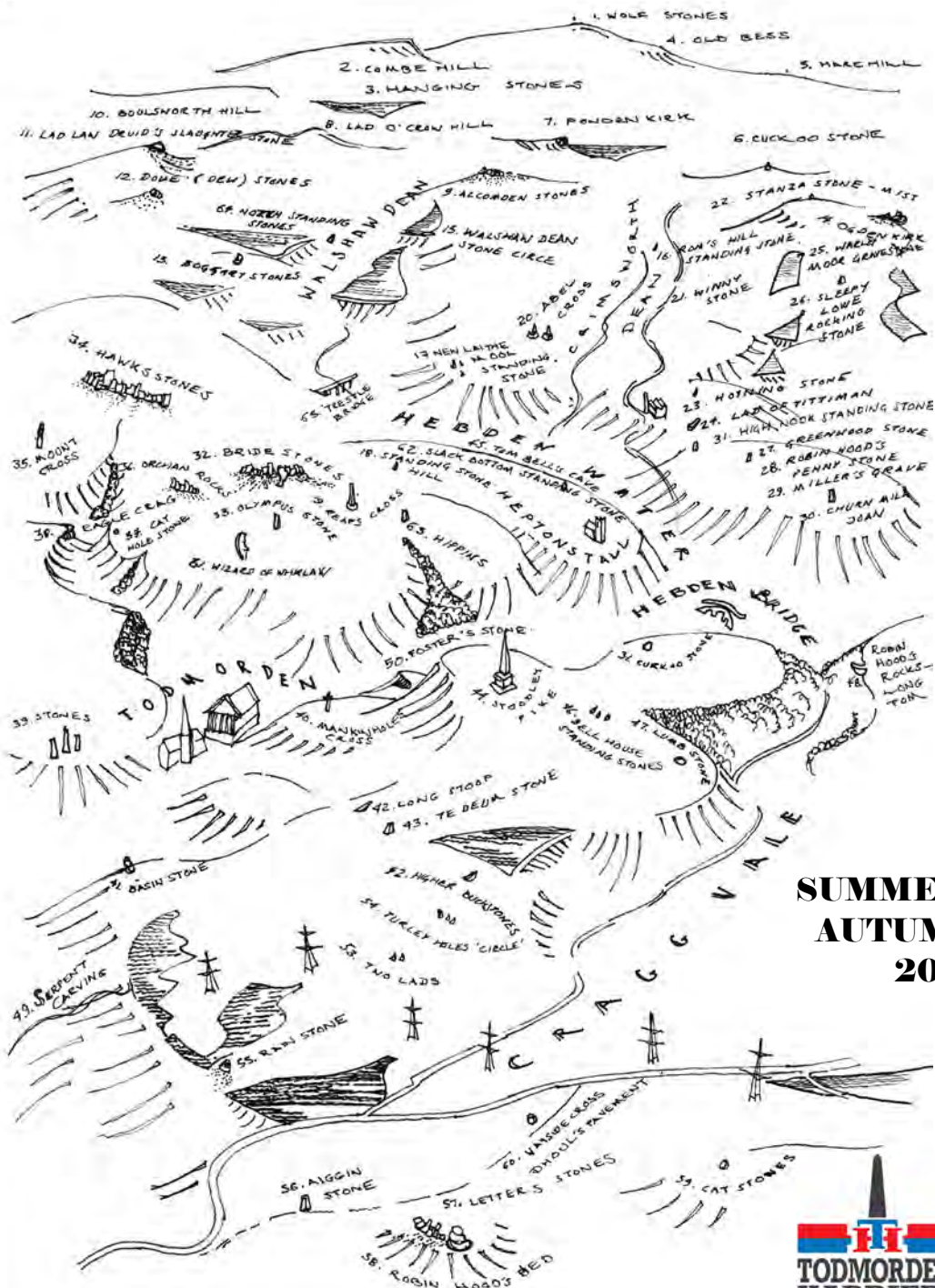


THE TORRIER



**SUMMER/
AUTUMN
2021**



Running and racing on the fells, trails and roads. We're a friendly lot, and we cater for all, come and join us for a run, and bring a friend!

Every month we visit a different pub on Wednesday evenings and try to organise four different groups: steady, moderate, medium and fast. We also try not to lose anyone. All runners are welcome. The runs are off-road in daylight hours and on-road (or choice of off-road with headtorch) in the winter months.

Our increasingly popular Monday group is open to all, particularly beginners or those wanting to return to running

Take a look at **www.todharriers.co.uk** or our facebook group

Front cover courtesy of Robin Gray: a map drawn to commemorate Phil Hodgson's challenge Interesting Old Stones of the Central South Pennines



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A word from the Editor...

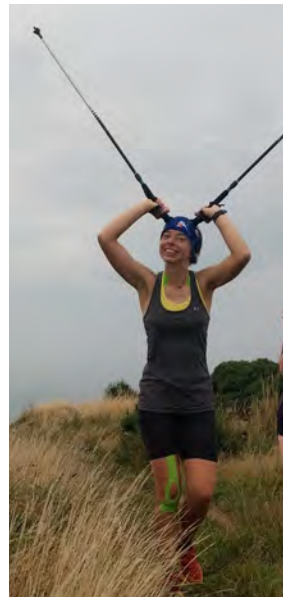
Convalescening from a long run, I find myself borderline emotional, wondering where I'd be without Tod Harriers. Probably would have given up running by now, as it mainly consisted of huffing and puffing hating a slow one mile loop round a field, never daring to do a parkrun let alone a race, thinking runners are an elite breed of people, not having the confidence to run with anyone else... All before I discovered it was allowed to be fun! And enriching! And an adventure!

The sense of community, support, encouragement, inspiration and advice that Todmorden Harriers have given my own running and personal growth can't be understated (and I've probably said this before, which makes it even more true). "Ultra Tour de Mont Blanc? It doesn't even go up the mountain? That must be flat, right?" I said naively on my first packrun. Toddlies who gently guide newbies away from catastrophic errors of judgement, wisely counsel yet allow us to still make mistakes and learn our own lessons: thank you!!

I look forward to putting together every issue of the Torrier. That's enough sentimentality from me, here's yet another one with fresh and interesting material, some from regular contributors, some new faces: remember we start collecting articles etc as soon as this one's finished, so let it inspire you to tell your story. Details and guidelines at the end of this issue.

Happy running and supporting!

Kim
Torrier Editor 2017-present
Email: torriernewsletter@gmail.com
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A word from the Chair...

Welcome to the best running magazine there is! A lot has happened since the last edition of the Torrier but really there is only one headline ...We're back!

Covid19 restrictions have now lifted and club activity can return to normal (with some common sense precautions of course). We will continue to monitor the situation and update the guidance on the Tod Harriers website if required.

The lockdowns seemed to last forever but now were back it feels almost like we've never been away. The weekly Packrun has finally returned to local pubs, the natural post-run habitat of the Toddy. Phew!

If you are a bit rusty and your training needs a boost then Kerry is running our Tuesday night training sessions again.

Remember racing? Loads of people all running at once? Well that's properly back now with the mass starts that get our adrenaline pumping. Lots of Tod vests have survived the attack of the moths during lockdown and it's been great to see big numbers of Toddies, new faces and old back in action, enjoying themselves and putting in great performances in all categories. The virtual race series is now over halfway through ...will anyone complete the full set? Parkrun has returned with loads of Toddies running and volunteering, time for a 'takeover' I think!

The juniors are back training on Tuesdays. Currently there's a waiting list of youngsters wanting to join that could be accommodated if we get some more parent helpers, if you can help then contact Claire Shaw via the website.

In the near future we will have the re-scheduled Calderdale Way relay

and the Hodgson Bros relay – both great opportunities to be part of an awesome team effort. For the mud enthusiasts the Red Rose and West Yorkshire Winter League cross country series are planning to go ahead.

So, plenty to look forward to – get out there!



Stu Wolstenholme

A word from the President...

What I would like to say to all members young and old and perhaps perspective members...

We are not an elitist club; we are a club for everyone that has an interest in running. Or, to coin a phrase from the Hash House Harriers of old, 'A drinking club with a running problem'.



Although alternative beverages are available, many of our members like to socialise with a pint or two after our Wednesday night pack runs, which sums up to me the ethos of Todmorden Harriers: we are more than a running club - we are also a social club, a community.

When club members travel to races, quite often they will depart and go their separate ways soon after the race has finished, which is why I would always advocate the sanctity of the Wednesday night pack run so we can socialise as a club.

As one of the senior members of the club I would like to see this ethos continue. But the club is not mine, it is yours. When I joined Todmorden Harriers I was one of the younger members and we youngsters (in our 20/30s) progressed the club into what we found was our ideal. However, time moves on and it is up to the current youngsters to mould the club into what they want it to be. After all, you youngsters will be looking after the club when we fossils have retired from running (but maybe not from the drinking).

Now that lockdown has ended we are returning to some sort of normality, but let us not be complacent. The pandemic has not gone away. I do not want to be a harbinger of doom but who knows what lies round that corner? Therefore, I would say, "carpe diem" or "carpe noctem", if you are a bit of a night person. It's Latin; it just means "seize the day". That is, don't put off till tomorrow, something you could do today.

For me that is a very poignant message. In the early 1990s I was supporting many people on their Bob Graham attempts, so many that I decided I would do one the following year. The following year I was so ill, the consequences were such that I would never be able to do one. But, it never stopped me running or doing mountain marathons and other good outdoor activities. All in the knowledge that I was part of that like-minded community of people that is Todmorden Harriers, which kept me going.

Jump forward 30 years and what has changed? Well, I now find myself in a similar position to 30 years ago, but this time for very different health reasons. I have now been diagnosed with Motor Neurone Disease, with a life expectancy of 2-5yrs. Therefore, all those things I had planned for my retirement, like walking/ running the Pennine Way and other long distance paths and a spot of Munro bagging are

not going to happen.

But I will keep walking in the fells as long as I can, and keep drinking with the Harriers family for longer. So Toddlies, just in case that next pandemic raises its ugly head or those knees start to ache, take heed and go make hay whilst the sun shines.

Mr President - David Wilson



Twelve Terrific Targets

A 'diary of desperation' during a tricky twelve months...

Earlier this year Britain dunked its electronic dibber into the control box and sped through the '12-month checkpoint' for *time spent beneath COVID restrictions*. This dubious milestone prompted introspection on my part; reflections centring around what on earth I actually achieved during the vacuum-like absence of an athletics calendar. The Heptonstall Fell Race (scheduled for 29th March 2020) was an early casualty of the pandemic; its cancellation catapulting many of us face-first from the friendly familiarity of Weavers Square into the necessitous duty of living beneath national and local restrictions.

As a Harrier living beyond the Calder Valley border, the restrictions meant banishment from Bridestones, exclusion from Erringden, suspension from Stoodley, rejection from Ramsden, prohibition from Packruns, barring from Beerienteering, ostracism from OL21 Trig challenges, a DSQ from HBK and a turning away from Turnslock.

So, what to do instead? With a full year of race targets hygienically disposed of in Matt Hancock's waste bin, it was time to set new goals. I wanted fresh, inventive aims, blue-sky thinking... objectives that

would set the pulse racing and keep the heart ablaze!

Did I succeed? No. Not at all. Not by any measure; but here they are anyway; my twelve terrific '*replacement*' targets in lieu of an exciting race calendar; my 'diary of desperation' designed to dispel the disappointments of a dispiriting year.

APRIL TARGET: "Gain Maximum Amount of Ankle Pain in One Month"

As mainstream media bulletins headline with urgent stories about a global shortage of toilet *rolls*, I, Pete *Rolls*, am breaking records for 'ankle *rolls*'. Swollen, bulbous, purple joints prevail as 3 ankle sprains in 1 month put to bed any hopes of maximising my daily allocation of 30 minutes outdoor exercise.



RESULT: *Target achieved!* (1 out of 1).

MAY TARGET: "Cycle Many Miles on Cheapest-possible Bike"

On reaching the eleventy billionth day of locked-down homeschooling whilst simultaneously resisting the urge to stuff both my children into their own pencil cases, I retreat to the sanctity of the garage and discover with perplexity a rusting, cobweb-coated mountain bike - exchanged presumably, for a handful of copper coins at some distant point in Ancient Britain. Lifting it, I discover with dismay that its frame was forged from Tungsten, or Osmium, or some other dense metal better suited to manufacturing military armaments than road cycling. Nevertheless swollen ankles are attached to plastic pedals and 53 miles are covered around the Worth Valley and Wharfedale.

RESULT: *Target achieved!* (2 out of 2).

JUNE TARGET: "Generate 825 Litres of Sweat During a Short 5k"

The easing of travel restrictions and a quick jaunt to Grange-over-Sands throws an opportunity my way to grab an AW outlier - a first

run in 9 weeks - in the form of Humphrey Head, a limestone outcrop jutting south from Cumbria's coast into Morecambe Bay. Sweltering highs of 32 degrees ensure higher quantities of saltwater on my brow than in the entire Irish Sea.

RESULT: *Target achieved!* (3 out of 3).



JULY TARGET: “Spend Unnecessary Amount of Money on New Kit”

The rallying cry of Public Health England continues to be 20 seconds of handwashing but by July I'm washing my hands of disposable income. Months of having nowhere to go and nothing to do predicates a surprising, seldom-seen surplus of cash! Unacquainted with the concept of disposable money I embark with gusto on a rare spending splurge – Salomon's new trail shoes, a Garmin watch and a cheeky pair of 3" shorts to highlight the white skin at the tops of my legs.

RESULT: *Target achieved!* (4 out of 4).



AUGUST TARGET: “Most Craft Beer in one Family Fridge”

Chancellor Rishi Sunak launches his ‘*Eat Out to Help Out*’ scheme but I'm quick to spot the flaw in his virus-spreading formula so instead, cleverly target an alternative goal: ‘*Drink In & Stay In*’. Selecting local brewers near famous Fell Running locales such as

Moorhouse's (Tour of Pendle), Daleside (Auld Lang Syne), Saltaire (Runners v Cyclists) and Little Valley (Lost Shepherd), the inside of my fridge resembles less a well-stocked family home and more the inside of a Wetherspoons.

RESULT: *Target achieved!* (5 out of 5).

SEPTEMBER TARGET: “Produce a Decent Training Block”

With a debut Marathon looming and a training status hovering

somewhere between unproductive and pissed, it's finally time to put some solid mileage in. A stunning 20-mile road run in Wensleydale takes in Agglethorpe, Aysgarth, Askrigg & Appersett and is followed swiftly by another 20-mile effort along the Leeds-Liverpool Canal from the Foulridge Tunnel to Bradley via Barnoldswick, Gargrave and Skipton. Facemask-free fresh air never felt so good and I approach The Langdale Marathon with fresh optimism.

RESULT: *Target achieved!* (6 out of 6).

OCTOBER TARGET: "Run a Marathon"

The original idea was a '*flat course and a competitive time*'. The reality was torrential rain outside the Old Dungeon Ghyll and a 'mildly undulating' 3,332 feet of ascent. Happily, every inch of preparation from kit choice to nutrition goes exactly to plan and I finish 19th overall in a respectable 03:49:55. The staggered starts mean I somehow miss Stuart Wolstenholme's impressive half (1:58:18) - just 20 days after his virtual London Marathon from Tuel Lane Lock to the Summit and back.



RESULT: *Target achieved!* (7 out of 7).

NOVEMBER TARGET: "Attend a Packrun"

It's now been so long since I met any Toddlies that I'm in danger of no longer telling apart my Mandy's from my Mel's, my Leckie's from my Langlois', my Butterwick's from my Brannigan's. Helpfully, a Darren Graham-led headtorch loop from Luddenden to Sowerby refreshes my memory before Boris blatantly blights Britain; beckoning us back to bedroom boardrooms for Lockdown Part 2.

RESULT: *Target achieved!* (8 out of 8).

DECEMBER TARGET: "Follow the Footsteps of Fogg!"

The problem with owning a Garmin sports watch is that you can easily

become slave to its statistics. To offer an example, I set myself a winter daily minimum steps target of 28,000 (completely arbitrary figure) and keep this streak active for 80 days.

Phileas Fogg circumnavigated the world in 80 days whereas I manage only the equivalent distance of travelling from Hebden Bridge to Venice - but at least I have done it all on foot!

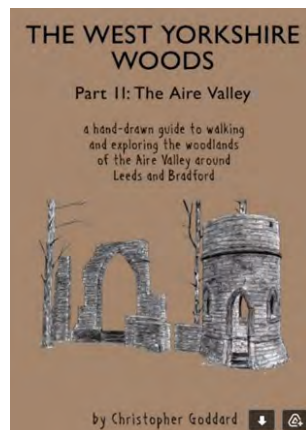
Of the twelve targets this one feels particularly laborious: walking 15 miles each day for 11½ weeks during daylight saving hours - when good TV and mince pies beckon, is not an appetising prospect.

The upside however, lies in gaining a more intimate knowledge of Airedale's waterways, birdlife, farms, moorland, woods and becks. Chris Goddard's new book *'The West Yorkshire Woods Part II: The Aire Valley'* is superb in this respect. Three personal records ensue: Most steps in a Day - 53,276; Most steps in a Week - 203,665; and Most steps in a Month 875,743.

RESULT: *Target achieved!* (9 out of 9).

A third lockdown in early 2021 ensured the '12 Targets' continued deep into spring in much the same, absurd vein. I particularly enjoyed January's **'Most Cakes in a Month' challenge** (as did Cadbury's share price) and March's **'Accurately Guess the Arrival Time of a Particular Students' Dog to School Each Morning'** - a fierce battle contested daily with a senior colleague. Victory here swept me to the *full house* of **12 out of 12 targets** and was, of course, followed by a black-tie dinner, a civic ceremony and the awarding of a medal from a local dignitary (Mum came round for a brew).

To sum things up, my twelve terrible targets provided three useful benefits: physically, they helped keep me in reasonable trim.



Secondly, they facilitated good mental health during a tricky year. And thirdly, by resetting new goals monthly it was possible to inadvertently gain escapism from rising transmission rates, daily briefings from Downing Street and Joe Wicks. Above all, I realised how much I love my running club and miss the hardworking members who make this community the special place it is.

Pete Rolls

Monday Night Interval Group

Simon's fartlek group was borne out of the Monday Runday session and was first introduced to me as the "fast" group on a Monday. This is a bit of a misnomer however as although the group is based around speedwork it is open to people of all abilities who are interested in doing some more varied training based around intervals (including hills!).

"I have definitely sped up a lot when I can actually run and it's fun to do something different. Running with crisps at the track ought to be mentioned. Yeh the group is very supportive and that's motivating, and Simon makes it very fun too" - Hannah

"As a newbie I can't really claim any speed improvements yet but I do enjoy the camaraderie, WhatsApp group and trips to the pub! Just wait til the rest of the Harriers hear about the paintballing" - Lisa

The group is predominantly based at Tod Park doing fartleks using various markers around the loop (yellow barrier, band stand and the three teenager dens for those who want a go) but we've also been to the track, the crisps are to stop you tensing up, and occasionally frequent the pub to "refuel" post run.

"I have definitely seen a ton of improvement but I think that the main

thing has been the consistency. Having a training session every week makes me much more inclined to do my other runs. I haven't had chance to have a motivation lull." - Joe Mountain

"I had a long plateau but with fartlek, pack run, park run and now a long training run each week, I am seeing the difference too and it's so lovely to have buddies to run with who are working towards similar goals. Simon is a superstar in giving up his time to support us and strikes the perfect balance between pushing us to work hard and stretch ourselves, whilst having fun too (not forgetting the orange squash on that super hot day in the park)! The sharing of local info about races and other related running insights on this group is great too, plus you all make me laugh and smile a lot too." - Katy

"I love our monday sessions. Really nice to run as a part of such a supportive group, whilst learning new training techniques" - Nick

"I like that it's something different, it's too soon for me to see any improvement though. I can go for a run any time, but having a structured speed session is great. I do feel guilty that I'm holding everyone up at times, but you're all so encouraging it does help." - Helen

"I love the sessions on a Monday, I like that it's interval training because that kind of training gets me fast at running. Also it's really supportive and social and I like the structure of Simon sessions, I always look forward to it and it sets me up well for the week." - Nicola

The sessions started as fartleks sessions but we have done a variety of exercises around this concept such as pyramid sessions, pace progression, gerschler fartleks, paarlauf sessions and hill repeats. This means there's a real variety each week and we all have learned a good amount about structuring workouts for ourselves. For those who want to as well this allows for a healthy amount of competitiveness to creep in over the session and it is just long enough

for different styles to pay off.

"I like that its something to do when football isn't on. You can quote me on that" - Joe Courteney

"I really enjoy the Monday sessions as it's something totally different that I wouldn't push myself to do on my own, but being in a supportive group gives me the motivation to do it. I love the structure of the sessions and that balance between being pushed but having a laugh too. Really appreciate all the time Simon puts into the sessions and individualising them for everyone!" - Becca

"With the Monday fartlek sessions I get a real sense of achievement, and the difference it make to my general fitness is very noticeable, the camaraderie is second to none ,I can honestly say I have made good friends from being involved with the group ,what Simon does for the group is absolutely fantastic, the training session he holds are something that I wouldn't/couldn't do on my own ,I think we all owe him so much thanks" - Sean

Obviously from what the group says as well a large part of what everyone enjoys so much about the training is the amount of effort Simon puts in to making it interesting and varied each week, whilst giving everyone goals to work towards. All of it off his own back and for free. It's made for really beneficial training but also a strong group of people so it feels like you are really running for a team. We've also seen the results in races and park runs with plenty of pb's across multiple distances and even a few category prizes.

Joe Mountain



A blast from the past



THE TORRIER

Todmorden
Harriers
Newsletter

APRIL 1990

TRAINING RUNS FOR APRIL

Will be back where they started a year ago. That is The Shepherd's Rest, Lumbutts Rd. To take full advantage of the extra daylight the kick-off time will be 6.45pm. See you there every Wednesday (apart from the last Wednesday of the month which is a committee meeting and thus the run will start at the Ukrainian Club).

CLUB CHAMPIONSHIP NEWS

The Oldham Half Marathon has replaced the Preston 10 in the Grand Prix Schedule. There has been no publicity for the Preston event and the organisers have failed to respond to our enquiries. Either the race has died or the organisers aren't too keen on people entering - either way it is off the list. Full details of all events until the end of May are listed below, and entry forms are enclosed where appropriate. n.b. The entry form for the Pendle Hill Challenge is enclosed even though it is not due until June. This is because the event is deservedly popular and is in danger of being over-subscribed this year (limit 250). Enter early to be sure of reserving a place in this near-legendary event (first

50 win a Skoda T shirt!)

Pendle Fell Race 4.5m/1500ft

Sat April 7th 2.00pm at Barley Village £1.00 EOD only. Category 'A' stuff - "Pendle the hard way".

Wardle Skyline Fell Race 7m/100ft

Sat April 21st 2.00pm at Wardle Village £2.00 EOD. Cat 'C' - "user-friendly" fell race suitable for all.

Oldham Half Marathon

Sunday April 29th 12 noon. Entry form enclosed. Not as big an event as it used to be but still the same "beast" of a course. The organisers can't make their minds up about which direction to run the race - but it makes little difference - that dirty great climb up to Grains Bar makes this a course to be reckoned with.

Colin Robinson Classic

Wednesday 2nd May 7.15pm Entry form enclosed. An Andy O'Sullivan promotion over the familiar Syke course.

Trailblazer 7

Tuesday 15th May 7.00pm Entry form enclosed. A Keith Parkinson promotion over a course which competes with the Pendle Hill

Challenge for the accolade of "toughest on the roads".

Blackstone Edge Fell Race

Wednesday 16th May. Full details will be supplied in the next edition. Should be interesting to see how many hardy souls will do this as well as the 'Trailblazer' the night before!

Great Hameldon Fell Race

Sunday 27th May 11.30am Entry form enclosed. A "nice" fell race suitable for all abilities. Junior race at 11.00am

Peelers 'n' Weavers

Wednesday 30th May 7.15pm Entry form enclosed. The ultimate Andy O'Sullivan production. You are invited to beat Dave Lewis' course record of 23.54 - should you be successful your bank manager will be proud of you. Enter early to avoid the queues and save cash.

NEXT MONTH

Mandy's report on the Rossendale Way Relay (sorry about the delay Mandy). Also action photos and (hopefully) personal accounts of the Howarth Hobbie. Plus the latest Grand Prix scores from Gerry's computer.

TIMES/HANDICAPS for OLDHAM HALF MARATHON

Baseline	67.00	
Elite	73.41	20
Gold		
Class 1	77.02	19
Class 2	80.23	18
Class 3	83.45	17
Silver		
Class 1	87.05	16
Class 2	90.26	15
Class 3	93.47	14
Bronze		
Class 1	97.08	13
Class 2	100.30	12
Class 3	103.50	11

Novice		
Class 1	107.11	10
Class 2	110.32	9
Class 3	113.53	8
Class 4	117.15	7
Class 5	Finish	

Handicaps	
Over 40	4.49
Over 45	6.56
Over 50	9.44
Over 55	13.09
Over 60	17.51
Over 65	24.23

Fem U/40	9.42
Fem O/40	18.58
Fem O/45	23.38

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SUBSCRIPTIONS! Please pay before the end of May. After that you will cease to be a member. Adults £3.00 (£5.00 after May); 15/16 £2.00; 8/14 £1.00. Send to address on the right.

Sent in by Dave Wilson

Time after
Actual time h'cap adj. Points

Vincent Miles	57.19	53.41	19
Ben Crook	67.32	54.39	19
Tony Frost	62.44	57.44	18
Tony Davison	58.01	58.01	18
Keith Parkinson	58.32	58.32	17
Terry Sheer	62.21	58.53	17
Ian Morris	62.22	58.54	17
Brian Hargreaves	69.35	60.06	17
Eric Blamire	67.26	60.25	17
Gerry Williams	64.29	61.01	16
Sue Carey	68.12	61.11	16
Dave Wilson	63.46	63.46	15
Carole Waterhouse	72.01	65.02	15
Richard Earl	65.41	65.41	14
Peter Marshall	69.28	66.00	14
Roger Stansfield	67.18	67.18	14
Ian Matthews	70.56	67.28	14
Nick Thomas	73.26	68.26	13
Pat Collier	86.38	69.35	13
Harry Clayton	79.50	70.21	13
Mandy Goth	82.21	75.22	10
Harry Denson	78.58	75.30	10
Christine Ashworth	84.14	77.15	10
Yvonne Waterhouse	94.59	77.56	9
Valerie Cottan	99.16	85.35	6

A blustery but mild day at Clitheroe didn't make for fast times especially in view of various falls, injuries & loss of form. 25 runners completed the race as above. Ben Crook won the 6/60s as well as doing a good trade in shoes. Brian Hargreaves was 9th.0/55, Eric Blamire 9th.0/50 & Sue Carey 9th.Lady. Vincent Miles was 18th.in his class(0/40) and Carole Waterhouse was 18th.Lady.

This means we have had 37 runners in the Grand Prix so far and at this time of year the table looks rather strange with runners having done different numbers of races. This will of course even out but those with the races in the bag will be first to their bonus points when they have done over ten.

	Counting races	Stanbury F.R.	Habgha R.R.	Ribble Val.10	Grand Prix Total
Vincent Miles	3	19	19	19	57
Tony Davison	3	19	18	18	55
Keith Parkinson	3	16	18	17	51
Terry Sheer	3	17	17	17	51
Ian Morris	3	17	17	17	51
Brian Hargreaves	3	16	17	17	50
Eric Blamire	3	16	16	17	49
Dave Wilson	3	16	15	15	46
Harry Clayton	3	15	15	13	43
Ian Matthews	3	13	14	14	41
Ben Crook	2		18	19	37
Harry Denson	3	12	14	10	36
Tony Frost	2		17	18	35
Nick Thomas	3	15	7	13	35
Sue Carey	2		17	16	33
Christine Ashworth	3	11	10	10	31
Mark Grice	2	15	14		29
Peter Marshall	2	15		14	29
Richard Earl	2		15	14	29
Carole Waterhouse	2	14		15	29
Yvonne Waterhouse	3	9	10	9	28
David Tenpest	2	14	13		27
Roy Gibson	2	13	13		26
Pat Collier	2		12	13	25
Brian Schofield	1	20			20
Eileen Miles	2	11	9		20
Eric Emerson	1		18		18
Gerry Williams	1			16	16
Barry Chapman	1	16			16
Roger Stansfield	1			14	14
Alan Ainsworth	1	13			13
Hazel Chapman	1	13			13
Mandy Goth	1			10	10
John Rigby	1	10			10
John Newby	1		10		10
Andrew Parker	1		7		7
Valerie Cottan	1			6	6
				57	
				55	

GRAND PRIX HANDICAP 1990

In order to encourage the slower runners this year, we are running this Grand Prix H'cap. Your h'cap is based on your scores last year & if everyone does the same as last year, we will all end up with about 200. Those who do better than last year will get over 200 and the runner with the highest total will win THE MOST IMPROVED RUNNER OF THE YEAR AWARD. It should favour the slower runners as they have the most capacity to improve / At present the table looks rather odd as runners have done different nos. of races. However it will sort itself out when we get to 10. Obviously runners who did not take part in the 1989 Grand Prix are not eligible for 1990.

	Start h'cap	Std pts	H'cap total		Start h'cap	Std pts	H'cap total
Christine Ashworth	140	+	31	=	171		
Pat Collier	134	+	25	=	159		
Eileen Miles	104	+	20	=	124		
Yvonne Waterhouse	87	+	28	=	115		
Andrew Parker	108	+	7	=	115		
Mandy Goth	104	+	10	=	114		
Harry Denson	77	+	36	=	113		
Ian Matthews	71	+	41	=	112		
Alan Ainsworth	88	+	13	=	101		
Dave Wilson	53	+	46	=	99		
Ian Morris	44	+	51	=	95		
John Rigby	85	+	10	=	95		
Roy Gibson	63	+	26	=	89		
Eric Blamire	39	+	49	=	88		
Peter Marshall	57	+	29	=	86		
Hazel Chapman	72	+	13	=	85		
Terry Sheer	33	+	51	=	84		
Harry Clayton	41	+	43	=	84		
Nick Thomas	49	+	35	=	84		
Mark Grice	45	+	29	=	74		
Carole Waterhouse	41	+	29	=	70		
Brian Hargreaves	18	+	50	=	68		
Vincent Miles	9	+	57	=	66		
Keith Parkinson	15	+	51	=	66		
Gerry Williams	47	+	16	=	63		
Tony Davison	5	+	55	=	60		
Barry Chapman	35	+	16	=	51		
John Newby	31	+	10	=	41		
Brian Schofield	20	+	20	=	40		
Ben Crook	2	+	37	=	39		
Eric Emerson	20	+	18	=	38		

My Bob Graham

Leg One – The Bald Assassins

Navigation - Bob Halstead

Pacing/Support - Andy McFie

Guest Appearance for Halls Fell Descent – Phil Hodgson AKA Batman

If you need a job doing, in a calm collected and clinical manner, this is your ideal crew.

Pictured: the start

It was cold and clear as we walked to the Moot Hall. We met another Dan (Rey) who was setting off at 12 as well, (having scrambled a team together in the week before via facebook). A quick photo of the team and we were off into the night towards Skiddaw. With Bob leading the way we soon slowed to a fast walk as the hill began to steepen. We quickly arrived at the Latrigg Car Park. Quick time check by Bob who confirmed we were bang on schedule. The path steepened further as we hit the main climb, we pushed on up the grassy bank and were relieved when the path started to shallow off. We hit the gate below Little Man and we were still right on time. The climb to the top was not too bad and we reached it 1 minute ahead of schedule. The night was cold about -5°C and the sky was full of stars. We continued down toward Hare Crag and found the top few inches of the boggy section was frozen. This enabled us to move swiftly and economically, arriving at the top of Great Calva 8 minutes ahead of the Schedule. We stopped for 1 minute, as I wanted to look at the stars (I have never seen as many). Quick descent and we crossed the River Caldew, heading onto the long climb towards Blencathra. The climb was slow, but we kept a good pace and got to the top still a few minutes up. Phil was there to meet us and after a quick pic we headed off down Halls Fell. Phil is the guide to have here, he had markers here and there, as we criss crossed over the rocky main path. We were soon traversing back towards the main path, then heading down for Threlkeld. Arrival was 6 minutes up on schedule, a job well done and testament to Bob's pacing.

Leg Two - The Young Guns

Navigation – Ricky Parrish

Pacing Support – Rob Holdsworth & Ambi Swindells

I quickly got a porridge down me in Mandy's van, as the crew filled my bag with gels, flapjack and energy drink/electrolyte. We set off on the long steady climb up Clough Head, I struggled a little on the steep section before the top, but nothing major I always struggle on the really steep sections. We hit the split bang on and carried on to the Dodds. Ricky navved well, while the rest of the team kept me supplied with food, drink and chit chat. The morning was amazing, with the yellow moon straight ahead and the sun rising in the east, we continued south. Tops came and went we lost time on some, but gained on others, keeping to the overall schedule. We had opted to go for the out and back to Fairfield. I climbed really well, managing to knock a few minutes off the schedule. Shortly after this climbing Seat Sandal, I had my first bonk, a quick drink and I was five minutes later, stomping to the summit. Nice run down to Dunmail (7 minutes over schedule for the leg but still 2 minutes ahead overall) and we were at Stu's van for Bacon Butties. Now Stu and Julie are Vegan, but had very kindly agreed to cook us bacon butties. Apparently, Andy Ford cannot do leg 3 without one. I managed to change my tops/hat/gloves. Mandy helped to clean my feet and change my socks/shoes.

Leg Three – The Wild Boar Crew

Navigation – Andy Ford

Pacing/Support – Marcel Ellison & Dave Garner

Still Going – Ricky Parrish

These guys know a fair bit about the Bob Graham, Dave and Andy having completed it themselves and Marcel being a veteran of many supports. They are also interested in Wild Boar based protein products and a long discussion began quite quickly (I am sure they



would be willing to discuss this superfood at length with anyone who wishes). Andy was navigating and having done leg 3 over 10 times, he thankfully knows his way well, although Marcel had done some different lines before. Steel Fell really kicked my ass and I needed to sit down at the top. We

continued along but I was starting to suffer more and eating was becoming a problem. Next my shoes began to fall apart, which could have been a disaster. A quick discussion revealed Marcel as having the same size shoes, but they were HOKAs which I had never worn before. A couple of tops later and I had persuaded Marcel to swap shoes (he continued to Bowfell, then cursed me all the way down the band to Langdale, thanks buddy). I was losing time at this point and Marcel had a strong word with me to speed up on the big climbs ahead. I pushed on and did well on the long climbs to Rossett Pike and Bowfell hitting the schedules. I always enjoy the rock hopping around the Great End to Scafell Pike section and we made decent time. We headed from Scafell Pike to Scafell via Lords Rake, this is when it started to snow a bit. I've never been overly keen on Lords Rake and it seems to have got even worse lately. The West Wall Traverse was ok but the last steep section to the top was very dodgy with snow in the hand/foot holds. Quick dash to the top and we were off down the hill 3000ft to Wasdale. I was feeling bad and knew I was down on the schedule. I thought what I needed was a lie down, so Andy rushed off to tell the support team. I lay down on the mat as bacon was cooking, feeling very sorry for myself. I was cheered up by being told that Phil Hodgson had been much worse at this point and still finished. I couldn't bring myself to eat any bacon, luckily



human dustbin Dave Garner was on hand to deal with any leftovers. I managed to drink some energy drink, eat a gel and get a bag of pickled onion monster munch down, which helped settle my stomach.

Pictured: upper left: feeling rough on leg 3, lower left: top of West Wall Traverse, upper right: lying down in Wasdale



Leg Four – The Mountain Men
Navigation – Darren Graham
Pacing/Support – John Taylor

These fellas have probably done every major mountain range in Britain and quite a few abroad. Their experience definitely helped and they knew how to encourage me. We set off up Yewbarrow and I was going well until over halfway. We slowed a bit on the top section, but we hit the split time dead on. Down to Dore Gap and I was really feeling it, I had to rest about 2 minutes into the Red Pike climb (the first of around 5 stops on this climb). I was struggling to eat but Darren and John were very encouraging and Daz started to feed me Kendal Mint cake in small pieces. I began to apologise to John and Daz for being so rubbish. We lost 5 minutes but made 4 back on the way to Steeple with some quick walking. Pillar seemed to last ages and I knew I was losing ground, but only 3 more minutes were lost. I was now unable to run even on the downhill, but still managed to keep a good walking pace going to the bottom of Kirk Fell. I climbed Kirk Fell ok and hit the top in 1hr 2 mins, a loss of 12 minutes. Looking at the schedule I was 46 minutes down so had just 14 minutes spare, but I realised I could go straight through the Honister Pass, which gave me almost 30 minutes spare. I said to the guys that if we could hit the split for Gable, we could do it. I descended ok but still couldn't run, luckily it isn't far to Black Sail Pass, so we were on track. I love Gable, can't beat a bit of hand and feet clambering over



the rocks. We saw the shelter at the top and we had knocked a minute of the schedule, at this point I knew we could do it. Daz had been worrying about the nav to Green Gable as the path is very rough in places and the line not very defined. Also with the live tracker, the world could see his skills (or not). He nailed it cutting to the right of the path, then getting back to it just before hitting windy gap. Quick stomp up Green Gable and we had knocked 3 mins off. Daz then found a lovely grassy trod, all of a sudden my legs were back and we

were flying, John was lagging behind (he had a broken rib from an altercation with a cow) and had to push to keep up. We knocked 6 minutes off on the way to Brandreth (18 minute split) and another 2 (9 minute split) to Grey Knotts, so we had made 12 minutes back and were well on track. Flew down to Honister with my legs somehow managing the steep rough descent at speed. Into Mandy's van for a telling off about how much I had made everyone stress. Got a gel down me, then decided just to set off and get it done (only stopped for 6 minutes).

Pictured: above: Kirk Fell Red Gully

Leg Five – Young Guns Two

Navigation – Darren Graham

Pacing/Support – Chris Dewhirst and Ambi Swindells

Chris was a last-minute addition and was worth his weight in gold, he kept close and paced me well, slowing when I did and speeding up when I could run. Ambi was back following a relaxing massage in Keswick. She had the backpack with my bladder in and would come alongside when drinks were required, also taking over the Kendal

mint cake duties. Daz was trying to get a brew as I set off and the next thing he knew we were 100 metres ahead, as I charged up Dale Head. It took him ten minutes to catch back up. We were getting close now and I knew if I could hit the split on Dale Head (last big climb) everything else would be ok. We were almost bang on, losing 1 minute. We caught the other Dan as we fast walked to Hindscarth, then he came back past up the steeper climb of Robinson. Now we had finished the mountains and it was just a matter of getting back to Keswick. I wanted to get to the road for 10.30, which would give me time to fast walk the 6 miles to the Moot Hall if necessary. The descent off Robinson was the crux of the leg, there is a crag to avoid and then you need to get the path down to High Snab Bank. Both teams set off together, soon split slightly then re-joined as the ridge narrowed. Dans navigator took the lead, he led us round the dodgy section and onto the path to Snab Bank. My legs were screaming as I descended the very steep slope to the bottom, I even had to zig zag as it was that bad. We hit the road at 10.28 and I knew we would complete in time. We ran most of the downhill section to Newlands Church, then walked the next section up the hill. Another run along the dark roads, then we were walking up towards Swinside Pub, with not far to go. A couple of small up and downs, then we turned the corner into Portinscale. We went over the bridge and across the fields running most of the way. Chairman Stu was waiting on his MTB and met us on the main road corner. I managed to run along the main street towards the finish. The remains of the support team were waiting and cheering as I climbed the steps at 11.33 to complete my Bob Graham. Dan Rey had just finished a few minutes earlier so I congratulated him, then managed a couple of cups of champagne.

Many thanks to all the helpers, I didn't realise how much I needed you and definitely couldn't have done this without you. I still don't know how I came around after Gable, but it was a miraculous recovery and suddenly I was flying again. I don't think I will ever know what happened, but thanks again to everyone who played a part,

even small as everyone played their part, in my successful Bob Graham Round.

Special Thanks to Marcel for the Shoes and Mandy for being everywhere.

One final word: I broke my knee, nose, thumb and fractured my neck in a bad bike accident in 2014. Some people said I would never run again and I went through some bad days. It just shows with the help of family and friends you can come back to achieve seemingly impossible lifelong goals.

DON'T EVER GIVE UP

Dan Taylor
BG completion time:
23:33



Limerick

There once was a wintery moor,
All cover'd in frost, such as hoar.
It wanted to rime,
But could not find the time,
So decided to bring on a thaw.

Parker Waterman

A Fell-Running Glossary - Part 1: Techniques

This was originally placed on 'tinternet' by Garry Perratt in the year 2000.



Fell Running: As in "*I fell, running*". The uninitiated are often surprised at just how accurate this is.

Ascent: Going up into the clouds

Long Ascent: You come out *above* the clouds

Descent: Coming back down out of the clouds

Long Descent: You pass through 4 different habitat zones on your way down

Very long descent: You reach the underworld

Navigational Error: *Either* not looking at your map & compass for too long *or* following the wrong person

U-Turn: The technique of reaching a top/ summit in cloud, setting off to descend the other side and finding yourself at the top of the slope you have just ascended.



Scenic Route: Ascending tops and descending into valleys that are not on the obvious line between where you were and where you want to be.

Very Scenic route: A scenic route including multiple ascents and/or descents of the same non-obvious top or valley

Relocating: Making for an obvious feature in order to

redefine one's current whereabouts. Popular relocation features include tops a couple of thousand feet higher than one's current position, and roads which are always further away than they sound.

Getting lost: Not a term used in fell-running. Whist road runners may use this term when uncertain of their position, *real* fell-runners are either taking a scenic route, which always leads to where they should be going, OR they are in the process of re-locating.

Look out for **Part 2 :Terrain** in the next Torrier

Sent in by Helen Willson

Puzzles

The Chairman has 6 beer "trophies" left over from the Winter League Mini-series. As he is a bit of a lightweight he's not drinking them all himself, so the first three people to email a correct solution to each of these puzzles will receive a bottle at the next Packrun.

Couplet Fell race Puzzle

Take two letters from each word to find the name of a race :

FEED DIED REST = EDDIES

DUCK ADDS POND = _____

DARE PARK PUNT = _____

TYRE BARK PLAN = _____

NOPE LEND ABLE = _____

SHOW ABBA BALE = _____

WALK WORD FLEA = _____

FORE ARCH PLAN = _____

Name the races and race series

There are 14 races that make up a race series hidden below :

O	S	N	O	I	L	Y	E	L	N	R	U	B	G
N	E	D	W	A	R	T	R	O	R	S	O	D	R
E	D	N	O	D	N	E	H	W	G	L	W	H	E
K	W	N	D	N	E	A	U	W	T	S	L	U	E
T	H	O	D	R	G	W	W	N	T	N	W	R	N
W	O	N	T	O	W	N	L	E	Y	L	W	R	W
E	L	K	O	O	R	B	L	E	K	L	T	L	A
E	A	H	W	O	R	S	T	H	O	R	N	E	Y
T	N	R	W	O	H	A	H	O	F	R	U	P	N
S	N	H	A	B	O	U	L	S	W	O	R	T	H
W	O	B	A	R	R	O	W	F	O	R	D	R	O
E	O	B	H	A	M	E	L	D	O	N	O	H	O
E	K	W	P	I	N	H	A	W	O	O	W	M	R
N	E	D	B	A	S	E	W	O	O	W	O	N	E

Race series : _____

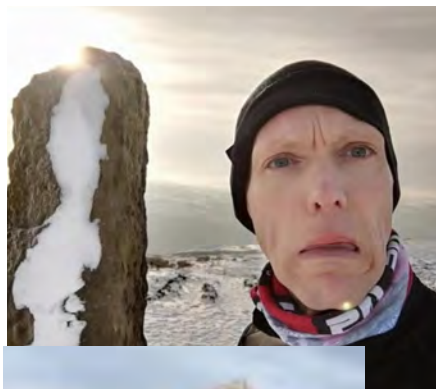
Take a snap of the completed puzzle with your phone and email chair@todharriers.co.uk

Frustration Corner

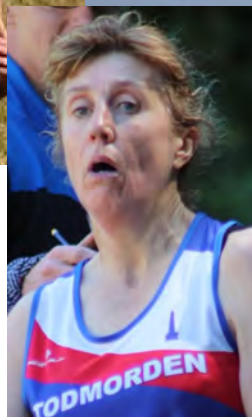
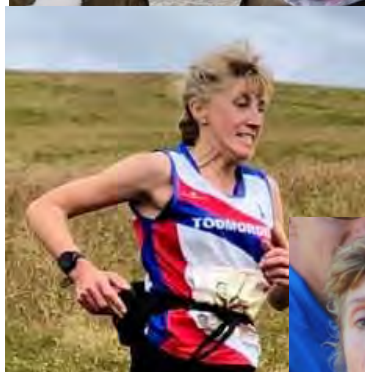
My new 5k PB, 20:00.1 One tenth of a second from cracking the twenty minute barrier - aaargh!

Stu Wolstenholme

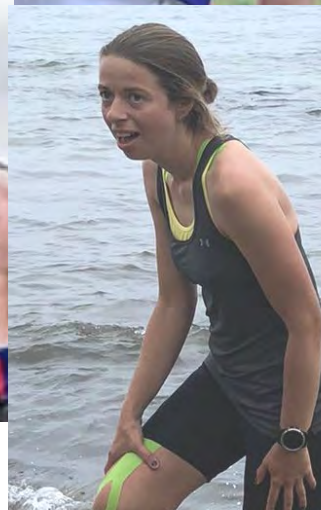




STOP

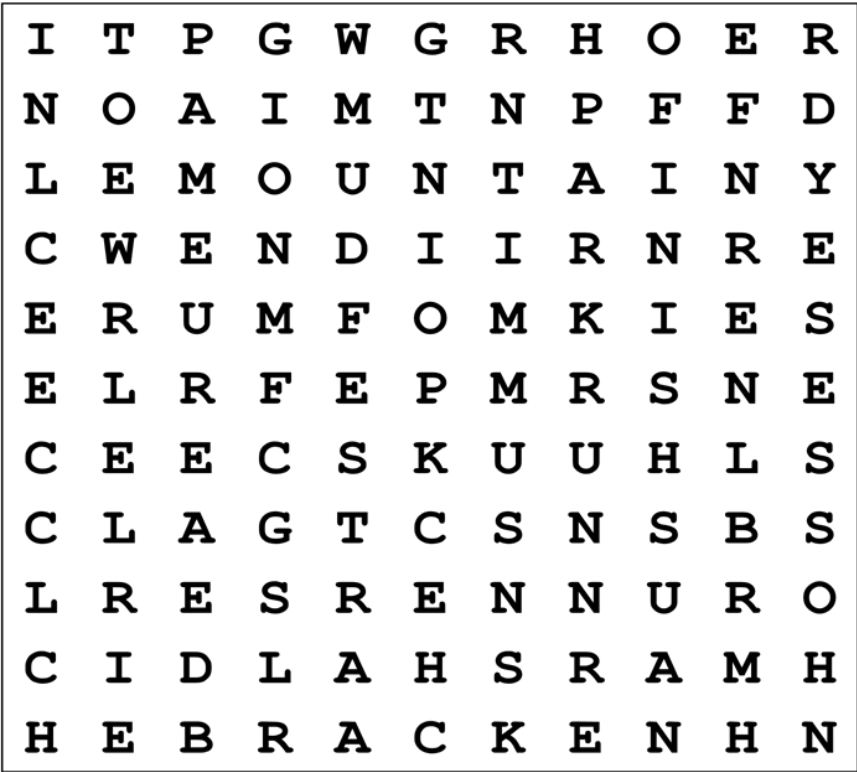


GURNE



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BRACKEN

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FELL

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MARSHAL

MOUNTAIN

MUD FEST

PARK RUN

RACE

RUNNERS

SUMMIT

Here we go again: Mandy's Jos Naylor Challenge no. 2...as a Vet 60

It's 4am on Saturday 14th August 2021 and I'm stood in Pooley Bridge in the Lake District with Phil Hodgson, Bob Halstead and Ros Blackmore...ready to go. I've got 18 hours to get to Greendale Bridge, at the other side of the Lakes near Wasdale, via the 47 mile Joss Naylor Challenge. The JNC traverses 30



peaks with a combined ascent of 17,000 feet. It's a challenge set by the legendary Jos where you have to be 50 or over to have a go. At five year intervals an extra few hours are allowed for completion.

Eight years ago, when I completed it as a Vet 50, it was a very different story. With only 14 hours allowed for completion I had to push it all the way and, with the help of a top support team of Todmorden Harriers and Achille Ratti runners, I finished right on the time limit with a nail biting sprint off Middle Fell. JNC 1...done.

A lot has happened since then! Two "blue light" trips in an ambulance to A&E with my heart rate stuck above 220 for over two hours, two lots of heart ablation (not pleasant) to destroy diseased heart tissue and a final diagnosis of a degenerative heart condition (ARVC = cardiomyopathy). The ablation did the trick for now but, as a future insurance policy, I was fitted with an ICD (implantable cardiac defibrillator). This should shock my heart back into rhythm if it goes awry again. (It delivers a mighty electric shock to key parts of the heart). Phil jokes that he might be electrocuted if it goes off while we're on a via ferrata! My consultant advised me to slow down a bit with a remit of no explosive efforts and no hard personal physical challenges. He obviously didn't know me that well...and everybody's definition of "hard" is very different...

A couple of years passed with no racing and just doing navigational events where you're not really in the red zone (apart from the usual mad dash finish to complete on time!) My heart didn't deteriorate so I started running a bit harder again. Lots of mountain marathons and big races in the UK and Spain followed and my fitness levels slowly returned. I had always had my eye on a second JNC as no other woman had ever done that. Covid prevented a Vet 55 completion (and my 60th birthday bash!) but, following three weeks in Scotland in May/June 2021 with Phil, and friends Ros and Neil, I was starting to think of JNC 2. We were blessed with amazing Scottish sunshine and climbed a lot of the mountains we had on our tick lists. I finally had some climbing in my legs after the restrictions of the lockdowns. A few more weekends in the lakes, ticking off Wainwrights, and I was ready to go.

So, back to 4am in Pooley Bridge. I was looking forward to a good day out with friends. My small support team who would look after me for the rest of the day was comprised of runners from Todmorden Harriers, Swaledale Harriers, Calder Valley Fellrunners, Ambleside AC and the Achille Ratti. Phil takes a photo and we are off. The forecast earlier in the week had been bad and I nearly pulled the attempt; the thought of 18 hours in the mist was not appealing. But, with MWIS predicting a 40% chance of cloud free summits I decided to go and we set off from Pooley Bridge in light drizzle through the campsite and up onto the fell to the first peak: Arthurs Pike.

Dawn arrived and with it the sunshine and stunning early morning views. We ticked the summits off with Bob navigating and, Ros and I following up Loadpot Hill and Wether Hill etc. bang on our 16 and a half hour schedule. Phil met us on Stony Cove Pike and guided us over Pike Howe and then down to Kirkstone Pass avoiding most of the rocks.

Kirkstone Pass was my first changeover. I was feeling good and



managed to eat tortilla for breakfast. Andy Mc Fie took over the navigation and Neil Bowmer the feeding and entertainment. We were pleasantly surprised when joined by Dave Makin (complete with broken wrist) who I hadn't seen for years. There was lots of banter and the hills slipped by quickly. Before we knew it we were dropping off Seat Sandal down to Dunmail Raise. A shoe change, bacon butty and soup. Kate Ayres joined us and Phil Scarf took over as navigator. Another support crew whizzed by us with Nicky Spinks on her record breaking 24 hour peaks attempt.

The climb up Steel Fell was as steep as I remembered and the long stretch of boggy ground to High Raise tedious. On the descent off High Raise my knee started to be painful and by Rossett Pike we were 15 minutes down. Phil S kept us entertained with his thoughts on how to make the Fellrunner a more entertaining read. The painkillers came out, the knee was bearable, and the weather stunning. Phil H met us on Great End and led us down through the cliffs to Styhead. After a brief butty stop (thanks to Rebecca Beadle) Neil and Jackie Scarf took over the nav and pacing. By this point the weather was closing in.

Great Gable was shrouded in mist but Jackie led us off safely. Kirkfell remained clear but by Pillar it was really misty and I was starting to get tired. We didn't find the best path off Haycock but thankfully avoided the scree and, though we lost time here and there, we were still well ahead of the 18 hour limit. Unlike last time there was no real time pressure.

We were joined on the final summit, Middle Fell, by Rebecca and Phil S and a comfortable jog took us down the hill to the bridge at Greendale to be met by the great man himself; Joss Naylor, plus Phil H and Ros. I completed just as dusk was falling in a very enjoyable 16 hours and 56 minutes. JNC 2...DONE!

A very big thank you to all my navigators, pacers and helpers who were amazing. A special thanks goes to Phil H who encouraged me and made me believe I could do it.

Mandy Goth



Stay Safe Out There!

This is an update of a piece first written in 2000 for members new to running. Always worth revisiting occasionally – even for those of us that have been running for 20+years!

Running is a brilliant sport – that’s why we all do it. It can be exhilarating, exhausting, competitive, contemplative, sociable or solo. But, it can also be our downfall if we don’t take a few simple steps to ensure our safety whilst we are ‘out there’. Safety in running, whether on the road or on the fells & trails doesn’t have to be complicated, difficult or time consuming – it is basically about applying a bit of common sense. Here are some general pointers reminders:

For ANY type of run

- Tell somebody what route you are following, and a rough idea of how long it should take you.
- Make sure you are dressed for the conditions, and that you will be ok if those conditions suddenly change (a lightweight waterproof can be a godsend)
- Carry a drink if your run is long, or it is a warm day.
- Carry calories if your run is long.

On road

- Wear a luminous something (leggings, vest, flashing armband etc) if running after dark.
- On roads with no pavement, run so that you are facing oncoming traffic (ie on the right-hand side of the road).
- Don’t assume that drivers have either seen you, or care that you have as much right to be there as



them. Keep your wits about you and remember that in an argument with a vehicle, **you** are likely to come off worse!

On the fells & trails

- If at all possible, run with someone else (two's company if you get lost or injured, and 3 is even better).
- Learn how to use a map and compass – and then use them! (The FRA runs excellent navigation courses a couple of times each year.)
- Always carry a whistle. 6 blasts each minute is the recognised call for help. 3 blasts is the recognised reply when someone has heard you.
- Always carry high-energy food, drink, and full waterproof body cover (even on a hot summer's day) – weather in the fells can change dramatically and rapidly.
- In addition, in winter carry hat, gloves and an extra thermal. Remember that cold kills – and the little bit of extra weight you have to carry will benefit the training effect!
- A simple first aid kit can be small and lightweight, but could make all the difference if you should run into difficulties (it does happen!). Of course it is also useful if you know how to use the stuff you have got with you!
- Make sure your footwear is up to the job. The majority of Mountain Rescue callouts are as a result of inadequate footwear, leading to injuries such as twisted ankles, or more serious incidents such as falling down a scree slope, banging head on the way down etc.

Of course, even when all safety measures are put into place, accidents can and do happen, but if you are properly equipped both with equipment and knowledge, then you should be okay. And, in a worse-case scenario, if Mountain Rescue does have to rescue you, at least you won't be embarrassed by what you don't have with you!

DID YOU KNOW?

If your nearest-and-dearest has you on the “Find My” app on their I-phone, they can track your location (so long as you have your phone with you!)

If you have the “What 3 Words” app on any phone, your position can be identified within a 3m square area.

If you need Mountain Rescue you should request **POLICE** first, and **then** ask for M.R. This is because M.R. are a subsidiary of the police. If you ask for ‘ambulance’ this can cause delays in getting a team out to you

Running is a brilliant sport – whether you favour road or fells. Keep on enjoying it – don’t become an accident or injury statistic simply because you didn’t take a bit of responsibility for your own basic safety.

Helen Wilson

North East 800m U20 Champion

To break Torrier tradition here is a long piece, not about a long race, but about a race that took less than 2 minutes (or just over 2 years depending on how you look at it).

At zero I didn’t realise I had 3 attempts and 2 years to become North East U20 800m champion. Because the idea didn’t exist. There was no basis for it coming true. It didn’t enter my head.

There are moments when there is a clarity, a crystallisation. I have no idea where those moments come from, they just arrive and inspire. They have done so numerous times. There is a quiet moment, a

realisation of “I could do this”. In that moment I have absolute faith in the possibility. I don’t know if I will achieve it, but I believe in the possibility. No doubt. My mind starts to plan, to piece together the path that will give me the best chance of making the possibility a reality.

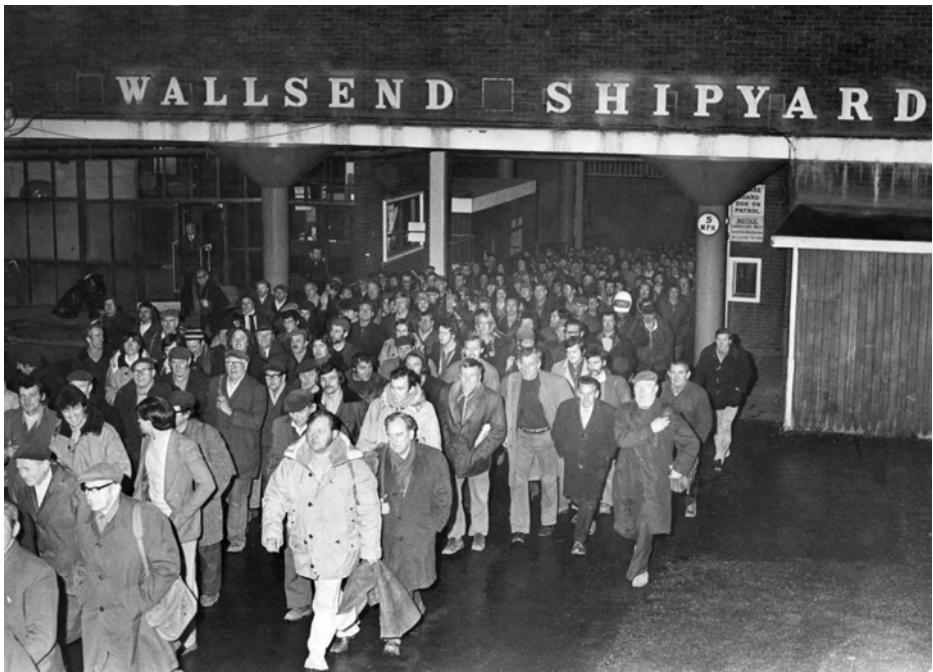
Zero is May 1981. I step onto the track for the heats of the 800m U20 championship. I don’t want to finish last. I race, I watch them disappear. I finish last. Before I leave the stadium I decide that next year I want to make the final.

In May 1982 there is an anomaly. The usual 20 odd entrants are just 9. They make it a straight final. The opportunity to achieve my goal has gone. Making the final by default doesn’t count. I don’t want to finish last. I race, I fight so hard to get out of last place. I finish last. Sometime before leaving the stadium I think “I want to win this thing” then for a while I forget that fleeting thought. This finishing last returns to irritate me for many months. I don’t like it.

In September 1982 we move into winter training. Strength, power, stamina. Roads and mud. Dark nights. Hill reps on Rose Hill Bank and on Swan’s bank. Swan’s bank is surreal as sometimes our session coincides with men finishing a half shift. They pour out of the shipyard gates (see photo), some travelling at speed to get home to the warmth, to a hot meal, to family. Our reps weave through the men.

Pictured right: shipyard workers leaving the yard and walking up Swan’s bank after a half-shift. Sometimes our hill reps on Swan’s bank would coincide with their exit. At the time most of our training group had dads working in the shipyards.

Training with Wallsend Harriers is important because we are part of a crew driving each other on in a shared experience irrespective of ability. By November my legs from the base of the calf to just above the Achilles are painful, solid like steel. Walking is painful. It comes



from the road training. I rest then return, rest then return, but the pain always returns. Then that moment arrived, that clarity, the thought that comes out of the ether “what about winning North East 800m gold? It is possible”. That moment combined with my frustration with road related injuries results in me cutting all ties with the Harriers in February 1983 and I lay out a 3 month training plan based on what Bill McGuirk had taught me. Cutting ties feels weird, but it also feels free and focussed. At some point I finish with my girlfriend, or she finishes with me. Even now we can’t agree on who finished who J My two focuses now are track work and studying for an HND. I train every day. Each day I leave my studies in the afternoon and take the Metro across the Tyne to Gateshead Stadium. I progress, progression motivates. A success spiral.

Before I cut ties Ivan asked me “got any plans for the summer season?” I said I’d like to win the NE 800m title. Ivan looked at me, a half smile, quizzical and “seriously?” “Yes”. “I’d like” has materialised

a few times since, it's that moment when faith in the possibility materialises.

The week before the race was joyous because I'd followed the plan and because I could taper. Training was light in volume, easy at 80% effort.

I get up on race day. I walk down the stairs, every step specifically placed and contributing to the best possible performance. Eating breakfast is specific, each mouthful contributing to the possibility of victory. Laying out my kit in a specific manner, perfectly prepared. What food to take? It was a carrot to eat between the heats and the final.

You know that scene in Fever Pitch when the boy walks up the steps, hears the noise of the crowd, reaches the top of the steps and the stadium opens up? I came out of the changing rooms into the sunshine, barely a sound, but the stadium opened up. I'd been there almost every day for 3 months. It was like playing at home. There's no anomaly this year, plenty of entrants, 3 heats, first 2 and 2 fastest losers to go through. Pretty much every athlete who I have watched in admiration is there. The gun goes, the first 400m is comfortable. I sit in the pack and as lap 2 progresses gaps open and I position myself in 2nd place. Tony from Durham City, one of the stars of the track takes up the running with 200m to go, driving forward and I do nothing except allow myself to drift backwards, halting the drift 5m in front of the 3rd placed athlete and holding that gap to the line. I have genuinely made the final this year.

There's a couple of hours or so to the final. There are 3 Wallsend Harriers in the final. Tony Patterson and John Lucas are stars of the track. John and I head to the changing rooms, Tony is somewhere else. John and I are competitors, but comfortable in silence, waiting for time to pass. I slowly eat my carrot, chewing it into oblivion, extracting all its goodness. Sounds daft, but it is another component

of potential victory.

Time to warm up. Long lazy strides, loosening, but not tiring. Stretches that also create focus. Our coach, Bill McGuirk, pulls John, Tony and myself over and says “I don’t care which one of you wins, but I want a 1, 2, 3 for Wallsend”.

The gun goes and no one wants to lead. Dave Allen, a star of the track, is manoeuvred into the lead by John and I. John settles on Dave’s shoulder, I sit behind tight against the curve to minimise distance travelled. It is so slow, we take the bell in 61 seconds. We are all capable of 10 seconds quicker over 400m. The pace picks up around the first bend and I sit. Up the back straight the pace picks up again and the race materialises. I have a moment of panic as I realise the race is on now and have I got it in me? Dave stuck in front, John sat on his shoulder waiting.

220m to go and pass the cheering Wallsend Harriers contingent camped in our usual spot. We reach 200m to go and my body wants to go faster now, that’s what it is used to, it has been conditioned to drive, to generate exhaustion, but my mind overpowers the body’s desire to go and I am almost braking. Why take the long way round? Why go out into lane 3 and race. I sit tucked into the curve, tight in behind John and Dave. 150m to go and now I let my body go. It drifts out now to lane 3 and I draw level with Dave and John then I move past them. It’s all in now, there’s a lot of noise from the crowd in the stand. Out of that noise I hear or I think I hear my Dad screaming out “go on Paul” just like he screams at sport on the telly. The last 100m and what is to become a familiar realisation comes to mind “this could be your only chance ever to win a title” and the fear of not taking what could be my only chance drives me on. I cross the line, fists clenched in victory. Relief that I took my chance. Joy that I’d collected and assembled all the pieces of victory. John finished 2nd, Dave finished 3rd. Bill didn’t get his 1, 2, 3, but that didn’t seem to matter to him after all. Tony, one of the most naturally gifted athletes

I have known, finished last.

I saw Ivan, he smiled shaking his head and saying “you did it”.

I had played out every possible last 200m in every rep in training. I believed I could win, I didn’t believe I would win.

Tonight I watched the film Free Solo. When Alex reached the top and he realised he had brought it all together piece by piece I recognised that moment. Hence I was inspired to write this.

Paul Brannigan

PS The day after my victory I was searching through Athletics Weekly searching for races where I could get a fast time. I spotted the Scottish Athletics Championships were in a few weeks. It was an opportunity for a fast time. A tiny thought materialised. What if I could become a national champion?

To be continued...

DOF your cap

A feature of Phil Hodgson’s Derelict Old Farmhouses challenge by Robin Gray



Toddies

EPISODE 7

Top running tips sent in by Toddies I'm pretty sure don't exist...

Unfit and need to stop running after 5 minutes? Pretend that you have reached your goal by slapping a nearby lamppost whilst looking at your watch with a satisfied nod of the head.

Tara

Masalata

Prolong the life of your running shorts by spraying them with varnish.

Perry Perisauce

Pineapple rings fit perfectly over your thumbs and provide natural sports nutrition and hydration for those long distance events.

Len

Tilroast

Stick a "baby on board" sticker to the back of your race vest, that way everyone behind will slow down allowing you to win every time.

Annie Seed

Collated by Stu Wolstenholme

Todmorden's Next Top Model: Andy McFie

Just look at that post-race strut!
Maybe he can give us tips?



The Six Days of Coast to Coast

On the first day of coast to coast, Wainwright gave to me: a small shiny pebble from Saint Bees

On the second day of coast to coast, Wainwright gave to me: ooh Kidsty Pike and a small shiny pebble from Saint Bees

On the third day of coast to coast, Wainwright gave to me: lots of gossip, ooh Kidsty Pike and a small shiny pebble from Saint Bees

On the fourth day of coast to coast, Wainwright gave to me: moderate quad pain, lots of gossip, ooh Kidsty Pike and a small shiny pebble from Saint Bees

On the fifth day of coast to coast, Wainwright gave to me: tasty bilberries! Moderate quad pain, lots of gossip, ooh Kidsty Pike and a small shiny pebble from Saint Bees

On the last day of coast to coast, Wainwright gave to me: a downhill sprint, Tasty bilberries! Moderate quad pain, lots of gossip, ooh Kidsty Pike and a small shiny pebble from Saint Bees



Kim Ashworth

TOILET SEAT

IF YOU HAVE ANY CONFESSIONS OR TALES ABOUT YOUR CLUB MATES, EMAIL THE MYSTERIOUS ARMITAGESHANKSTODMORDEN@GMAIL.COM

REMEMBER: I WALK AMONGST YOU, I HAVE SPIES EVERYWHERE AND I KNOW WHAT GOES ON!

SEE YOU EVERYWHERE (OOH, THAT'S A BIT DARK ISN'T IT) - AS



Dom Leckie – at an April Packrun Dom was so busy taking photos that he missed where the group went, even though where the group had gone was in the pictures he was taking! 5 points

Stu Wolstenholme – Staggered over the finish line at Ennerdale, had a goodie bag and a brew thrust into each hand by a helpful volunteer, then with sweat pouring into his eyes wandered into the finish field complaining unable to see. It was only after Simon Anderton took his brew off him and dragged him away that Stu realised he was stood directly in front of Joss Naylor who was waiting to address the crowd of finishers! 5 points

Daz Graham – At the Stocks Lane Stinger 10k, Daz seemingly bought an air horn from a circus supplies company. On starting the race the horn let out a little pssst and disintegrated in comedy clown style - 5 points

Pete Rolls – Ran to the aid of Roger Howarth who had twisted his ankle at a recent packrun. Unfortunately the would-be rescuer then tripped and stood on Roger's ankle helping matters no-end! 5 points

Dave Collins – Back in the winter Dave went out on the Interesting Old Stones of the South Pennines challenge. While cycling up Midgley road he realised he'd left his map at home. "No problem!" he thought "the stone I'm looking for is easy to find at the end of Watersheddles res" Many hours later he returned home cold wet beaten and bedraggled having never found it – 5 Points

Stu (again) – Decided to tidy out the increasingly untidy box of running gear that lives in the boot of his car.

Upon tipping the contents onto the living room floor he found a ladies vest which he described as a 'frilly little black number' on the Tod facebook page and asked that its owner step forward and offer an explanation to his wife as to how it got there. After a few weeks it was pointed out to Stu that the 'vest' was actually a bag ...his bag - 5 points



Next Torrier: We need YOU!

Want to contribute to your club's newsletter, but not sure what? Here're some ideas...

Send a run report. A song. An agony aunt column. An article about a local endangered bird. Five words about your favourite race. An abstract black and white painting about what it means to be a Tod Harrier. A good gurn. A bad gurn. A cartoon strip of types of Harriers. A picture of your dog. A knitting pattern. A mildly interesting limerick about Eastwood. A picture of your dog. Front cover artwork. A drawing by your 4 year old child. Three things you learnt about running during a vow of silence. A quiz. A picture of you reading the Torrier somewhere amusing/interesting. A random stream of consciousness vaguely related to running/the Harriers. Time-of-life musings, holiday stories, tales of epics, vintage articles from the past... We even permit submissions that aren't running-centred, many cyclists ride among us... Openings always available for Torrier Special Correspondents (ie I can give you an idea for an article).

Send word documents, email text and jpeg files to **torriernewsletter@gmail.com** in the subject heading (thank you for not sending PDFs and Pages files) for the next issue - **send at any time from now** until the deadline which should be around February. If writing an article, aim for 500-1500 words. Deadlines will be announced on the Facebook page and forum.



-Ed.

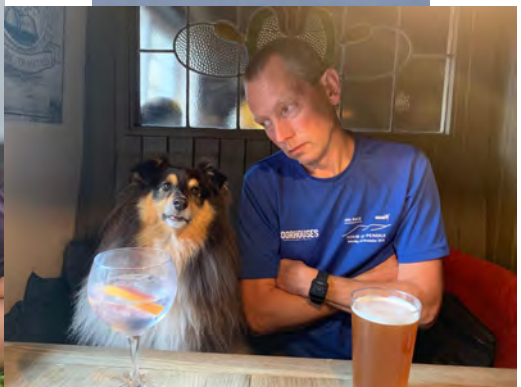
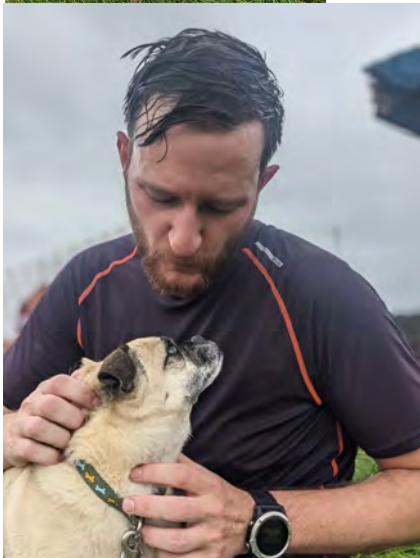
Dogs of Tod Harriers

Upper left: Grohl *still* hasn't grown into his jersey...

Upper right: Meet Poppy! Loyal running companion to Matt Keyes

Lower left: Bella doing puppy dog eyes to get Paul to hand his membership form in

Lower right: Grohl disappointing Stu by ordering a gin... You go Grohl, haters gonna hate!



Save the date:

TODMORDEN HARRIERS' ANNUAL PRESENTATION DO IS BACK



All the usual food, music and festivities, but this year it's all free, so don't miss out!



Saturday 4th December
Heptonstall Bowling Club

Details to follow...