



# TODMORDEN HARRIERS

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

## Aim Higher

Skills sharing workshop materials, You've trained smart - Now race smart! navigation tips, diet and race preparation

Maps from Toddie, cartographer Chris Goddard. Taken from his next book 'The Woodlands of Calderdale'

## Explore new runs

### YOUR CLUB - YOUR CLUB CHAMPIONSHIP

**The mighty classic Fell race of Ennerdale** in early June will mark the half way mark in our season and what a fine beast of a race it is.

**Turn out in races and you are guaranteed you'll enjoy yourself** and in post race or car share banter you'll take at least one nugget of knowledge away with you that will make you quicker and happier in your running.

**Trail Champs** - Only open to those who haven't won anything - next race is an evening race The Millbrook Monster 10K at Stalybridge Country Park - let's see a big turnout, organised by Hyde Village striders. Just 3 races to qualify for this great award.

**Fell Champs** - If you can do a pack run then a fell race is for you.

**Road Champs** - the awesome Hendon Brook on June 15th, a fell race on the roads, forget your flat poncey city centre half marathons and prove yourself to be a real man or woman at Hendon Brook.

**The Grand Prix** - it is handicapped, so if you're old you can compete on a level playing field with the whippersnappers. Only 8 races needed (2 road, 2 fell, 1 trail) and if you get your 8 in you receive a warm round of applause as you step up to collect your full colour certificate at the presentation do.

**The Club Champion** - this is a toughie as you have to run a short, medium and a long on both fell and a road. Guaranteed to take you out of your comfort zone, but that's a GOOD thing.

<http://www.todharriers.co.uk/grandprix.htm> [http://www.todharriers.co.uk/grandprix/essential\\_info.pdf](http://www.todharriers.co.uk/grandprix/essential_info.pdf)

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SUMMER 2014 Thanks for all contributions