



CONGRATULATIONS

TO ALL OUR WINNERS

MERRY XMAS & A

HAPPY NEW YEAR TO ALL TODDIES

Pack Runs



Wednesdays 7pm Start

December 19th – Xmas Santa Run Masons Arms, Bacup Rd
Todmorden

January – Polished Knob, Burnley Road Todmorden

February- Shoulder of Mutton, Mytholmroyd

March- Bramsche Bar, Rochdale Road Todmorden

Interval/strength speed training

Tuesdays 6.30pm - Todmorden High School
Either outside or in the gym when the weather is bad
Cost £1 when in the gym

Want to put something back into your club?

Marshals wanted for the Hot Toddy Sunday 30th December.
If available contact John Lloyd john@todharriers.co.uk

Ben & Clive could do with some help with the Juniors. If you are free on
a Tuesday night 5-6.30 contact Ben on 07817108921

Contributions for The Torrier - please send to mandy@todharriers.co.uk

CLUB KIT

Available from Richard & Margaret Blakeley
Ring on 01422 881974

GRAND PRIX First Race is 6th January – see list elsewhere in
this issue

MMM- Sunday 13th January from The Summit

The 2012 GP – true facts and boring stats shock horror

A post Leveson look back at the season

Trawling through the dustbin of this year's results and hacking into the back ground of the winners it is thoroughly questionable whether any of the below is of public interest.

Upstanding in the witness box, it is well done to the 88 runners who entered at least one Grand Prix race. Whilst this has proved to be an average number for the past few seasons, this year was one of the most successful in number of qualifiers: 22 is the highest since 1999. Four Toddlies qualified for the first time; congratulations to Chris Drinkwater, Fiona, Jules and Andy Glyde. It was a surprisingly extraordinary season for some old faces to reappear above the fold – Dave Wilson last qualified in 2003, Helen Wilson and Phil Hodgson in 2000 and way, way back in 1998 there was a certain Ray Poulter (the club's own Dirty Digger who has not been able to remember what had happened in the intervening years).

Another headline (or is it a scandal?) is the fact that it is GP Champion Paul Brannigan's first time getting his hands on the trophy despite it being his 13th time of qualifying. With this win and with Nick Barber heading the Fell table, both now have won three out of the four major championship titles (GP, Fell, Road, and Club) only bettered by Andrew Wrench who memorably held them all in the same season. For the record Paul needs the Fell, Nick the GP – should either achieve this, the deciding tiebreaker will be that both have won the more prestigious Toilet Seat, whereas Andrew hasn't (yet).

Though we had the highest number qualifying in the GP for 12 years, paradoxically 2012 saw record low qualifiers in the Road Championship – only 6 – and also surprisingly the Fell – just 12. For good measure the Trail Championship again failed to deliver a sizeable number of qualifiers – 4 this year, in which there was disappointingly no female qualifier/champion.

Collectively there were some impressive turnouts – 38 at Flower Scar is two short of the club record, and 25 were at the English Championship Lads Leap. We saw entries of over 20 Toddlies in 5 fell, 1 road and 1 trail races. Interestingly given the low number of qualifiers in all these disciplines the average turnout at races was actually better than last year – 16 on the fells, 6 in the road and 12 at the trails.

Individually John Lloyd and Peter Ehrhardt ran the most GP races – 19. John also completed the most road – 8. Dave Collins and Dwane the most fell; with Dwane being the only person to run all 6 English Championship races.

A couple of records to highlight. Dave Collins increased his club record highest individual GP score to 113.9 at the Good Shepherd. Capping an impressive year John Lloyd scored the highest number of points in the Road Championship, beating John Cordingley's total which has stood since 1997 ("when records began" as they say) by a single point.

And finally another long-standing achievement from this date continues uninterrupted. To put this into perspective of the 98 GP qualifiers there have been since 1997 (yup, I'm sad enough to have counted them) only three runners have qualified in more than 10 seasons: Peter Ehrhardt is one of them and has done so every year – 15 in total. He has also notched up his 10th Club Championship missing just one season. The Todmorden Harriers Soviet Committee has now decreed that henceforth all running endeavours cease to be referred to as Stackhanovite and are now to be called Ehrhardtist. After the end of his next 5-year plan a special medal will be struck as a tribute.

With that, in time honoured fashion, I will make my excuses and leave.

Dave O'Neill

2012 ROAD TABLE 12 races					Mettkam 10k	Rothwell 4m	Helen Winsor 10k	Wesham 10k	Thirsk 10	Caldervale 10	Eccup 10	Thru Villages	Blackpool Half	Keswick Half	Fleetwood Half	Preston Half	Completed Races	total points	Qualified?	qualifying TOTAL
	attendance				15	13	20	18	5	9	7	12	6	4	8	8	125			
	average points				74.8	79.5	72.0	73.3	70.8	80.4	79.0	68.9	78.9	68.6	76.4	75.8	#DIV/0!			
1	John Lloyd	M				98.4	96.5	93.7	89.8	99.6	102.3		103.3		91.8		8	775.4	Q	593.8
2	Robin Tuddenham	M40			97.0	93.9		91.3		97.7				91.5	86.7		6	558.1	Q	558.1
3	Sarah Glyde	F35			76.6		78.3		71.2		84.1			71.9	74.4		6	456.5	Q	456.5
4	Melanie Robertson	F50			69.8		68.3		66.0				71.9		65.8	69.1	6	410.9	Q	410.9
5	Nigel Hanson	M55			65.6	66.3			60.1			65.4	68.5			66	6	391.9	Q	391.9
6	Peter Ehrhardt	M65					59.7	63.1		68.2	70.0	61.1			63.8	61.7	7	447.6	Q	387.9
7	Paul Brannigan	M45			85.7	89.0	88.2	87.8			92.9						5	443.6	X	443.6
8	Elise Milnes	F50			69.2		67.6	62.9				64.4		59.3			5	323.4	X	323.4
9	Simon Galloway	M45			76.8	75.2				76.3			72.5				4	300.8	X	300.8
10	Nick Barber	M				97.0						95.3				94.9	3	287.2	X	287.2
11	Julie Wyant	F40					65.1	64.3		64.6	70.4						4	264.4	X	264.4
12	Darren Graham	M40			84.7	86.2		82.5									3	253.4	X	253.4
13	Dan Taylor	M						79.3		82.3			82.1				3	243.7	X	243.7
14	Richard Butterwick	M40				79.6	79.5	79.8									3	238.9	X	238.9
15	Paul Alexander	M					79.2								78.3	78.8	3	236.3	X	236.3
16	Graham Milnes	M55			58.5		58.8					58.7		51.7			4	227.7	X	227.7
17	Helen Wilson	F45			68.0	66.8				67.1							3	201.9	X	201.9
18	Moyra Parfitt	F65					62.0	62.7				64.2					3	188.9	X	188.9
19	Joe Daniels	M				81.2				90.0							2	171.2	X	171.2
20	Trevor Davis	M45					87.8			78.2							2	166.0	X	166.0
21	Darren Tweed	M			84.5		81.1										2	165.6	X	165.6
22	Andy Glyde	M					76.1					75.2					2	151.3	X	151.3
23	Mel Blackhurst	F45						73.7				74.1					2	147.8	X	147.8
24	Phil Cook	M40					72.1									72.7	2	144.8	X	144.8
25	Phil Hodgson	M50						72.2				72.0					2	144.2	X	144.2
26	Richard Blakeley	M65			70.5	72.1											2	142.6	X	142.6
27	Lucy Hobbs	F40							66.8				74.9				2	141.7	X	141.7
28	Chris Drinkwater	M60						68.9				70.8					2	139.7	X	139.7
29	Fiona Armer	F45					66.3				71.8						2	138.1	X	138.1
30	Dave Wilson	M55			63.7	64.6											2	128.3	X	128.3
31	Mandy Goth	F50				63.0						63.2					2	126.2	X	126.2
32	Ray Poulter	M65					63.3					62.4					2	125.7	X	125.7
33	Helen Hodgkinson	F40			68.4			56.6									2	125.0	X	125.0
34	Martin Stork	M														88.8	1	88.8	X	88.8
35	Paul Hobbs	M						85.0									1	85.0	X	85.0
36	Clive Greatorex	M45			82.5												1	82.5	X	82.5
37	Andrew Bibby	M55													75.7		1	75.7	X	75.7
38	Maria Prescott	F45					75.3										1	75.3	X	75.3
39	Michael Harper	M40													74.9		1	74.9	X	74.9
40	Guy Whitmore	M40														74.5	1	74.5	X	74.5
41	Kevin Coughlan	M50						73.0									1	73.0	X	73.0
42	Richard O'Sullivan	M45					69.1										1	69.1	X	69.1
43	Mel Siddall	F45						66.9									1	66.9	X	66.9
44	Louise Abdy	F50									61.7						1	61.7	X	61.7
45	Myra Wells	F50						56.4									1	56.4	X	56.4
46	Ian Stansfield	M65					46.6										1	46.6	X	46.6

2012 FELL TABLE			Lads Leap (EC)	Flower Scar	Saddleworth	Kielder Blast (EC)	Summit	Stanbury Splash	Coledale (EC)	Turnslack	Weasdale (EC)	Rombalds Romp	Wadsworth Trog	Pendle Cloughs	Great Lakes (EC)	Borrowdale (EC)	Good Shepherd	Completed Races	Total points	Qualified?	Qualifying TOTAL
	attendance		25	38	7	5	23	29	19	25	12	13	14	5	14	7	16	252			
	average points		71.3	73.4	79.3	69.2	79.0	66.2	70.1	74.3	75.0	74.4	74.7	64.7	65.9	68.4	79.6				
1	Nick Barber	M			99.8		99.3			91.3		94.3	95.8		69.7		101.1	7	651.3	Q	581.6
2	Dwane Dixon	M	93.6			91.6	97.0	91.3	89.7	97.2	94.2		90.6		69.7	86.0		10	900.9	Q	564.2
3	John Lloyd	M	91.6	90.3	98.2			89.0	85.1	87.2	91.5		84.0		69.7			9	786.6	Q	544.6
4	Paul Brannigan	M45		86.5		89.6	93.0	79.4		87.1	84.7	89.2					94.8	8	704.3	Q	540.2
5	Dave Collins	M55	76.9	78.1	86.0		83.4		77.2	87.0	82.0	82.3				72.1	94.0	10	819.0	Q	514.7
6	Marcel Ellison	M	81.6	87.5			89.7	80.0	79.3					84.1				6	502.2	Q	502.2
7	Phil Hodgson	M55	75.4				79.2		73.8			74.6	81.4		67.4			6	451.8	Q	451.8
8	Chris Drinkwater	M60	61.6	65.9			72.6		61.1	68.8	66.0					52.1		8	508.9	Q	395.7
9	Helen Hodgkinson	F40	60.9	67.1	69.9		66.0	60.2	62.3	60.9					52.8			8	500.1	Q	379.0
10	Helen Wilson	F45			66.0		66.2	59.5	56.0	62.5		63.5	60.6					7	434.3	Q	378.3
11	Peter Ehrhardt	M65	57.5	63.7		62.3	64.2	55.3	51.9		61.6			54.2				8	470.7	Q	363.5
12	Dave Wilson	M55	59.6					55.6	52.7	61.2				59.3			62.5	6	350.9	Q	350.9
13	Lauren Jeska	F35	91.8	96.4					90.2						88.4	84.4		5	451.2	X	451.2
14	Mel Blackhurst	F45	67.6				77.0	67.7	64.7	72.5		73.0						6	422.5	X	422.5
15	Darren Tweed	M		84.2			88.4	75.7		81.6							91.9	5	421.8	X	421.8
16	Dan Taylor	M	75.7	83.6						78.2	79.1						92.1	5	408.7	X	408.7
17	Sean Carey	M	92.6						92.2	87.1					79.4			4	351.3	X	351.3
18	Jane Leonard	F50	54.4					61.7	67.1						66.5	57.8		5	307.5	X	307.5
19	Phil Cook	M40		71.9			77.7			73.8							81.7	4	305.1	X	305.1
20	Sue Roberts	F45	61.1	63.4				59.2				60.8			54.4			5	298.9	X	298.9
21	Fiona Armer	F45		62.6					61.3		65.0		53.9		50.7			5	293.5	X	293.5
22	Andy Glyde	M		69.9			79.5	68.0				73.5						4	290.9	X	290.9
23	Mark Whitaker	M50	70.7								69.8				61.0	59.3		4	260.8	X	260.8
24	Elise Milnes	F50					71.6	60.9		67.9			53.4					4	253.8	X	253.8
25	Richard Blakeley	M65	63.2	67.1				60.1	59.3									4	249.7	X	249.7
26	Robert Gray	M		81.3						79.9							87.4	3	248.6	X	248.6
27	Ray Poulter	M65		65.5			68.0	59.6				54.1						4	247.2	X	247.2
28	Peter Marshall	M65		61.7	62.0	57.0					58.9							4	239.6	X	239.6
29	Michael Harper	M40		76.8			83.0					77.8						3	237.6	X	237.6
30	Louise Abdy	F50		56.8						54.2		59.7					57.5	4	228.2	X	228.2
31	Darren Graham	M40					88.7	71.1					67.4					3	227.2	X	227.2
32	Lucy Burnett	F4	74.5						75.3						71.0			3	220.8	X	220.8
33	Simon Galloway	M45		76.7				72.6		66.7								3	216.0	X	216.0
34	Richard Butterwick	M40		70.2	73.1					64.9								3	208.2	X	208.2
35	Richard Leonard	M50	67.6					66.9	67.0									3	201.5	X	201.5
36	Kath Brierley	F50	54.4								70.9	74.8						3	200.1	X	200.1
37	Chris Preston	F45						64.3		64.7			69.9					3	198.9	X	198.9
38	Jon Wright	M40	95.8										98.3					2	194.1	X	194.1
39	David Leslie	M60		68.2				57.1									66.5	3	191.8	X	191.8
40	Graham Milnes	M55					66.3	56.0		59.4								3	181.7	X	181.7
41	Ivan Gee	M40		93.1						86.5								2	179.6	X	179.6
42	Julie Wyant	FV40		56.3			64.9										57.5	3	178.7	X	178.7
43	Robin Tuddenham	M40		83.5			90.2											2	173.7	X	173.7
44	Ben Crowther	M		81.3									84.6					2	165.9	X	165.9
45	Geoff Read	M50													71.5		82.3	2	153.8	X	153.8
46	Lee McCluskey	M50		74.7													77.9	2	152.6	X	152.6
47	Derek Donohue	M50		74.8				65.7										2	140.5	X	140.5
48	Maria Prescott	F45		68.4						71.2								2	139.6	X	139.6
49	Joe Daniels	M						68.2								67.0		2	135.2	X	135.2
50	Kevin Booth	M45						71.5						63.1				2	134.6	X	134.6
51	Bev Holmes	F40		71.0										61.5				2	132.5	X	132.5
52	John Preston	M45						59.6		65.4								2	125.0	X	125.0
53	Moyra Parfitt	F65	57.5														57.5	2	115.0	X	115.0
54	Dave O'Neill	M50		53.0			57.0											2	110.0	X	110.0
55	Mandy Goth	F50						54.8							50.7			2	105.5	X	105.5
56	Andrew Wrench	M45		97.8														1	97.8	X	97.8
57	Jackson Cowie	M					93.2											1	93.2	X	93.2
58	Robert Tyson	M															90.6	1	90.6	X	90.6
59	Paul Hobbs	M										89.1						1	89.1	X	89.1
60	Clive Greatorex	M45								80.3								1	80.3	X	80.3
61	Oz Kershaw	M50											78.9					1	78.9	X	78.9
62	Lucy Hobbs	F40															77.8	1	77.8	X	77.8
63	Simon Anderton	M50									76.1							1	76.1	X	76.1
64	Paul Alexander	M		75.8														1	75.8	X	75.8
65	Mick Craven	M50	70.8															1	70.8	X	70.8
66	Guy Whitmore	M40		69.5														1	69.5	X	69.5
67	Sarah Warburton	F35	68.3															1	68.3	X	68.3
68	Hatty Nylan	F						68.1										1	68.1	X	68.1
69	Mick Howard	M50		67.5														1	67.5	X	67.5
70	Andrew Bibby	M55											67.2					1	67.2	X	67.2
71	Becca Marshall	F40							66.2									1	66.2	X	66.2
72	Cath Shanley	F45		65.0														1	65.0	X	65.0
73	Andrea Marshall	F		61.6														1	61.6	X	61.6
74	Johnny Medcalf	M50						59.4										1	59.4	X	59.4
75	Claire Duffield	F35	57.5															1	57.5	X	57.5
76	Derek Clutterbuck	M80				45.6												1	45.6	X	45.6

2012 TRAIL TABLE 6 races				Standish	Bent & Bongs	Pinhaw	Naden Valley	Cuerden Valley	Alice's Run	Completed Races	total points	Qualified?	qualifying TOTAL
	attendance			10	6	9	8	17	21	71			
	average points			72.4	76.7	79.5	84.5	75.8	77.3	#DIV/0!			
1	Paul Brannigan	M45			82.6	89.0	97.9	91.5	99.2	5	460.2	n/a	377.6
2	Paul Hobbs	M		88.9		91.6	94.0	89.8		4	364.3	Q	364.3
3	Richard Butterwick	M40			81.0	79.1	84.0		85.2	4	329.3	Q	329.3
4	Simon Galloway	M45		74.1	79.1	79.4	80.1			4	312.7	Q	312.7
5	Peter Ehrhardt	M65			67.7		69.9	65.5	70.9	4	274.0	Q	274.0
6	Darren Tweed	M				86.6		86.6	92.8	3	266.0	X	266.0
7	Dan Taylor	M		79.1		87.1		82.7		3	248.9	X	248.9
8	Andy Glyde	M		72.9				76.6	80.4	3	229.9	X	229.9
9	Richard Blakeley	M65		68.8		72.0			76.8	3	217.6	n/a	217.6
10	Ray Poulter	M65		61.2				66.4	71.6	3	199.2	X	199.2
11	John Lloyd	M					100.7	96.3		2	197.0	n/a	197.0
12	Michael Harper	M40			80.6			82.2		2	162.8	X	162.8
13	Phil Cook	M40					79.0		80.3	2	159.3	X	159.3
14	Chris Drinkwater	M60					70.4		77.1	2	147.5	X	147.5
15	Elise Milnes	F50						62.9	71.8	2	134.7	X	134.7
16	Helen Wilson	F45		64.3	69.2					2	133.5	X	133.5
17	Julie Wyant	F40				63.8		67.2		2	131.0	X	131.0
18	Graham Milnes	M55						61.8	66.4	2	128.2	X	128.2
19	Robin Tuddenham	M40		92.8						1	92.8	n/a	92.8
20	Trevor Davis	M45						89.7		1	89.7	X	89.7
21	Dave Collins	M55							89.4	1	89.4	X	89.4
22	Guy Whitmore	M40							84.4	1	84.4	X	84.4
23	Kath Brierley	F50							81.0	1	81.0	n/a	81.0
24	Mel Blackhurst	F45							79.6	1	79.6	n/a	79.6
25	Phil Hodgson	M55						76.3		1	76.3	X	76.3
26	Maria Prescott	F45						75.6		1	75.6	X	75.6
27	Karen Gray	F45							73.6	1	73.6	X	73.6
28	David Leslie	M60							73.1	1	73.1	X	73.1
29	Fiona Armer	F45							72.6	1	72.6	X	72.6
30	Mel Whitmore	F45							69.7	1	69.7	X	69.7
31	Moyra Parfitt	F65							69.5	1	69.5	n/a	69.5
32	Helen Hodgkinson	F40				67.0				1	67.0	X	67.0
33	Melanie Robertson	F50		65.1						1	65.1	X	65.1
34	Andrea Marshall	F						59.7		1	59.7	X	59.7
35	Myra Wells	F50							58.8	1	58.8	X	58.8
36	Dave O'Neill	M55						57.6		1	57.6	X	57.6
37	Dave Wilson	M55		57.1						1	57.1	X	57.1

Final GP table

Pstn	Name	Cat	Lads Leap (EC)	Flower Scar	Saddleworth	Kielder Blast (EC)	Summit	Stanbury Splash	Coledale (EC)	Turnslack	Wasdale (EC)	Rombalds Romp	Wadsworth Trog	Pendle Cloughs	Great Lakes (EC)	Borrowdale (EC)	Good Shepherd	Mettam 10k	Rothwell 4m	Helen Windsor 10k	Wosham 10k	Thirsk 10	Caldervale 10	Eccup 10	Thru Villages	Blackpool Half	Keswick Half	Fleetwood Half	Preston Half	Standish	Bent & Bongs	Pirhew	Naden Valley 6	Cuerden Valley	Alice's run 10k	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	Qualified	Best combination	GP SCORE				
1	Paul Brannigan	M45		95.2		99.6	103.3	87.4		96.8	94.2	99.2					105.4	92.9	96.5	96.3	95.9			101.4							89.6	96.5	106.9	99.9	108.3	18	1765.3	8	97.6	5	96.6	5	100.2	Q	3F-2R-3T	821.3				
2	John Lloyd	M	91.6	90.3	98.2			89.0	85.1	87.2	91.5		84.0		69.7				98.4	96.5	93.7	89.8	99.6	102.3		99.7							100.7	96.3		19	1755.4	9	87.4	8	96.5	2	98.5	Q	2F-5R-1T	787.0				
3	Robin Tuddenham	M40		88.4			96.4											102.1	98.8	96.8							96.3	91.8		98.3					9	870.9	2	92.4	6	98.0	1	98.3	Q	2F-5R-1T	779.1					
4	Richard Blakeley	M65	90.2	95.8				85.8	84.7									93.8	95.9											98.2		95.7			102.1	9	842.2	4	89.1	2	94.9	3	98.7	Q	3F-2R-3T	757.5				
5	Mel Blackhurst	F45	84.3				97.3	84.4	80.7	91.6		92.2									91.4					91.9									98.8	9	812.6	6	88.4	2	91.7	1	98.8	Q	5F-2R-1T	731.9				
6	Phil Hodgson	M55	90.3				95.9		88.4			90.4	97.5		81.6						84.3					84.0									89.0		9	801.4	6	90.7	2	84.2	1	89.0	Q	5F-2R-1T	719.8			
7	Elise Milnes	F50					96.5	81.1		91.7			72.1					90.4		88.3	82.3					84.1		77.5							90.5	93.8	11	948.3	4	85.3	5	84.5	2	92.2	Q	2F-4R-2T	717.6			
8	Peter Ehrhardt	M65	78.8	87.4		85.4	88.0	74.9	71.1		84.5			74.3						76.7	81.2		87.7	90.0		78.5			82.0	79.3		87.0		89.9	84.2	91.2	19	1572.1	8	80.5	7	82.2	4	88.1	Q	3F-2R-3T	706.6			
9	Chris Drinkwater	M60	78.3	83.8			93.5		77.6	88.5	84.9			77.3		67.1					84.1					86.5									85.2	94.2	12	1001.0	8	81.4	2	85.3	2	89.7	Q	4F-2R-2T	700.7			
10	Darren Tweed	M		84.2			88.4	75.7		81.6							91.9	84.5		81.1															86.6	92.8	10	853.4	5	84.4	2	82.8	3	88.7	Q	3F-2R-3T	696.1			
11	Ray Poutler	M65		88.6			92.1	79.6				73.2								80.4						80.2					82.8				84.4	91.1	9	752.4	4	83.4	2	80.3	3	86.1	Q	3F-2R-3T	679.2			
12	Simon Galloway	M45		86.2			79.9			76.1								83.3	82.1					83.3		79.2					81.6	86.4	86.7	87.5			11	912.3	3	80.7	4	82.0	4	85.6	Q	2F-3R-3T	675.4			
13	Dan Taylor	M	75.7	83.6						78.2	79.1						92.1				79.3				82.3		82.1					79.1		87.1		82.7		11	901.3	5	81.7	3	81.2	3	83.0	Q	3F-3R-2T	668.3		
14	Helen Wilson	F45			83.4		83.7	75.2	70.7	78.9		80.3	76.6					84.5	83.0					83.3								81.2	85.9				12	966.7	7	78.4	3	83.6	2	83.6	Q	3F-3R-2T	665.3			
15	Richard Butterwick	M40		73.6	76.6					68.0									82.5	83.0	83.3														89.0	10	810.3	3	72.7	3	82.9	4	85.8	Q	2F-2R-4T	659.8				
16	Phil Cook	M40		76.9			83.0			78.9								87.4		76.4									77.0						83.7		85.1	8	648.4	4	81.6	2	76.7	2	84.4	Q	4F-2R-2T	648.4		
17	Fiona Armer	F45		78.1					76.4		81.1		67.2		63.2					81.5					88.3											89.2	8	625.0	5	73.2	2	84.9	1	89.2	Q	5F-2R-1T	625.0			
18	Julie Wyant	FV40		67.7			79.0										69.9			77.7	77.5		77.1	84.1											80.3		9	689.5	3	72.2	4	79.1	2	78.3	Q	2F-4R-2T	621.8			
19	Andy Glyde	M		69.9			79.5	68.0				73.5								76.1											72.9				76.6	80.4	9	672.1	4	72.7	2	75.7	3	76.6	Q	3F-2R-3T	604.1			
20	Helen Hodgkinson	F40	70.7	77.9	81.1		77.5	69.9	72.3	70.7					61.3			79.4			66.3												77.8			11	804.9	8	72.7	2	72.9	1	77.8	Q	5F-2R-1T	603.0				
21	Dave Wilson	M55	72.2					67.4	63.9	74.1			71.8				76.6	74.4	75.4												69.2					9	645.0	6	71.0	2	74.9	1	69.2	Q	5F-2R-1T	581.1				
22	Graham Milnes	M55					81.3	67.8		71.9								68.9		68.6						69.1		60.3							72.1	78.2	9	638.2	3	73.7	4	66.7	2	75.2	Q	3F-3R-2T	577.9			
23	Nick Barber	M			99.8		99.3			91.3		94.3	95.8		69.7		101.1		97.0						95.3				94.9							10	938.5	7	93.0	3	95.7	0	0	N			683.2			
24	Dave Collins	M55	93.2	94.7	104.2		101.1		93.5	105.4	99.3	99.8				87.4		113.9																	104.3	12	1197.7	10	99.3	0	0	2	102.6	N		629.8				
25	Moyra Parfitt	F65	99.0															98.9			97.7	100.1			102.5										109.4	6	607.6	2	99.0	3	100.1	1	109.4	N		607.6				
26	Paul Hobbs	M										89.1									85.0										88.9					91.6	94.0	89.8		6	538.4	1	89.1	1	85.0	4	91.1	N		538.4
27	Melanie Robertson	F50																89.3		88.3		84.5				92.0		85.0	89.4							7	614.0	0	0	6	88.1	1	85.5	N		529.5				
28	Lauren Jeska	F35	103.6	108.8					101.8						99.8	95.3																					5	509.3	5	101.9	0	0	0	0	N		509.3			
29	Darren Graham	M40					94.7	75.3					71.3					89.1	90.7		87.4															6	508.5	3	80.4	3	89.1	0	0	0	N		508.5			
30	Michael Harper	M40		81.3			88.7					83.1																79.4				85.4				87.1		6	505.0	3	84.4	1	79.4	2	86.3	N		505.0		
31	Dwane Dixon	M	93.6			94.3	99.9	91.3	89.7	100.0	96.9		90.6		69.7	88.5																				10	914.5	10	91.4	0	0	0	0	0	N		484.7			
32	Sarah Glyde	F35																86.5		89.3		80.4		95.9			81.2	84.8								6	518.1	0	0	6	86.3	0	0	0	N		437.7			
33	Jane Leonard	F50	75.5					84.4	93.1						92.2	80.2																					5	425.4	5	85.1	0	0	0	0	0	N		425.4		
34	Marcel Ellison	M	81.6	87.5			89.7	80.0	79.3					84.1																							6	502.2	6	83.7	0	0	0	0	0	N		422.9		
35	Louise Abdy	F50		75.6						73.1		80.6					77.5								80.6												5	387.4	4	76.7	1	80.6	0	0	0	N		387.4		
36	Nigel Hanson	M55									94.3	99.6						75.9	77.4			70.1				76.3	79.2			76.9							6	455.8	0	0	6	76.0	0	0	0	N		385.7		
37	Kath Brierley	F50	71.5																																		104.7	4	370.1	3	88.5	0	0	1	104.7	N		370.1		
38	Maria Prescott	F45		86.4						91.1											93.4															94.7	4	365.6	2	88.8	1	93.4	1	94.7	N		365.6			
39	Sean Carey	M	92.6						92.2	87.1					79.4																							4	351.3	4	87.8	0	0	0	0	0	N		351.3	
40	David Leslie	M60		86.7													85.6																					4									334.1			
41	Peter Marshall	M65		83.5	83.6	77.1					79.7																										89.2	4	334.1	3	81.6	0	0	0	1	89.2	N		323.9	
42	Sue Roberts	F45	79.2	82.2				76.8				79.8																																						

Final GP table

[illegible]

CLUB CHAMPION
QUALIFIERS

Pstn	Name	Cat	Lieds Leap (EC)	Flower Scar	Saddleworth	Kielder Blast (EC)	Summit	Stanbury Splash	Coledale (EC)	Turnslack	Waasdale (EC)	Rombalds Romp	Wadsworth Trog	Pendle Cloughs	Great Lakes (EC)	Borrowdale (EC)	Good Shepherd	Mettlham 10k	Rothwell 4m	Helen Windsor 10k	Wesham 10k	Thirk 10	Caldervale 10	Eccup 10	Thru Villages	Blackpool Half	Keswick Half	Fleetwood Half	Preston Half	Qualifying Total	
1	Nick Barber	M			99.8						94.3						101.1		97.0						95.3					94.9	582.4
2	John Lloyd	M			98.2					91.5		84.0							98.4					102.3		103.3					577.7
3	Dan Taylor	M		83.6							79.1						92.1				79.3		82.3			82.1					498.5
4	Elise Milnes	F50					71.6			91.7			72.1					69.2							64.4		59.3				428.3
5	Peter Ehrhardt	M65					64.2				61.6			54.2							63.1		70.0					59.3	63.8		376.9

2012 ENGLISH CHAMPIONSHIP TABLE			Lads Leap (EC)	Kielder Blast (EC)	Coledale (EC)	Weasdale (EC)	Great Lakes (EC)	Borrowdale (EC)	Completed Races	Qualified?	Qualifying TOTAL
	attendance		25	5	19	12	14	7	165		
	average points		71.3	69.2	70.1	75.0	65.9	68.4			
1	Dwane Dixon	M	93.6	91.6	89.7	94.2	69.7	86.0	6	Q	273.8
2	Lauren Jeska	F35	91.8		90.2		88.4	84.4	4	Q	270.4
3	Sean Carey	M	92.6		92.2		79.4		3	Q	264.2
4	John Lloyd	M	91.6		85.1	91.5	69.7		4	Q	252.7
5	Dave Collins	M55	76.9		77.2	82.0		72.1	4	Q	231.0
6	Lucy Burnett	F4	74.5		75.3		71.0		3	Q	220.8
7	Phil Hodgson	M55	75.4		73.8		67.4		3	Q	216.6
8	Mark Whitaker	M50	70.7			69.8	61.0	59.3	4	Q	201.5
9	Jane Leonard	F50	54.4		67.1		66.5	57.8	4	Q	188.0
10	Chris Drinkwater	M60	61.6		61.1	66.0		52.1	4	Q	179.7
11	Helen Hodgkinson	F40	60.9		62.3		52.8		3	Q	176.0
12	Paul Brannigan	M45		89.6		84.7			2	X	174.3
13	Marcel Ellison	M	81.6		79.3				2	X	160.9
14	Dan Taylor	M	75.7			79.1			2	X	154.8
15	Richard Leonard	M50	67.6		67.0				2	X	134.6
16	Mel Blackhurst	F45	67.6		64.7				2	X	132.3
17	Kath Brierley	F50	54.4			70.9			2	X	125.3
18	Peter Ehrhardt	M65	57.5	62.3	51.9	61.6			4	X	123.9
19	Richard Blakeley	M65	63.2		59.3				2	X	122.5
20	Peter Marshall	M65		57.0		58.9			2	X	115.9
21	Fiona Armer	F45			61.3	65.0	50.7		3	X	115.7
22	Sue Roberts	F45	61.1				54.4		2	X	115.5
23	Dave Wilson	M55	59.6		52.7				2	X	112.3
24	Jon Wright	M40	95.8						1	X	95.8
25	Simon Anderton	M50				76.1			1	X	76.1
26	Geoff Read	M50					71.5		1	X	71.5
27	Mick Craven	M50	70.8						1	X	70.8
28	Nick Barber	M					69.7		1	X	69.7
29	Sarah Warburton	F35	68.3						1	X	68.3
30	Joe Daniels	M						67.0	1	X	67.0
31	Becca Marshall	F40			66.2				1	X	66.2
32	Moyra Parfitt	F65	57.5						1	X	57.5
33	Claire Duffield	F35	57.5						1	X	57.5
34	Helen Wilson	F45			56.0				1	X	56.0
35	Mandy Goth	F50					50.7		1	X	50.7
36	Derek Clutterbuck	M80		45.6					1	X	45.6

Toilet Seat Champion 2012



Congratulations to John Lloyd for keeping a firm grip on the toilet seat for the second year running! Winning with a total of 35 points: a big 20 points over his nearest rivals - a group of four on 15 points. It's nearly TOILET SEAT 2013 - so can anyone challenge John or will he be the first Harrier to win for three consecutive years?! Good luck to you all in 2013 and may you all score many points. *Yours, Uncle Barry*

Jobsworth? Ben and Daz were so keen to get the job done that when sweeping at the Shepherd's Skyline, they were gathering in the flags on the way up the hill. Alas - upon meeting Keith at a checkpoint, they were informed that the runners were returning that way. 5 points each boys.

Body popping? No: eye popping John Lloyd style. He managed to pop out his contact lenses whilst running the Shepherd Skyline, losing him many places but gaining him 5 points.

Toilet Trophy Tumbles. Trophy on shelf at White Swan and a group of harriers drinking near it. Trophy falls. Talk was that the most likely cause was Dave Collins' elbow, so you get the 5 points Dave.

Which car park? Don't know. But any car park with height barrier plus a car with a bike on the roof normally ends with the bike taking a tumble. That's 5 more points to John Lloyd.

Quick entry. That man again John Lloyd was so quick to enter the Wesham 10K that he got race number 2 - but he was even quicker at losing it for a quick 5 points.

No smoke without fire?

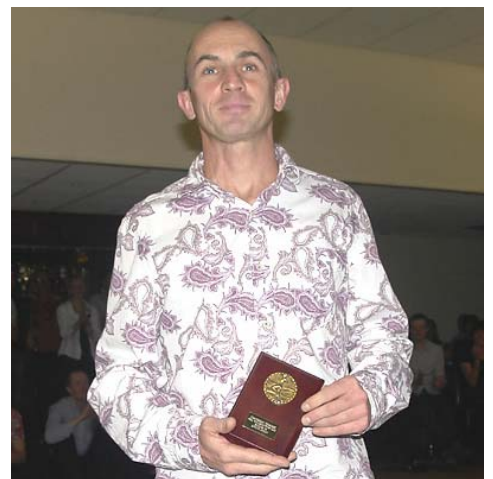
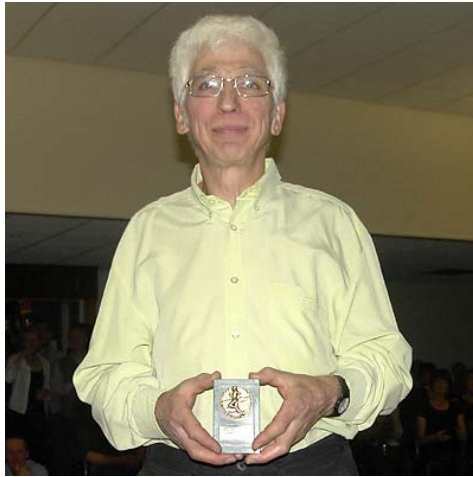
Placing wet logs too close to wood burning stove to dry and forgetting to check them. Result? FIRE - when logs dry and then ignite. It appears that Dave Wilson put them there but both forgot to check. So that's 10 points to Dave and 5 points to Helen.

A tale I nearly missed! The 3 Peaks Race: Helen running and Dave waiting at the finish. Dave has lots of time so nips to the pub for a couple of pints to pass the time. Helen, feeling unwell, pulls out of race and makes her way back to the car. No Dave. Car locked and no keys. Helen waiting over an hour until Dave turns up all smiles. No smiles from a very cold Helen but that will be 5 points each. (She should have guessed where he'd be!)

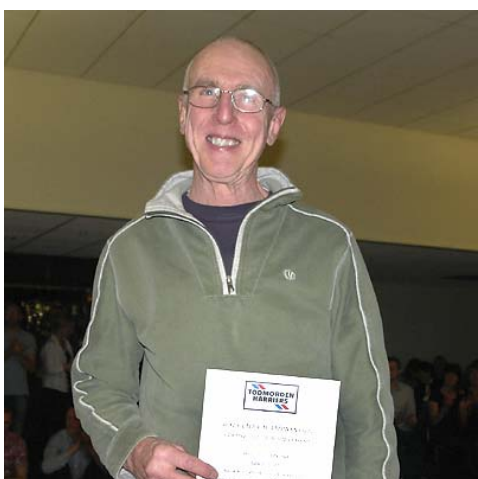
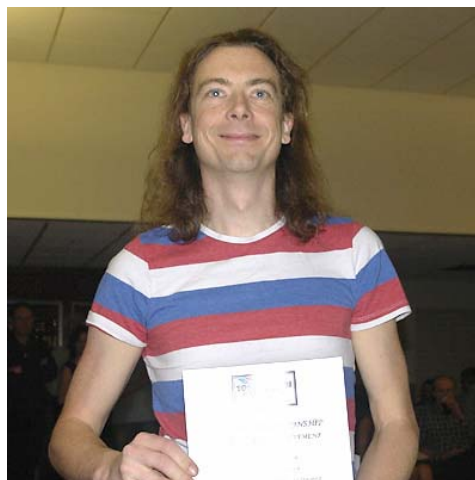
League Table

John Lloyd	35
Nick Barber	15
Fiona Armer	15
Dave Wilson	15
Dave Collins	15
Dan Taylor	11
Lucy Burnett	10
Andrew Wrench	10
Jon Wright	10
Sue Roberts	10
Phil Hodgson	10
Ben Crowther	10
Helen Wilson	10
Lucy Hobbs	5
Simon Galloway	5
Paul Brannigan	5
Mel Blackhirst	5
Jane Smith	5
Louse Abdy	5
Dwane Dixon	5
Ivan Gee	5
Ally Mills	5
Emma Osenton	5
Jim Smith	5
Colin Duffield	5
Simon Anderton	5
Darren Graham	5

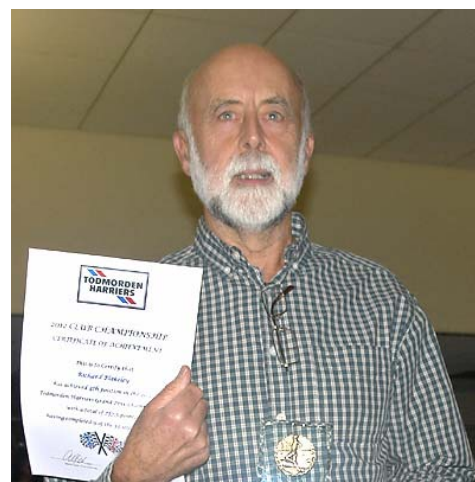
2012 Trophy and Certificate winners



2012 Trophy and Certificate winners



2012 Trophy and Certificate winners



The Annual Prize Presentation "DO" happened on Dec 1st at Tod Cricket Club.

Our new President, Barry Chapman, presented the awards. A great time was had by all!

GRAND PRIX 2013

ESSENTIAL INFORMATION

THE BASICS

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

- Fell (6 fell races of different lengths to qualify)
- Road (6 road races of different lengths to qualify)
- Trail (3 trail races of any length to qualify)
- Club Champion (3 fell races of different lengths plus 3 road races of different lengths)
- Grand Prix (8 of any races, but a minimum of 2 road, 2 fell and 1 trail). This is the only championship that is handicapped according to age and sex thus finding the best 'pound for pound' runner

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

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

You must wear a club vest.

GRAND PRIX CHAMPIONSHIP

This championship encourages participation from club members and aims to find the best runner making an allowance for age and sex.

Points: Points are calculated by dividing your finishing time by the average of the first 3 finishing times and multiplying by 100. As this championship is handicapped once you reach veteran status your points are multiplied by a factor that is higher for women and increases with age. Some races are eligible for a bonus (see Rules section).

Qualifying: 8 races from 33 will ensure you qualify, which must include a minimum of:

- 2 road races
- 2 fell races
- 1 trail race

Combinations such as 5 fell, 2 road, 1 trail or 2 road, 2 fell, 4 trail or 5 road, 1 trail, 2 fell are examples of how to qualify.

If you do more than 8 races then your best 8 scores are the ones that count (subject to meeting the minimum requirements above).

The club's software will work all of this out and the table is published regularly on www.todharriers.co.uk/grandprix.htm.

Top ten finishers get trophies and all qualifiers get certificates.

FELL CHAMPIONSHIP

This championship encourages participation from club members who enjoy fell running and aims to find our best fell runner. This championship incorporates the 6 English

championship fell races plus 9 fell races selected by the fell race committee. There are 5 each of long, medium and short fell races.

Points: Points are calculated by dividing your finishing time by the average of the first 3 finishing times and multiplying by 100. There is no handicap applied for age/sex, but some races are eligible for a bonus (see Rules section).

Qualifying: 6 fell races from 15 will ensure you qualify, which must include a minimum of:

- 1 long
- 1 medium
- 1 short

Combinations such as 1 short, 2 medium, 3 long or 2 short, 3 medium, 1 long are examples of how to qualify.

If you do more than 6 races then your best 6 scores are the ones that count (subject to meeting the minimum requirements above).

The club's software will work all of this out and the table is published regularly on www.todharriers.co.uk/grandprix.htm.

Trophies are awarded for all gender/age categories.

ROAD CHAMPIONSHIP

This championship encourages participation from club members who enjoy road running and aims to find our best road runner. This championship incorporates 12 road races selected by the road race committee. There are 4 each of long, medium and short road races.

Points: Points are calculated by dividing your finishing time by the average of the first 3 finishing times and multiplying by 100. There is no handicap applied for age/sex, but some races are eligible for a bonus (see Rules section).

Qualifying: 6 road races from 12 will ensure you qualify, which must include a minimum of:

- 1 long
- 1 medium
- 1 short

Combinations such as 1 short, 2 medium, 3 long or 2 short, 3 medium, 1 long are examples of how to qualify.

If you do more than 6 races then your best 6 scores are the ones that count (subject to meeting the minimum requirements above).

The club's software will work all of this out and the table is published regularly on www.todharriers.co.uk/grandprix.htm.

Trophies are awarded for all gender/age categories.

CLUB CHAMPION

This championship encourages participation from club members who enjoy fell and road running at all distances and aims to find our best all-round runner. This championship incorporates the 12 road races and 15 fell races. It does not include races from the trail championships.

Points: Points are calculated by dividing your finishing time by the average of the first 3 finishing times and multiplying by 100. There is no handicap applied for age/sex, but some races are eligible for a bonus (see Rules section).

Qualifying: You must do:

- 1 long fell race
- 1 medium fell race
- 1 short fell race
- 1 long road race
- 1 medium road race
- 1 short road race

Your best scores in each of the above categories are the ones that count. The club champion is the person attaining the highest total.

Trophies are awarded for all male and female club champions.

TRAIL CHAMPIONSHIP

This championship encourages participation from newer members and those who have not previously won a championship. You are eligible for this championship if you have **not** won a championship (grand prix, club, road, fell or trail). This championship incorporates 6 trail races that include local category B and C fell races and races advertised as trail races. Races are selected by the road and fell race committees. They will cover a range of distances.

Points: Points are calculated by dividing your finishing time by the average of the first 3 finishing times and multiplying by 100. There is no handicap applied for age/sex, but some races are eligible for a bonus (see Rules section).

Qualifying: 3 trail races from 6 will ensure you qualify. They can be any distance. If you do more than 3 races then your best 3 scores are the ones that count. The club's software will work all of this out and the table is published regularly on www.todharriers.co.uk/grandprix.htm.

RULES

We're not really a "rules" club - but there are a few involved here...

You MUST compete in a club vest if you want to score championship points.

Distance categories for fell races: As per FRA guidelines, i.e. short (S) is under 6 miles; medium (M) is 6 miles and over but under 12; long (L) is over 12 miles.

Distance categories for road races: short (S) is up to and including 10K; medium (M) is over 10K and up to and including 10 miles; long (L) is over 10 miles.

Distance categories for trail races: there are no distance categories for trail races.

Championship status events: Any race which has championship status, e.g. a county championship or English or British championship will carry a points bonus to make up for the exceptionally high standard of performance. These will be flagged up in advance and will be 6% for regional events & English/British 10%.

GRAND PRIX RACES 2013			
Trail			
Sun 6 Jan	Hit the Trail, Stockport		
Wed 10 Apr	Joe Salt Cowm Reservoir		
Sun 5 May	Bluebell Trail		
Wed 10 Jul	Royton Trail		
Thu 1 Aug	Cuerden Valley Badger Trail		
Sun 27 Oct	Harewood 10 Mile Trail		
Road			
Sun 10 Feb	Blackburn Winter Warmer 10k	Short	
Sun 10 Mar	Spen 20	Long	
Sun 17 Mar	Ultrafit St. Annes 10 mile	Medium	Lancashire Champs, British Fire Service Champs, Northern Vets Champs
Sun 21 Apr	Garstang Gallop 10k	Short	
Sun 12 May	Sheffield Half Marathon	Long	Yorkshire Champs
Wed 12 Jun	Otley 10 mile	Medium	
Tue 2 Jul	Rochdale 10k	Short	
Sun 1 Sep	Stainland 7	Medium	
Sun 21 Sep	Great Langdale Half Marathon	Long	
Wed 25 Sep	Ron Hill's 75th 5k	Short	
Sun 6 Oct	Burnley Fire Station 7	Medium	
Sun 3 Nov	Tatton Half Marathon, Cheshire	Long	
Fell			
Sun 3 Feb	Mickleden Straddle	BL	
Sat 16 Feb	Ovenden	BM	
Sun 24 Mar	Edale		English Championship
Sat 6 Apr	Pendle	AS	
Sat 11 May	Fairfield Horseshoe		English Championship
Sat 15 Jun	Buckden Pike		English Championship
Sat 22 Jun	Reservoir Bogs	BM	
Sat 13 Jul	Wasdale		English Championship
Sat 27 Jul	Bliscoe Dash		English Championship
Tue 6 Aug	Crow Hill	BS	
Sat 10 Aug	Turner Landscape		English Championship
Sat 17 Aug	Howton	AL	
Sat 28 Sep	Thieveley Pike	AS	
Sun 13 Oct	Withens	BM	
Sat 22 Nov	Pendle	AL	



TODMORDEN HARRIERS

www.todharriers.co.uk

Mini Mountain Marathon

3 Hour Score event

Sunday 13th January 2013

Summit Inn, Summit, Littleborough

Planners: James Logue & Ben Crowther

Registration: from 8.15

Starts: 9.00 – 10.00

Entry £6

Tea/Coffee available from pub pre-start with maybe doughnuts and/or toast.

Entry fee will include post run food in the pub, hopefully most people will stay for a pint and an informal prizegiving around 2pm.

3 hours to find as many controls as you can including a couple of bonus “clusters”. Locations have been planned so that slower runners will still be able to bag plenty of controls but if you want to win you’ll have to cover a lot of distance and risk being penalised if you’re late.

We don’t need pre-entry but we do need to know names and numbers for maps&pub.

jilogue@yahoo.co.uk

Ben Crowther

01706 810492

01706 818988

Our running highlights of 2012



Kielder Blast. Sometimes you just listen to the course, the incline, the terrain and stop thinking and it guides you round in a state of euphoria, almost effortless. That was the final English Championships counter Kielder Blast this year.

Paul Brannigan

My first memory has to be my first pack run back in April. After being made very welcome to come along, I was amazed to see such a strong turn out. We went off from the Shepherd's Rest where my fell running virginity was swiftly taken from me. It was hammering down with rain, blowing a gale, but I loved every minute of it! Tod Harriers is a fantastic club, great organisation with awesome people. Thanks to all who've made me feel so welcome, and especially to those offering their great running advice and

sharing their vast experiences.

Second would have to be when I turned up at the Hare and Hounds in Todmorden for my second outing, for what I thought was going to be my next pack run experience, to find it was the Flower Scar Fell Race. Oh my goodness...a fell race, although only short, I thought it was going to put my lights out on that steep climb to the summit breathing like a fool. Then to enjoy the descent...it was like being a kid again, not being able to get control of my legs which were taking me down far quicker than I could cope with, giggling to myself as I went.

My third experience I remember was the Fleetwood half marathon. Although a dull route, it was pretty flat and I ran my best of the year. Still not quite hitting my 1:30 target I finished in 1:31 which I was really pleased with. John Lloyd's great training advice helped me to strip 9 minutes of my previous PB from 3 months prior!



My first (partial) year as a Toddie has been truly fantastic. I've met some great people and learnt A LOT about running and love it even more as a result. Here's to hoping I have another great year of running with my fellow Harriers!

Paul Alexander

Aye on a Wednesday night there are many things that run within the fast group reliable consistency. Beer, banter, bravado and occasional bit of bullsh*t. But there is always good feeling, great mates, support, guidance and encouragement as we exchange race plans and tell the tales of our most recent beasting interval, hill rep and fartlek sessions.

Just tonight I mentioned to Robin/Metronome how I felt dread at the thought of every race in 2013 being a



head to head against J.Lloyd AKA Cannonball and Dwayne Dixon AKA Billy Whizz. I remember saying exactly the same thing last year and Robin's response was also exactly the same, "It's gonna get messy". Though we are hugely competitive and constantly take the piss out of each other it is always in good feeling and I think that in these head to head races for supremacy/alpha status we get the best out of our racing performances and also the best out of each others characters.

Looking back over the year there has been many a great day out. The Great Lakes deserves a mention, where I coaxed Cannonball in to running and Billy's spirits were running high. Dwane was an absolute star that day - permanent grin and helping everybody we encountered. Cannonball was post marathon (he has been quite a bit this year) and was not

happy. The Great Lakes I had earmarked as the big one for the year and it didn't disappoint - totally epic!

I find the races that really etch into my memory are usually the epic. This might be due to monstrous challenges or horrific conditions. In 2012 my first run of the Club Championships was the Trog and 2012 was a classic to remember. The glacial moors tinkled like chime bells as I brushed past and everything was iced deeply and frozen solid. Sliding down descents and sliding down the ascents. There was the ascent up from Lumb falls where the Mighty Wrighty was photographed and featured on the cover of the Fellrunner with a blurred Young Bull tucked under his arm. I maintained a good position but soon after the photographer began to fade - losing a bit of strength (I should try and remember for future reference I could've probably done with a gel at Lumb falls) Anyway I had a drink stashed up at cock hill and began to pull myself together. I ensured that had reccied the line to sheepstones numerous times and nobody was around me but I still cracked on as I didn't want Billy Whizz suddenly dashing by (always a fear) On the last climb back up to Old Town I momentarily looked back over my shoulder and realized that I had a good distance between myself and the next runner, "I could walk this bit" I thought. "But when it comes to the points I might need that extra 0.01 of a point" . I kept running and didn't look back.

Thank you to my great mates, from a great club. Thanks for the help, encouragement and beasting!
Nick Barber



My favourite race of 2012:

It has to be the Rab Mountain Marathon. My first 2 day MM for a good few years and the first with Mandy since we last did the OMM together in about 2003. What a great weekend. Cold but clear weather, great running area round the Cheviots and a superbly organised event. We might have had "words" on a few occasions but we were still speaking by the end of the event! We've even agreed to do it together again next year.

Phil

my running highlight has to be plucking up the courage to join the Todmorden Harriers, I've met other runners, made new friends & tackled hills! wish I had joined months earlier but most importantly

I've realized I am a runner!
jilly

Early 2012 in Stornoway

If you've ever been to Lewis then you'll know how attractive the castle grounds are. Laid out by millionaire opium dealer James Mattheson, subsequently bequeathed by Lord Leverhulme (of Sunlight soap fame) to the people of Stornoway, and now held in trust for the past 90 years, they are in marked contrast to most of the island. For a start, there are trees.

So it's a grand place to run, and in early 2012 I managed to do all three of the races staged there - two cross country events and a 5k. Looking back after almost a year – magic memories. Small fields, not enough mud, and absolutely sodden at the 5k: but cheered round by enthusiastic spectators, and a real race atmosphere. And heartening to have lots of junior runners competing too.

Peter E

A very difficult choice this year even though I haven't done much running, but I have two outstanding highlights for 2012:





1. The Trog - this year was an epic due to all the lethal ice & frozen water strewn everywhere across the route I love so much. Eyes glued to the ground, taking care at every step, I don't remember looking up at all those fabulous views. Wish I'd worn crampons! Just shows what a difference the conditions can make.

2. Lads Leap - my first English Champs race in two years!! It was great to meet everyone in the morning of the race, share in the lifts, congregate at the start and set off. The race didn't finish as I'd envisaged but I loved being a part of the team and soaking in the atmosphere of a championship race again
Chris P

Highlight of the year

Supporting Andrew B on his Joss. I didn't know what to expect but liked the sound of a

day (and night!) out in the Lakes with some of my favourite toddlers (you know who you are).

We got up early and set off to the car park on the Kirkstone Pass. It was a beautiful day, mild and clear, so all bode well for Andrew's challenge. After much faffing around with rucksacks - *'what I have to carry Andrew's food as well as my own'* we set off....

Watching Andrew, Phil and Darren arrive was great. Jane had set up camp and we were all enjoying a cuppa when we saw them descending down much earlier than expected.

We marched up Red Screes and before long were enjoying bad jokes, crack navigational lines (yes I have spelt that right) and beautiful views. Andrew managed not to sound annoyed at the constant demands to eat, drink, slow down!

All was going well when Rachel and I got left behind on one of the descents (oops sure that's not meant to happen... I blamed not used to running with a rucksack on my back..ahem!)

Anyway we caught up with our long legged friend and enjoyed a stunning view from Seat Sandal - surely this must be one of the best in the Lakes.

We safely deposited Andrew for his next leg, and would have liked to have carried on but sadly back to Hebden for football, football and more football.

It was a real pleasure to be there with Andrew and it felt great to be one tiny little cog in the mighty Tod support machine.

I'd definitely recommend it; great to support a pal and you never know you might be asking yourself one day! Vaguely remember expressing an interest in 50 at 50 (beer talk)

PS the night before was okay as well - Rachel, pub, hut ... say no more!

Lucy Hobbs



It has to be the Conistون Off-road Marathon on 1st July-my first off road one!!

I couldn't believe how hard it was raining as we set off-it was hard not to be despondent as I pulled on my cagoule and gloves!!! However, the views soon made up for the weather as we climbed gradually up and round Tarn Hows. I chatted to some amazing people on the way-including a guy who had completed the Marathon Des Sables.(was I trying hard enough??)

There was a great descent down to Torver and interesting running along the shores of Lake Conistون(plenty of tree roots

to trip up on!)

but I was chuffed to still feel strong at the end finishing in 4.08 as first V45 (and it was still raining!!) I definitely recommend the experience (next year it's got to be drier and warmer!!) and felt I had finally made my transition from road to muddy, rocky stuff!!

Mel B

My highlight of 2012 has to be getting running again after almost a year off with various injuries as my ageing body fell slowly apart in 2011.

The touchpoint for this was the Dovedale Dipper in August. Twenty odd miles through the limestone dales of the White Peak. Chatting and company provided by James Riley, cakes and bananas provided by the LDWA, and everything else provided by the Derbyshire countryside.

Colin



Having had more come backs than Frank Sinatra, this year was to be the big one. An early start to the Grand Prix at Stanbury Splash set the bar, I was dragged round by JP and Jonny but I finished. It was going to be a hard season as I moved into the 66 age group. Early forages onto tarmac and trail (even getting podium points) made me feel confident about completing the GP. This I did at my final (tough for me) race Thro The Villages. Not done the GP since I got Bronze in 1996 so 11th place this season is a "result"!!

Other highlights have been a 1st at Duerden trail and a 2nd and a 4th in two XC's. It has felt great to be part of the TEAM again. Great encouragement from so many club members. It has been fun to run along side Cannonball et al and very grateful to Robin Tufts for his XC enthusiasm which really has rubbed off on me and lots of others. Proud to be a Toddie!!
Ranter.

My running highlight of the year was getting 5km time down under 28 minutes at Heaton parkrun - for the first time since knee ops - and then going on and getting sub 28 two weeks in a row at Oldham parkrun.

Myra



My running highlight of the year had to be accidentally finishing first at Sewerby parkrun. It was a close thing after pulling out a tactical lead with 2km to go, through a woodland section I was tempted to go for the greater glory of toilet seat points by taking a wrong turning but somehow managed to avoid it, to claim my first race win for about 30 years!

Buddy



My years highlight takes us back to the heady days of the Olympic summer and my own Olympic experience. Well not quite, but close, as I put the Newtonmore Highland Games right up there! On planning our summer holiday in the Cairngorms I got lucky, the Newtonmore Games had a Hill Race up Creag Dhubh (they call big mountains hills up there), which looked ideal, 5.6k with 370m climb, a short fast one. When I saw the prizes, £70 and a bottle of scotch for the winner and with even 8th place getting £35, I got over excited – this was a small local event, could I be in with a chance of a big money prize!

Hopes were quickly dashed when this turned out to be a Scottish Championship event and the best part of 200 runners were expected. Still I dragged the family to the games (older boys wanted to mountain bike – again) on a blazing hot day, remember warmth? The atmosphere was great and the other runners a friendly bunch, I even met a chap who used to run for Rawtenstall. The race started with a circuit of the games arena and I sort of forgot I was not back at school doing the 800m and did a cannonball to the front. Then we were off up the hill (I thought) but no, first the obstacle course – pell mell though a field of thigh high thistles, then hurdle 3 wire fences, cross a small river, up the road banking and over the crash barriers, and then we went up the hill. It was hot, it was steep (not runnable enough really) but it was short, and coming down through the heather was wild, I fell but my philosophy is that if you don't fall your not running hard enough! Back through the obstacles to a final lap of the track at a blistering pace to the finish (well it felt like that to me but I am told by my loving family that it was a sort of dogged trot).

And how did I do? Well I was chuffed with 13th place and a V40 prize (35 quid in a brown envelope = nice new pair of 3/4 tights). All in all a day to be remembered. But I missed out on the whiskey (only V50 and 60), I will just have to come back when I am 50 and claim a bottle then!

Ivan Gee



It has to be the OMM. The Howgills is one of my favourite orienteering areas, and the location of our first KIMM in 1977. This year's was out fourth time there. We had a very enjoyable two days, despite not really being fit enough.

Trevor Smith

Taking part in 18 park runs, all at Heaton Park. New lease of life, run times leave a lot to be desired! Target for next year – 39 minutes.

Jim Smith



Not sure if this counts as I didn't get round but The Great Lakes Race was like running in a world of water - a complete epic!

Kath

Fourteen hours out on the Lakeland fells. 5am start when the world was asleep, 7pm finish and then off to the Wasdale Head Inn. What could be a nicer way to spend a day?

Andrew B

Thought I'd missed it - but just chance to put something together from the Algarve.... I like doing new races, especially when they involve beer, which seems to be the case this year - Stirton, Ilkley Fell v trail, Wild Goose Chase and Charlesworth Chase all involved getting a pint or a bottle at the end of the race. Indeed the Charlesworth Chase involved drinking a pint before you crossed the finish line, it was my strongest part of the race!

My favourite race of the year was another new race for me, Sutton Pinnacles. A steady climb up through tracks and fields before we entered somebody's back garden who was having a barbecue. They enthusiastically cheered the runners on, then steep fields, a bit of road, then a last push to Lund Tower. We might have Stoodley Pike but we were beaten in the Victorian folly department because it is only a short distance, on lovely springy turf, to Wainman Pinnacle. The locals call them Salt and Pepper. Here we turned left over moorland to reach the Hitching Stone. Reputedly the largest stone in Yorkshire - and very impressive it is too. A bit more moorland, twisting paths through fields, then a lovely run through woodland and a sprint through the village of Sutton to finish.



Again a bottle of Naylor's on the finish line, a great low key event organised by Keighley and Craven, only about 40 ran, it deserves more.

Dave C

Running High of the Year - for me personally was to finish the Haworth Hobble in relatively good shape. Having never run anything like it before, I surprised myself in finishing at all. I honestly never thought I'd be able to run 32 miles but (dare I say) apart from the last 3 miles, I actually really enjoyed the whole thing from start to finish...chatting along the way, very familiar terrain, camel-pak doing a fine job and lots of encouragement spurred me on. I'm definitely doing it again in 2013. It's a belter.

Paul H

I'm insisting on being awkward by not choosing any one individual race. I can't say 'Snowdonia Marathon' year after year, so I'm going to go with the whole Grand Prix series. This is the first year that I've qualified for the series, and it was an exciting and eclectic journey. **Fell races** –doddering around in mud and tussocks, **trail races** – legging it around moorsides, up flights of steps and bombing along tracks, and **road races** – all out dashes on level bits, hilly bits, round towns, reservoirs and country lanes. All of these run with the cheers of other Todgies ringing in my ears and followed up by cups of tea or pints of cider, just wonderful camaraderie.

If you were going to force me to choose one, I'd probably plump for the Cuerdon Valley Badger Run, an enjoyable fast run in a country park punctuated by many gates and flights and steps with Ray breathing down my neck, a huge Toddie prize hall, with first men's team, second ladies team (I was even third counter) and lots of individual prizes.

And the bonus of all that short racing, it makes you quicker! ☺

Joolz



It has to be the Highlander Mountain Marathon in Kinlochewe which I did with Sue. What a great event, fantastic scenery, snow, a boat ride. Beer, celidh and lots of chat at the overnight camp, more snow and mountains on day 2 a sprint to the finish and what's more we won our class!!. Roll on next year.

Mandy

MORE FAVOURITE RACES

my personal highlight was the Great Lakes Run.

Everything about the Great Lakes Run, from my initial recce with Fiona, when I saw my first broken spectre as we ran above the clouds over the Scafells, to race day itself, when I've never been so pleased to finish a race in one piece. I don't quite know why I loved it so much. The conditions were foul, I couldn't see a thing and it took me nearly six hours but I ran into the finish feeling elated. I think it was because the race brought out the best in everybody; strangers helped each other across rivers shared their food and spare clothing and made sure the runners around them were ok. And I finally had the confidence to stick with my route choice and strike off on my own in the clag. Even better that people at work and mums on the school run thought I must be bonkers given the forecast that weekend. But we know we're not, don't we?

Helen

By October 2011, I was starting to feel fit to run. I seemed to be over the recurring trouble I'd been having with an Achilles tendon. I did a good (for me) time in the Withins Skyline and I began running with the 'fast medium' group on a Wednesday evening.

Sometime over the Autumn or Winter, the pain came back. I didn't return for physio treatment, but did the eccentric extensions and continued running, but very gently and on my own. It was frustrating! I'd already scanned all the grand prix events, marked them in my diary and put my name down for Lad's Leap. I decided not to run it, but a few days before I changed my mind. I'd trot round at a comfortable pace, drop out if I felt any twinges, not mind coming in late. As it turned out, I wasn't last, I enjoyed the run and, best of all, my tendon didn't hurt.

I continued running races, both grand prix and non-grand prix, when I wasn't ill or injured or doing something else. All were highlights in their different ways. I even enjoyed my few ventures onto the road. I suppose that Borrowdale should count as my 'summit', but I was so knackered on the last hill that I thought I've got to come back and be fitter, and run it better. I also came a long way round off the last top, which was annoying. So the famous gruelling Tour of Pendle is my choice highlight of the year. It was a beautiful day. I'd learned (and been warned) to keep a nice gentle pace during the first half. I did get tired – that last hill again! But I enjoyed it, I came in just under four hours, and I knew I'd done a real fell race. It was my third ever long race. I'm looking forward to many more.

Chris Drinkwater

PS I should have mentioned how great it is to have the support of the club, and especially the massive encouragement and honour of receiving the 'most improved runner' trophy.

The Dolomites Skyrace

Lauren Jeska

This year I (almost) achieved one of my ambitions by making it to some of the SkyRunning World Series. Despite the big name, the races are very similar in many respects to fell races here, albeit with less grass, and more trails and rocks. However, with big sponsors and media coverage, the feel to the races is quite different to what we're used to over here! The support out on course is also unbelievable, with whole villages-full of people turning out to cheer everyone on.

There are some races I have had an eye on for a few years: The Dolomites Skyrace is an absolute classic (so I was always told). I was well informed, it turns out! Giir di Mont is another traditional race, but not one I would choose if it wasn't a part of the series. Meanwhile, Pike's Peak is another great historic race, on the 'most visited mountain in America' (the road to the summit helps there! Second only to Mt Fuji in the world for visitor numbers), where the altitude of 4300m is the main challenge, followed not far behind by the heat.

After my visit to Spain earlier in the year, where I had almost pulled off a surprise win at Zegama on the marathon-distance course, I am feeling confident about the races, and fly out to Italy on July 19th, all set for the next in the series. Jim Smith and Richard Blakeley meet me at the airport, as they have decided to finish their holiday touring the Alps by watching me at the race, which saves me a lot of trouble reaching Canazei!



The weekend starts with a 'vertical kilometre' race, and one which I need to run, due to the rules of the World Series this year. Big mistake! I don't usually race twice in one weekend, even Friday and Sunday, and although this year I am feeling up to it, the combination with travel-stress is going to cause me some issues. On top of that, my bag hasn't even caught up with me from the airport yet, having missed the connecting flight in Frankfurt. With a bit of foresight, everything I need for the uphill kilometre is in my hand-baggage. These races are (almost) what you'd expect: a race uphill to the finish, 1000 metres higher. The course is very steep (it's only just over 3 kilometres long). However, instead of runnable hard rocks, the ground consists of loose grass / dry earth, reducing it to a walking race. And a lot of the continentals have ski-poles, with which they get plenty of practise during cross-country skiing in winter. Myself and the other World-Series athletes make a go of it, but we're saving ourselves for the race proper; I almost catch rival Emelie Forsberg for the finish line, but she claims 5th, with 2011 World Mountain Running Champion Kasie Enman just behind me. None of us have poles.

Saturday is for relaxing, finding out who's there for the weekend (including Rob

Jebb and Sam Tosh, along with David Hird and a large gang of Wharfedalers, as well as regular Skyrunner Tom Owens), and in my case suffering a migraine. The migraine only lets up in the morning when the sun breaks through the clouds. 20 minutes later and we're away ~ 8:30am start!

The race is a 22km course, running all the way from Canazei (1450m) to the top of a real rocky mountain, which looks a lot more impressive than it sounds (Piz Boo!) at 3152m, and back again. Having never run before, it's all new to me. The lower slopes are on ski-pistes, not quite as steep as the vertical kilometre, but still soft ground, and once again I'm under attack from ski-poles! Athletes can use the poles for selected parts of the course, and pick them up / leave them at depots en route. It's a strange idea to us British runners, and we collectively agree that, at the very least, runners using poles should have to carry them the whole way round the course. But it's not up to us, and the locals use their poles either from the start up the ski-piste to the first aid-station, or they pick up poles there for the next bit, which is a zig-zag path up loose gravel and scree, abandoning the poles before the rocky section along the top. Neither of these early sections is completely to my liking, a long drag up slightly slipperry ground, and it is only a while after passing Jim, who is adorned with a host of bottles, that I reach the saddle and get onto my beloved rocks.

The top section is completely to my liking! I quickly make up some ground as I enjoy skipping over boulders and finding nice lines up the steeper, more scrambly sections. Having already been in the Alps in June, the altitude is just perfect. All too soon, I reach the summit, and someone shouts 'Go on Lauren!' After a couple of seconds, recognition kicks in ~ it's Jo Waites! I can't think of a nicer surprise, she's a great runner and one that I would love to have seen more often in races.

On to the downhill. This is an amazing mixture of terrain, highly technical, and I know there are some great descenders both ahead and behind of me. Emelie and Kasie are far ahead by now ~ despite being some 5 minutes slower to the summit than previous course record-holder Emmanuela Confortola, Emelie takes about 5 minutes off the course record! I go for it where I can, once again holding my own (justabout) on the hard rocks, but losing a little where it's steep and slippery. Another English voice ~ this time Rob Jebb, who is having an off-day for racing, and finishing slowly. And finally, lower down, the earth and gravel paths give way to tarmac for the last couple of kilometres, fast home, past Jim again, and all of a sudden the finish line! 5th place, not bad, after feeling I wouldn't be able to run just an hour before the race.

To anyone looking for a European race, this is a great one. About 2.5 - 3 hours running, not too long, but it has a bit of everything, proper mountain tops, and an hour's non-stop descent! There are always plenty of British runners there. Your biggest challenge is finding Canazei! As for the vertical K, I won't be doing that again!

A big thank you to Jim Smith for supporting me at numerous races this year, and Richard Blakeley for joining in the fun in Italy, and for driving me in and out of Canazei (with only a slight detour..)

WELL(?)FIT GIRLS' EUROPEAN CYCLE TOUR!

After many months of planning our 730 mile trip began on the 8th September. We set off at 5am to get the bike bus in Wakefield. Having paid only £119 one way to Beaune (France well I didn't know where it was until shown!) we climbed on the bus and set off.

The day was beautiful! Typically on probably the best day of the year we were going abroad. Consequently the ferry crossing was uneventful. Well I say managed to spend about duty free! However she did every anti wrinkle cream, perfume she could lay her buy owt, got to think bike was applying false tan to her bits of her legs on display

Back on the bus I was bored. Why can everyone Especially Chrispy who only boat! 22 hours later in the I had had enough and was



uneventful Mrs Leonard £300 of P&O's profits in look good. Having applied hand cream, false tan and hands she declared "can't weight". Meanwhile Mel ankles which were the only (nice one Mel!)

the announcement for Beaune was declared and Chrispy woke up. 3am Beaune, Hotel Lemon. "Where is it again Mel"? About half an hour later we found our bed for the night 5 minutes from the bus stop! Cheap as chips, clean and open! We fell into bed about 4am.

Day One 9am 28 degrees: We headed due south for about an hour until we realised we were heading in the wrong direction! Jane had said we should have hit a motorway by now on several occasions. Lessons learned "listen to Jane". After 100 km we stopped in a quiet village for Haribos and chocolate. From nowhere a lovely elderly French lady appeared and spoke to us in German (this happened a lot, not sure why?) Apparently the road we needed was closed. There were two ways round, the first was an extra 30k and the other very complicated and not on our map. She then got on her ancient bike with only 3 gears and took us through some lovely hilly country side to a road we could use. That lady was fast! Only Chrispy could keep up with her! To be fair Mel was not well and Jane was trapped behind me (Yes I was the weakest link!). Finally we reached Arbois after 115km. Not bad for the first day, especially as Mel and I had never cycled with panniers before. The Camp site at Arbois was cheap with good facilities. Mel asked the campsite receptionist to recommend a restaurant. Jane stressed that it was not to be expensive. Many may consider €37 each expensive for a meal? Lesson learned: Don't let Mel and campsite owner book restaurant! Although we had to admit the meal was excellent.

Day two: Mel and I were knackered! Mel and I did not sleep well But apparently I did have some sleep because It my snoring that kept Mel awake (sorry Mel). Unsurprisingly Chrispy did not hear a thing. Anyway after a bowl of "Wellfit" cereal (ta Jane for being the shopping fairy) we set off. We were going to Ornans, however after 15km disaster struck! Racing down a fantastic hill Jane hit a dip in the road. Just as I was thinking "wow that was lucky" Jane's top box flew off, hit her front wheel and flipped her and bike 360



degrees before sliding to a stop. With lightening reflexes Jane jumped to her feet and shouted "I am OK?!" I think she was more surprised than me. However Jane's bike was not ok, the back wheel doing a great impression of a Pringle. Being a team, Chrispy ferried all Jane's panniers down the hill whilst Mel and I sunbathed at the bottom blissfully unaware that Jane had to carry her bike for 5km! We decided to stay in Salins Le Ban, a beautiful spa town with an excellent campsite, a Lidl and more importantly a bike shop. But the bike shop did not open on Mondays. Lessons learned listen to Chrispy "ride slowly down hill with panniers!"

Day three cloudy and thundery: We woke up hung-over and ate more Wellfit cereal. Jane got her bike fixed at a cost of £68. This cheap cycling tour was turning out not so cheap! Then the rain came and we decided there was no point staying so we rode to our next destination Ornans, which was very nice. We stayed on a campsite with Knight's of the round table tents and a natural pool. The tents had pillows in them but not for long! Despite the lack of heat and rain Chrispy and Jane went for a swim. They were determined to use the swim wear they had brought. Ornans also has a very nice pizzeria overlooking the river. After our meal we strolled back to camp and to our delight there were Salamanders everywhere! Not to our delight the thunder storms began. Several hours later after thunder, lightning and pelting rain sleep came at last.

Day four drizzle: Mel was really not well. But at least she did not hear me snoring over thunder and rain (there is always a silver lining!) In the rain and cold we went 80km to Maiche. The day was a real test of our humour, and we passed. I realised I was with 3 amazing people. It is amazing how others can motivate you and bad stuff just goes unnoticed. We arrived late in Maiche wet and cold with soaking wet tents. The night was freezing and yes you guessed the morning was too! Chrispy was beginning to regret taking 5 sundresses! We consoled ourselves with good food and wine. Amazing how well you sleep drunk. By now Mel was sleeping better and had taken to sleeping about 5miles away from my tent by now. Lesson learned: More wet and cold weather gear less summer gear!

Day five 4 degrees it's bloody freezing but sunny! We had 90 km to go to get to Ferette. When we arrived there was no campsite in the town. But there was a campsite 4k up hill out of town great! This time I took the hint and pitched my tent well away from Mel (sniff). We had no food and needed to eat so after a warmish shower we set off down the hill and found a lovely restaurant, hurrah pizza again. We did not drink too much wine as we had 4km to get back up the hill in the dark and some people have broken bones drunk on a bike in the dark!

Day six: Guess what? Yes it's freezing but that's ok because it's not raining the sky is blue and we are heading through Switzerland and onto Basel. But first we needed to stop at the bike shop for some handle bar ends. "I do not know how I managed to lose both"? The French shop owner was lovely. He found some ends and fitted two nice shiny silver ones for free! He declared that my bike was now a racing bike! Switzerland was beautiful but the coffee was 5yoyos a cup! So we



decided to navigate our way out and back into France via Basel. OMG the traffic was awful. But Chrispy and Jane got us through it! The Swiss and German drivers are a nightmare compared to the French. However they do have fantastic cycle lanes and cyclists have right of way! After about 80km we eventually got to Kandern in the Black Forest. The riding was getting hillier by the day (awesome!) This German camp site was more expensive than any of the French ones but it lovely with really good facilities and Kandern was also a lovely place.

Day seven the weather is lovely: We set off to Schluchsee via our first of many fantastic German bakery and coffee shops. I had been harping on about German bakeries ever since we crossed the border. Now it was time to show my friends I was not exaggerating! German bakeries are the best in the world! After plum tarts and Meister coffee we finally did some exercise and got to Schluchsee a delightful place by a lake.

Day eight really hot and sunny: We rode for 115km ride to get to Lake Konstanz. "Wow the Lake is amazing. It's like the sea"! The sun shone all day so we decided to take the next day off. This was an excellent idea but first we needed to find a campsite. The first one was in the shade and looked horrid. The second one fully booked. So before we lost the will to live we decided to stay on the third site. The campsite was quite possibly the worst campsite we have ever stayed on! I ended up sleeping next to the resident campsite tramp and some freak that looked and acted like Ray Mears so we decided to eat out!. Around 11pm we settled down to sleep. "Bloody hell it was an orchestra of snoring"! Even Mel had to admit I wasn't that bad! Lesson learned go with first campsite! The morning arrived and "oh goody a communal shower"! The shower block was like a school dressing room. Chrispy and I went off to Minau for the day, Mel hit the shops. Mel was very proud of the damage she had done to her credit card and bought ear plugs, a very nice necklace, a very warm jacket, hair products, some shower stuff etc etc. Her panniers were now the same size as Chrispy's!

Meanwhile Jane took the chance to read and chill out. However her soothed mood was soon gone when she met us in Konstanz. The days of cycling on mostly quiet rounds had made us a bit sensitive to city traffic. When we met Jane pleaded “GET ME OUT OF THE SHITTY CITY!” That night we eat by the QUIET Lake! Lesson learned Jane is not city trained!

Day ten it was very misty and cold: We headed off for Immenstadt. We took the ferry from Konstanz to Meersburg which cut 60k off going round the lake. Meersburg is on the north edge of the Lake and was so much nicer than Konstanz. However nothing could contain our excitement as each hill and turn drew us nearer to the Alps. After 105k's we arrived at the Alpsee. The weather had been kind all day until we arrived. As the storm grew nearer we had time to dry our tents and put them up before some very big rain drops fell. The campsite was like being in a 5*Hotel, no tramps or freaks, the shower block had under floor heating and separate shower cubicles! The campsite restaurant was also great with a lovely German lady who gave us pizza and beer. We slept well despite rain. Thanks for the ear plugs Mel. I must put those on the list for future reference.

Day eleven it rained, in fact it rained all day. “That’s it I have had enough if the next village has a camp shop I am buying some warmer clothes!” Thank god for credit cards! Whilst my comrades on pedals were scoffing delicious German cake and quaffing coffee I was shopping: One pair of thick cycling leggings, a pair of overshoes and one merino wool base layer, at last toasty! We arrived at about 5pm in Füssen (home of the Chitty-chitty Bangbang Castle!) Füssen is on the Romantic road and is a delightful medieval town with great shops, campsites and supermarkets. We put up our wet tents in the rain and headed off for a hot shower, a lot of German beer and food. The camp site was cheapish and had good facilities especially the bar, clothes dryers and drying room.



Day twelve: In the morning all we could say was “wow”. The mountains were no longer obscured by cloud and mist. There was a great big wall of rock in front of our campsite and today we were going in. It was cold, fresh, sunny and my turn to take over the map reading! “Ok so where is the Claudia Augusta route”? We had a slight problem on the roundabout but once I had warmed the team up with a few laps round it the rest was easy. By now you may have guessed Jane and Chrispy were the experts navigators, and well Mel, doesn’t even go there! However the beauty of Germany is the many bike tracks. Or was that a disadvantage? It took a few days to get inside Mr Augusta’s head. Lesson learned: “Patsey don’t rely on a map book written in German”! Once we found this famous dedicated cycle route we passed over into to Austria. With smiles on our faces we didn’t have a clue what were getting into! For a while the path was great. no traffic, good smooth tarmac brilliant. However there were un-paved sections so we decided to come off the route and onto the roads. BAD decision it would have been better for all concerned if we had stayed on the CA route and walked the rough sections The Fernpass was amazing though, steep winding ascents and descents with hundreds of cars and articulated Lorries! Some of which we beat on the descents. Lorry drivers gave us the thumbs up and a wave whenever we pulled in. The car drivers tried as best they could to give us a wide birth. But we were not happy. Feeling a bit down we carried on the public highway until a lovely Austrian couple demanded we get off the road and onto the cycle path. They assured us the path was ok for Chrispy’s skinny tyres. They were wrong about 5pm one of Chrispy’s tyres’s punctured on a mountain bike track! But this was no problem we had all had bike maintenance training. But what they didn’t tell us is puncture kits expire! So after several puncture patches later the bike was fixed. Meanwhile Mel and I had meet Claudia Augusta’s Friend!!!! He was a lovely Austrian gentleman. The nice man showed us the safest route to get out of Austria. He also assured us that where Crispy had her puncture was the worst bit of the track. There was only one kilometre of track left that we could walk the rest would be ok. He showed me on the map roads to avoid and places to stay. What a nice man. Lesson learned: Check puncture kit.

We arrived at the Campsite in Imst at 8pm. We were very lucky the camp site was closing for winter the next day and boy could you tell! No hot water freezing open shower block but we were too tired, cold and feeling too miserable to care. We were so looking forward to the CA route but began to feel after the days experience our choice of route was not wise.

Day thirteen we decided try the CA route again. That nice man had seemed genuine. And he was. The track was great with one or two rough bits but we knew our bikes could cope with them. The day was hot, sunny and very long with 65k of climbs and 40k of undulating hills. We went up into Switzerland and down to Austria and crossed border control. Making sure we were heading the right way we asked the border police where the CA path went. He looked straight up a very big mountain grinned and pointed up! We had already done a huge climb in gale force winds. Each one of us had to take turns riding at the front to give the others a break.

Yes it was that bad. Once on top at Nauders the wind was ferocious. There wasn't a camp site where both maps said there was. We had started to cause chaos on the main road at peak traffic time. How many cars up this high! The police stopped us and asked us if we were lost. To which we all replied "No we were not lost!" But we did need a campsite for night. They gave us directions and told us to get back on the CA path. No problem by now we were loving this path with NO cars!

Gale force winds and in GRANNY ring! Including Chrispy!!! We eventually found the camp site hidden behind a Shell garage. Cheap and with excellent facilities not that we cared at this point, we would have paid £1000 to stop! We pitched our tents between two caravans to stop our tents being blown away. We found a lovely warm bar with good food. Jane and I had a discussion over the merits of German wine (I could see none but Jane could especially the price!). Lesson learned don't let Jane order the wine!

Day Fourteen: We decided to set off early. What another awesome day. The sun shone, the journey was car free in all but 10% of the route, and the views spectacular. The best part of the day was the down hill! From the top of the Reschenpass you could see Italy bathed in the sun; with thousands of apple orchards the view was spectacular.

We decided to have an easy day. Mainly because we wanted to sit in the sun and thaw out from the Reschen pass. We stayed at a lovely campsite just outside Merano called Naturns. Naturns is just off the CA route. The path was really busy apparently on Saturday and Sunday many wannabe fit cyclists trying their hand at a few miles and then just stop for food and beer. Not a bad life but they did get in the way of the Toddy peloton! Yes we were practicing Tour De France Froomey and Wiggo manoeuvres! Going at quite a speed we raised a few eye brows from some fashionably dressed Pinarello cyclists' (Chrispy was well jealous she would love a Pinarello! John). We also met two very nice English men from Wakefield. Their union Jack gave them away! They had cycled from Zeebrugge! But they were well impressed as we were camping and not staying in B&B'S like them. But they were 85 years old! We ate on the campsite that night; the other some chairs and a table and made us feel holiday home garden. They too let us use not behind the wheel of a car) are lovely

Day fifteen; Sunny and Sunday. We traffic jams! The path was getting better river for hours through apple orchard tractors collecting tons of apples. to pick as Jane had a habit of relieving the climb. The proper Italian bikers really many congratulated us with shouts of Italian!) We felt pretty chuffed at how fit campsite at about 2pm in glorious Giuseppe just past Caldora. The only down side with the campsite was being pitched next to a compost heap! But we had access to the pool and lake. Chrispy, Jane and Mel went for a swim, I read my book! It was bloody freezing that pool. Being a wimp sometimes pays off! Frozen half to death the other were wrapped up in their towels shivering by the Lake while I liggged out in me swim wear feeling pretty smug!



campers managed to help us scrounge very welcome. We camped in some ones their washing line. The Germans (when people.

decided to go really early to avoid bicycle and better every day. We followed the after apple orchard. The only traffic was Although I am amazed there were any left trees of produce. We had had a good appreciated what we were doing and "Brava!" (Brava is high praise from an we had become. ! We got to our next sunshine. The campsite was at Saint

Day Sixteen: We woke up to a lot of dark brooding clouds. I had got a text from Stuart warning me of a massive thunder storm past Bolzano! "Erm it was time to re think our route". We decided to push on all the way to Rivai(final destination) and not to take a side trip to the Marmolada. Our last day was going to be very hard. We set off about 9am. The route was great we passed some beautiful sights. But the weather was getting worse. Every lake had huge sea horses on them as the wind picked up. Then the rain came. Every steep hill got harder as the rain poured and the thunder and lightning got nearer. We cycled like this for about 6 hours! Poor Mel kept coming off her bike she was covered in bruises. At last we reached Primolano, the start of the last ascent. We were soaked and had done 132k, with only 8k of up to go it was getting dark. Our emergency lights were on but couldn't see at thing, cars could see us though. At 8pm having climbed the last thousand feet, we were greeted by Richard, Henry and Finn, Stuart was inside cooking up his own storm in the kitchen. We were elated! We had done it all by ourselves with no help or cheating! (Except Mel).

By now we had formed fantastic relations with each other (well at least I think so!). We never argued or fell out, we laughed and pushed each other on. This holiday will be a memory of smiles that will last forever. Thank you to my friends for taking the journey with me, you are the best.

PS. Wellfit breakfast cereal is ideal if you are trying to lose weight as it has little or no carbohydrate content, probably not the best breakfast for cycle touring in mountainous regions. I lost 6 pounds!

TEN TRIGS OF TODMORDEN by Dan Taylor

Inspired by John C's efforts getting round the Ten Trigs of Todmorden, I finally got myself together to do full route the day after my holiday to Tenerife, at the end of October.

It was not a nice day fairly cold with rain on and off for most of the day and clag on a few of the tops, but having set myself the challenge I was not going to give up easily.

I set off up Meadowbottom and was soon reduced to a walk by the steepness of the climb. I changed my route slightly from before going right where the road splits



and past Green Heys Farm. This saved me time on the way to my first Trig at Bridestones, which I

arrived at through the rocks.

Down to the Sportsman and over to the disused Redmires Reservoir to cross towards Hoofstones. This is when I first went into the cloud. I made it to the stile at the fence ok was only about 50m out. I then made the mistake of following my instincts instead of my compass and wandered around in the clag for a while. After about 20 minutes the cloud cleared momentarily and I could see I was far too far right and readjusted my line. Eventually got to the trig at Hoofstones having lost about 20 minutes.

Managed to find a better line to the Windmills car park by cutting left halfway down the wall instead of at the top, this had much shorter foliage so was quicker running. Down the road for ¼ mile and then through some undergrowth and nettles to the 3rd trig at Robin Cross Hill.

Great run down to Cliviger and straight over for the big climb to Theiveley Pike. Again walked most of this hill getting a couple of gels down me on the way, then managing to run the last little bit once the steepness had eased off. Nice run along the top of the hill to

bacup road and straight on towards Trough Edge End taking the road/track which goes most of the way to the trig.

Headed on towards Watergrove Reservoir and I managed to go too far right at Hades Hill, realised almost immediately and changed course so only lost a minute or 2. Then came my next error I dropped down slightly for a nice track which then went down too low and near to the reservoir. This then meant I had to traverse upwards through a boggy field full of reeds (not a good move and probably lost me another 10 - 15 minutes).

A bit of trespassing and I had the Trig at Watergrove bagged, then I had to go round the left of the small reservoir nearby to the trig to avoid a field full of cows.

Jogging down the road to Littleborough I was starting to feel a little jaded, but as I had been as I had eaten regularly each hour and drinking, I felt good overall. The climb to Blackstone Edge was a long one managed to eat a pork pie on the Roman Road. Broke the trail from the drain for the Trig didn't seem to help much, quick apology to people getting pics at the trig (so I could touch it) and I was off again.

Took an earlier gate than before and got my compass out to guide me towards Dog Hill. Once I got out of the cloud, I could see a couple of walkers on a decent looking path so headed towards them. Their dog then decided to harass me and they were so kind they did



nothing much to control the dog. Let them know my displeasure and veered right to avoid them and onto a very nice path which led almost to the trig. Last 100 m

through the tussocky grass and I was there trig number 8.

Met a guy from the Ramblers Association who was reccyng a route and chatted for a minute or 2. I then shot off down the path towards the A58 feeling quite good with only 2 trigs to go. 2 minutes later the path had disappeared and I was in the long tussocky grass. Shortly after this i had a sharp pain in the top of my leg and was unable to run while lifting my leg over the grass. The ground was wet there were many holes and the tussocks were massive, it was windy and raining and I was tired. From here on the run turned to a walk, survival and completion were the only things on my mind.

I crossed the stream near the A58 halfway up the hill (in an effort to avoid extra climb) and crossed to cut over to the main path. Climbed straight up towards the Electricity Pylons to cut across to the path. Again this was a nightmare as it was very wet and boggy and it took ages to get to the main path which comes from near Baitings Reservoir. Forced myself up the steep last bit of climb to Manshead End trig.



Tried to run and could manage around 50 – 100m before having to walk again, this went on for a while. Was very careful over the duck boards as I didn't want to get injured now. Over Cragg Road and I was onto the last section of the route. Managed to run from the road to White Holme Reservoir then walked around it. Decided to stick near the fence as I knew the last Trig at Little Holder Stones was near to the fence as well.

It was starting to get dark as I approached the trig and I passed a very strange old looking stone with L on one

side and R on the other, not sure what it was but looked like some sort of boundary stone. After touching the last trig I managed to lose the path down to the reservoir and had to go off trail once again. Joined the path again before it meets Warland reservoir. Then managed to coax my legs into a run down the stones from Warland to Gaddings and further down the hill from there (although I walked along the reservoir). It was very dark as I skirted around the farm below Gaddings and then over Lumbutts road. I was very glad to get home.

Its the furthest I have gone in a day and im glad i did it. I was left n pain and walking like John Wayne. The worst bit was the top of my leg (which i can hardly lift up) and the tendons that join to my big toes (probably from repeatedly bending them back when I slipped/fell into bogs/holes/streams etc).

Times as follows

Time (Stage Time) Total Time

Home (Garden St) - 8.35 am

Bridestones 932 267 - 9.02 am (27 mins) 27 mins

Hoofstones 914 291 - 9.55 am (53 mins) 1 hr 20 mins

Robin Cross Hill 884 294 - 10.22 am (27 mins) 1 hr 47 mins

Thieveley Pike 871 271 - 10.49 am (25 mins) 2 hrs 14 mins

Trough Edge End 906 219 - 11.34 am (45 mins) 2 hrs 59 mins

Watergrove 919 176 - 12.22 pm (48 mins) 3 hrs 47 mins

Blackstone Edge 972 416 - 1.32 pm (1 hr 10mins) 4 hrs 57 mins

Dog Hill 003 171 - 2.05 pm (33 mins) 5hrs 30mins

Manshead End 998 197 - 3.10 pm (1hr 5mins) 6 hrs 35mins

Little Holder Stones 969 213 - 4.20 pm (1 hr 10 mins) 7 hrs 45 mins

Home Sweet Home - 5.15 pm (55 mins) 8 hrs 40 mins

I reckon with a little more luck/fitness I could definitely do under 7 hours and maybe quicker. I have since revisited Dog Hill and have a much better route planned for next time. This will be happening again hopefully over Christmas and maybe with a covering of snow if we're lucky, if anyone is up for joining me get in touch

GRAND PRIX 2013											
JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	
			1			1					MON
1			2			2 Rochdale 10k			1		TUE
2			3	1		3			2		WED
3			4	2		4	1 Cuerden Valley Badger		3		THU
4	1	1	5	3		5	2		4	1	FRI
5	2	2	6 Pendle AS	4	1	6	3		5	2	SAT
6 Hit The Trail	3 Mickleden BL	3	7	5 Bluebell Trail	2	7	4	1 Stainland 7	6 Burnley Fire Station	3 Tatton Half Marathon	SUN
7	4	4	8	6	3	8	5	2	7	4	MON
8	5	5	9	7	4		9 6 Crow Hill BS	3	8	5	TUE
9	6	6	10 Joe Salt Cown Res	8	5	10 Royton Trail	7	4	9	6	WED
10	7	7	11	9	6	11	8	5	10	7	THU
11	8	8	12	10	7	12	9	6	11	8	FRI
12	9	9	13	11 Fairfield	8	13 Wasdale	10 Turner Landscape	7	12	9	SAT
13	10 Winter Warmer 10	10 Spen 20	14	12 Sheffield Half, Yorks C	9	14	11	8	13 Withens BM	10	SUN
14	11	11	15	13	10	15	12	9	14	11	MON
15	12	12	16	14	11	16	13	10	15	12	TUE
16	13	13	17	15	12 Otley 10	17	14	11	16	13	WED
17	14	14	18	16	13	18	15	12	17	13	THU
18	15	15	19	17	14	19	16	13	18	14	FRI
19	16 Ovenden BM	16	20	18	15 Buckden Pike	20	17 Howton AL	14	19	15	SAT
20	17	17 Ultrafit St. Anne's	21 Garstang Gallop 10k	19	16	21	18	15	20	16	SUN
21	18	18	22	20	17	22	19	16	21	17	MON
22	19	19	23	21	18	23	20	17	22	18	TUE
23	20	20	24	22	19	24	21	18	23	19	WED
24	21	21	25	23	20	25	22	19	24	20	THU
25	22	22	26	24	21	26	23	20	25	21	FRI
26	23	23	27	25	22 Reservoir Bogs BM	27 Bliscoe Dash	24	21 Gt Langdale 1/2	26	22 Pendle AL	SAT
27	24	24 Edale	28	26	23	28	25	22	27 Harewood Trail 10m	23	SUN
28	25	25	29	27	24	29	26	23	28	24	MON
29	26	26	30	28	25	30	27	24	29	25	TUE
30	27	27		29	26	31	28	25 Ron Hill's 75th	30	26	WED
31	28	28		30	27		29	26	31	27	THU
		29		31	28		30	27		28	FRI
		30			29		31	28 Thieveley AS		29	SAT
		31			30			29		30	SUN
								30			MON
								31			TUE