

Grand Prix

Our regular run-through of the forthcoming races in our GP series.

Sunday July 5th: Howgills 10m.

Think of the Howgill Fells and you probably think: aha, fell racing country. But here's a road race instead, starting in Sedbergh and taking you through the nearby villages of Lowgill, Firbank and Howgill itself. One of the most scenic road races in England, it says here. 'Undulating' it says. I think we know what that means. Race entry form with this Torrier, but get it in by Fri 24th. Otherwise £14 on day. And there's a car boot sale as well... interesting idea.

Sat July 11th, Wasdale

It was Franklin D Roosevelt who once said that everyone should run the Wasdale fell race once in their lives. Or maybe it was Billy Bland. Anyway, this could be your year – always provided, of course, you've got your application in or can find someone in the club with an entry they can't use. It's an English Championships counter. Twenty-one miles over Great Gable and Scafell Pike and a few other Lakeland pimples. 9000 feet of climbing in total.

Thursday 16th July 7.30pm **Badger 10km Trail Run**

A measured 10km challenging, multi-terrain course, expect the unexpected i.e. gates, stiles, fields, ruins and scenic countryside.

Registration Wildlife Trust headquarters, The Barn, Berkeley Drive, Bamber Bridge, Preston PR5 6BY

Start / Finish: outside The Barn

Sat July 25th, Turnslack

The Turnslack fell race is on our own home turf (or rather peat bog), starting at the Calderbrook playing fields at Summit and meandering over the hills south-west of Tod. A firm favourite for many in the club. 2.30pm start, eight miles, 2000' of climbing.

Weds Aug 5th, Whittle Pike

Cancel that summer holiday you've booked in Malibu and head instead to Waterfoot (or more precisely the village of Cowpe, just off the Bacup-Rawtenstall road). This is another popular local fell race, starting at 7.30pm (4.5m, 1400'). Why do I think of driving cold rain when I think of this race? – everyone knows it'll be great weather.

Sun Aug 9th Cliviger 6

Here's a local road race organised by our own Eric Wrathall, which is back in the GP calendar after a few years' absence. 11.30am start at the little playing field in Cliviger (turn right after you've passed the Queen Hotel in Cliviger, as if you were going to Burnley, and then turn left). Just turn up, pay and run. It's a pleasant loop through Towneley Hall with a nasty little climb at the end.

And then that's it until Dentdale on Aug 29th and Stainland on Sep 6th.

Keep those GP points coming in!