these conditions probably my best race of the year. Respect to the two Preston Harriers who came 1st and 2nd in 1.13.38/41, an epic battle.

The presentation was prefaced by an apology for the weather 😊 and a rather surreal selection of electrical goods as prizes. I opted for the Kenwood hand blender over the electric knife and can opener, neither of which seemed to be a necessary part of modern life in my view, and the ownership of which would deny some aerobic exercise to be had in cutting bread and opening tins 😊

A big well done to my 4 fellow travellers, onwards and upwards! 🏃

### RESULTS

7: Robin Tuddenham 1.17.57  
14: Martin Stork 1.22.04  
67: Darren Graham 1.32.17  
90: Simon Galloway 1.36.45  
181: Mel Robertson 1.49.11



# BOGGART CHASE 10K

**SUNDAY 18<sup>th</sup> SEPTEMBER 2011**

**START TIME 11.15 am**

**PLUS**

**3K ROAD RACE**

**(UNDER 13, 15 AND 17 as on 31/08/2010)**

**START 10.30 AM**



**FINAL EVENT OF THE 2011**

**MANCHESTER PARKS GRAND PRIX SERIES**

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Under UK Athletics Rules

***Promoted by Salford Harriers & AC***

***Start Boggart Hole Clough Track Charlestown Road Blackley M9 7DF***

***Memento to all finishers***

***First Aid - Manchester Medical Services***

## PRIZES

**First 3 Senior Men and Senior Women**

**First Men 0/40/45/50/55/60/65/70**

**First Women 35/40/45/50/55/60/65**

**First Junior M/F**

**Teams : 1<sup>st</sup> Senior / 1<sup>st</sup> Vets / 1<sup>st</sup> Ladies / 1<sup>st</sup> Lady Vets (3 to Count)**



**AWARDS : 3K First 3 in each category**

**ENTRY FEE: 10K £6.00 (Club Runners deduct £2.00) - on Day £1 extra**

**Cheques payable to 'Salford Harriers'**

**To: Mr V Murphy 5 Springwood Avenue Chadderton Oldham OL9 9RR (Closing date 12<sup>th</sup> September 2011)**

**e-mail : [hilbob.inch@talktalk.net](mailto:hilbob.inch@talktalk.net)**

**On Line Entries via <http://www.ukforms.net/> and Results following the event: <http://www.ukresults.net/>**

Declaration: I am an amateur as defined by UK Athletics Rules. I am medically fit to take part. I agree that the organizers and/or sponsors shall not be responsible for any loss, accident or injury (or loss/damage to property) arising from my participation in this event.

NAME

SIGNED

ADDRESS

Post Code

Tel:

AAA Club

England Athletics Registration No.

U/A

Please tick category – 10K Race – Minimum Age 15 yrs

Please tick category – 3K Race – Age as at 31/08/10

Senior Men ☐ O/40 ☐ O/50 ☐ O/60 ☐

U 17 Boys ☐

U 17 Girls ☐

Senior Women ☐ O/35 ☐ O/45 ☐ O/55 ☐

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