

TODMORDEN HARRIERS

BRINGS YOU **THE TORRIER**

NEWS, GOSSIP, PUZZLES, TYPE EERRORS, LIFESTYLE, BANTER AND WHATEVER ELSE YOU WANT TO PUT IN

2013 APRIL EDITION,

Paul Hobbs takes Torrier and Fellrunner front cover.

Thats right folks and here he is our very own home grown cover boy Paul Hobbs. Paul has the honour of appearing on the front cover of the spring 2013 fell runner magazine. A great keepsake for Paul and great promotion for the club. The Photo was taken during our annual Sheperds Skyline fell race which takes place at the end of October or begining of November. The race is a category 'BS' race with 350m of ascent over 10km. It is a fast, muddy course - with a steep descent off Stoodley Pike. The sensational shot shot has stirred a few comments amogst rivals including James Logue who made the following statment. "I hate you Hobbs, I've been at this game for 24 years and hardly a buttock has appeared in the holy book. You turn up and after 25 minutes and two and a half races you're suddenly the sexy, handsome cover boy. I could have retired if that had been me, now I'm going to have to slog my way through dozens of Lakeland classics hoping someone takes pity on me and goes for the sympathy photo cover shot when I'm v60 and struggling to walk up stoodley. Bastard.



**“Fairfield filling
up quick so get
entries in the
post!” Cry the
Captains**



WHAT?

PUT SOMETHING INTO YOUR CLUB. TORRIER ARTICLES OF ANY NATURE ARE NEEDED. EMAIL TO NICK AT NICKBRBR1@GMAIL.COM



Road Championship Fixture Change

The Tatton Half on November 3rd isn't happening due to wrangles with Tatton Hall.

The road crew have come up with a replacement on the same day in the same county.

[http://www.cheshirehalfmarathon.co.uk/h ...](http://www.cheshirehalfmarathon.co.uk/h...)

Speedwork/intervals

EVERY TUES MEET AT TOD HIGH FOR TOP QUALITY SESSION - JUNIORS 5 TILL 6:30 SENIORS 6:30 - 7:30 APRIL - APRIL AT THE BUNNY RUNS SEE WOODENTOPS.ORG.UK FOR MORE INFO

KIT
AVAILABLE
FROM
MARGARET
BLAKELEY
01422
881974

Up and coming GP races

PENDLE 6TH APRIL SHORT FELL 4.5MILE 1499FT SHOULD BE FUN
CLAYTON-LE-MOOR-HARRIERS.CO.UK

10TH APRIL JOE SALT TRAIL RACE 5K

21ST APRIL GARSTANG GALLOP AN UNDULATING SCENIC 10K
GARSTANGRC.CO.UK

5TH MAY BLUEBELL TRAIL- FILLS UP QUICK STAINLANDLIONS.COM

MAY 11TH FAIRFIELD MEDIUM FELL 9 MILE 2999FT ENGLISH
CHAMPS FILLING UP QUICK SO GET ENTRIES IN ASAP
AMPLESIDE.ORG.UK

REMEMBER TO CAR
SHARE OR EVEN
BETTER RIDE YOUR
BIKE TO LOCAL
RACES

April (6.45pm) - Shepherds Rest, Lumbuts Rd, Todmorden OL14 6JJ
May - White Lion, Towngate, Heptonstall HX7 7NB
June - The Queen, Burnley Road, Holme Chapel, Cliviger BB10 4SU
July - Hinchcliffe Arms, Cragg Vale, HX7 5TA
August - Summit Inn, Summit, Littleborough OL15 9LY
September (6.45pm) - Staff Of Life, 550 Burnley Rd, Todmorden OL14 8JF

Pack run venues



LOCAL RACES



THERE'S THE ODD RACE OR TWO COMING UP AROUND HERE IN APRIL....

TUES 2ND 6:45PM - LIVER HILL FELL RACE, FREE ENTRY

TUES 2ND 7PM - BUNNY RUN 1, HAWORTH

WEDS 3RD 7PM - ROBINSONS 5K @ FALCON INN,
LITTLEBOROUGH

SAT 6TH 2PM - GP PENDLE FELL RACE

SUN 7TH 11AM - LOTTIE WILCOCKS 5K, KINGSWAY, ROCHDALE

TUES 9TH 7:15PM - BUNNY RUN 2, HAWORTH

WEDS 10TH 7PM - GP COWM 5K TRAIL

SAT 13TH 2PM - WARDLE SKYLINE FELL RACE BM 7M

SUN 14TH 9:30AM - OVERGATE HOSPICE 10K

SUN 14TH 11AM - RADCLIFFE 10K MULTI TERRAIN

SUN 14TH 1PM - BOULDSWORTH HILL RACE BM 8.2M, WYCOLLER

TUES 16TH 7:30PM - BUNNY RUN 3, HAWORTH

WED 17TH 7PM - BROWNHOUSE WHAM ~3M TRAIL @ ALBION
INN, WHITWORTH

WED 17TH 7PM - STRIDE THROUGH THE WOODS 5K TRAIL, HYDE

SUN 21ST 11AM - GP GARSTANG GALLOP 10K

TUES 23RD 7:30PM - BUNNY RUN RELAYS, HAWORTH

TUES 23RD 7PM - BROWNHOUSE WHAM ~3M TRAIL @ ALBION
INN, WHITWORTH

SUN 28TH - MANCHESTER MARATHON

SUN 28TH 9AM - EPILEPSY ACTION BRADFORD 10K, REARRANGED
DATE

TUES 30TH 7PM - BROWNHOUSE WHAM ~3M TRAIL @ ALBION
INN, WHITWORTH

DETAILS AS EVER ON UKRESULTS / FRA, MOST LIKELY.

The Delightful Dales – 200km Audax Ride

The snow settling on the road as we drove through Todmorden was an ominous forewarning of what might lay ahead. It was 6.30 am on a dismal 200km Audax ride of the year. We shivered on the car park as flurries of snow blew in from the northeast. Andy, the organiser, seemed unperturbed. "What do you reckon?" someone asked him. "You'll be fine", he replied, "if it gets really bad you can always turn round and cycle back". His response summed up the essence of Audax long distance cycling. Self-reliance. A brew at the start and off you go; no signs, no manned checkpoints, no feed stations, no support, no rescue. Just how we like it. You navigate yourselves between fixed points (usually cafes or petrol stations) and get timed receipts to prove you were there. Ride enough events and you're awarded grand titles like Randonneur or even Super Randonneur. A sport for cycling anoraks you might think... you may be right, Richard got a medal last year and even got his photo in the Audax magazine "Arrivee" !

Departing at 7.30am we rode north through the puddles accumulating at the edge of the A59. Sleet turned to snow but the roads stayed clear. On country lanes a fast pace saw us overtaking some of the other 25 riders as we passed through Gargrave and Cracoe. The first and biggest climb of the day started in Kettlewell. The notorious Park Rash. "Steep" fails to describe its relentless gain in height. A beast of a climb; probably the steepest in the Dales at 1 in 3, and made much harder for the last 500m of climb by the snow covering the tarmac. We slithered on, skinny road tyres spinning alarmingly as they lost



traction. Somehow we managed to ride to the summit cattlegrid. Sheltering from the wind behind a signpost we watched as other riders battled up, some riding, some pushing. We were in a winter wonderland with a good 10cm of snow on the road and whiteout conditions. "Where's the road?" someone asked. We pootled tentatively down the shallow incline on the other side of the pass, one foot unclipped ready for the sideways slides of backwheels on the odd icy patch. As the road steepened we got off and jogged down, pushing the bikes through the powder. At last, black tarmac showed through, and off we rode again in an exhilarating swoop down Coverdale to our first café stop at Middleham.

Refreshed by tea and bacon butties, and now riding in sunshine, we rode past the artillery range over to Reeth. With red warning flags flapping furiously in the stiff breeze we kept a wary eye out for stray tanks. Turning up Swaledale and the route was now living up to its name. What a delightful valley. The scenery gets wilder as you climb up the spectacular road from Keld before a white knuckle descent into Nateby. Quite a few of the riders had gathered in the Black Bull for sandwiches and a brew. It's not often I go into a pub and order tea! No-one seemed anxious to leave the warm bar but with the afternoon fading we saddled up and headed south by the River Eden to Garsdale Head. The next big climb of the day reared in front of us: the infamous Coalroad. Rising sharply ahead as you pass under the railway viaduct the road gets its name from the many opencast bellpit coalmines dotted along its route. There was little evidence of them under the blanket of snow which edged the road. Towards the top we were confined to two ribbons of tarmac kindly carved out of the snow by a previous land rover. At the summit we paused to take in the wintry view. Nothing moved, apart from a couple of other, similarly obsessed, cyclists. We made a cautious descent past Dent station before another up and over took us to Ribblesdale.

Our headlong dash down Ribblesdale was briefly interrupted by the Three Peaks café in Horton. We got there just before they closed. We craved cycling food. "Have you got any beans?" we pleaded. "No, we've just washed the pan out", the owner told us, "but we have got some puddings left". Marvellous! My dairy free principles went out the window as we tucked into fruit crumble and bread and butter pudding, with lashings of custard. Revitalised we rode through Settle, pausing only to switch on our lights. I had to ride at the back as Geoff complained that my rear light was searing his eyeballs. A bad move; you can't see the potholes at the back. Despite my bone rattling encounter with a black hole we pressed on. There's something particularly surreal about riding dark country lanes after dusk. With heightened senses it's a different world, a hypnotic experience as pulsing lights reveal eerie glimpses of the surrounding landscape. Rathmell, Wigglesworth and Sawley passed by, hardly noticed as we cruised down our own wormhole of illumination.



A final dash down the A59 and we'd finished. Eleven hours, 200km and 3600m of climb. What a ride...and what a delightful way to spend a Sunday.

Phil Hodgson

CYCLING / RUNNING TOPS ORDER

Deadline: midnight Sunday April 14th

We are putting in another bulk order to Endura for long and short-sleeved cycling short-sleeved jerseys based on the new club design (see photo) which also work well for running racing and training. Deadline for your order is midnight Sunday April 14th

To order

Send order number, name of garment and size to me, Geoff Read, by e-mail at blackstonedge@gmail.com or on the forum thread, or tel 079666-89237. All prices shown approx: vary with size of whole order



Unisex

4008 The Grid Fleece £42 (all prices approximate)

Dri-Clim™ brushed back waffle fabric for comfort and insulation with slightly larger fit so that it can be worn over a base layer or Road Jersey.

4033 The Roubaix® £50

For when the weather turns cold. Made from a new and improved lightweight brushed back Roubaix® thermal fabric, The Roubaix top has good stretch for a snug fit. Full length zip and 3-compartment rear pocket.

4017 Windtex Jacket £54

4067 Lightweight Windtex Jacket £54

The Windtex® Jacket is made from waterproof/windproof breathable membrane fabric. Perfect for severe winter conditions. The Windtex® Jacket is available in two different weights of fabric, both have the same Windtex® waterproof and windproof membrane. The Windtex® Jacket has a thick brushed back inner for maximum insulation in very low temperatures. The Lightweight Windtex® Jacket has thinner insulation for less severe temperatures whilst still offering the same level of protection from wind and rain. Both jackets have full zip and 3-compartment rear pocket. Not as stretchy as Grid and Roubaix so possibly order a size up from your short sleeved-jersey size.

4017P Pro Windtex Jacket £61

4067P Lightweight Pro Windtex Jacket £61

The Pro Windtex® Jacket has the same features as the standard Windtex® jacket above and is also available in the two different weights of fabric. Additional features include; Flatlock stitching for maximum strength and comfort, reflective detail for improved visibility and zipped rear pocket compartment for valuables with media port. Not as stretchy as Grid and Roubaix so possibly order a size up from your short sleeved-jersey size.

4066 Ultrapackable £43

A light-weight wind cheater which is compact enough to be folded away when not required. Lightweight showerproof fabric, compact enough to be stowed in rear pocket. Doesn't have pockets and isn't stretchy so possibly order a size up from your short sleeved-jersey size.

4032 Gilet £33

4032P Pro Gilet £39

A light-weight sleeveless wind cheater which is compact enough to be folded away and stored in your jersey when not required.

Our Gilet has been completely redesigned for this year with better fit, improved fabrics and construction including lightweight stretch back mesh panel for ease of movement and bound armholes for reduced irritation.

The Pro Gilet additionally features flatlock stitching, reflective detail on lower back and front shoulders as well as a side zip vent for easy pocket access.

Short sleeved cycling jersey.

Fast drying CoolMax® fabric for increased comfort and performance. The Road Jersey comes in a choice of zips. Made from fast wicking fabric, it features a 3-compartment rear elasticated pocket, elasticated sleeves and hem.

4001 Short sleeve short zip £35

4005 Short sleeve full zip £36

4005Q Short sleeve ¾ zip £36

4005C Short sleeve ¾ concealed zip £38

Women-specific

Women-specific short sleeved jerseys

2005Q Womens short-sleeved 3/4 zip
2005C Womens short-sleeved concealed zip
2005 Womens short-sleeved full zip
2001 Womens short-sleeved short zip

Gilets

2032 Women-specific gilets
2032P Women-specific pro gilet

For sizing try on a sample or see:

http://www.endura.co.uk/Dept.aspx?dept_id=150

For the page for each type of garment see:

http://www.endura.co.uk/Dept.aspx?dept_id=163

The Wrong Trod

RECENT PRESS RELEASES BY RICHARD BUTTERWICK
[HTTP://THEWRONGTROD.BLOGSPOT.CO.UK/](http://thewrongtrod.blogspot.co.uk/)

Wilmslow Half Marathon and Oldham parkrun

Tuesday, 26 March 2013

Many Todmorden Harriers were left at a loose end at the weekend, with most races cancelled including the English Championship fell race at Edale. A pair of Harriers were in attendance at the weekly parkrun in Oldham. Wind had blown most of the snow away, leaving only a couple of inches of snow on the course to contend with. Richard Butterwick finished 6th and Myra Wells was 30th across the line.

On Sunday a quartet of Todmorden Harriers left the snow completely behind as they joined almost 4000 runners at the Wilmslow Half Marathon.

Amongst a high quality field, and with strong cold winds to contend with all four recorded excellent times.

Nick Barber and John Seeby both set personal best times for the 13.1 mile distance, finishing in 30th and 35th positions.

Robin Tuddenham was a couple of minutes further back in 50th position, whilst Alistair Rhodes Dawson finished in 224th place.

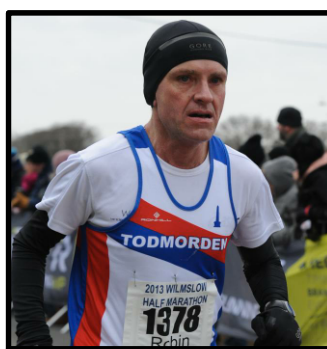
Todmorden results: 30 Nick Barber 1:16:08; 35 John Seeby 1:16:20; 50 Robin Tuddenham 1:18:52; 224 Alastair Rhodes-Dawson 1:27:50.



NICK BARBER



JOHN CB



ROBIN
TUDDENHAM



ALISTAIR
RHODES-DAWSON

TODDIES AT WILMSLOW HALF:) JOHN SEEBY - CB LOOKS FAMILIAR?

Lytham 10 and Heptonstall fell race Wednesday, 20 March 2013

A group of Todmorden Harriers left Sunday's misty and snowy conditions behind for sunnier conditions on the Fylde Coast as the club Road Championship continued with the Lytham St Annes 10 mile road race.

Over 250 runners took on the flat course that headed down the coast from the North Beach to the Windmill and back again, with a chilly sea breeze to contend with at times.

Trevor Davies led the way for the Harriers, crossing the line in 37th place for a time of 1:04:11 followed by Richard Butterwick in 62nd place four minutes further back.

Sarah Glyde finished sixth lady, and second v35, with a strong run finishing in a time of 1:11:17 for 82nd place overall.

Nigel Hanson and Issy Pollard enjoyed a close battle as they were 165th and 169th respectively, with just half a minute splitting them at the end.

Graham Milnes was the next Harrier to complete the course in 205th place, just ahead of Peter Ehrhardt in 211th and Myra Wells in 224th position.

Todmorden Results: 37 Trevor Davis 1:04:11; 62 Richard Butterwick 1:08:14; 82 Sarah Glyde 1:11:17; 165 Nigel Hanson 1:24:08; 169 Isobel Pollard 1:24:40; 205 Graham Milnes 1:31:56; 211 Peter Ehrhardt 1:33:21; 224 Myra Wells 1:37:08.

Closer to home, overnight snow quickly melted to make for boggy and heavy going at the Heptonstall Fell Race.

Paul Hobbs edged out Andy McFie for the honour of the first Todmorden runner to complete the 15 mile route, with the pair finishing in 17th and 18th places out of the 225 finishers.

Dan Taylor was next across the line in 40th, followed by Rob Gray in 60th and Clive Greatorex in 72nd place.

Kath Brierley was the sole Todmorden woman in attendance, finishing 8th lady on the day.

Todmorden Results: 17 Paul Hobbs 2:17:03; 18 Andy McFie 2:18:31; 40 Dan Taylor 2:25:15; 60 Rob Gray 2:33:43; 72 Clive Greatorex 2:35:59; 87 Robert Tyson 2:39:53; 107 Andrew Bibby 2:45:41; 120 Nick Ward 2:50:53; 134 Phil Cook 2:53:03; 138 Joe Daniels 2:53:49; 150 Kath Brierley 2:58:05; 166 Simon Galloway 3:05:06; 177 Mick Craven 3:08:36.

Spennings 20, Haworth Hobble, Carding Mill Canter, Windmills Whizz and Trafford 10K Tuesday, 12 March 2013

Todmorden Harriers took on the longest race of this year's Club Road Championship on Sunday, as seven Harriers tackled the Spennings 20 mile road race.

Paul Brannigan was the first Todmorden runner across the line in 19th place, followed by Paul Alexander in 65th place.

Andy Glyde and Guy Whitmore were separated by just half a minute, as they finished 142nd and 146th respectively.

Julie Wyant was the only Todmorden lady to take on the distance, finishing ahead of Paul Cruthers and Peter Ehrhardt.

Todmorden results: 19 Paul Brannigan 2:09:50; 65 Paul Alexander 2:27:54; 142 Andy Glyde 2:45:28; 146 Guy Whitmore 2:45:59; 206 Julie Wyant 3:05:20; 230 Paul Cruthers 3:14:43; 253 Peter Ehrhardt 3:45:14.

Craig Stansfield finished in ninth place at the 33 mile Haworth Hobble, with Dan Taylor in 35th and Peter Bowles in 39th position.

Dwane Dixon and Ben Crowther were sixth pair, and 66th overall, with Steve Pullan also running as a pair, with Rinaldo Columbi, finishing 85th. Joe Daniels completed the course in 146th, with Jilly Davidson teaming up with Andrew Woodcock for 299th and Bev Holmes in 304th place.

Lauren Jeska set a new ladies course record at the Carding Mill Canter Fell Race in Shropshire, recording a time of 46:36 for 8th place overall.

Mick Craven was the sole Todmorden Harrier at the Windmills Whizz Fell Race, where he finished in 35th position with a time of 54:19.

A pair of Todmorden runners joined a highly competitive field at the Trafford 10k, where Richard Butterwick set a mark of 39:19 for 210th place and Myra Wells crossed the line in 54:49 for 596th position out of the 750 finishers.

Nick Barber made his parkrun debut at Huddersfield's Greenhead Park, where he set the 2nd fastest time of the day with a time of 16:59, followed by Robin Tuddenham in 5th place, with 17:29.

Haweswater Half Marathon and Black Combe Fell race

Thursday, 7 March 2013

Todmorden Harriers had two runners in the top ten at the Haweswater Half Marathon at the weekend.

Jon Wright completed the 13.1 mile scenic course in 1:15:20 for fourth position, with Robin Tuddenham finishing in 10th place with a time of 1:19:16, with the pair also finishing first and second vet 40 men.

Julie Wyant recorded a time of 1:50:43 to finish in 281st place out of almost 500 runners

Another trio of Todmorden runners were also in the Lake District, for the 8mile Black Combe Fell Race.

Andy McFie finished in 34th position in a time of 1:26:22. Nick Ward and James Riley finished close together in 129th and 133rd with times of 1:55:29 and 1:57:53 respectively.

Flower Scar Fell Race and Ilkley Moor Fell Race

The Flower Scar Fell Race moved to a new venue of Todmorden Cricket Club and a new route on Saturday.

The longer 10.4km course climbed up Todmorden Edge from Centre Vale Park, and on to Flower Scar Hill. A woodland descent then led runners back along the valley, with a sting in the tail climb before a final descent to the finish at the Cricket Club.

Calder Valley Fell Runners claimed the first three places with Karl Gray edging out Tim Ellis by one second to win in a time of 45:59. Alex Whitem followed over three minutes later in third place.

Lauren Jeska was comfortably the first lady in a time of 54:25, and the first Todmorden Harrier, with many of the club's runners assisting race organiser Jon Wright.

Hannah Rhodes Patterson, of Durham University finished over four minutes behind Lauren to claim second place ahead of Horwich's Lindsey Brindle.

Flower Scar Fell Race and Ilkley Moor Fell Race continued

Todmorden also won the ladies team prize, with Jane Leonard and Clare Kenny combining with Lauren to pip Clayton Le Moors by just one point.

Dan Taylor was the first Todmorden man to finish in 36th place, followed by Rob Tyson in 60th and Simon Hollows in 78th position.

Todmorden **results**: 10 Lauren Jeska 54.25; 36 Dan Taylor 57.22; 60 Robert Tyson 60.06; 78 Simon Hollows 61.38; 111 Nick Ward 66.40; 132 Derek Donohue 68.56; 154 James Riley 72.06; 158 Mick Craven 72.24; 169 Jane Leonard 73.29; 191 David Leslie 76.15; 192 Clare Kenny 76.22; 221 Sue Roberts 85.04.

The following day Jon Wright had his running shoes back on for the 8.4km Ilkley Moor Fell Race, finishing in 4th place. Claire Duffield was the only Todmorden lady and finished in 136th position.



*LAUREN JESKA:-) FIRST LADY
IN AMONGST MANY OTHER
RACES FLOWER SCAR*



SIMON HOLLOWS

Cops and Robins, and Knocked Off Joolz

Cops and robbers, and knocked off jewels

It's no secret that I have a fondness for road races through the mountains, and this was my third outing at the Haweswater Half Marathon.

I thought I'd be all on my lonesome. I'd dropped Dazz off in Pooley Bridge to meet Elise and Clare Kenny who were going to do a bit more Bob Graham training and run over the hills to find me at the end, and Graham M who was planning to drive round to the finish. I arrived with plenty of time to spare and bumped straight into a Toddy hoody in the registration hall: Robin. We had a brief chat and he said he'd seen Jon Wright's name on the list too.

'That's exciting', I thought. In most races I wouldn't get to see them for love nor money, but Haweswater is an out and back so I could look forward to seeing them on the return leg while I was still on the way out.

The queue for the loo was excruciatingly time consuming and didn't leave me much time for warming up. I managed a quick jog up and down the lane, chucked my tracksuit in the back of the car and I set out to jog up to the start. I could see Jon and Robin's Tod vests walking along just a few yards up ahead, so I caught them up for a bit of a banter. Who was going to be fastest out of these two? Jon seemed to know that I'd done the race before and I felt quite honoured when he asked my opinion on which part of the course was the hardest.

And although I'd done the race before I'd forgotten that the route goes back on itself, into the village, before heading out towards Haweswater. I thought the three of us were standing around chatting at the back of the start area with about a minute to go. "Shouldn't you be getting to the front?" I said. "This is the front!" they said. I looked around and suddenly saw I was surrounded by elite looking chaps in vests and shorts, all pressing buttons on their watches, hopping up and down and looking very ready to go. "Oh crap!" I muttered, and started pushing my way through towards the back, but they were very tightly packed in and found myself stuck about 4 rows back from the front, ready for a very fast start and a watch time only 2 seconds different to my official time!



The weather was perfect. Dry, cold, bright and sunny. The lake shone like a mirror and the snow capped mountains looked glorious. Wonderful running.

At some point around 5 or 6 miles I saw the leaders coming back in the opposite direction. Exhilaratingly, Jon was in 4th position and looking really strong. He gave me an encouraging shout. Then Robin came past in 9th or 10th place, flying along. Seeing them gave me a huge boost and I found myself suddenly bouncing along, enjoying the sensation of running well (I'd also just crested the biggest hill, and not coincidentally was running downhill for the half way turn-around!)



I went on to have a cracking run. I was going faster than I'd predicted myself and was running very strongly for the finish. Miles 12 and 13 were among the fastest of the whole race (apart from the first one when I'd been trying not to get trampled under the feet of my row 4 companions - the vests and shorts guys). Towards the end though, other people around me are beginning to walk and I notice an interesting phenomenon. Whereas earlier when I had seen Jon and Robin and had been inspired by their great positive energy and felt a real surge in my running, I notice now that when I see people walking and struggling it feels like it sucks some of my energy away and I have to make a conscious effort to blank them out and shield myself from them.

I finish and Graham is there just in time to get a photo. We get a mug as a memento, and free tea to go in it and a flapjack. I'm feeling chuffed with my 1.50.43. It's a satisfying improvement on my previous times of 1.56.40 and 1.56.50. I've **knocked off** 6 minutes (do you get the title now?). I find out later it's actually an all-time PB 😊

Graham and I are sitting in the car trying to keep warm, drinking our brews and wondering how long it'll be till Dazz, Elise and Clare turn up. I get out to stretch my legs a bit, and there is Elise standing all of ten feet behind the car on her phone. She spots me. "I'm trying to ring you," she says. "No point," I say, "you'll never find us amongst all these people, I've got no signal!"

Jon has an awesome run finishing in 4th position in 1.15.20. He wins 1st M40.

Robin isn't far behind, finishing in 10th position in 1.19.16. He is 2nd M40.

Joolz (Queen of corny titles)

2013 ROAD TABLE 3 races				Blakburn 10k	Garstang 10k	HRochdale 10k	Ron Hill 5k	St Annes 10m (Lancs)	Otley 10m	Estainland 7	Thru Villages	Spenn 20 (Yorks)	Sheffield Half (Yorks)	Langdale Half	Tatton Half	Completed Races	total points	Qualified?	qualifying TOTAL
	attendance			20	0	0	0	8	0	0	0	7	0	0	0	35			
	average points			71.0	#DIV/0!	#DIV/0!	#DIV/0!	71.2	#DIV/0!	#DIV/0!	#DIV/0!	74.8	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!			
1	Paul Brannigan	M45		88.1								97.2				2	185.3	X	185.3
2	Trevor Davis	M45		85.2				88.9								2	174.1	X	174.1
3	Paul Alexander	M		78.2								85.3				2	163.5	X	163.5
4	Richard Butterwick	M40		79.8				83.6								2	163.4	X	163.4
5	Sarah Glyde	F35		76.6				80.1								2	156.7	X	156.7
6	Guy Whitmore	M45		72.6								76.0				2	148.6	X	148.6
7	Paul Cruthers	M45		69.1								64.8				2	133.9	X	133.9
8	Issy Pollard	F35		65.2				67.4								2	132.6	X	132.6
9	Julie Wyant	F40		64.2								68.1				2	132.3	X	132.3
10	Nigel Hanson	M55		61.9				67.8								2	129.7	X	129.7
11	Graham Milnes	M55		57.9				62.1								2	120.0	X	120.0
12	Peter Ehrhardt	M65						61.1				56.0				2	117.1	X	117.1
13	Myra Wells	F55		56.1				58.8								2	114.9	X	114.9
14	John Lloyd	M		93.1												1	93.1	X	93.1
15	Andy Glyde	M										76.2				1	76.2	X	76.2
16	Joe Daniels	M		76.1												1	76.1	X	76.1
17	Andrew Bibby	M55		74.8												1	74.8	X	74.8
18	Phil Cook	M45		73.8												1	73.8	X	73.8
19	Elise Milnes	F50		65.4												1	65.4	X	65.4
20	Moyra Parfitt	F65		61.1												1	61.1	X	61.1
21	Mandy Goth	F50		60.8												1	60.8	X	60.8
22	Mel Whitmore	F45		59.0												1	59.0	X	59.0

2013 FELL TABLE			Pendle	Buckden Pike (EC)	Blisco Dash (EC)	Crow Hill	Thieveley Pike	Ovenden	Fairfield (EC)	Reservoir Bogs	Turner Landscape (EC)	Withens	Mickleden	Edale (EC)	Wasdale (EC)	Howton	Tour Pendle	Completed Races	Total points	Qualified?	Qualifying TOTAL
	attendance		0	0	0	0	0	30	0	0	0	0	24	0	0	0	0	54			
	average points		#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	72.4	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	69.1	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!				
1	John Lloyd	M						91.5					91.9					2	183.4	X	183.4
2	Craig Stansfield	M45						88.3					87.0					2	175.3	X	175.3
3	Paul Brannigan	M45						89.1					86.1					2	175.2	X	175.2
4	Ivan Gee	M40						90.1					81.7					2	171.8	X	171.8
5	Dan Taylor	M						84.7					78.5					2	163.2	X	163.2
6	Dave Collins	M55						79.1					74.8					2	153.9	X	153.9
7	Andrew Bibby	M55						73.8					72.8					2	146.6	X	146.6
8	Joe Daniels	M						73.6					65.6					2	139.2	X	139.2
9	Simon Galloway	M45						70.2					69.0					2	139.2	X	139.2
10	Mel Blackhurst	F45						69.3					69.0					2	138.3	X	138.3
11	Jane Leonard	F55						62.4					64.0					2	126.4	X	126.4
12	Issy Pollard	F35						64.5					60.5					2	125.0	X	125.0
13	Helen Wilson	F45						59.6					56.0					2	115.6	X	115.6
14	Dave Wilson	M55						58.1					50.0					2	108.1	X	108.1
15	Peter Ehrhardt	M65						55.0					51.2					2	106.2	X	106.2
16	Jon Wright	M40						98.1										1	98.1	X	98.1
17	Nick Barber	M											90.8					1	90.8	X	90.8
18	Paul Hobbs	M						87.6										1	87.6	X	87.6
19	Martin Roberts	M50						79.8										1	79.8	X	79.8
20	Darren Tweed	M						79.3										1	79.3	X	79.3
21	Darren Jugroop	M						78.7										1	78.7	X	78.7
22	Robert Tyson	M											76.6					1	76.6	X	76.6
23	Phil Cook	M45						73.2										1	73.2	X	73.2
24	John Killerby	M						70.5										1	70.5	X	70.5
25	Andy Glyde	M											68.2					1	68.2	X	68.2
26	Peter Clarke	M55						67.5										1	67.5	X	67.5
27	Wayne Morrison	M45						65.9										1	65.9	X	65.9
28	Paul Cruthers	M45											65.5					1	65.5	X	65.5
29	Richard Leonard	M50						64.9										1	64.9	X	64.9
30	Lucy Hobbs	F40											64.7					1	64.7	X	64.7
31	Chris Preston	F45						64.6										1	64.6	X	64.6
32	Chris Drinkwater	M60											63.3					1	63.3	X	63.3
33	James Riley	M40											62.4					1	62.4	X	62.4
34	David Leslie	M60						60.0										1	60.0	X	60.0
35	Graham Milnes	M55						59.9										1	59.9	X	59.9
36	Sue Roberts	F50						59.5										1	59.5	X	59.5
37	Elise Milnes	F50											59.1					1	59.1	X	59.1
38	Louise Abdy	F50						51.9										1	51.9	X	51.9
39	Ray Poulter	M65											50.0					1	50.0	X	50.0

Race 6

Pstn	Name	Cat	Pendle (Lancs + 5%)	Buckden Pike (EC + 10%)	Blisco Dash (EC + 10%)	Crow Hill	Thieveley Pike	Ovenden	Fairfield (EC + 10%)	Reservoir Bogs	Turner Landscape (EC + 10%)	W/thers	Mickleden	Edale (EC + 10%)	Wassdale (EC + 10%)	Howton	Tour Pendle	Blackburn 10k	Garstang 10k	Rochdale 10k	Ron Hill 5k	St Annes 10 (- 5%)	Otley 10m	Estainland 7	Thru Villages	Spenn 20 (+ 5%)	Sheffield Half (+ 5%)	Langdale Half	Tatton Half	Hit the Trail	Joe Salt Cwmn	Blueball	Royton	Cuerden Valley	Harewood 10m	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					99.1					95.7						96.2								106.1				99.3					5	496.4	2	97.4	2	101.2	1	99.3	N		496.4	
2	Peter Ehrhardt	M65					75.4					70.2									79.5					72.8				82.7					5	380.6	2	72.8	2	76.2	1	82.7	N	#VALUE!	380.6	
3	John Lloyd	M					91.5					91.9						93.1											98.8					4	375.3	2	91.7	1	93.1	1	98.8	N	#VALUE!	375.3		
4	Andrew Bibby	M55					92.7					91.5						89.7											97.1					4	371.0	2	92.1	1	89.7	1	97.1	N	#VALUE!	371.0		
5	Issy Pollard	F35					72.9					68.3						73.6			76.1								79.0					5	369.9	2	70.6	2	74.9	1	79.0	N	#VALUE!	369.9		
6	Joe Daniels	M					73.6					65.6						76.1											79.4					4	294.7	2	69.6	1	76.1	1	79.4	N	#VALUE!	294.7		
7	Graham Milnes	M55					73.4											68.1				73.1							73.3					4	287.9	1	73.4	2	70.6	1	73.3	N	#VALUE!	287.9		
8	Trevor Davis	M45																91.6				95.6							98.8					3	286.0	0	0	2	93.6	1	98.8	N	#VALUE!	286.0		
9	Craig Stansfield	M45					95.2					93.8																		95.7					3	284.7	2	94.5	0	0	1	95.7	N	#VALUE!	284.7	
10	Mel Blackhurst	F45					87.6					87.1																	95.2					3	269.9	2	87.4	0	0	1	95.2	N	#VALUE!	269.9		
11	Jane Leonard	F55					87.8					90.1																		91.1					3	269.0	2	89.0	0	0	1	91.1	N	#VALUE!	269.0	
12	Elise Milnes	F50										80.9						86.3											86.8					3	254.0	1	80.9	1	86.3	1	86.8	N	#VALUE!	254.0		
13	Richard Butterwick	M40																83.3				81.3							88.3					3	252.9	0	0	2	82.3	1	88.3	N	#VALUE!	252.9		
14	Dan Taylor	M					84.7					78.5																	84.9					3	248.1	2	81.6	0	0	1	84.9	N	#VALUE!	248.1		
15	Simon Galloway	M45					79.0					77.6																	85.7					3	242.3	2	78.3	0	0	1	85.7	N	#VALUE!	242.3		
16	Julie Wyant	F40																77.3								82.0			78.4					3	237.7	0	0	2	79.7	1	78.4	N	#VALUE!	237.7		
17	Myra Wells	F55																75.8			79.4								77.9					3	233.1	0	0	2	77.6	1	77.9	N	#VALUE!	233.1		
18	Helen Wilson	F45					76.2					71.7																	79.2					3	227.1	2	74.0	0	0	1	79.2	N	#VALUE!	227.1		
19	Paul Cruthers	M45										73.6						76.0								71.9								3	221.5	1	73.6	2	74.0	0	0	N	#VALUE!	221.5		
20	Andy Glyde	M										68.2														76.2			76.5					3	220.9	1	68.2	1	76.2	1	76.5	N	#VALUE!	220.9		
21	Dave Wilson	M55					71.2					61.3						97.6											71.7					3	204.2	2	66.3	0	0	1	71.7	N	#VALUE!	204.2		
22	Moyra Parfitt	F65																										103.1						2	200.7	0	0	1	97.6	1	103.1	N	#VALUE!	200.7		
23	Dave Collins	M55					97.0					91.8																							2	188.8	2	94.4	0	0	0	0	N	#VALUE!	188.8	
24	Ivan Gee	M40					95.3					86.5																							2	181.8	2	90.9	0	0	0	0	N	#VALUE!	181.8	
25	Sarah Glyde	F35																87.3			92.1													2	179.4	0	0	2	89.7	0	0	N	#VALUE!	179.4		
26	Chris Drinkwater	M60										81.5																	87.1						2	168.6	1	81.5	0	0	1	87.1	N	#VALUE!	168.6	
27	Robert Tyson	M										76.6																	88.0						2	164.6	1	76.6	0	0	1	88.0	N	#VALUE!	164.6	
28	Paul Alexander	M5																78.2								85.3									2	163.5	0	0	2	81.8	0	0	N	#VALUE!	163.5	
29	Richard Leonard	M50					76.9																						85.1						2	162.0	1	76.9	0	0	1	85.1	N	#VALUE!	162.0	
30	Guy Whitmore	M45																77.5								81.1									2	158.6	0	0	2	79.3	0	0	N	#VALUE!	158.6	
31	Phil Cook	M45					79.0											78.8																	2	157.8	1	79.0	1	78.8	0	0	N	#VALUE!	157.8	
32	Ray Poulter	M65										68.5																	86.0						2	154.5	1	68.5	0	0	1	86.0	N	#VALUE!	154.5	
33	Nigel Hanson	M55																72.2			79.1													2	151.3	0	0	2	75.7	0	0	N	#VALUE!	151.3		
34	Jon Wright	M40					103.8																												1	103.8	1	103.8	0	0	0	0	N	#VALUE!	103.8	
35	Robin Tuddenham	M40																											102.0						1	102.0	0	0	0	0	1	102.0	N	#VALUE!	102.0	
36	Richard Blakeley	M70																												96.7						1	96.7	0	0	0	0	1	96.7	N	#VALUE!	96.7
37	Martin Roberts	M50					95.5																													1	95.5	1	95.5	0	0	0	0	N	#VALUE!	95.5
38	Darren Graham	M40																											92.9						1	92.9	0	0	0	0	1	92.9	N	#VALUE!	92.9	
39	Keith Parkinson	M55																											91.2							1	91.2	0	0	0	0	1	91.2	N	#VALUE!	91.2
40	Nick Barber	M										90.8																								1	90.8	1	90.8	0	0	0	0	N	#VALUE!	90.8
41	Kevin Booth	M45																											87.7							1	87.7	0	0	0	0	1	87.7	N	#VALUE!	87.7
42	Paul Hobbs	M					87.6																													1	87.6	1	87.6	0	0	0	0	N	#VALUE!	87.6
43	Claire Duffield	F40																											86.0							1	86.0	0	0	0	0	1	86.0	N	#VALUE!	86.0
44	Peter Clarke	M55										83.8																								1	83.8	1	83.8	0	0	0	0	N	#VALUE!	83.8
45	Chris Preston	F45					82.7																													1	82.7	1	82.7	0	0	0	0	N	#VALUE!	82.7
46	Mandy Goth	F50																79.5																	1	79.5	0	0	1	79.5	0	0	N	#VALUE!	79.5	
47	Darren Tweed	M					79.3																													1	79.3	1	79.3	0	0	0	0	N	#VALUE!	79.3
48	Darren Jugroop	M					78.7																													1	78.7	1	78.7	0	0	0	0	N	#VALUE!	78.7
49	Sue Roberts	F50					78.1																													1	78.1	1	78.1	0	0	0	0	N	#VALUE!	78.1
50	Lucy Hobbs																																													

TODMORRIS HARRIS

This is certainly not a complete list of all activities but some awesome results in a selection of recent GP and non Grand Prix races from a selection of runners including:

9th place at the 33mile Howarth Hobble Craig Stansfield in 4:44:42 !!!!

AWESOME RESULTS

In both GP and non Grand Prix races

17th Paul Hobbs in 15 mile Heptonstall fellrace in 2:17:03 - Well done handsome

Lauren Jeska 1st Lady and 8th overall in Carding Mill Canter 0:46:36 - Awesome!!

Andy McFie 34th place in 1:26:22 at Black Combe - Good effort!

4th place and 1st V40 at Haweswater HM for the Mighty Wrighty - Jon Wright in 1:15:20. Robin Tuddenham 10th overall and 2nd V40 in 1:19:16 - also 281th overall but 8th F40 and a PB for Julie Wyant 01:50:43
Well done to all of both!

30th place at Wilmslow HM Nick Barber 76:08 (better luck next time in cracking 75 - maybe next time you shouldn't cut corners in your training though!) and John Seeby ran impressively just 12 seconds behind

Andy Glyde continues to build strength and fitness with plenty of participation in GP races

Robin Tuddenham recorded a great time at of 34:22 Salford 10K

Dan Taylor is showing great improvement in races and has ran consecutively in excess of 100 days. Well done Todman!

Plenty of Park run PB's as well from regulars such as Richard Butterwick who fast approaches the Parkrun 100 club. Recently achieving a PB at Huddersfield and at Salford 10K. Well done Buddy on a great achievement!

Pit your mind against this brain stretching challenge

You should be able to find 26.2 Tod Harrier related words

W	A	S	D	A	L	E	T	T	V	X	M	U	R	N
E	I	D	D	O	T	R	T	R	A	I	N	E	R	S
W	L	S	L	K	X	R	G	P	P	S	L	S	I	Q
A	D	A	M	N	C	E	B	H	G	K	V	L	Q	R
K	F	G	D	A	T	A	O	E	R	T	U	E	J	E
B	L	R	E	E	R	P	J	O	E	L	M	I	P	T
P	O	A	C	D	Z	A	N	P	T	R	U	N	V	S
H	W	N	R	O	Y	S	T	R	A	E	P	A	G	A
I	E	D	L	W	G	Z	A	H	K	L	Z	D	N	F
L	R	P	H	O	M	B	Y	A	O	Z	F	K	I	T
L	S	R	B	D	X	P	C	Z	A	N	X	C	T	N
R	C	I	T	R	A	S	H	E	D	D	G	A	S	E
E	A	X	H	T	O	M	M	A	M	T	F	J	A	C
P	R	M	U	I	N	T	E	R	V	A	L	S	E	S
S	T	D	A	Z	D	U	A	T	H	L	O	N	B	A

Editors/collator's intro - My Profile

I thought I had better introduce my self and thought best to do it as follows. I hope you will also introduce yourselves to everybody.

OK so I am not a gifted writer, not like some of you who's Torrier contributions have entertained and inspired me over the past 5 years that I have been a Tod Harrier.

However I am an enthusiast of the club, I love this club. the friends I have made, the freedom and adventure that it has gifted me and feel some what in its debt to repay for what it has given me and so I am the new collator of the Torrier. Please keep your contributions coming to me. Contributions from the past are also gratefully accepted as I know many of you have ahieved and experienced some amazing feats. So don't be shy or modest, please share these great tales with us all. Guide, advize, inspire and entertain us. Share with us your jokes, training tips and any other relevant and irrelevant talents.



- **My name is...** Nick Barber AKA Young Bull
- **I started running in...** 2006 my brother entered us both in the Great North Run. I had 8 weeks to get ready and had never ran more than 2 mile. I didn't like running
- **I started running because...** It helped me stop smoking, I needed a hobby an outlet and I needed to get out the house
- **My favourite thing about running is...** FREEDOM!
- **I joined Tod Harriers in...** September 2007
- **I joined Tod Harriers because...** I naively ran Blackshaw Head fell race and was amazed
- **My favourite thing about Tod Harriers is...** Friends and adventure
- **My personal running achievements are...** those first 2 miles back in 2006
- **My favourite race(s)...** 3 peaks and a mix of local and lakeland. I like the romantic savageness of nature and the fells as well as the brutality of the road.
- **My personal bests are...** Something for me and others to beat - Sub 17 5K, sub 35 10K, sub 60 10 mile and aiming for sub 75 HM. Scraped sub 3:30 at 3 peaks
- **Anything else you'd like to say...** Its been a remarkable transition

Please introduce yourself to club members by sending your profile to nickbrbr1@gmail.com

Mull of Kintyre Half Marathon, Sunday June 3rd, 2012

What race gives you a jaw-dropping view of the Paps of Jura from a sandy beach across a clear blue sea? My favourite race of 2012: the Mull of Kintyre Half Marathon.

It isn't actually the *Mull* of Kintyre because that's the southern tip of the Kintyre peninsula and there are basically no roads there, but it does sound better, even if you hate the song.

The race starts in Campbeltown, on the eastern side of Kintyre (*quite* near the Mull), leaves the town on roads through countryside to the west coast, takes you across sand dunes onto the sandy beach at Westport, then back through the dunes on to



the roads to return to Campeltown by a slightly different route. It's a gently undulating course, with one hill out of town and another climb from the beach onto the dunes.

There is also a 10k race which does a circuit of the town. In 2012 there were about 300 runners on the 10k and 200 on the Half Marathon.

Campbeltown is the most remote of Scotland's mainland towns, and takes four hours to get there by bus from Glasgow. It's a great journey with some spectacular views. Our bus driver hailed from Keighley but now prefers the Campbeltown route to driving the last bus on a weekend in West Yorkshire.

A walk around town reveals some impressive civic and residential buildings from its Victorian heyday. More recently, a car ferry terminal was constructed in 1997 for a service to Northern Ireland which closed after only two years, a considerable blow to the town's fortunes. Campbeltown once had a shipbuilding industry and large fishing fleet and, with over 30 distilleries, was known as Whiskyopolis. It now has only one distillery, Springbank, and a tour is worthwhile as is a wee dram of the single malt (maybe the day *after* the race!). Also worth a mention is the cinema, or the Wee Picture House, as it is known, the oldest cinema in Scotland still in operation.

The town is struggling a bit economically these days, and the race is quite a big event, bringing tourists in. The community certainly makes a huge effort at welcoming the runners and helping out with the race organisation. There were even good luck wishes to the runners in the shop windows. The finishers' medal is unique, made in the Campbeltown pottery.

At the pre-race pasta meal the night before (the food was fantastic, a proper feast) we sat with a man who had travelled all the way from Basingstoke in Hampshire, and what's more, had done so every year since the race began in 2006. Check out the comments on Runners World to get an idea of the loyal following the race has; it was voted their best race of 2010.

Also laid on by the race organisers the night before, was a talk by Olympic athlete Brian Whittle who won a gold medal in the 4 x 400 metres relay at the 1986 European Championships in Stuttgart, memorable because he ran the third leg of the race with a bare foot after one of his shoes fell off (see it on YouTube). GB weren't at all fancied to win the gold, but a strange thing had happened the day of the race. The GB hammer thrower won gold early on and this set off a tide of optimism and expectation in the GB camp which Whittle said he believed spurred them on to victory in the 4 x 400. The lesson to be learned, he said, was the part everybody in the team has to play: the more high profile track athletes had not previously paid much attention to the little-known hammer thrower, but he turned out to be instrumental in the track athletes' subsequent success. Another interesting insight was his story about sports psychology. He described how Carl Lewis would deliberately try to unsettle the other 100m runners pre-race by walking up to them and shaking their hands. Linford Christie refused the hand shake and just nodded, not even looking at Lewis but keeping his eyes focused on the track. This had the effect of unsettling Lewis, who went on to lose to Christie.

The day of the race started cold and windy, but just the Tod vest proved to be the right choice when the race warmed up and the sun came out. In our B&B I confidently ordered porridge for breakfast, this being Scotland. It was the worst porridge ever! A solid grey blob, only rendered edible by copious addition of cold milk.

The race began on the esplanade with a pipe band and a brief send-off by Brian Whittle, who also ran the race. I was right behind him on the way out and ended up overtaking him when he stopped with what looked like a pulled calf muscle, but he did manage to finish.

At the point where you go onto the dunes we were welcomed by two kilted pipers, one of many nice touches along the way. The beach gives you the amazing view of Jura in the distance, but it's hard running on the sand. Even harder on the way back up through the dunes to the road. At around the turnaround point I noticed a woman who looked about my age. I had delusions of being 1st v50 or "Supervet", so it became my goal to stay ahead of her. It was her then me, me then her, all the way back from the beach but I got her on the line. She turned out to be a v45! The first v50 was a lady from, wait for it, Dewsbury Road Runners! I was second, in 1h48m13s.

After crossing the line there was a tent with bananas, hot drinks, sarnies, Danish pastries, free massage = heaven! And the goody bag contained a pretty decent long sleeve technical top with neck zip and thumb holes.

In the evening is the unmissable post-race ceilidh plus impressive pipe bands. During the evening they project a film of the race and race photos on one of the walls.

The MoK Half Marathon is now so popular that entries open in January and fill up quickly. Accommodation also needs to be booked early. The race website proclaims it is "the best organised race with the best location in the whole of the UK". I don't think they exaggerate. We'll definitely be there again in 2013. Maybe see a few other Toddlers there too next year?



<http://www.mokrun.com/index.htm>

Twists turns and a broken leg

Twists and turns that life beholds...

With twists and turns – the path of life.....

Where will this trail take me?

The steep climbs, that tests the strength of most are trying their hardest to catch my breath

*Through the dense undergrowth, heather and brambles I scramble to find my way
Take me to the light and let me shine, achieve all that I strive for*

Pastures new, a life to grow into

Let me shine in this sunshine, blossom and grow

Let me climb and feel the wind on my skin...

*Do you not think I have climbed long enough now, with no embrace, let me lean into
the buffer of the wind and feel its gentle caress.....*

It has been a long 8 weeks since my accident, a fall on the Brecons, leading to a very different path in life for a while. Life had been ticking along nicely, busy, how I always like it. Juggling the various balls of life, single parent to a teenager, mortgage payer, in my final throws of my BSC degree, with final essays, presentations and portfolios to piece together, just past half way in my final placement on a stroke ward, working extra shifts as I could at the weekends and training for an off road, hilly ultra in May.



This weekend had been planned for a while, time away, time to chill, race and enjoy what I love loads; being out running in the mountains, exposed to the elements. I decided a few weeks before the race, not too. I'd had loads on with placement, uni work and juggling the balls of life, so training hadn't been high on the agenda, instead I decided to cut myself some slack and head to the race to support the club and local fell runners and just make the most of the hills without putting myself under pressure to race.

The morning of the race was great, the snow was thick, with talk and preparation for the run was off in full swing, club mate banter and laughs were high as we marked maps and prepared for our runs. I waved good bye and watched as they ran off up the first climb, giving me time to re pack my bag, from bumbag to back pack – Last minute added additional kit... “Just incase” as my mate Joolz would say, turning the mobile phone off, as had low battery... “just in case”... and off I went, full of smiles for a lovely few hours on the hills.

I started the climb and on the way up bumped into a chap recording the day's events, asking what had drawn me to the hills on such a snowy day, and as I explained it was just a perfect day to be out, beautiful and challenging conditions

supporting club mates and off I carried on the ascent. The clag was coming in, very atmospheric and beautiful and seemed like a perfect place to be. There were a few like-minded people of the hill and two brothers stuck out, as we talked about Shropshire, ales and the best pubs to go to after. One offering me one of his snacks and complementing me on my eyes, all of which brought a smile to my face, as I left them to descend to try and catch the winners coming in .

Shortly after I ran past two young guys, bum sledging down the hill on little red circular sledges, a few giggles and laughs about their adventures , I was descending well, looking out for the winners to pass, when all of a sudden..... that was it, I was on the floor. Left foot planted and over I went BANG!..... SHIT!!!! SHIT SHIT!!!

Calmness came over me as I realised the severity of the situation. Shit! I could feel the bones grating in my leg as I tried to move and foot just hanging inwards..... F**K! I've broken my ankle and I need to get help and get off this mountain before I get too cold.... I sat there, taking off my back pack and started to put layer after layer on, hats, tops, coat, emptying my bag.... wasn't I glad I'd swapped the bum bag to the rucksack now...."just in case". I took my phone out.. shit no reception.... No emergency calls... Right stay calm, call for help, you need to get off the mountain I kept thinking... No time for pain, got to stay calm, just gotta get off the mountain...

Help! Can someone help me.... Help! I've broken my leg..... Help!

Finally a bloke came over, don't think it was long..... " I've got some ibuprofen?" Right that'll do but I need to get off the mountain, I think I've broken my leg its floppy and crunchy, but I don't think he knew what to do, he kinda just stood there.... Then the two lads from earlier, in the background.... Phew! they looked like they'd help... I think I've broken my leg, I need to get off the mountain. ...



One of the found a stick and tried to stand me up, arm around each one, but it was just no good, the foot was too floppy and crunchy, and they didn't look impressed, I sat and tried to sledge my way down, but after 1 meter I was in too much pain and the stark reminder that I still had a little stream to cross and the last ascent and descent to do.. I was reminded I was going nowhere fast!

Logic started to kick in again and I stabilised the foot on one of the sledges and elevated it on my bag, another sledge under my bum to try and keep off the snow as much as I could and the lads gave me all their extra gear. They were soooooooo good, and so

reassuring to have them there. They also tried to get phone reception, but no signal and no emergency calls. What to do next?

One of the lads - James, said right that's it, I'm off to get help – He reassured me he was a triathlete and could be quick, he reassured me he'd be back after getting help and then was off in a flash... Craig the other lad was just fab, staying by my side. Another lady came by, amazing distracting me with talk of my son and lending me

her big thick Rab coat, but was convinced that I wasn't in enough pain to have broken my leg, until I tried to wriggle into her emergency bag, and by which time the shock started setting in and I'd have fits of uncontrollable shaking. I'd try and shut everyone out, keep focused, keep calm, but I also knew that club mates would be passing soon and I could let them know what was happening, and sure enough they did. Though I didn't want them to stop I could see them getting cold, shaky, and also they were in the top 10 😊. I passed car keys over, got upset a bit with my close club mates and then started to shake again needing to focus my energies on keeping my head together and getting off the mountain.

Time was ticking by, Craig and the lovely lady tried to feed my things and keep me talking, and all I wanted to do was get off the mountain... Thinking everything will be ok when I'm off, surely it can't be long now, I just need to get off the mountain now....

2 hours had passed, James had been back a while now and help had been called about an hour ago, I was starting to get a little anxious no one was coming..... It was just me Craig and James now, they wouldn't leave, talking and reassuring me, leaving me for a while then checking I was ok, trying to ask passers-by for hot drinks and emergency shelters. I was concerned about Craig, I could see he was getting cold, but he wouldn't have it, wouldn't take a cover off me to keep warm or leave. They were just AMAZING!!!!!!!

Time just kept passing by, my thoughts, would flit to moments of, maybe I'm ok and have just sprained my ankle, trying to convince my brain it was all ok, I was going to be fine, it didn't really hurt that much.

Then.... There she was, the lady from mountain rescue Yehhhhhh She's here I'm going to get off, its all going to be ok..... Ohhhh and then there was a club mate....

Lots of questions, pain 8/10, the cutting of my clothes, fractures confirmed and things went a little blurry, I remember my club mate saying he was going to be sick and left, then Dr.... being offered morphine that I refused... I thought I needed to stay in control until I was off mountain... Lots more people and needing to the stretcher, bits of laughing and joking which the situation and me comparing the situation to childbirth and not needing pain relief then... the and air.... "It's not a spliff, you don't need to smoke it" I remembered apologising, for them having to leave their homes on such a day.... come backs of "I wanted to get away from the for a while", "This is what we enjoy doing", a great day to test the kit"

I felt so secure, strapped into the stretcher, the was subsiding, and thoughts that I was making a fuss over nothing sprung to mind, "Maybe it was just a sprain?"



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Down the descent, over the stream, over the stile, up the ascent, down the steep descent to the waiting ambulance..... WOW! Over three and a half hours later nearly

four and I was hear.....! I was embarrassed! All this trouble, all these people for me, I just wished I could have walked down, good job the cloud was too low, for the helicopter, that would have cost a bit! Finally the ambulance pain 5/10

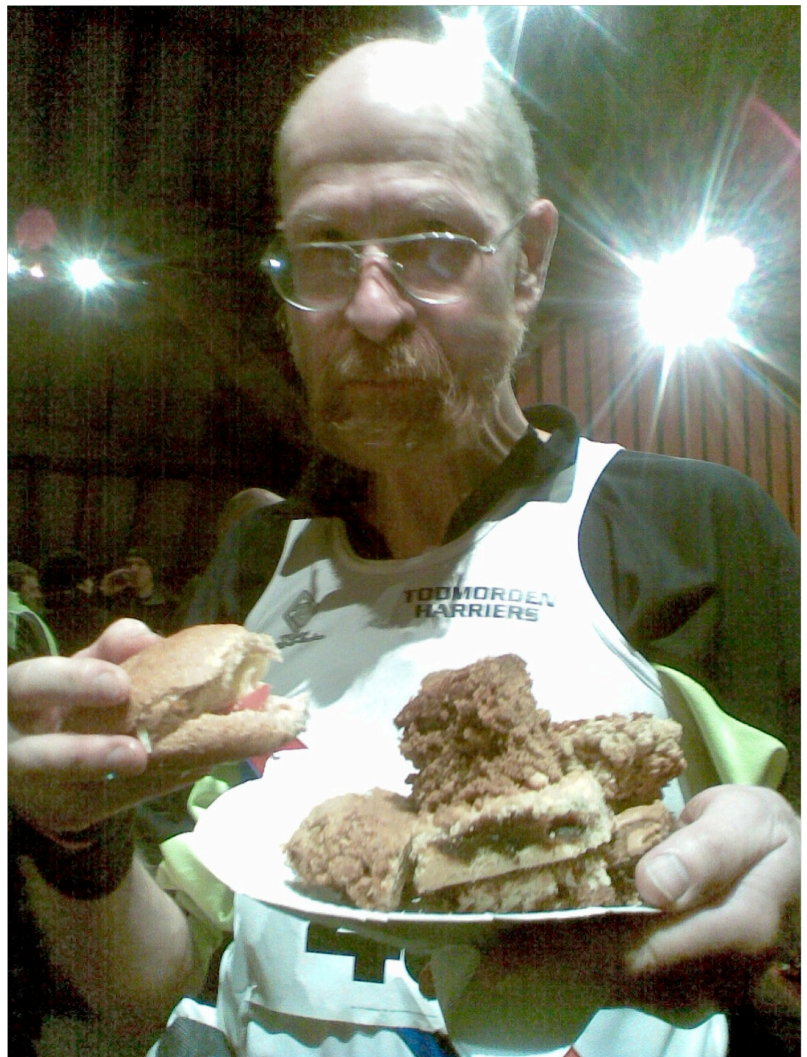
Xrays', hospital laughs and missing home all kicked in... Biomaellous fractures confirmed and now I had to wait.....for days..... in the middle of wales, in the thick snow, with minimal hospital staff, With only my two - one legged, short of breath, hard of hearing lovely old ladies for companions before the operation, which would happen after the swelling had subsided and there was room on the list.... Pins, plates, lots of hospital food later and my journey back to getting on the hills is only just beginning!

By Prue Shelley (member of Newport & District RC, and friend of Tod Harriers)

Article stolen from Prue's blog by Joolz (with permission!)

**Its competition time
folks – just guess
how many cakes this
lean mean running
machine Chris
Drinkwater had
stacked on his plate
at Mickledon**

Straddle. It was a great spread and it looks like Chris made the most of it (I pocketed a few for my packed lunch) I make it 7 but some might be hiding – answers on a postcard!



Calderdale Way Relay

I am looking forward to the relay coming up on the 19th May. If you haven't expressed an interest and would like to run it might be worth asking one of the team captains about availability (John, Elise, Jools and me). It is my favourite event, relays are great club events and you get a great craic before, during and after the day. I walked the Calderdale Way over a couple of days in the early 80's and thought what a lovely route and that I would like to live in the valley if I got chance. My first relay was in 1983, only missed a couple since so I must be approaching 30 CWR'S for me.

Leg 1

Starting again from Clay House in West Vale (there was a spell where the start and finish was moved to Copley). A nice route through North Dene Woods onto Norland Moor down into Ripponden, over the historic pack horse bridge (great pub here – but a bit early to stop!) and through fields to Millbank. If you have gone off too fast then you will suffer on the long climb, over 2 miles, onto the skyline, then a fast descent to Cragg Vale. I have only raced this once, a bit of an early start for me, but at least you aren't starting in the dark since it moved to May. However, the route through the woods and Norland Moor is a regular training haunt for me. Remember Alastair getting to Cragg Vale covered in blood after running into a branch at North Dene Woods.

Leg 2

Starts with a long climb on the road to Withens Clough Reservoir then a trip up to Stoodley Pike. A cracking descent – remember to take the contouring path it is a bit quicker. On the way down to Todmorden the route has changed and you don't visit the stables – although Cover Star and Alastair didn't remember this the other year. A real sting in the tale when you get to Rochdale Road is the long climb up Dobroyd, just the place to tell Wrenchy to speed up isn't it Dwayne? A wonderful descent into Centre Vale is great compensation for that last climb. Remember doing this leg with Paul Burnett and trying to persuade Mark Goldie to run leg 5 (he was watching the climb) as we crawled up Dobroyd otherwise I would have also run leg 5 as well – we were very depleted that year.

Leg 3

The shortest leg but I reckon the toughest climb of the CWR. Important to get into a good rhythm on the long climb up to Whirlaw. Thankfully a bit of descent to the golf course and then an intricate cross country route takes you to Great Rock, might be worth a reccie if you haven't done it before. The route takes you through "Horse Meat" farm, could become a tourist attraction, and you might see a Llama or two round here. Done this leg a few times, had good runs with Harriers relay stalwarts Simon Galloway and Mark Anderton.

Leg 4

Arguably the most scenic leg of the event. Starting in Blackshaw Head you wind your way to Heptonstall with good views of the Colden Valley especially as you approach Heptonstall. A rapid descent to the Blue Pig and you have a long tough climb (especially if you have gone too fast in the early stages which is easily done) to Pecket Well. A superb path along the edge of the moor awaits, this can be very fast if you haven't over cooked it early on. The

route down to Jerusalem Farm needs a reccie, you can see the finish as you start your descent but you have to plunge all the way down to the Luddenden Valley before a cruel final climb, pray that you are feeling a bit stronger than your partner here! I remember one team slogging up this climb to the finish and realising that their team mates for leg 5 hadn't arrived, I think they said "oh dear" or something similar. I have done this leg lots of times with lots of partners. Remember Peter Clarke dragging me round when we were running for Bingley, also running with Wrenchy was an experience – I was exhausted at the end and he looked as if he was ready to start.

Leg 5

One big blessing about the switch from December to May is for leg 5 runners awaiting team mates at Wainstalls, it can still be bitter in May but in winter it can be unbelievably cold. This is quite an intricate route, especially around Bradshaw, and it is crucial to reccie because the field can be well spread here unless you're in the mass start. The short sharp climb up Hunter Hill gets you warmed up before a nice descent to Brockholes. The route starts to get tricky as you go past the Zionist chapel on Per Lane and you cross the Keighley Road, here you have lots of left and right turns through farm yards and fields. Important to get the right turn at the end of this section as you go downhill on a walled path, this takes you to the road near Holdsworth House. A downhill section on the road takes you to a tough climb up to Catherine Slack and the main road. The lovely Shibden Valley is next but the route is often muddy and is pretty narrow. A, often, slippery descent to the stream and you have a couple of miles to go which includes a couple of short tough climbs before you finish in a ginnel in Shelf. Probably done this leg the most – I really like it but don't think it is everybody's cup of tea. My old mate Dave Stephenson at Bingley was my regular partner in the early days (he has just had an article published in the last fellrunner magazine about a long version of the Ultra Tour of Mont Blanc "La Petite Trotte a Leon" in the Alps which looks epic. Also remember getting coaxed round by "Mr Secretary" Derek after I got injured early on and I won't forget last year losing my bicycle lock key through a hole in my bumbag when running with Ben.

Leg 6

A long run which starts downhill through woods and fields to Norwood Green. A run through the pleasant village leads to fields, cross the A58 and more fields to Bailiff Bridge. An intricate section leads you to a disused railway close to Brighouse. You need to reccie the next bit through streets leading to the canal towpath in Brighouse. About a mile on the towpath then a pleasant run uphill through Cromwell Woods to Southowram. A downhill road run leads you to the Salter Hebble junction and you take the underpass under the A629. A bit of towpath and then the final drag, a long straight road to finish at West Vale. Never done this leg although I have reccied it a few times. Remember Branny slipping on ice coming down the hill from Southowram but he regained his feet and with Nick Wigmore managed to hold onto 3rd place which is the Men's team best result. Tod mixed team still hold the record for the fastest overall time in that category – think around 6 hours 48 mins. Now that the event is in May it is very nice to hang around at the Rugby club and cheer your team mates on.

A triple Jack Daniels before Wilmslow Half Marathon- a good idea?

I'm starting to write this Torrier contribution in advance of the race next week as the beginnings of the story go back several months.

I've ran a handful of 1/2's over the past few years and on each my time improved, finally hitting my PB in a decent time at Lancaster 2011. My training prep for this had lacked specific focus for the event but consisted of plenty running, cycling and racing - which seems to be good Toddie staple. 12 months later I did my next 1/2 which was Preston and again I hoped to improve my time. The weather conditions were tough, the course I recollect had an extra third of a mile and a few hills - no PB :(

I later chatted to Metronome - Robin Tuddenham our respected mentor about how I "wanted to know what I could do with training specificity ? - What was my PB potential?" During this period I also chatted to a guy at XC from Rossendale who told me of a running program known as "The Jack Daniels Running program". Later in the car back from XC I told Cannonball and the Metro about how I had been told of a man who had knocked 7 minutes of his 10k PB by following this Jack Daniels program!

A month or so passed until Robin finally proposed.....I was shocked but straight away my answer was yes. And that was it we posted our applications for Wilmslow as soon as the entries were open. About a month later English Champs fell races were announced and there was a clash - Edale - a great course over good terrain, much more suited to my running comparing to Wasdale - However I am still very much looking forward to Wasdale. None the less I was in for Wilmslow and was sticking with it.

So Christmas and the New Year came and went soon it was January and the beginnings of a 3 month schedule. I have never followed a schedule other than the one that I have conveniently developed myself and at first struggled to stick with it. Robin set me straight, "If you keep training the same you will just continue to perform the same." So I have done my best to stick with it. Only replacing the recovery runs with my ride to and from work. After the first week I was trashed - my better half Katch asked, "How much longer are you sticking to this training plan?"

So its been 3 months of beasting the treadmill, snarling, gnarling, growling, pounding and sweating doing intervals twice a week. Weekend long runs on the road - recovery runs and rides rammed in between averaging about 6 or 7 days a week totalling about 9 hours training a week. I was lucky enough to go snowboarding for a week in Feb and even during this time I managed a couple of sessions. I've enjoyed the bleakness and tough, bleak winter conditions. There is no hiding place on the road - after early morning weekend runs I might be back for 10:00 AM but I'm exhausted. Mondays at work I'm intollerant and grumpy and most evenings I'm falling asleep in front of the TV by 8:00. I've loved it :)

Nick B - Young Bull

Katch would like to add.....

I as the better half have not x

and I would like to thank her for her support and understanding xxx

A video of three mentalists can be seen running a Jack Daniels session

www.youtube.com/watch?v=RKpfbjulBN0

TOILET SEAT

CHAMPIONSHIP 2013



It's started! The Toilet Seat is open! It's time for the points to start pouring in - I have got a few - I may have forgotten a few... that brings me to the theme for this issue: FORGETFULNESS. Yes. every point collected was because someone forgot something. On my part I will try to remember to have a pen and paper in my pocket on a Wednesday night - it's the safest way. If anyone knows of any I have

Will current champion John Lloyd make it 3 in a row? He is certainly trying hard. Or will one of the others take his crown? A couple have started well, but can they stay the distance? Dave Collins has shown good form in the past and could do it. Jon Wright was fast out of the blocks but staying power could be a problem....

Uncle Barry

Where & When? Jon Wright must have forgotten both, as he turned up at the wrong place at the wrong time for the Hebden race, but he did get there a little late collecting 5pts for each a total of 10pts Jon

What Month is it? Chris Preston couldn't remember as she turned up at the Shoulder of Mutton in Mytholmroyd for the first run in March. It should have been the Bare Arts, Chris but you get 5pts

What Day is it? The normally late Dave Collins turned up a day early to watch the City Cross event, another one who couldn't remember what day it was. But you will remember the 5pts Dave.

Which Way? John Lloyd could be forgiven for following flags that had been moved by some scallys at the Ovenden Moor race, but -

had he forgotten that he had reccied the route the day before or just forgotten the route? That will be 5pts John

Your number John.. Ovenden Moor again I think. John Lloyd arrived at the start line minus his number which he'd forgotten to put on. That will be 5 more pts John

Your Bag Dave Wilson had certainly forgotten something as he drove off after the Ovenden Moor race - if he'd looked in his mirror he'd have seen a bloke chasing him waving a bum bag in the air! 5 pts to you Dave.

Keys. Dave Collins, whilst looking for his car keys on the floor at Bens 40th said that was the second time that he'd had key problems The week before he had left his keys in the ignition of his van and locked himself out. No pts for dropping his keys on the floor but 5pts for forgetting to take them out of the ignition.

John Lloyd	10
Jon Wright	10
Dave Collins	10
Dave Wilson	5
Chris Preston	5



JOHN SEEBBY

Subs are due

You should by now have received a reminder for your subs. We are requesting that all members pay by standing order. This will considerably reduce the aggro that Bev had to go through last year chasing up the 50+ people who forgot to pay.

The EAA levy has increased to £10 if you intend to road run regularly you need to be registered for this. You also need to register for cross country.

You could fill in these details and take to your bank or call them or set up on the internet

TODMORDEN HARRIERS Standing Order Instruction

1. Details of the Account to make payments FROM:

Account Name:

Account Number:

Sort Code:

Name of Bank or Building Society:

Branch:

- - -

2. Details of the Account to make payments TO:

Account Name: Todmorden Harriers & AC

Quoting Reference:

3. Payment Details:

Date of First Payment: Subsequently on :

Signed:

-

-

Account Number: 63803716

Sort Code: 20 35 84

Bank: Barclays Bank plc, 10 Market Street, Hebden Bridge HX7 6AE

(Your name)

31 March 2013

£

Amount: Frequency:

Date:

31 March, until further notice

Annually

April's committee meeting

Is now on 15th April as Richard, Derek & Mandy are away the week before (at the Staff of Life 7pm)

May meeting will be 13th May

Calderdale Way Relay May 19th

We have four teams entered and want runners if you are available & would like to run please sign up on the forum