

Grand Prix - what's left to do?

As the final three months of the season begins we are just two thirds through our race calendar - there are still 10 fixtures left to get your quota of 8 GP finishes done. After 22 races we only have 8 qualifiers in the GP, 1 on the fells, 2 on the road and 6 for the Trail championship. Don't forget the separate Club Champion qualification - only 3 road and 3 fell races but you must have 1 in each category of short, medium and long.

So get yourselves out to the following, or it could be a very short 'Presentation Do' this year!

6th Sept: **Guiseborough 3 Tops** - Medium Fell. Last chance to run an English Championship counter, though probably by the time you read this it would have passed you by. As has the Championship for most people this year.

13th Sept: **Garstang Half Marathon** - Long Road. Starting in Preston, a rural undulating course through Garstang, Catterall, Cloughton and Barnacre. Entries should be available on the day.

19th Sept: **Three Shires** - Long Fell. You didn't want to do the Good Shepherd again did you? So it's off to Little Langdale this year for a 12.4 mile race that packs in 4000 ft of climbing over Wetherlam, Swirl How and Pike O'Blisco. For those new runners looking to experience a Lakes 'classic' this is very do-able.

22nd Sept: **Mandy Goth 5k** - Trail. The name alone should guarantee a great turnout - the record stands at 40 Toddies at one race. An easy little course: up a road and track, twice round a reservoir (looking across at those in front or behind you) and back down the same way.

11th Oct: **Withins Skyline** - Medium Fell. A runnable climb, past Wuthering Heights (take care not to alarm the Japanese tourists), down the slippery flag stones and back via Bronte Bridge. The race usually sees a big Toddie turnout and some muddy finishers who have gone bog snorkelling.

18th Oct: **Jimmy Cricket 5k** - Trail. Not to be confused with Mandy Goth (though to some there is a passing resemblance); this goes up a road, twice round a reservoir but then not down. Jimmy will be there to start the race and will present the prizes - so don't forget your autograph book.

24th Oct: **Great Whernside** - Short Fell. Starts in Kettlewell, a 4 mile straight up and down of 1200ft over mixed terrain: fields, heather, rock and bogs. First time in our GP I think and looks a cracking race - just don't head for Whernside!

1st Nov: **Derwentwater 10m** - Medium Road. Billed as a "spectacular" run; clockwise round Derwentwater from Keswick, undulating rather than hilly and one of the most scenic road races in the country with autumn colours at their peak. But you will all have your heads down looking for points not views.

14th Nov: **Tour of Pendle** - Long Fell. Attractive to those with a fetish for Pendle Trig point - visited many times from different directions, even more if you get lost. Recommend rehydration afterwards is at the Hebden Bridge Beer Festival in the Town Hall.

29th Nov: **Wesham 10k** - Short Road. Just a week before our 'Presentation Do' so guaranteed to bring out runners who are one race short of GP or Road qualification - and, as in previous years, cause problems for those compiling the results and engraving the trophies. So, to those intending to leave it to the last possible opportunity, don't! Please qualify at one of the above.