

Grand races for the Grand Prix

Time to iron your Toddie vest and buff up your running shoes. Must look your best for these forthcoming Grand Prix races.

Sat March 7th: Half Tour of Pendle

Registration arrangements: Now full up. If you're desperate, check if anyone in the club has a place they won't be able to use. (See me at least 2 places going Mandy)

What is it?: Classic medium fell race over the Big Hill just over the Lancashire border. 9 miles, 2250' of climbing (and a vertiginous descent near the end).

Why do it?: It's an English Championship qualifier. It's local.

Why stay away?: Because you haven't got an entry. Because you're getting married that day.

Sat March 21st: Fiendsdale

Registration arrangements: entries by March 16th, £5 cheque to 'Bowland Fell Runners' to Andrew Farmer, 2 Hesketh Ln, Chipping, Preston PR3 2TH. Race limited to 100 only, and Natural England permission still being sought – keep watching the Bowland website

What is it?: 7.5 miles, with 2500' of climbing.

Why do it?: Bowland is beautiful. We don't run there often enough. Chance to be dive-bombed by hen harriers. Lots of mud.

Why stay away?: Forgot to get booking in. On honeymoon in Maldives.

Sun March 22nd: Burnley 10K

Registration arrangements: Form with this Torrier, but registration on day probably OK. 11am start at Spirit of Sport Centre, Ormerod Road, Burnley BB10 3AA.

What is it?: Doh, it's a 10K. In Burnley, What else do you need to know?

Why do it?: It's time to get going in the road championship. 10K is a good distance if you're new to racing. Polish up your PB.

Why stay away?: You ran the day before in Fiendsdale. You're still in the Maldives.

Sun March 29th: Edale Skyline

Registration arrangements: Sorry, this one's full up too. Memo to self: get my race bookings in in good time.

What is it?: A lovely 21m (4500') race around the Edale valley; famous for always having guaranteed perfect weather

Why do it?: Because you're a clever clogs who thought to get their registration in.

Why stay away?: Still defrosting from two years ago

Fri April 10th: Caldervale 10

Registration arrangements: Form with this Torrier. Starts Caldervale Village Hall, nr. Garstang, Lancashire.

What is it?: Something of an old favourite for many Toddies. 10 miles around the roads north of Preston.

Why do it?: It's a bank holiday. It's flat. (Note: I could be wrong about this latter point).

Why stay away?: You have to work bank holidays. You're back from the Maldives, but having a baby this weekend.

THREE NEW GRAND PRIX RACES FOR YOUR CALENDAR

Your illustrious committee has decreed that these three races will be added to the Grand Prix (all count as road qualifiers)

June 28: Trawden 7 trail race

July 16: Cuerden Valley 10K trail race (near Preston)

Sep 27th: Macclesfield ½ marathon