

Grand Prix races: plenty of time for those elusive GP points

It may be the middle of September, but there are still plenty more opportunities to qualify for this year's fell, road and Grand prix championships – and enjoy some great races in the process.

This Saturday (19th) it's the return of what is now becoming an annual local classic – despite its name, the **Good Shepherd** fell race doesn't require any physical contact with beasts of the ovine persuasion, only physical contact (via your feet) with fifteen miles of good old south Pennines bog. Starts at the RC church in Mytholmroyd (hence its name, stupid) at 10.30am. A slightly changed route from previous years should make this a touch easier.

Another classic local fell race, **Thieveley Pike**, is a week later, on Saturday 26th. This starts at Holme Chapel, just over the Lancashire border from Cornholme, and a regular stomping ground for the club when we're running from Cliviger. 3pm start for this short but sharp race (4.25m, 1300 feet of climb). Interesting geology hereabouts too, if you have a chance to look around you.

There are two half marathons left in the GP calendar, and the Macclesfield Half takes place a day later on Sunday 27th Sep. There's an entry form with this Torrier, or you can enter online at <http://www.ukresults.net/09sep.html#macchalf>. More info, including a Google map of the route, also via UKresults.

What could be nicer than a day out pounding the Crinkle Craggs in your fell shoes? The **Langdale** fell race (Sat Oct 10th) is a deserved Lakeland classic, fourteen miles in length and involving 4000 feet of climb. It's also the last English Champs race this year. Because of this (and because it's such a good race) the 500 limit has been reached, but the race organisers are maintaining a reserve list: go to amblesideac.org.uk for the latest.

The other GP race in October is a road race, the Accrington 10K (Sunday Oct 25th) This isn't so far from home, so why not see if you can cap your year's running by improving your 10K PB. I seem to recall that this includes a double chance to sightsee the cars below you on the M65. Entry form with this Torrier, or again enter on line at UK Results.

More on November's GP races next time.

Fell GP Blogging on...

The mists of my mind swirl round the patch of dim-low-vis-grey of my memory at my recent attempt at GP hero-making. Failure. It stares you in the face and slaps you like a fat dead haddock, the burning shame of failure and utter impotence at the inability to do anything about a race that is now over. Just knowing I sat watching the last gate at the top of Great Gable Close as others more able than I filed passed (ok, some were puking as well). Shame, Like the bang of an old Iron prison door, locked there in the head box for ever. So after that lovely little exhausting wasdale event (and don't worry, ladies, as I found a new source of my favourite electro-exite tablets from Indo-china, I now have a years supply of 'Big fat's' fizzy blue 'viagra-nuun'). So I'll be up and running again on all cylinders in as short space of time, almost as short as my First Kimm blue Running shorts. That should help to swell the ranks, if you know what I mean.

After the delights of Wasdale, I was treated to a most gentlemanly lift back with Al (Well don on your first long.... there is a hint that just training for 16 miles max before a 21 mile race works...) and Mr James (I'm not sure which Club I belong to so I'll get my wife to join Tod to ease my conscience) Logue who kindly bought us a refreshing break to pick up a beer to drink on the way back... proper recovery drink!

So Dentdale – Tricky, short fast Dave Collins beater of a race... after 2 weeks hard drinking, err, training in France, OR a 3 night stag do on a Scottish island at a stag do with sea kayaks, running, caber and shot, shooting, whisky and MTB-ing on the menu... Humm time to consider options of the overall results any plan the last few races perhaps... decision decisions...