



TODMORDEN HARRIERS

NEWS, MOTIVATION, INSPIRATION, RACING, OBSESSION, MEMORIES, BANTER AND MORE!

**KINGS AND QUEENS
OF THE TRACKS, TRAILS, FELLS,
MOUNTAINS, ROADS,
CROSS COUNTRY,
MARATHONS,
ULTRA MARATHONS
AND
PARK RUNS!**



THE TORRIER

AUTUMN 2014 Thanks for all contributions

What's On

Tuesdays-Speed Work/Interval training 6.30pm Todmorden High School

Wednesdays - Pack Runs

Thursdays - Pilates £5 6.45 start Macpelah House end of station road Hebden Bridge
-ALL WELCOME.

Keeper of the kit - Kath Brierley is at most pack runs and centrally placed in Todmorden
- Ring her on 01706 819417

Timely reminder

The days are lengthening and we can look forward to balmy summer evenings later in the year. For now, however, with cold, wet and windy pack runs still a prospect for a while I invite you to consider safety. Taking part in 'batruns' with little or no equipment or additional kit potentially put their own safety, and the safety of their fellow runners, at risk. A runner who falls or becomes unwell can always rely on the group to help, but if one of the group gives away his/her jacket, for instance, that runner becomes vulnerable too. Even in summer the risks are real if you are on the high fells; in winter the risks are substantial. There is inherent danger in fell running, and perhaps this is one of its attractions.

Carry appropriate additional kit and equipment. This expectation applies to all runners, regardless of experience, and at all times of year. It is recommended that runners are guided by the FRA Safety Rules and Equipment requirements, and in particular section 12c.

Let's not forget the road runners. When you run on the road are you visible? Please wear something reflective, ideally a high viz jacket. You know it makes sense.

CLUB CHAMPIONSHIPS - GRAND PRIX NEWS

There are just 5 races left in the GP calendar this year, which is plenty for lots more qualifiers, and for some categories winners to emerge. So far we have 17 GP qualifiers out of the 84 who have taken part, slightly down on the numbers last year. There is plenty of points to be scored to get a top 10 finish - and therefore a trophy rather than a certificate.

3 fell races left to run which should increase the number of qualifiers from 12 - and it could be a very tight finish for top-spot with some prime contenders jet to qualify.

2 road races remain to be run, hopefully to improve on just the 4 runners who have so far qualified. In contrast the Trail Championships proved successful, 14 qualifiers with 1 race to win and there could yet be a battle for the Womens Trophy.

Happy racing for the rest of the season.