

KEEP THOSE GRAND PRIX POINTS COMING IN

It's Spring, the world is turning sunny again and it's time to give some *serious* attention to the 2010 Tod Harriers Grand Prix.

There are all sorts of great races scheduled in the Grand Prix over the next couple of months – but don't forget that you may need to pre-book to be sure of a place.

The May Day bank holiday weekend offers a choice of the Coniston fell race on Saturday (May Day itself) and the Bluebell Trail race on Sunday May 2nd. In olden times, maidens would bathe in the May Day dew to keep their skin beautiful. If you're planning to camp at Coniston you may like to try this. Maybe works for blokes too.

Actually, if you haven't pre-booked for these two races, you're too late. No GP points for you, loser!

So what's after Coniston and the Bluebell? Ah yes, Mearley Clough on Tuesday evening May 11th. This is a jolly little 3.5m fell race round the back of Pendle Hill, straight up and straight back down again. The race starts at the Calfs Head, Worston near Clitheroe, and you get a free bowl of pasta afterwards for your efforts. (This must be some new idea about post-race carb loading.) Always fun to see the rather posh Calfs Head invaded by muddy fell runners. Entry on day only.

Nothing for the rest of May, but a nifty little 10 miler mid-week in early June. The Otley 10 takes place on Weds 9 June, and an entry form is with this Torrier. I don't think we've been over to Otley for many a long year, so why not give it a try this year?

June 12th is Ennerdale day. What can we say? The first of the Lakeland long classics, and another English championship race this year. It's tough but tremendous. Pre-entry will be essential, but at the moment it would appear that there are still some spaces. The entry form is enclosed. Race organiser is Colin Dulson, colin@berrison.com

Arguably the best name for a fell race is Reservoir Bogs, and this 7 mile local fell race organised by our friends in CVFR down t'valley is on Sat June 19th. It starts from the Lane Ends (Hare and Hounds) at 11.30am, and wanders across Midgley Moor. Look out for Bronze Age remains as you run.

Sun June 20th is the revised date for this year's Hendon Brook. This is an old favourite (?) for many of us. It's run from Nelson (the start is apparently at 11am from Marsden Park golf course) and it has the occasionally little molehill to climb. As each year, information on the race is almost impossible to find online, though the phone number for enquiries is 01282 431959. Mel Blackhurst usually has all the gen. Buy her a drink and ask her for the details.

Which brings us to the end of June. Sun June 26 is another fell race, this time over in the Howgills. The Sedbergh 3 Peaks is both a British and English championship and will definitely fill up, so get an entry in immediately. Standard FRA entry form to Jon Richardson, 12a Queens Drive, Sedbergh, LA10 5DP (£5 entry).