

TODMORDEN HARRIERS

BRINGS YOU **THE TORRIER**

NEWS, GOSSIP, MOTIVATION, OBSESSION, LIFESTYLE, BANTER AND WHATEVER ELSE **YOU** WANT TO PUT IN!

Aiming High

Todmorden Harriers skill-share sessions

Along with Graeme and Ben's regular Tuesdays, the intention of the skills-shares is to make sure we are as prepared, informed and fired-up for the season ahead, and, it being Tod, to have a good time doing it. We had a great and vocal turnout of 20 for the first Toddies skill-share on "Planning your season", with everyone chipping in and, surprisingly, no blows exchanged. To celebrate I have produced a simple one-page season planner and a 4-weeks-to-a-page training log/planner for more detail, available as a pdf for the sum of zero pennies. Happy Xmas you lucky dogs.

Here are some more dates for your diary if you want to skill-up for the 2014 season (and if you can offer help with any of these sessions, please let me know):

If you would like to receive updates and any useful stuff that comes out of them please e-mail me:

blackstonedge@gmail.com or tel 079666 89237 if you have no 'puter.



Some of the Toddies attending discussing ideas at December's skill sharing session.

Calling YOU! The hungry, the hopeful, the lovely and enthusiastic. Tod Harriers Fell teams - The English Champs need YOU! JOIN US!



Wear your Tod vest and come compete in some of the finest, most epic and legendary races. See the Tod Harriers forum or Kath and Nick for more info

Committee meeting the first Monday of each month at Staff of Life 7:00

Tuesday - Running focused training at Tod High Juniors 5:00-6:30 Seniors 6:30-7:30

Wednesday - Pack runs 7:00-8:00 **2014**

January - Bramsche Bar, 31A Rochdale Rd Todmorden, OL14 7LA

February - TBC Hebden Bridge

March - Polished Knob, 31 Burnley Rd, Todmorden, OL14 7BU

Thursday - Pilates 6:45 £5 Machpelah Mill, Station Road, Hebden Bridge



Aiming High contd.

Todmorden Harriers skill-share sessions

Here are some more dates for your diary if you want to skill-up for the 2014 season (and if you can offer help with any of these sessions, please let me know):

January 5th Sunday 9.00am

Basic pre MMM navigation practice. Short chinwag then on the fell, from Geoff's 32 Halifax Rd. Littleborough OL15 0HB. Suitable for beginners. Bring South Pennines map, compass, map case, at least FRA safety gear and a mob.

January 12th

Tod Mini Mountain Marathon from Mason's Arms, Bacup Rd

January 25th (Saturday)

Mandy's navigation skill-share (she is the best navigator in the club) Time and place to be confirmed

February 2nd (Sunday)

Descending and rough-stuff with Geoff at Chew Valley, Saddleworth, 9.30am. Meet for lifts at Mario's car-park, Tod, 8.30am

February 15th (Saturday)

Mandy's navigation skill-share details to be confirmed. Blimey, if you keep coming to these you will be getting good by now!

23rd February (Sunday)

New Chew O event: a good tester to put into practice what you have learned. See FRA calendar for details

Tuesday 25th February 8pm

Approaching races skills-share: diet, recceing, visualizing and pacing races

March 7th/8th/9th

Training and social weekend away. Details depending numbers, but probably the Lakes or Snowdonia in a family-friendly hut or hostel. Run, ride, recce, navigate, eat, laugh, sleep, and talk copious amounts of tosh. What's not to like? Suitable for all levels Expressions of interest to Geoff please.

If you would like to receive updates and any useful stuff that comes out of them please e-mail me: blackstonedge@gmail.com or tel 079666 89237 if you have no 'puter.

Geoff Read

Health and Safety

The days are lengthening and we can look forward to balmy summer evenings later in the year. For now, however, with cold, wet and windy pack runs still a prospect for a while I invite you to consider safety. The FRA has recently issued revised rules on safety and equipment, and in the light of this (and concerns expressed by members both recently and historically) the Committee discussed the matter on 2nd December. All those present agreed that members taking part in 'batruns' with little or no equipment or additional kit potentially put their own safety, and the safety of their fellow runners, at risk. A runner who falls or becomes unwell can always rely on the group to help, but if one of the group gives away his/her jacket, for instance, that runner becomes vulnerable too. Even in summer the risks are real if you are on the high fells; in winter the risks are substantial. There is inherent danger in fell running, and perhaps this is one of its attractions.

Now, the Committee has no intention of issuing a decree, and certainly does not want to tell people what to do when out running alone. However, since pack runs are club organised events we have a responsibility not to keep quiet and hope for the best. The following is our official statement, valid with immediate effect and until such time as it might be revised by the committee subsequently:

The Committee expects all runners taking part in off road pack runs to carry appropriate additional kit and equipment. This expectation applies to all runners, regardless of experience, and at all times of year. It is recommended that runners are guided by the FRA Safety Rules and Equipment requirements, and in particular section 12c.

There is no intention to have kit checks at pack runs, or to stop anyone taking part. The expectation is that everyone will do the sensible thing, thus minimising risk to the individual and the group. Adhering to this expectation will not stop us from having a good run, or from having fun and a good laugh. The club will be purchasing some additional safety equipment which we intend should be available at pack runs.

We only discussed safety on the fells and on batruns at our meeting, but let's not forget the road runners. When you run on the road are you visible? Please wear something reflective, ideally a high viz jacket. You know it makes sense.

Derek Donohue
On behalf of Todmorden Harriers Committee
December 2013

6 Races, 5 Weeks, A Kaleidoscope of Races

It is as simple as I like running. Running is such an eclectic creature.

Langdale Half Marathon provided the opportunity to fell race on the road with its 1 in 3 climbs, incredible scenery and a tarmac guide map from start to finish. Enjoying the knowledge that those hammering the first climb will come back to me soon and then fall away. The HRM packs in so it is time to enjoy the freedom that brings, going with the flow, breathing in the race, creating a last 3 miles where I will be capable and strong and happy.

Enjoying the recovery sessions then **4 days later** it's the traffic filled urban environment of the **Ron Hill 5k** less than a quarter of the distance. Quick, intense, sharp. Running internally, it's a treadmill of a race with that burn at the end from the end of the lake to the finish. Accepting the pain as part of the pleasure, just keep moving forward to the finish line - simple as that.

Enjoying the recovery sessions then **4 days later** it is **Edale Skyline** a different running planet, getting on for twice the distance of Langdale. No tarmac in sight, studded shoes, 2 pairs of socks, vaselined feet. I want to enjoy this and comfy blister free feet are a key component of achieving that. Recognising early on that I am working too hard, dropping back through the pack, telling the ego to be still. Establishing the rhythm of the race, keeping to its beat. It unfolds and eventually I leave the fog of getting the first 2 hours out of the way and the race is revealed. Good fortune today, a couple of right decisions, picking the right guide over the last part of the race. Laughing at the failure of my brakes and suspension on the last descent. A little feeling of pride at my first English Fell Championship points.

Enjoying the recovery seasoned with a little bit of work then **7 days later** I am a world away from Edale. **Blackpool to Fleetwood, 10 miles** in a straight line along a concrete promenade and not even a pimple of a hill. A different atmosphere to the seriousness of the English Champs. It's Blackpool after all, with its holiday vibe, its Pleasure Beach and Pier. We're on a double decker bus, top deck, memories of the journey to school, party music blasting out, surreal. We are on view, a bit of a spectacle for the holiday makers. They ask what's happening. Keep the sea on your left and run to Fleetwood. Run my race, see what unfolds, the eventual winner looks good, drop him from the equation. The guy in 3rd, he'll come back to me. Run my race, the pack of 6 sat on me eventually erodes to nothing. The gap to Robin remains fixed, if it remains that way at 7 miles then I have a chance. It does. The work begins. Do I really want to work this hard? Part of me, outside my control, decides yes. I join Robin then open a gap so small that we both have to work very hard all the way to the finish. The hardest I have ran this year and for years. Here they come PB after PB rolls over the line from fellow Toddies, pained expressions slowly becoming smiles.

7 days later it's nice and local, **Withins Skyline**, your typical fell race, like going home. Familiar faces. Familiar weather (does the sun ever shine and the wind stop howling up there?) Another different challenge, boggier, wetter underfoot. Mixing it

up with Paul and Craig. A third of the way through I am stuck behind a group who are paying for running too hard too soon. No room to pass, but I try to pass and end up in a ditch. Patience for now, enjoy the fact I don't have to work, just bob along, the freedom of Blackpool To Fleetwood comes to mind. Free again, but the running is not as free as on the roads. I have to concentrate on where to place my feet, anticipate the structure of the ground below my next step. It is quick, it is a mind-body game, not so much about running. A mile or so to go, the group is way ahead. Surely impossible to catch, but I remember that many times it has appeared that way and occasionally they have come back. Drop the mind-body game, just run, take risks with the terrain and suddenly the gap concertinas and I am amongst them. Do I really want to bother running this hard? Oh well, I pass a blood soaked ghoul. What to do about Paul? I go past and he does the last thing we want any runner to do in this situation. He reacts, he fights back. Groan! I feel sick. First to the little drop will take the mini-victory. Was this harder than last week? Only briefly at the end, last week it the pain/pleasure was sustained.

7 days later, the last leg of the journey. A park filled with runners, many at school, many drawing a pension, many in between. There's a buzz, flags fly, club tents pitched. It is hot, a summer's day in October. **Red Rose Cross Country Chorley.** A true club event. Race after race flies in and they certainly put more into a finish in Cross Country than anywhere else, every place counts towards the club's success. Everyone making their contribution. Great to see young people enjoying exercise in the open air. I didn't intend to do this race until I realised my planned training session mapped perfectly onto the race. 2 aerobic laps and 1 anaerobic lap. Hard to keep the pace down, to stick to the plan, but really great to be able to watch the race from the inside. Take it all in. Lap 3 begins and I go, all guns blazing for 12 minutes.

This is the journey that Tod Harriers Grand Prix can take you on. Fantastic! I am grateful to be able take that journey.

2013 Grand Prix Final Results table

Ptnr	Name	Cat	People (Lanes + 5%)	Backdoor Plus (EC + 10%)	Blanco Dash (EC + 10%)	Crow Hill	Hales Hill	Overland	Parliament (EC + 10%)	Reservoir Ridge	Turner Lushington (EC + 10%)	Widmore	Wickham	Wooldale (EC + 10%)	Woolton	Edale (EC + 10%)	Town Perle	Blackburn 10k	Garrington 10k	Rockdale 10k	Ron Hill 3k	St Anne's 10 (+ 5%)	Oliver 10k	Westview 10	Spout 20 (+ 5%)	Southfield Half (+ 5%)	Langdale Half	Capenhorne Half	Hit the Trail	Joe Salt Court	Blurbell	Kyran	Carden Valley	Tandem Hill	2013 completed races	2013 points	total first races	avg per first race	total road races	avg per road race	total trail races	avg per trail race	Qualified?	Best Combination	GP SCORE
1	Paul Brammigan	M45	99.5	57.2	105.6	104.7	98.1	99.0	99.7	99.4	95.7			101.7	96.2	108.8		103.1		109.1	106.1	108.3	111.1	99.3	103.6	97.3	104.7	21	2106.2	10	96.2	7	106.1	4	900.5	Q	2F-2A-1T	858.4							
2	Richard Blakeley	M70	86.7	97.0	94.4	103.5		95.0	117.2	102.2								95.4		96.3													12	1164.7	7	99.1	2	95.7	3	93.1	Q	3F-2A-1T	800.9		
3	Robin Tuddenham	M40	90.9			96.6												105.8	97.4				105.5										8	794.5	2	93.8	4	101.7	2	100.1	Q	2F-4A-1T	794.5		
4	Jane Leonard	F55	90.7	98.5	101.4		102.0	97.8	100.4	114.6	100.7		90.1	100.3	88.6			89.4	87.2														94	1342.8	11	97.7	2	88.3	1	91.1	Q	3F-2A-1T	786.8		
5	Trevor Davis	M45				96.3	94.0											91.6	94.7		95.6	95.2											11	1039.8	2	95.2	4	94.3	5	94.5	Q	2F-3A-1T	769.0		
6	Andrew Bibby	M55	91.3	95.6	98.2	98.7	92.7		94.6		91.5							89.7		94.0														33	1217.2	7	93.8	3	93.8	3	93.1	Q	4F-2A-1T	764.9	
7	John Lloyd	M	92.0	88.8	88.7		91.5	93.0	96.6		91.9							93.1	100.5	94.2														11	1039.1	7	91.8	3	95.9	1	98.8	Q	4F-3A-1T	760.1	
8	Nick Barber	M		88.7	91.1	94.7	96.4				90.4	90.8						97.0																10	922.8	7	92.7	2	98.5	1	76.8	Q	3F-2A-1T	743.7	
9	Mel Blackhurst	F45					87.6			84.5	87.1							94.5																9	818.5	4	88.4	2	94.8	3	91.7	Q	3F-2A-1T	734.0	
10	Dan Taylor	M	84.9			92.4	87.4	84.7	80.5	79.1								81.8	90.9															15	1283.9	8	83.7	3	88.4	4	87.3	Q	3F-3A-1T	709.8	
11	Ben Crowther	M						88.9	99.2					80.4				87.0																8	698.0	4	88.9	2	86.1	2	85.2	Q	4F-2A-1T	698.0	
12	Robert Gray	M				94.5		94.2										81.6	84.4															9	756.5	3	83.5	2	83.0	4	85.0	Q	2F-2A-1T	654.7	
13	David Leslie	M60	76.7			92.1	96.8	77.2	95.6						73.2	71.2			78.2	77.9														13	1052.6	7	81.8	3	79.0	3	80.9	Q	3F-2A-1T	676.4	
14	Peter Ehrhardt	M65	78.1	80.0	78.5	87.3	83.1	75.4	85.2	82.0			70.2					82.6	79.0	79.3	81.1	83.7	81.0	72.8										20	1694.7	9	80.0	7	90.0	4	81.3	Q	3F-2A-1T	671.8	
15	Simon Galloway	M45					87.3	79.0	78.9		79.6	77.6							84.1															10	822.3	5	80.1	2	84.2	3	84.4	Q	3F-2A-1T	667.5	
16	Richard Leonard	M50				82.3	81.2	76.9		93.5	80.4							79.3	81.0															6	659.8	5	82.9	2	80.2	1	85.1	Q	3F-2A-1T	659.8	
17	Paul Alexander	M				80.8	79.1											78.2		84.7	78.5													9	736.1	2	80.0	6	82.2	1	83.0	Q	2F-2A-1T	657.9	
18	Ray Poulter	M65	80.9	82.6									68.5					86.6	77.5	79.8														9	717.7	3	77.3	3	81.3	3	80.6	Q	2F-3A-1T	649.2	
19	Richard Buttenwick	M40				73.7	76.7											83.3	68.4	80.1	81.3													8	641.9	2	75.2	4	78.5	2	88.7	Q	2F-4A-1T	641.9	
20	Kevin Coughlan	M50				77.9	79.0					72.6							82.6																8	636.6	3	76.5	3	82.6	2	79.4	Q	3F-3A-1T	636.6
21	Paul Cruikshank	M45				83.1												75.0	83.9	78.8														9	706.6	2	78.4	5	78.1	2	79.8	Q	2F-4A-1T	634.7	
22	Helen Wilson	F45					75.2		80.5									84.7	81.5																8	628.2	3	76.1	2	83.1	3	77.9	Q	3F-2A-1T	628.2
23	Phil Cook	M45					79.0			70.1								78.6	75.3	77.7															8	623.0	2	74.6	4	77.8	2	81.3	Q	2F-4A-1T	623.0
24	Izzy Pollard	F35	74.7				72.9		87.4									73.6			76.1														10	755.6	4	75.8	2	74.9	4	75.7	Q	3F-2A-1T	616.0
25	Andy Glyde	M					74.1		81.1	69.2	68.2																								9	669.1	4	75.2	2	76.2	3	74.7	Q	3F-2A-1T	609.9
26	Joe Daniels	M	68.7				73.6				65.6							85.2	76.1	78.0															8	581.3	4	66.3	2	76.1	2	78.0	Q	4F-2A-1T	581.3
27	Dave Wilson	M55	72.6				73.2		77.1				61.3						80.2	74.7															8	575.8	4	70.6	2	77.5	2	68.3	Q	4F-2A-1T	575.8
28	Andrea Marshall	F				72.9	69.9												72.6		68.1														8	561.5	2	71.4	3	69.8	3	69.8	Q	2F-3A-1T	561.5
29	Dave Collins	M55	99.1	97.1	98.7	106.4	76.5	97.0	95.5	117.1	102.8	94.7	91.8																						12	1166.6	11	97.9	0	0	1	89.9	N		614.0
30	Kath Brierley	F50	90.7				99.2		85.4	112.2	101.0							94.5			96.3														7	679.3	6	97.2	1	96.3	0	0	N		593.9
31	Myra Parfitt	F65																																	6	586.2	3	0	2	96.7	4	98.2	N		586.2
32	Craig Stansfield	M45	100.8		95.0		82.2	99.7				90.6	93.8	96.3	97.9																				9	865.2	8	96.2	0	0	1	95.7	N		555.8
33	Sarah Glyde	F35																87.3	96.9	89.5	91.8	92.1	89.9	96.8										9	829.8	0	0	9	92.2	0	0	N		475.5	
34	Louise Abby	F50	72.7				70.1		82.7																										6	466.3	3	75.2	1	75.6	2	82.5	N		466.0
35	Ivan Gee	M40	99.5				95.3						86.5																						5	462.4	3	93.8	0	0	2	90.6	N		462.4
36	Myra Wells	F55																75.6	77.0	69.3	79.4													6	457.7	0	0	4	75.4	2	78.1	N		457.7	
37	Paul Hobbs	M					87.6	86.8	95.7	88.4								85.5																	5	444.0	5	88.8	0	0	0	0	N		444.0
38	Keth Parkinson	M55	80.7			91.2															86.3														5	437.2	2	86.0	1	86.5	2	89.4	N		437.2
39	Michael Harper	M40	82.2																	87.9	84.1	86.7												5	422.2	1	80.2	3	86.2	1	61.3	N		422.2	
40	Elise Milnes	F50	86.7										80.9																						5	421.6	3	82.8	1	86.3	1	86.8	N		421.6
41	Mandy Goth	F50							80.6	88.7								76.5	79.5		82.8													5	408.1	3	81.9	2	81.2	0	0	N		408.1	
42	Nigel Hanson	M55																72.2	80.7	74.8	75.3	79.1												6	455.1	0	0	6	75.9	0	0	N		382.9	
43	Martin Roberts	M50					97.1	95.5	96.3		91.4																								4	380.3	4	95.1	0	0	0	0	N		380.3
44	Claire Harris	F50	86.6			101.2								90.6	84.4																				4	362.8	4	90.7	0	0	0	0	N		362.8
45	Graham Milnes	M55	74.7																																										

[illegible]

Was it good for you? – the 2013 GRAND PRIX

The 2013 Grand Prix season saw plenty of climactic highlights (plus a couple of failings of qualifier impotence). With 92 participants in at least one race we have had our second highest turnout which helped contribute to a total of 28 qualifiers – also the second highest ever and the best since 1999.

The club presence has been impressive at many events – over 20 Toddies in the field at one third of the selected races – 5 fell races, 3 Trail and 3 of the short roads. Our most prolific runner this season was Paul Brannigan – 21 races (he only got lost the once); a total only ever bettered by those who remember John Devlin completing 24, which in 2002 was all the races in our calendar. It's also congratulations to the women; Sarah Glyde ran the most road races – 9, and Jane Leonard the most fell – 11 (the only person to run in all 6 English Championships).

Road races saw a good number of tod vests – 49 – mainly in the short local ones. Personal Bests and points scored were impressive but qualifiers were scarce this season: 5 is sadly the lowest ever. For the 3rd year running, and increasing her points total every year, Sarah Glyde won the women's title. In contrast it has taken Paul Brannigan 6 years to reclaim the male trophy, but this is now his 9th Road

Championship title. The number of points he scored this year is his highest ever, beating his previous best which was achieved way back in 2000.

A respectable turnout of 72 ran on the fells – though this year's qualifiers, like the road, were down: only 11 is another lowest ever. Thus we are missing, for example winners in the M50 and F40 categories where there should have been plenty of tough competition.

The lack of road and fell qualifiers had an impact on the Club Championship where only two runners made the cut– Peter Ehrhardt was second to Paul Brannigan who has now won the Club Championship for the 4th time.

This year's new criteria for the Trail Championship of just three races to qualify has happily resulted in an increase to 12 qualifiers out of the total participation of 53. Unlike last season we have a female winner – Issy Pollard; overall male winner Trevor Davis ran the most races – 5 of 6.

Back to the prize that the club's season is built around. This year's GP Champion is, for the second year running Paul Brannigan. He is also able to boast another achievement – a points haul of 858 impressively surpasses Andrew Wrench's 2009 total of 841.

There is also another record breaking total – the highest number of race points. Both Dave Collins and Richard Blakeley scored 117.1, strangely in the same event, Reservoir Bogs. Now, Richard has queried how they both ended up with this equal total. Well they didn't; to be precise Dave scored 117.15 and Richard 117.09 – so the latter should have accepted the draw.

It is always encouraging to see the Grand Prix, the focus of our club activity, attracting qualification from diverse abilities. Happy to report that 9 members have qualified for the first time: Trevor Davis, Ben Crowther, Robert Gray, David Leslie, Paul Alexander, Paul Cruthers, Issy Pollard, Joe Daniels and Andrea Marshall. Let's hope that one or more of them can, in future years, emulate the following.

The GP Tankard is the least awarded trophy in the club, going to a runner on the completion of their 10th Grand Prix qualification. Only three members have bagged more than 10 since 1997 – Peter Ehrhardt, Paul Brannigan and Dave O'Neill. This elite trio are now joined by a 4th. His first qualification was in 1997, a season he won it for the first of a record four times. So 17 years on we can congratulate Richard Blakeley on finally completing this 10th.

Club championships - Final Results Table

			Pendle	Buckden Pike (EC)	Blisco Dash (EC)	Crow Hill	Hades Hill	Ovenden	Fairfield (EC)	Reservoir Bogs	Turner Landscape (EC)	Withens	Mickleden	Wasdale (EC)	Howton	Edale (EC)	Tour Pendle	Blabburn 10k	Garstang 10k	Rochdale 10k	Ron Hill 5k	St Annes 10m (Lancs)	Otley 10m	Pier2Pier 10	Preston 10	Spennorth (Yorks)	Sheffield Half (Yorks)	Langdale Half	Capesthorpe Half	QUALIFYING TOTAL
1	Paul Brannigan	M45	89.5		50.9	94.0	92.6	89.1	89.0		88.8	88.5	86.1			90.5		88.1	99.6		93.6			99.1		97.2		98.4	101.0	573.2
2	Peter Ehrhardt	M65	56.2	57.5	56.5	62.8	59.8	55.0		61.3	59.0		51.2						63.5		60.8	61.1	62.4	64.4	62.3	56.0				359.2

2013 ENGLISH CHAMPIONSHIP FELL TABLE			Buckden Pike (EC)	Blisco Dash (EC)	Fairfield (EC)	Turner Landscape (EC)	Wasdale (EC)	Edale (EC)	Completed Races	Qualified?	Qualifying TOTAL
	attendance		10	11	19	11	7	7			
	average points		75.2	73.4	78.6	76.0	77.3	75.2			
1	Dwane Dixon	M40	91.0		94.0		86.9		3	Q	271.9
2	Craig Stansfield	M45		88.0	92.4		89.5		3	Q	269.9
3	Peter Bowles	M40		76.9	84.7		74.1		3	Q	235.7
4	Paul Brannigan	M45		50.9	89.0	88.8		90.5	4	Q	230.4
5	Jane Leonard	F55	69.9	72.1	71.3	71.5	71.2	63.0	6	Q	214.8
6	Nick Barber	M	88.7	91.1				97.0	3	X	188.1
7	John Lloyd	M	88.8	88.7	93.0	96.6			4	X	185.4
8	Ben Crowther	M			86.4		78.1		2	X	164.5
9	Dave Collins	M55	79.2	80.5	77.9	83.9			4	X	164.4
10	Andrew Bibby	M55		71.3		75.3			2	X	146.6
11	Kath Brierley	F50			64.1	74.9		70.0	3	X	144.9
12	Mark Whitaker	M50	72.4	65.9	71.8	69.9			4	X	144.2
13	Richard Blakeley	M70	67.0	65.2	65.6	69.2			4	X	136.2
14	Peter Ehrhardt	M65	57.5	56.5		59.0			3	X	116.5
15	Paul Hobbs	M			86.8				1	X	86.8
16	Lauren Jeska	F35			84.7				1	X	84.7
17	Steve Pullen	M40			81.4				1	X	81.4
18	Dan Taylor	M			80.5	79.1			2	X	80.5
19	Martin Roberts	M50			80.4				1	X	80.4
20	Garry Questead	M	77.4						1	X	77.4
21	Robert Tyson	M						77.0	1	X	77.0
22	Andy McFie	M40					75.2		1	X	75.2
23	Mel Blackhurst	F45						73.9	1	X	73.9
24	Simon Galloway	M45			68.4				1	X	68.4
25	Richard Leonard	M50				67.9			1	X	67.9
26	Clare Harris	F50					66.2		1	X	66.2
27	Sue Roberts	F50			62.1				1	X	62.1
28	Ray Poulter	M65	60.3						1	X	60.3
29	Mandy Goth	F50			59.7				1	X	59.7
30	David Leslie	M60						54.7	1	X	54.7

2013 ROAD TABLE 12 races					Blakburn 10k	Garstamg 10k	Rochdale 10k	Ron Hill 5k	St Annes 10m (Lancs)	Otley 10m	Pier2Pier 10	Preston 10	Spennings 20 (Yorks)	Sheffield Half (Yorks)	Langdale Half	Capesthorpe Half	Completed Races	total points	Qualified?	qualifying TOTAL
	attendance				20	13	21	31	8	9	6	5	7	4	3	6	133			
	average points				71.0	79.0	70.5	71.2	71.2	75.8	84.0	72.5	74.8	75.7	83.9	87.2	#DIV/0!			
1	Paul Brannigan	M45			88.1	99.6		93.6			99.1		97.2		98.4	101.0	7	677.0	Q	588.9
2	Paul Alexander	M			78.2			84.7		78.5		80.4	85.3			86.1	6	493.2	Q	493.2
3	Sarah Glyde	F35			76.6	84.2	77.8	79.8	80.1	78.2	84.1			76.1		85.1	9	722.0	Q	491.5
4	Nigel Hanson	M55			61.9	68.8	63.6	64.0	67.8					62.0			6	388.1	Q	388.1
5	Peter Ehrhardt	M65				63.5		60.8	61.1	62.4	64.4	62.3	56.0				7	430.5	Q	369.7
6	Robin Tuddenham	M40				99.9	91.9				98.9			92.6			4	383.3	X	383.3
7	Paul Cruthers	M45			69.1	75.6	71.0						64.8	71.9			5	352.4	X	352.4
8	Trevor Davis	M45			85.2		88.0		88.9	88.5							4	350.6	X	350.6
9	Richard Butterwick	M40			79.8		66.0	76.2	83.6								4	305.6	X	305.6
10	Phil Cook	M45			73.8		71.5	72.8				73.5					4	291.6	X	291.6
11	John Lloyd	M			93.1	100.5	94.2										3	287.8	X	287.8
12	Dan Taylor	M				90.9		86.1								88.3	3	265.3	X	265.3
13	Michael Harper	M40					82.4	78.8		81.2							3	242.4	X	242.4
14	Andrew Bibby	M55			74.8			77.8			80.7						3	233.3	X	233.3
15	Myra Wells	F55			56.1		56.3	50.7	58.8								4	221.9	X	221.9
16	Kevin Coughlan	M50						73.3				72.2			74.8		3	220.3	X	220.3
17	Nick Barber	M						96.3								100.6	2	196.9	X	196.9
18	Julie Wyant	F40			64.2			63.0					68.1				3	195.3	X	195.3
19	David Leslie	M60					63.4	63.1		65.6							3	192.1	X	192.1
20	Ray Poulter	M65				67.3	60.3	62.1									3	189.7	X	189.7
21	Andrea Marshall	F				65.6		61.5								62.1	3	189.2	X	189.2
22	Ben Crowther	M						83.7		83.4							2	167.1	X	167.1
23	Robert Gray	M					81.6	84.4									2	166.0	X	166.0
24	Simon Galloway	M45						76.4			76.6						2	153.0	X	153.0
25	Joe Daniels	M			76.1	76.0											2	152.1	X	152.1
26	Mel Blackhurst	F45						72.7							78.5		2	151.2	X	151.2
27	Andy Glyde	M										74.0	76.2				2	150.2	X	150.2
28	Guy Whitmore	M45			72.6								76.0				2	148.6	X	148.6
29	Richard Blakeley	M70					70.9			71.4							2	142.3	X	142.3
30	Richard Leonard	M50					69.2	70.0									2	139.2	X	139.2
31	Issy Pollard	F35			65.2				67.4								2	132.6	X	132.6
32	Helen Wilson	F45				67.5	65.0										2	132.5	X	132.5
33	Dave Wilson	M55				68.1	63.4										2	131.5	X	131.5
34	Jane Leonard	F55					66.2	64.5									2	130.7	X	130.7
35	Mandy Goth	F50			60.8			63.4									2	124.2	X	124.2
36	Moyra Parfitt	F65			61.1		60.0										2	121.1	X	121.1
37	Graham Milnes	M55			57.9				62.1								2	120.0	X	120.0
38	Martin Stork	M						88.4									1	88.4	X	88.4
39	Kath Brierley	F50					73.7										1	73.7	X	73.7
40	Lee McCluskey	M55								73.1							1	73.1	X	73.1
41	Keith Parkinson	M55						71.5									1	71.5	X	71.5
42	Bev Wright	F40						66.6									1	66.6	X	66.6
43	Elise Milnes	F50			65.4												1	65.4	X	65.4
44	Jilly Davidson	F40					60.2										1	60.2	X	60.2
45	Mel Whitmore	F45			59.0												1	59.0	X	59.0
46	Louise Abdy	F50					57.3										1	57.3	X	57.3
47	Dave O'Neill	M55						56.7									1	56.7	X	56.7
48	Derek Clutterbuck	M80						46.4									1	46.4	X	46.4
49	Ian Stansfield	M70						45.2									1	45.2	X	45.2

2013 FELL TABLE																						
				Pendle	Buckden Pike (EC)	Blisco Dash (EC)	Crow Hill	Hades Hill	Ovenden	Fairfield (EC)	Reservoir Bogs	Turner Landscape (EC)	Withens	Mickleden	Wasdale (EC)	Howton	Edale (EC)	Tour Pendle	Completed Races	Total points	Qualified?	Qualifying TOTAL
	attendance			28	10	11	24	27	30	19	18	11	17	24	7	3	7	10	246			
	average points			72.0	75.2	73.4	75.8	75.3	72.4	78.6	76.7	76.0	74.1	69.1	77.3	70.3	75.2	74.0				
1	Nick Barber	M			88.7	91.1	94.7	96.4					90.4	90.8			97.0		7	649.1	Q	560.4
2	John Lloyd	M		92.0	88.8	88.7			91.5	93.0		96.6		91.9					7	642.5	Q	553.8
3	Paul Brannigan	M45		89.5		50.9	94.0	92.6	89.1	89.0		88.8	88.5	86.1			90.5		10	859.0	Q	544.7
4	Craig Stansfield	M45		93.4		88.0			88.3	92.4			84.0	87.0	89.5	90.7			8	713.3	Q	542.3
5	Dan Taylor	M		84.9			92.4	87.4	84.7	80.5		79.1		78.5				81.8	8	669.3	Q	511.7
6	Dave Collins	M55		80.9	79.2	80.5	86.8	62.4	79.1	77.9	95.6	83.9	77.3	74.8					11	878.4	Q	502.5
7	Andrew Bibby	M55		72.7		71.3	78.2	77.6	73.8			75.3		72.8					7	521.7	Q	450.4
8	Jane Leonard	F55		64.4	69.9	72.1		72.5	62.4	71.3	81.4	71.5		64.0	71.2		63.0		11	763.7	Q	440.0
9	Kath Brierley	F50		68.2				73.5		64.1	83.1	74.9					70.0		6	433.8	Q	433.8
10	David Leslie	M60		58.9			70.7	66.7	60.0		73.4					56.2	54.7		7	440.6	Q	385.9
11	Peter Ehrhardt	M65		56.2	57.5	56.5	62.8	59.8	55.0		61.3	59.0		51.2					9	519.3	Q	351.6
12	Paul Hobbs	M							87.6	86.8	95.7		88.4					85.5	5	444.0	X	444.0
13	Simon Galloway	M45						77.7	70.2	68.4			70.9	69.0					5	356.2	X	356.2
14	Richard Blakeley	M70		59.9	67.0	65.2	71.5			65.6	80.9	69.2							7	479.3	X	354.2
15	Richard Leonard	M50					69.8	67.9	64.9		78.9	67.9							5	349.4	X	349.4
16	Ben Crowther	M								86.4	96.4				78.1			84.5	4	345.4	X	345.4
17	Dwane Dixon	M40			91.0					94.0					86.9			71.8	4	343.7	X	343.7
18	Peter Bowles	M40				76.9	92.3			84.7					74.1				4	328.0	X	328.0
19	Martin Roberts	M50						81.1	79.8	80.4			76.3						4	317.6	X	317.6
20	Andy Glyde	M						74.1			81.1		69.2	68.2					4	292.6	X	292.6
21	Mark Whitaker	M50			72.4	65.9				71.8		69.9							4	280.0	X	280.0
22	Mel Blackhurst	F45							69.3				66.1	69.0			73.9		4	278.3	X	278.3
23	Joe Daniels	M		68.7					73.6					65.6				65.2	4	273.1	X	273.1
24	Issy Pollard	F35		66.3					64.5		77.4			60.5					4	268.7	X	268.7
25	Clare Harris	F50		64.2			74.0								66.2	63.9			4	268.3	X	268.3
26	Ivan Gee	M40		94.0					90.1					81.7					3	265.8	X	265.8
27	Robert Gray	M						84.5			94.2							71.8	3	250.5	X	250.5
28	Robert Tyson	M					90.0							76.6			77.0		3	243.6	X	243.6
29	Sue Roberts	F50						60.4	59.5	62.1			57.5						4	239.5	X	239.5
30	Dave Wilson	M55		59.2					58.1		62.9			50.0					4	230.2	X	230.2
31	Mick Craven	M55		68.3							85.3		67.0						3	220.6	X	220.6
32	Jackie Holden	F35					71.6	69.3					66.1						3	207.0	X	207.0
33	Kevin Coughlan	M50					67.2	68.2					62.6						3	198.0	X	198.0
34	Jon Wright	M40		96.6					98.1										2	194.7	X	194.7
35	Mandy Goth	F50								59.7	65.7							56.7	3	182.1	X	182.1
36	Elise Milnes	F50		63.4										59.1				59.2	3	181.7	X	181.7
37	Helen Wilson	F45							59.6		62.9			56.0					3	178.5	X	178.5
38	Robin Tuddenham	M40		85.1			89.5												2	174.6	X	174.6
39	Trevor Davis	M45					87.5	85.4											2	172.9	X	172.9
40	Ray Poulter	M65		59.0	60.3									50.0					3	169.3	X	169.3
41	Louise Abdy	F50		53.5					51.9		60.4								3	165.8	X	165.8
42	Steve Pullen	M40								81.4			80.6						2	162.0	X	162.0
43	Darren Tweed	M		81.8					79.3										2	161.1	X	161.1
44	Paul Alexander	M					80.8	79.1											2	159.9	X	159.9
45	Andy McFie	M40													75.2			81.8	2	157.0	X	157.0
46	Richard Butterwick	M40					69.6	72.4											2	142.0	X	142.0
47	Paul Cruthers	M45						73.2						65.5					2	138.7	X	138.7
48	Phil Cook	M45							73.2				65.0						2	138.2	X	138.2
49	Keith Parkinson	M55		64.3			71.7												2	136.0	X	136.0
50	Kirsty Patten	F					68.3	66.7											2	135.0	X	135.0
51	Wayne Morrison	M45		63.3					65.9										2	129.2	X	129.2
52	Andrea Marshall	F					65.8	63.2											2	129.0	X	129.0
53	Graham Milnes	M55		60.9					59.9										2	120.8	X	120.8
54	Dave O'Neill	M55					54.0	54.3											2	108.3	X	108.3
55	Reg Czudek	M60					55.7				43.2								2	98.9	X	98.9
56	Andrew Wrench	M45						96.7											1	96.7	X	96.7
57	Jamie Wrench	JM						85.6											1	85.6	X	85.6
58	Lauren Jeska	F35								84.7									1	84.7	X	84.7
59	John Allen	M						83.3											1	83.3	X	83.3
60	Marcel Ellison	M																81.6	1	81.6	X	81.6
61	David Baldaro	M40											79.2						1	79.2	X	79.2
62	Darren Jugroop	M							78.7										1	78.7	X	78.7
63	Garry Questead	M			77.4														1	77.4	X	77.4
64	Michael Harper	M40		76.9															1	76.9	X	76.9
65	Claire Duffield	F40		70.6															1	70.6	X	70.6
66	Rebecca Patrick	F40											70.6						1	70.6	X	70.6
67	John Killerby	M							70.5										1	70.5	X	70.5
68	Peter Clarke	M55							67.5										1	67.5	X	67.5
69	Lucy Hobbs	F40												64.7					1	64.7	X	64.7
70	Chris Preston	F45							64.6										1	64.6	X	64.6
71	Chris Drinkwater	M60													63.3				1	63.3	X	63.3
72	James Riley	M40													62.4				1	62.4	X	62.4
73	Natilie Yates	F					59.5												1	59.5	X	59.5

2013 TRAIL TABLE 6 races			Hit the Trail	Joe Salt	Blebell	Royton	Cuerden Valley	Tandle Hill	Completed Races	total points	Qualified? (n/e = not eligible)	Qualifying Total
	attendance		31	32	20	9	5	11	51			
	average points		75.9	75.0	70.5	72.3	76.4	77.3				
1	Trevor Davis	M45	91.8	86.7	79.9	88.3		91.7	5	438.4	Q	271.8
2	Dan Taylor	M	84.9	87.6			84.6	92.2	4	349.3	Q	264.7
3	Robert Gray	M		84.8	81.2	84.7		89.3	4	340.0	Q	258.8
4	Andrew Bibby	M55	81.0	75.3		76.8			3	233.1	Q	233.1
5	Simon Galloway	M45	78.4	76.0			76.1		3	230.5	Q	230.5
6	Andy Glyde	M	76.5		73.2	74.4			3	224.1	Q	224.1
7	Issy Pollard	F35	70.0	67.9	63.0	67.0			4	267.9	Q	204.9
8	David Leslie	M60		65.6	63.4	67.8			3	196.8	Q	196.8
9	Peter Ehrhardt	M65	64.3		57.9		63.6	65.0	4	250.8	Q	192.9
10	Andrea Marshall	F		62.6			62.7	63.8	3	189.1	Q	189.1
11	Ray Poulter	M65	66.9	63.9		57.3			3	188.1	Q	188.1
12	Helen Wilson	F45	63.2	64.8	58.3				3	186.3	Q	186.3
13	Paul Brannigan	M45	90.9	92.1	89.1		95.2		4	367.3	n/e	278.2
14	Mel Blackhurst	F45	76.7	72.3		72.0			3	221.0	n/e	221.0
15	Richard Blakeley	M70	71.9	70.3	65.5				3	207.7	n/e	207.7
16	Robin Tuddenham	M40	96.2	92.6					2	188.8	n/e	188.8
17	Moyra Parfitt	F65	64.5	61.3	57.3	62.4			4	245.5	n/e	188.2
18	Darren Graham	M40	87.7	87.0					2	174.7	X	174.7
19	Ivan Gee	M40		90.7	81.5				2	172.2	X	172.2
20	Richard Butterwick	M40	84.6	85.3					2	169.9	n/e	169.9
21	Darren Tweed	M		85.4	81.4				2	166.8	X	166.8
22	Ben Crowther	M		83.5	82.1				2	165.6	X	165.6
23	Joe Daniels	M	79.4	76.7					2	156.1	X	156.1
24	Phil Cook	M45		75.0				77.3	2	152.3	X	152.3
25	Keith Parkinson	M55	76.1	73.1					2	149.2	X	149.2
26	Claire Duffield	F40	74.1	72.8					2	146.9	X	146.9
27	Paul Cruthers	M45		74.8	68.9				2	143.7	X	143.7
28	Kevin Coughlan	M50			66.7			74.7	2	141.4	X	141.4
29	Bev Wright	F40		67.2				68.1	2	135.3	X	135.3
30	Louise Abdy	F50		60.8				64.6	2	125.4	X	125.4
31	Dave Wilson	M55	60.9		56.9				2	117.8	X	117.8
32	Myra Wells	F55	57.7	58.0					2	115.7	X	115.7
33	Dave O'Neill	M55	52.6	54.5					2	107.1	X	107.1
34	John Lloyd	M	98.8						1	98.8	n/e	98.8
35	Craig Stansfield	M45	89.6						1	89.6	X	89.6
36	Robert Tyson	M	88.0						1	88.0	X	88.0
37	Jon Wright	M40						87.2	1	87.2	n/e	87.2
38	Paul Alexander	M		83.0					1	83.0	X	83.0
39	Kevin Booth	M45	80.9						1	80.9	X	80.9
40	Nick Barber	M						76.8	1	76.8	n/e	76.8
41	Michael Harper	M40			76.7				1	76.7	X	76.7
42	Dave Collins	M55		76.4					1	76.4	X	76.4
43	Richard Leonard	M50	74.2						1	74.2	X	74.2
44	Paul Cotton	M45			72.0				1	72.0	X	72.0
45	Chris Drinkwater	M60	71.3						1	71.3	X	71.3
46	Mel Siddall	F50		70.6					1	70.6	X	70.6
47	Lee McCluskey	M55			68.9				1	68.9	X	68.9
48	Jane Leonard	F55	67.5						1	67.5	X	67.5
49	Mark Williams	M			66.9				1	66.9	X	66.9
50	Elise Milnes	F50	65.7						1	65.7	X	65.7
51	Julie Wyant	F40	65.0						1	65.0	X	65.0
52	Graham Milnes	M55	62.3						1	62.3	X	62.3
53	David Henthorne	M55				60.5			1	60.5	X	60.5

2013 XC TABLE					Leigh	Chorley	Bolton	Rawtenstall	Completed Races	total points	Qualified?	qualifying TOTAL
	attendance				3	4	7	9	23			
	average points				78.3	81.2	78.1	74.2	#DIV/0!			
1	Martin Stork	M			84.2	82.8	81.7	79.6	4	328.3	Q	248.7
2	Paul Brannigan	M45				85.7	82.3	80.4	3	248.4	Q	248.4
3	Dan Taylor	M			81.2	80.4			2	161.6	X	161.6
4	Andy McFie	M45					69.7	81.7	2	151.4	X	151.4
5	Dwane Dixon	M40					85.2		1	85.2	X	85.2
6	Robin Tuddenham	M45						76.3	1	76.3	X	76.3
7	Darren Tweed	M				75.7			1	75.7	X	75.7
8	Simon Anderton	M50					74.9		1	74.9	X	74.9
9	Chris Myers	M45						64.6	1	64.6	X	64.6
1	Andrea Marshall	F35			69.5		69.8	68.9	3	208.2	Q	208.2
2	Kath Brierley	F50					83.4		1	83.4	X	83.4
3	Mandy Goth	F50						67.7	1	67.7	X	75.7

Training basics

After skills-share Dec 2013 geoff.read@facethestreet.com

There are no definitive methods that will work for everyone, but the most common mistake is to race too often and train without structure. Each person needs to work out a planned programme that fits their level, targets and physiology. Ask for input from coaches and experienced runners. It is a recipe, not a pill: here are some of the ingredients:

Elements of running

- Distance
- Intensity (how hard you make it)
- Time
- Gradient
- Surface / terrain
- Load (the effect all the above have on you)

Aerobic -----<threshold approx. 65% of VO2max>-----**Anaerobic**

Steady, for heart lungs, stamina, slow-twitch fibres

Intense, for speed & strength, fast-twitch fibres

Session types:

Recovery/rest: easy pace not putting any demands on you or damaging muscle fibres

Tempo (controlled speed, sub-race-pace)

Speedwork (higher than race pace for short times):

- Fartleck/intervals
- Fast repetitions on a gentle hill
- Structured track sessions (for speed)
- Aerobic threshold or heart-rate based sessions using target heart-rate monitor

Steep hill repetitions (strength)

Distance runs (stamina and conditioning) including LSD (long, slow distance)

Conditioning runs to prepare for surface/gradient (eg road/rough fell, climbing and descending)

Additional activities and cross-training:

Stretching (there are various views on this)

Drills / plyometrics / specific exercises eg hopping, step-ups, circuit training

Core strength exercises (back/abdomen/hips area to provide stability e.g. Pilates)

Weights (from light reps to a few heavy reps to build max strength)

Other sports:

- Cycling: stamina and climbing strength, low impact
- Fell walking/backpacking: strength and fell craft/navigation
- Cross-country skiing
- Climbing (core strength and flexibility)
- Swimming: stamina and coordination, rest the legs. Low impact
- Dancing: good for flexibility, rhythm, relaxed effort, coordination
- Football and martial arts have benefits but note that they are high-impact and may risk injury

Mental skills:

Planning

Pace judgement & structure

Navigation/route awareness

Listening to and understanding your body

Race focus and concentration

Will

Diet and nutrition (skills-share later)

How can you tell if your training is working?

We need objective measures:

A time for a fixed course or distance

Race PB's

Resting heart rate

Food for thought:

- Get regular medical checks, especially before upping exercise
- Rest and recovery is as important as training
- Over-training can be more damaging than under-training
- Quality beats quantity
- Listen to your body/resting heart rate and respond (5bpm higher have an easy day, 10bpm higher do not exercise)
- Seek help and cross-train when injured, avoid doing nothing
- Don't suddenly increase load (increase by no more than 5-10% a week)
- Alternate hard sessions with recovery sessions; alternate hard weeks with easy weeks
- Top form only lasts for a few weeks, perhaps twice a year: target important races
- Over-racing will reduce your potential
- Most fell runners race too often and are tired at the start line.
- Being over-competitive in training runs is ineffective: save it for races
- Always carry appropriate equipment on the fell to help your fellow runners in the event of a problem (also for your safety and to get accustomed to race requirements)
- Avoid suddenly starting or stopping regular heavy exercise

Ten Things to Consider Trying in Order to Run Faster with Fewer Injuries

1. Do hill reps on your bike every 3 or 4 sessions
2. Activate glutes pre-run/ride.
3. Stand in a barrel of water for 7 mins post-training.
4. Strengthen your glutes.
5. Easy bike ride for an hour the day after a race is better than an easy run.
6. Change one thing in your training programme for 6-8 weeks. If you get good results then keep the change.
7. Do cross country races in the winter.
8. Keep a training diary and look for patterns now and again that produced faster running or injuries.
9. If you're not enjoying a run then change the run (or your perspective on the run) until you are enjoying it.
10. Figure out why you run. Remind yourself regularly of why you run. Make sure you are meeting the 'why' aspect in your runs.

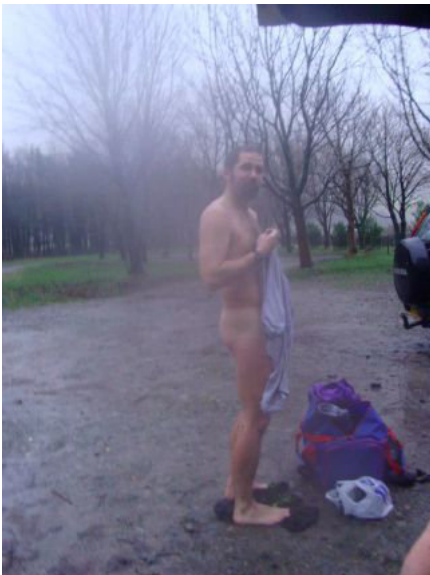
P. Brannigan

Favourite races 2013

Well it has been a great year for many, with loads of Toddlies gaining new PB's on the fells and on the road and with many showing some real significant improvement.

Finally I scored some points in the English champs at Edale skyline which was a beautiful day for a good long run. My guardian angel made me pass out in the heat at Heptonstall fell race deterring me from running the big W the following scorching weekend.

(Paul Hobbs told me a great tale about his experience on the big W) It seems me and big W aren't meant to be, as the last time it was in the champs - again one week prior to the race, I tripped and spit my knee requiring stitches. None the less I had reccied the course first in Jan and



Wasdale recce 2nd Jan - not much to see compared with June



later in its entirety in June, sharing a great day with my mates and getting some great photos. In January the views weren't spectacular but in June it was fantastic

My mate and competitive motivator Cannonball has gone off to CVFR but I still see him and we have entered the Lakeland 50 as a pair. I shall miss the enthusiasm and encouragement he brought us and we are still good mates. After seeing what great results JCB had

during his marathon training I have recently entered Manchester marathon - it's my turn to put my mark on the post. I especially like training and must confess I have developed a real enthusiasm for the treadmill. It gives me a high quality session during the bleakest of months. Robin Metro Tuddenham and I have been creating quite a spectacle splashing around engaging in Jack Daniels sandwich's, abusing the treadmills at Tod gym.

Favourite races 2013

I'm waffling....favourite race.....? The terrain of this race was a real combo of everything and when I initially heard about it I was dismissive. But when I raced it I absolutely loved it. It was a frantic frenzy of ups and downs at break neck full speed. Loads went wrong but not the first three. I thought I may have been in for a win but when James Rogue/ Logue turned up I nearly went home. The race organizer talked us through the route and referred to a scruffy looking street. "Oi! thats where I live I shouted". It was undoubtedly an unusual race but very unique. Up and down the cobbled ginnels and snickets of the first HB Urban Fell Race. **Nick B**



Nick Barber making it first up the Buttriss at the first HB Urban Fell race (finished 2nd - J Logue first by 17 seconds)

The risk of becoming predictable precludes me choosing the Rab Mountain Marathon for the third successive year, so my vote must go to the **Calderdale Hike**.

After a year's injury it was a bit of a comeback race through 35 miles of the best of Calderdale . A strong navigation element only added to the fun.

Sun, snow, showers, and scenery. Then a prize at the end. Fantastic.
"Well, I must endure the presence of a few caterpillars if I wish to become acquainted with the butterflies."

— *Antoine de Saint-Exupéry, The Little Prince*

- Colin D

The Langdale Half marathon for me has everything – inspiring scenery, challenging hills, relaxed atmosphere. Whilst I am veteran at this race (I have lost track of the times I have done it!) this year was still as enjoyable as ever and helped consistent mileing and the V45 prize.

- Mel B

Managed to complete 50 park runs, all at Heaton Park. Failed miserably to achieve a time of 40 minutes, which is equivalent

to brisk walking pace. Defeated by six year olds, human brick outhouses, runners pushing prams, etc. No longer embarrassed about anything.

- Jim S

A memorable year. For the first time I took part in all four British championships races and enjoyed great trips away with some of you lot to the Mourne Mountains, the Scottish borders and Snowdonia. I accompanied Daz on leg 4 of his successful BG, in truly filthy weather. I enjoyed running at almost 3000 metres with seven others from the club on our Pyrenees trip in June as we ran between huts in Spanish Catalonia and France. Later in the year I surprised myself by managing PBs for both 5k and 10 miles (and almost a marathon PB) despite having just had a significantly large birthday.

But I've chosen two races as favourites for the year. Firstly, Ovenden in February, on a beautiful sunny day when the snow was still lying thick on the moors. And secondly the Peris Horseshoe in September, an AL fell race with plenty of miles and plenty of

Favourite races 2013

feet to climb. Not normally my thing, but I got round in just under five hours.

- Andrew B

My favourite race this year was the Longshaw sheepdog trials race! It takes place on the beautiful N.T.Longshaw estate in the Dark peak. The sheep dogs, sheep and farmers have a break from their competition in order to watch the runners and most of the course can be seen from the show field. We took the camper and for £5 got 2 nights in the van and a race! The course runs along the gritstone edges and over grassy moorland- 6 miles and 1000ft of climbing. Everyone finishing gets a mention on the tannoy and there was a prize for the fattest runner! No I didn't win it!! Lots of lovely real ale and cakes watching the sunset with friendly flat capped folk, collie dogs and the Dark Peak runners! An ace weekend! Mind you if I have much more beer and cakes I will be in with a chance of winning next year!! Hee! Hee!

- Sue R

Sedbergh 3 peaks takes place on the 1st Tues in March. It's organised by the school, but open to anyone. It's FREE. Food, showers and changing facilities are provided. This year's race was blessed with fine, clear weather and numbers were swelled by pupils and staff. Highly recommended friendly event on lovely runnable terrain.

- Martin R

My best race is (as usual) Coniston. A lovely climb from the start to get your leg muscles pumping & the taste of blood from your lungs within seconds!

One year I will beat that bloomin' Roger Haworth - he always zooms past me on the final decent! Next year it's in the English champs & the organiser is having a bit of a do afterwards with a bar & band. Let's have a Tod Harrier camping trip out. Skinz :-)

I haven't managed to do any running races this year.. how about a cycling one!

My highlight this year is on wheels rather than foot - primarily because of injuries and also the fact I've fallen in love with riding my bike. So, while its not a race (never ever mention the r**e word) my favourite sportive would have to be Emma and Ali's Shibden Spinner Sportive. It must have been the wettest, wildest day of the year and I was only one of a small number of women to take part (hence for the first and probably last time fastest lady!). The winds were really ferocious (nearly came off a few times) but still decided to go for it, not such a Southern softy after all ;-). It was a great route, full of naughty climbs (well it is Emma's route) and a good introduction to parts of our corner of Yorkshire that I'd never come across. And to top it off the most lovely pizza ever at the finish. Good do all round

- Lucy H

In performance terms my highlight of the year was probably to have two 'best V60' places during the year. (For one I ended up with £15 Up and Running tokens which my wife claims she will frame and hang on the wall rather than let me get more socks!). However my personal highlights were definitely the two longish fell races I did. Howtown in the Lakes and Edale Skyline in the Peak District. These were very, very different races. At 13 miles, Howtown was only moderate length but in true Lakes fashion it rained hard, blew a gale and was foggy most of the way round making navigation difficult given my limited experience. I was proud of myself on this run not for doing a good time or anything – but simply for finishing! Edale Skyline was significantly longer. At 21.5 miles this was far longer than anything else I ran during the year. However there were plenty of Toddies saying 'no problem David for you' so I set off on what proved to be a lovely warm day with superb views over the Edale valley throughout the race. A triumph again in that I did finish (last finisher in fact though just a few seconds

Favourite races 2013

behind the man in front) and this has certainly motivated me to sign up for more of this sort of race next year.

- David L

'Cold buckets of water and sponges at the finish of the Turnslack run were a welcome end to a very hot but enjoyable race. This was my first time at Turnslack and I thought it was a great community run which I'll be doing again next year. The home-baked millionaire shortbread served in the church afterwards was pretty good too.'

- Chris M

My favorite running moment of 2013? It has to be hammering down the last half kilometre of Middlefell with Mandy and seeing her touch Greendale bridge, just in time. Phew! Her Joss Naylor Challenge tankard now has pride of place next to mine.

My favorite cycling moment of the year? Racing along the dark lanes in the outskirts of London to complete London-Edinburgh-London after four and a half days in the saddle. Ouch!

My favorite race of the year? There's only one contender. The Isle of Jura Fell Race. If you've never done it put it on your radar and start training up the three biggest hills you can find, and downhill training over big, wet loose blocks the size of refrigerators, throw in a long bogtrot, and a 5k road race...put them all together and knock back a dram or two afterwards and it'll feel a bit like doing Jura...but you can't beat the real thing. Entries open March 1st



- Phil H

One of my running highlights this year has to be "flying" (well, that's what it felt like to me!) down the hill from Gaddings Dam to the Shepherd's Rest pub at the end of my charity triathlon challenge. It's a great little descent and I was running on adrenaline, knowing I was going to reach the finish

(some 10 hours or so after setting off).

Thanks again to Toddies Clare H., Kath B., Dave S. and Geoff for their support.

- Jonothan W

After a couple of injury prone summers, and an injury ridden winter, I decided not to race this year but to enjoy running! Being based in Scotland I took the chance to walk and increasingly run up a number of my remaining munros. It's a strange highlight considering first that these were two quite dull, rolling munros (An Sgarsoch and Carn an Fhidleir), and second that I had to turn back after cycling in for five miles when I realised I had brought the wrong map. But this was probably the run where I got some form back, and after I had once more completed the 10 mile cycle in and a significant amount of tussock and peat bog hopping, the bouncy mossy 1500 foot descent off the hill of the fiddler, with the Cairngorm massif spread out in front of me in the (really hot) sunshine was magical. After cycling out again (note to self mountain bike is better suited to such adventures than cross bike) I ran straight into the river Dee to cool off.

- Lucy B

The race I've chosen is Wasdale - which may seem strange as I missed the 2nd cut off. However, I really enjoyed training towards it as my main target for the year and the "Big Race Atmosphere" on the day



Hats off to all those who finished, especially in such hot conditions. This time it was not to be but hopefully I will have other chances in the future. Such an awesome valley. My favourite.

- Simon G

Mine was beating Wasdale. Monster of a race in sweltering heat. It felt so good to triumph.

Favourite races 2013

-Peter B

"When last means first" Mickelden Straddle! Those of you who ran this year will still be nursing bruised derrieres, ribs and egos. Never been blown over so many times in a race. What a miserable day, driving rain and gales but we all turned up and set off at a fare old lick. Unaware that the course had been extended by nearly two miles with a much faster start, on hard track I was soon in trouble. At about half way round wind felled me again onto a sharp rock and a resultant bust knee. Just like the old soldier that I am, I batted on not really being aware of what day it was or which planet I was on. Picked up Dave Wilson (also having an epic!) and we limped in together to the finish. My LAST place in 3hrs 20 odd mins was a first ever for me so really quite proud. It was also the last Long fell race I will ever do —ever! —ever!!—But had a crackin day at Buckden Pike-Great race!

-Ranter.

You would expect doing the Bob Graham Round and getting Joolz to say yes when I popped the question at the end of it to be my highlight of the year! Well, it was, but my favorites moment was when I realised I was going to do the Haworth hobble in under 5 hours after 10 years of trying! It took me over 9 hours the first time. I was ill prepare, ill equipped and totally unable to run the 33 miles I thought I could. So, running in to the school at the end of the hobble and seeing how much I had improved from the first time has to be my moment of the year.....and I didnt need anyone to help me along

- Daz

I've actually got two joint first races in 2013. They are Duddon and Borrowdale. Ironically neither were races I was particularly targeting but hey, that's the way it goes sometimes. The long Lakes races aren't (or weren't) really my thing but in my training for Wasdale I ran Duddon.

What struck me was the relatively forgotten corner of the Lakes - the Duddon Valley. A fantastic race I'll definitely do again. No doubt the drop I did on the way there at the Three Shires Stone helped... Then Borrowdale...After the disappointment of Wasdale, I ran Borrowdale and enjoyed every minute. Next year I'll crack Wasdale!

-Paul H

Blackpool to Fleetwood Pier to Pier 10 Mile Race

It was on concrete. It was perfectly flat. It was in a straight line. What's not to like? The icing on the cake Peter the Hoodie cringing at the disco music on the double decker getting us to the start. The cherry on the icing a PB at 49 years old and PBs from lots of other Toddies.

- Paul B

I' v had a few favourites this year. Starting with Silent Valley in N.Ireland in April. A superb mid-length mountain race. The food, accommodation and company for the weekend was excellent. Glaramara in May was a first for me, but will deffo be back to do this again. I went up the hill second from last in a field of 28, mainly local young men. Was delighted to finish 12th overall as so many had gone off like headless chickens and got lost in the mist. Borrowdale has long been a favourite of mine, but I was very pleased with my time this year and unusually did not feel at all knackered, even going up Dale Head near the end.

-Jane L

Sometimes, but rarely in my experience, you run a race when everything comes together. Reservoir Bogs was that race for me this year. Decent weather, legs and lungs felt good, lovely scenery and plenty of Toddies to run with. Memories of finding a good trod through the bracken to the reservoir, choosing an alternative route off High Brown Knoll and everyone following,

Favourite races 2013

then being overtaken by Richard Blakeley !
A great day out!
- Richard L

Think I will have to plump for Turner Landscape. The start was one of the worse running moments of the year, an interminable track that went on forever. Once on the fell it picked up considerably with lovely running on the tops with views worthy of the race title. Great cakes and atmosphere at the end, enjoyed getting in front of Dan an extremely rare event this year (although he had done about 500 miles in the week up to the race!). Good to see Richard clinch the v70 national title. Also really enjoyed Beamsley Beacon, Cracoe, Edenfield and Top of Leach (all new races for me) and Reservoir Bogs and Heptonstall Festival (local classics). I didn't think much of Pike of Blisco, despite Branny getting lost.
-Dave C

My running highlight of the year came right at the end of the year.
The tour of Pendle race was a lowlight in 2012 and so I felt I had to have another go. The weather was perfect with a crisp November morning and bright sunshine by race start. A good group of toddlers entered amongst the field of 500 and expectation high on the start line.
Learning from last year I spent the first half of the race at a steady pace knowing the 'highlights' of big dipper and big end were to come. I had a chat along the way with fellow runners and admired the views.
I paced the race perfectly and managed a good time with a strong finish from the trig point home.
A cracking race and plenty of friendly chat afterwards.
- Andy McF

Keswick/Buttermere 34k. What a fantastic day out Elise "Crazy Legs" and I had. This is a wonderful event, cheap as chips and super low key. A gorgeous run out through Borrowdale and then over the Honister and Newlands Passes on a beautiful uncharacteristically warm February day.

Topping out at Honister and then running down that snaking valley towards Buttermere was truly awe-inspiring and I felt perfect joy at running so freely through such amazing scenery. I said at the time that it would be my race of the year, even the long fought for sub 4 marathon couldn't match it in terms of pure joy. Just wonderful. Joolz

Had to be the Tour Of Pendle, I love the race I love the reccys I love the pub, the village, the beer, I blew my previous record away and set myself thoughts of being potentially able to get some of those elusive English and British championship points this year....
- Ben C

I was originally trying to decide between my Spring PB's at Trafford 10k or Lottie Wilcocks 5k when things were going well, but actually my highlight of the year was having the privilege of running the last kilometre at Heaton Park with Jim Smith as he completed his 50th parkrun in November. After I've had a year when injury has brought me close to never running again, runners such as Jim, Ian Stansfield, etc. are quite inspirational and are not only what parkrun is about, but what running is about. Maybe I won't give up hope just yet.
-Buddy

Running stages: where are you now, where could you get?

This is a general picture: some elements may cross over stages for some people.

Stage	Aim	Typical training elements & intensity	Racing approach	Average time and distance
Basic running for health	To maintain health and weight, relax, socialise	Doing something is more important than pace, which is usually gentle. To jog or cross train several times a week at gentle pace – low-intensity	Races occasionally just to finish: every event for the first time is a challenge	3 and a half hours a week, around 20 miles a week
Intermediate club runner	To get quicker To be in 1 st 50% of field PBs Reasonable strength-to-weight-ratio, challenge yourself	Trains most days with at least one intense session a week and one long run, mostly fell. Training likely to be unstructured and inefficient without much knowledge of science. Lack of navigation/fell skills more likely. Diet variable.	Races regularly all year for the social scene (often too much and with less prep or tapering), with lots of low-key events. Often no 'off season'	Up to an hour a day average including cross-training, 30 to 50 miles running a week
Top club runner	To score championship points regularly, and place highly in local races. To be in first 10% of field. Low body fat	Seeks advice and info. Trains every day with at least two high intensity sessions (hill reps/speed work) a week and some double sessions. Takes time off racing for planned training blocks Higher proportion of road and x-country Plans a year ahead Careful diet, high self-belief, running is a priority.	Does British and /or English Championship. Prioritises quality races / fields. Recces and tapers for target races – trains through for prep races. Rests properly after races. Takes an off-season for training blocks. Fewer races	Up to two hours a day including cross-training, 50-70 miles running a week
Elite / international runner	To be the best possible, set records, be on the national team Very low body fat, high strength to weight ratio.	Coached. High proportion of specific pace/intensity and double sessions + cross training Planned to the last detail several years ahead. Highly self motivated, high self-belief, makes sacrifices. Attention to every detail including diet. Mainly road, track and x-country	Prioritises international selection and races. Absolute focus aiming for peak performance in selection races and international championships. Not many races a year. Off-season.	Four hours a day or more, including cross-training, 70-120 miles running a week

"BOWELED" OVER BY RUNNING

I've been meaning to get around to writing this for a while, and I'm now finally putting pen to paper as it were...

We (myself and wife Sarah) moved to Todmorden from Kent in May 2008. A few months after our migration back to the North (both originally from the Red Rose County!) I started to notice an increase in my toilet visits of the number 2 variety. Horrible subject I know, but this was about to turn my whole world upside down. I will apologise now for what might come across as a little graphic but in order to tell the story properly, it's really unavoidable.

After a month or so of hogging the throne, I decided it would be best to visit my doctor. Following a rather inconclusive discussion with the GP I was referred to the Gastroenterology department in Huddersfield Hospital to have various tests. After becoming more intimately familiar with the appearance of my own insides than I'd like, during multiple colonoscopies and barium meals amongst other things, I was eventually diagnosed with Ulcerative Colitis in August 2008.

For those unaware, Ulcerative Colitis is a form of chronic Bowel Disease which causes inflammation of the bowel leading to ulceration of the bowel wall. This ulceration means that the bowel struggles to remove fluid from your excrement which results in diarrhoea often mixed with blood (urgh...yes I know!).

Over the next couple of months, I was put on a series of different treatments most of which were Aminosalicylates which are an anti-inflammatory used to suppress the ulcerative nature of the disease. I tried a multitude of different types of these, some for oral use, others which were of the less desirable and unpleasant suppository/enema format. Unfortunately none of these worked and my symptoms were getting worse by the day.

In September 2008, my wife became pregnant with our first child. We were thrilled to be expecting a baby and it gave me a real lift and something to look forward to. Unfortunately, my symptoms got worse still and I was frequenting the toilet between 10 and 15 times a day. I started to feel incredibly weak all the time. It was a real effort just to do simple things like having a shower, driving or even eating a meal! With toilet troubles aside, the lethargy was really like nothing I'd experienced. My body felt like it was filled with lead, though ironically my weight tumbled, as did my appetite (a poor appetite is very unusual for me!). I lost around 2.5 stone in as many months.

Work was becoming more and more difficult - but I carried on in the vague hope that things would get better (I didn't feel I really had any other option). It was a living nightmare.

I was still turning up for work most mornings, having carefully planned out my toilet stops along the 25mi commute to the office but it was becoming hard to focus properly and just getting through to the end of the day was a real challenge, let alone make a positive contribute whilst there.

Some days I had to make arrangements to work at home as I just couldn't face people at work - I would feel drained, lethargic beyond what I thought was possible and couldn't risk the journey to work in case I needed to pay a visit or 5 along the way!

At its worst, I would be visiting the toilet around 20-25 times a day with at least 5 times during the night. Something had to be done...surely it couldn't be like this for the rest of my life I thought?!

The consultant eventually put me on a course of corticosteroid tablets which are a strong steroidal treatment that helps eliminate the inflammation but unfortunately carries an exhaustive list of long term side-effects which essentially rules it out from being appropriate for extended use. Within just a couple of days on this medication, I had an incredible new lease of life...the toilet visits became normal; I was down to toilet visits in the region of 3-4 times a day which is obviously a remarkable improvement on what I'd become accustomed to and the lethargy had started to lift. Amazing!

Once my condition stabilised, the consultant tapered me down off the corticosteroids and introduced another anti-inflammatory drug to try with a view to using it on a more long term basis. Within 4-5 days, my symptoms went down hill again and I was soon back up to over 10 trips to my favourite seat in the bathroom. I knew it was too good to be true. This pattern was repeated several times...back to normal on the steroids, then during taper and ramp up on the next drug to try, the symptoms came

back.

In June 2009, my wife gave birth to our first child, Thomas...we were thrilled and it was such a joy to finally meet our first child, but obviously I could barely look after myself let alone a baby. Thankfully my wife became a naturally good mother and despite the challenges of a 9 month pregnancy, a difficult 36 hour labour resulting in a 10lb5oz baby boy (I kid you not! – poor wife!) and everything else that comes with the sharp learning curve of parenthood, she continued to support me throughout.

To cut an even longer story short, in January 2010, I was put on Asathiaprime which would be my miracle drug that would bring my illness under control once and for all on a long term basis. This is an immune-suppressant usually associated with transplant patients to prevent organ rejection. I'm still to this day on Asathiaprime and touch wood it will continue to treat me well. The illness will never go away but it can be managed through treatment and eventually bowel surgery (if required). I still have periods of lethargy and occasional flare ups which can at times affect my running (how dare it!) but I'm absolutely loads better than before and also in better physical shape than I've ever been, even before the diagnosis!

Following on from this dreadful period of illness, my health and fitness were on the floor. I could barely walk a flight of stairs without needing to sit down and catch my breath.

In September 2010, my wife encouraged me to try the gym to build some fitness and strength back up. I started going a couple of times a week, spending time on the treadmill, rowing machine and a little on the weights. My first attempt on the treadmill resulted in a 0.5mi plod which nearly put my lights out. Slowly but surely, over the next 12 months I increased my time on the treadmill to a point where I could run 5k non-stop. It felt so liberating! At this stage I decided I'd brave the streets for my running and started to get really into it and leave the monotony of the treadmill behind.

I entered my first 10k in March 2012, the Keighley BigK 10k and was so pleased to finish. I'd got the bug!!! So much so, I went on to run several more 10k's and 4 Half Marathons in the same year! It felt great to feel so fit and strong after all that I'd been through.

I joined Tod Harriers in April 2012 and I've never looked back. I've been overwhelmed by the great people within the club, the fantastic support and encouragement I've received throughout and the friends I've made along the way. Thank you to everyone for making me feel so welcome and for the great advice I've received.

John L, Paul B, Robin T and Nick B have been especially helpful, plying me with some top tips, countless nuggets of advice and encouragement, especially in the lead up to my London and Chester marathons this year. John L was the one who got me to pluck up the courage to write this story which can hopefully be used to inspire people to some level or other!

Just 2 years ago I never in my wildest dreams would have thought it were possible for me to run a marathon...let alone 2 in one year! Now I'm setting my sights on another....Manchester Marathon in April '14 maybe?!!

I'm now at the end of my racing season for 2013 and I can proudly say I've done the following 10 things this season:

- 1. Ran in 20 races (16 road, 2 trail, 2 fell)**
- 2. Ran over 13 miles for the first time ever (well longer than 13.1 atleast!)**
- 3. PB'd 12 times in the 18 races I've participated in**

4. Ran 3 Half Marathons – and broken my 1:30 target I set myself (1h29:55 at Capethorne HM)
5. PB'd 3 times on 10k (41.08 current PB)
6. PB'd 3 times on 5k and broken 20 minutes (19.23 current PB)
7. Ran 2 x 20 milers (2h24 current PB)
8. Ran 2 x Marathons (3.26 in both, PB'ing in Chester)
9. Enjoyed every single mile despite how hard some of them have felt
10. Been overwhelmed by the support of Tod Harriers in everything I've done

Also, here's some finishing stats from London which really made me smile...

Gun Time to Start time 13mins 24 sec

Chip Time = 3:26:10

Finishing Position =4091st

5699th person across the finishing line.

Total number of finishers = 34,278

31,030th to cross the start line

Apparently only 5 that started behind me finished in front of me!

No. of people overtaken = 25,326 people!!....particularly pleased about this one!

Happy running folks. Here's to a successful 2014 for Tod Harriers!



Here's me overtaking one of my many victims during the London Marathon in April 2013...



Here's me on the finishing podium in London!...

Saxon shore trails Thames 60

We woke to a wet & misty morning, at 7am we waved the 100 milers off, & set off on a coach for gravesend pier, the views were non existent due to the fog but we set off within a few miles we found ourselves in a stone yard which was a dead end, hmm lost already, eventually we found a guy on a forklift truck who pointed at the smallest path in the world which was covered in the biggest blackberries in the world, we set off again & eventually found the first checkpoint, apparently everyone had gone wrong.

After grabbing food & a quick drink we set off again, the next section was a lot greener, & even a bit of woodland, i came into the checkpoint feeling really tired, this wasn't good, I never feel tired after 17 miles. Refuelled on haribo & coke & set off in the vague direction of Gillingham.

The next aid station was further along than we expected, & this was the first bit of coastal path we had seen, the aid station guy was practically hyperthermic, for some reason he had been given a race t shirt to wear so hadn't got his coat on, we assured him we were last & he could sit in his car for a couple of hours until the 100 milers started to come through, we all put our coats on here as the rain had definitely gotten heavier.

Running through Gillingham town centre was interesting, the market traders all geered us although we ran along the coast for a while again & over a bridge towards Rochester castle & church which were nice. & made up for Gillingham but we still kept getting lost.

The aid station at upchurch was the halfway point & boasted it had hot food, as we ran along the road through a little village we were all getting very excited at the prospect of food, & were saying silly things like we thought there would be massages & hot tubs etc. when we rounded the corner we saw a van with a

camping stove in the back, we all huddled under the overhang of the locked village hall & drank spaghetti in orange water feeling very depressed.

The next section was through fields & pear tree orchards, eventually onto a road, we could see the biggest flyover & a chap who had shot off at the beginning was walking along the road, which spurred us on a bit, our group had disbanded at the last aid station & we had seen the others a little way in front. The aid station was just a table with water under the flyover, this had to be the most depressing aid station ever, partly because this was as far as I had ever run before. I knew anything now was unknown territory. The guy said he was pulling out, which spurred us on, I looked at my pal & we cheerily set off round the corner...this was where it really started.

We flew along the grass verge past paper mills & sewerage works & gas stations, we both commented on how great we felt, we even dared mention the rain might be easing off a bit...

We carried on like this for sometime until we reached a bridge at sittingborne the bridge took us into the middle of an industrial estate, we we lost again. The light was starting to go & we were against the clock, we stopped at a roundabout & got a phone out, we were going to have to use gps. We could see the wooded area we needed to be in but no way of getting there, eventually we set off & found a path ankle deep in water which went past so e gypsy caravans & lots of disused electrical items, into the woods, we were off. We eventually came onto a grassy verge with water on one side & mud flats on the other, it wasn't quite wide enough to run side by side, so I trundled on behind singing random queen songs in my head (no idea why) the verge twisted & turned & we tried guessing where the lights in the distance were. Eventually we came to a marina, we ran along side it for another mile, which was eery, as we could hear the boats rocking & their bells but it was too dark to

see them. Eventually we came to the road & a guy with his car boot open & full of cake & haribo. We asked if we were ok to carry on & he said the winners had been 3 hours later than expected due to weather & navigation issues so we were fine. (thank god it wasn't just me then)

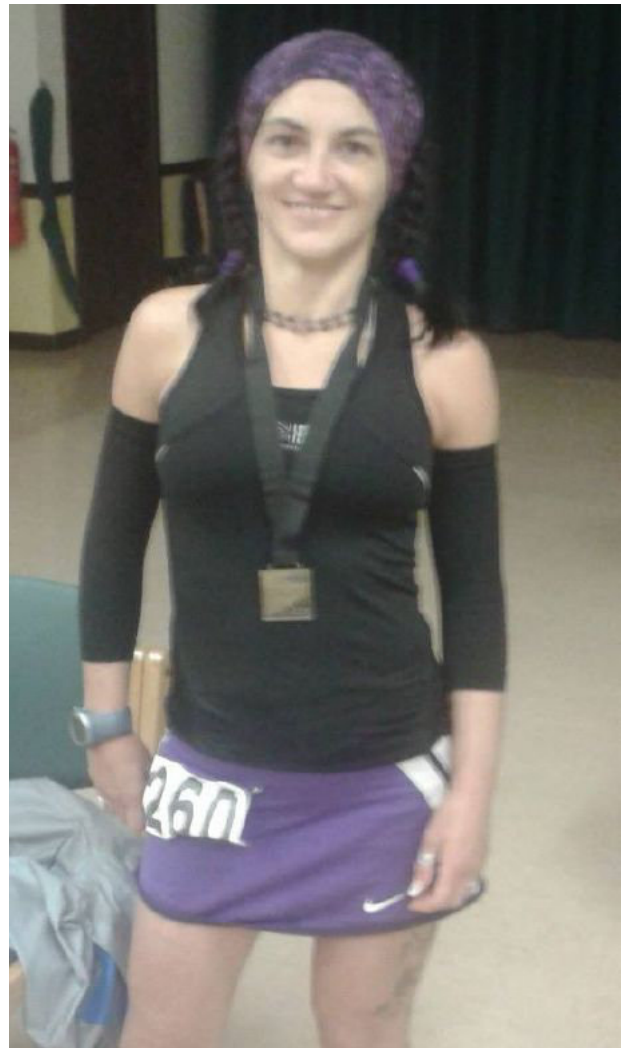
& we ran out of the 47 mile aid station feeling really good, we ran through a field for about 10k & again found a car boot of goodies, my friend asked if we were ok to keep going & the guy looked at us as though we were mad & said do you want to? I said I've got 6 miles to go, I'm not giving up now, grabbed some chocolate cake & set off running.

Oare to eastling was a doddle compared to the rest of it, we ran along the road & the last couple of miles were uphill but the rain had actually stopped & it was quite a nice night, we chatted & plodded on, eventually we saw the sign for Eastling, wow we were almost home, a mile on & we rounded the corner into the village hall car park ducked under a string with well done signs made by children pinned to it & into the room we had registered in that morning.

It was then we discovered we were not last, in fact we were 11th & 12th out of 30 plus that was nuts! Where had they all gone? We had tea & stew & a natter with people when 2 guys turned up, they were 100 milers who had dropped at 100k so although they had run a different section they had run the same distance as us.

When we woke the following morning, we got out of the van & wandered into the village hall, where we discovered one guy had completed the 100 miles, his parents had come to pick him up, everyone else had dropped. I also learnt that I was 3rd lady !! Wow I had run for 16 hours & been 3rd! I celebrated with a cup of tea & a full (vegi) English & then drove for 10 hours to get home! By which time I was stiff as a board!!

Jilly Davidson



TOILET SEAT



CONGRATULATIONS BEN, YOU ARE THE 2013 TOILET SEAT CHAMPION! IT TOOK BONUS POINTS TO STOP A 3-WAY SPLIT WITH DAVE & STEVE MATCHING BEN POINT FOR POINT ALL THE WAY BUT THEY COULD NOT MATCH YOUR DRINKING STYLE. WELL DONE, BEN, THE 2013 TOILET SEAT CHAMPION, UNCLE

Sorry Dan, I gave you points for wearing Andrea's vest at Fairfield. I was wrong on both counts, you took Andrea's vest to Jura then got lucky by borrowing a spare vest to run in - but you keep the pts Dan.

Late & Lost. Dan also reminded me that he turned up late for the 2012 duathlon, then got lost by taking a wrong turn. That will be 5pts for each - totalling 10pts *ps the 2012 duathlon was after last year's Toilet Seat had closed.*

Playing with Fire. Brew time at the RAB mountain marathon, Phil's latest toy, a meths stove (better than gas), until you knock one over then it's act fast or the tents gone. Tent saved by a whisker. 5pts Phil (could have been more...)

Cooking with Gas? Clare & Nic were so happy making brews for everyone on a nice safe gas stove at the RAB mountain marathon. Next day breakfast brew, no gas. They had left the stove switched on. 5pts to Clare, 0pts to Nic - being a member of Rossendale saved him.

Sandman Nic Barber, tasked with maintaining the sand trap at the Morvelo City Cross at Piece Hall, thought he'd make some improvements by making an extra dip in the middle. First race after his improvements the first 2 or 3 riders in **The Novice Riders Final** are clear. The next rider hit the dip, flying over the bars with the rest piling in - bodies 'n bikes everywhere! That's 10pts Nic - I bet Emma was **so** pleased with your efforts?

Lost and Found. Phil's all important clipboard was missing at the Shepherds Skyline - where could it be? A frantic search and no clipboard. In desperation Phil was about to send a marshal to his house (the only place left unsearched). Then a triumphant cry, "Its on your car dashboard!" That will be 5pts Phil

Latest scam? After a committee meeting, Peter received a receipt adorned with the inscription, "Maybe the aforementioned will pay me the £7 back?" Ben had entered the Staff of Life declaring "**I have no money with me**" and persuaded the poor innocent landlady to pour him some beer against a promise of later repayment that night, then left without paying. That's 5pts for going into a pub without money + 5pts for leaving someone else to pay your bill. Ben also admitted to pulling the same trick in 3 other public houses! That will be 3 bonus pts - a total of 13pts, Ben. All the pubs must have your picture behind the bar by now, plus I think you must owe Peter a pint?

Which Way? Not that way, Marcel! The Langdale Horseshoe does not go via Home Farm, but the Langdale half marathon does. However, you missed that race so it's 5pts. Steve also went via Home Farm then joined the half marathon for a while before peeling off into the mist to rejoin the fell race. That will be 10pts Steve. Don't worry boys, many a Toddie has gone astray in the mists of Langdale over the years, earning lots of toilet points (including Uncle Barry).

New Shoes. Richard was very proud of his new shoes with tieless laces. Unfortunately, they were not **tripless** as Richard found to his cost in pain and new glasses! 5pts Richard

Odd Shoes. Dave was informed that he was wearing odd shoes at the end of the first run from the Summit pub, "Oh no, one is just muddy" said Dave. On closer inspection Dave was wrong: one shoe was an Innovate and the other an Aldi brand shoe - 5pts Dave. He did admit that they felt a bit odd when running.

More Lost and Found. Colin Duffield had no more sense than to publish a selfie showing him patiently waiting for Claire to arrive home as he had forgotten his keys. No shame there eh? Apart from the fact that he had those keys in his pocket all along! 5 points Colin



Missing Points. Nic you are doing a fantastic job with the newsletter, but you have missed points from the bottom of the league table twice. That will give you a total of 10 pts. Ps the new look newsletter is great - keep up the good work, but try to score less points!

Forgetful. Andy McFie running alongside Paul at the Edale Skyline "I'm dropping out at Mam Tor, just remembered I didn't leave the window open and the dog is in the car". That will be 5pts. Ps the dog & car are fine.

Oops That Hurt! Screamed Buddy as he dropped a pack of photo paper .on his one good foot and breaking a toe - a painful 5pts (hope the other foot is better now?)

28	Ben Crowther
25	Steve Pullen
25	Dave Collins
20	Nic Barber
15	Phil Hodgson
15	Dan Taylor
10	Jon Wright
10	Richard Blakeley
5	Dave Wilson
5	Kath Brierley
5	Julie Wyant
5	Mel Blackhurst
5	Paul Hobbs
5	Lucy Hobbs
5	Gemma Kendal
5	Chris Preston
5	Mandy Goth

Grand prix championship races 2014

	Fell Championship EC - English champs	Road Championship	Trail Championship
Jan		19th - East Lancs 10k (S)	
Feb	8th - Wadsworth Trog BL 20m 4000ft		23rd - Terry Notley 10, Radcliffe
March	23rd - Midgley Moor BS 5m 1250ft	2nd - Norton 9 (M) 16th - Trimble 20 (L)	9th - Roddleswoth Roller
April	5th - Pendle <u>EC</u> AS 4.5m 1500ft 12th - Boulsworth Bog BM 8.2m 1400ft	18th - Caldervale 10 (M)	
May	3rd - Coniston <u>EC</u> AM 8.7m 3500ft		20th - Diane Modhall Trail Cowm
June	1st - Edenfield BM 6.4m 1560ft 7th Ennerdale <u>EC&BC</u> AL 23m 7500ft 22nd - Kinder Trog BL 16m 3500ft	15th - TBC (S)	
July	20th - Kentmere <u>EC</u> AM 12.3m 3300ft	13th - Windmill Half (L)	30th - Millbrook Monster
Aug	5th - Crow Hill BS 5m 1000ft 17th - Sedburgh Hills <u>EC</u> AL 14m 6000ft	3rd - Waggon and Horses 10 (M) 26th - Littleborough Lions 5k (S) 31st Halifax Half (L)	
Sept	13th - Hodder Valley <u>EC</u> AS 4m 1550ft	28th - Swinton 10 (M)	21st - Stainland Trail
Oct	11 Oct Langdale AL 13m 4750ft	19th - Oldham Half Mills to Hills (L)	26th - Tandle Hill
Nov	15th - Harriers vs Cyclists BS 5.3m 950ft 2nd - Clwydian AM 8.9m 3000ft	29th - Wesham 10k (S)	

Grand prix championship races 2014

L-Long

M-Medium

S-Short

Here's hoping these selected races will meet with interest and approval. Quite a few favoured races unfortunately clashed, and with the 6 English Championship outings providing tough challenges the other 9 races that make up the fell season should provide good training outings for EC contenders or enjoyable, rewarding running for those after GP points.







There is a traditional bias towards local races – tried and tested favourites such as the Trog, Midgley and Crow Hill are supplemented by some new to the GP – Boulsworth Bog, Edenfield and a fun finisher for those needing to get a final race in, Harriers vs Cyclists. Different scenery will be catered for with trips to the Peak District for Kinder and, after a few seasons of trying to select one, down to North Wales for the highly recommended Clywdian. For those still up for it after the EC there is a tough final long counter, back to the Lakes for Langdale.

After a slow start to the calendar, from April there is a nice spread of fell races, so we are hoping for a good club turnout throughout the year and qualifiers aplenty on many a finish line. Happy running for 2014.

GRAND PRIX AND 2014 CLUB CHAMPIONSHIPS 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 6 championships:

- 1  Fell (6 fell races of different lengths to qualify)
- 2  Road (6 road races of different lengths to qualify)
- 3  Trail (3 trail races of any length to qualify)
- 4  Club Champion (3 fell races of different lengths plus 3 road races of different lengths)
- 5  XC Champ - 3 races of the Red Rose series
- 6  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 ☒ 1 long fell race
- 2 ☒ 1 medium fell race
- 3 ☒ 1 short fell race
- 4 ☒ 1 long road race
- 5 ☒ 1 medium road race
- 6 ☒ 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%.

Season planner & visualizer

Training load: — Likely tiredness: — Target form: —

