



NEWS, INSPIRATION, RACING, OBSESSION
MEMORIES, ADVENTURE
AND MORE!

**SPRING/
SUMMER 2024**

THE TORRIER

Running and racing on the fells, trails and roads. We're a friendly lot, and we cater for all, come and join us for a run, and bring a friend!

Every month we visit a different pub on Wednesday evenings and try to organise four different groups: slow, moderate, medium and fast. We also try not to lose anyone. All runners are welcome. The runs are off-road in daylight hours and on-road (or choice of off-road with headtorch) in the winter months. Take a look at

www.todharriers.co.uk



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Left: West Yorkshire Winter League in the sunshine

Right: Toddiess on Tour! Fran and Paul at an Edinburgh parkrun

A word from the new Chair...

Well... I guess someone had to step up. Hopefully, I will learn what to do quickly because right now, I don't have a clue!

How do I start? Well, I am a 'plastic Scouser' from Birkenhead. I love Liverpool FC. I suppose you *could say I should support Tranmere Rovers but at the time, they were crap... plus my dad is a massive LFC fan so there was no chance of not supporting them (just like my three kids!)*.

Anyway, let's crack on. I have been fell running since 2004. I'm sorry to say I joined Calder Valley originally but only because of the red kit - can take the boy out of Birkenhead and all that! But if I'd have known how awesome the Tod Harriers and its members were and are, I would have definitely joined them straight away. I stayed with Calder Valley for about seven years then I joined the Wharfedale Harriers. I knew a few friends there, plus they did a lot of races I liked - I will bang on about some of these races so you best get ready and used to it!



I ran for the Wharfedale Harriers for 11 years (I will share more with you about those days as the months and years go on). Then, Jon Wright started asking me 'when are you going to run for us? I think it's time'. Well Jon, it was time. I am so glad I have joined.

Over the next few months, I want to encourage you to come to the monthly meeting and to more fell races. It's awesome and so great to meet up and see each other. We definitely need to do this more, although I know we are all very busy.

I have only been with the

Harriers for two years but I have already enjoyed it so much, whether it's out on the fells or in Jack's House.

The club is for you all. We need you. It's so, so much better when more people come and help out. Hope to see you at the next meeting, on the fells, pack run or at parkrun.

For now, I will sign off! Take care,

Gaz Pemberton

A word from the new President...

Well, it was a surprise and a real honour when I got the tap on the shoulder last Autumn to ask if I'd consider becoming the Tod Harriers President when Kath Brearley came to the end of her Presidential term at the Xmas do.

Kath is a very hard act to follow. Actually she had such a good Grand Prix season last year that when we were both doing the same races I did find her very hard to follow (usually, I was following some distance behind...) But anyway I found myself accepting the role, and now here's my chance to say hello more properly.

I joined Tod Harriers about twenty-four years and nine months ago, so I am looking forward to the anniversary coming up this summer when I will have to think of a proper way to celebrate it. Twenty-five years ago the Tod News carried regular coverage of our activities, and I remember ringing up the phone number given in the article for potential new runners (it was Helen Wilson's number). Helen told me just to turn up for the packrun, and introduce myself to Mandy. But how will I know who is Mandy?, I think I asked. Oh, you'll know, came Helen's answer.

So the first packrun was from the White House over the Blackstone Edge moors, and I remember being in the slow group and hanging on to the tail for dear life. But after that, somehow the regular packruns and the encouragement and the support made a real difference to my running, and I found I was getting better. The committee very kindly decided that I merited the Most Improved Runner trophy some time around 2002, and although that award that is supposed to be the kiss of death for any future success in my case I did seem to be gradually improving the PBs.

I've lots of things to thank the club, and the people in it for. Lots of Toddiess offered to come out with me for individual legs when I needed to recce the actual line of the



Pennine watershed from Edale to Hadrians Wall for a book I was working on back around 2005. I was given the confidence to tackle Jura several times, as well as lots of other longer fell races I would never previously have thought I could do. Toddies were with me carrying my pack and feeding me rice pud for my Joss Naylor round in

2012. And I've enjoyed reciprocating for others' BGs, particularly those legs in the very early hours when you're on the Cumbrian fells and the whole world is below you asleep in their beds.

I've had enjoyable times abroad doing races with others in the club, including races in the Champagne country, Nice, Bilbao (for the rather exciting night-time marathon – a PB at 3.27 or so) and more recently Spain. The Toddie vest has been out for races in Madrid and Stockholm and Paris, as well as races much closer to home.

I'm not quite sure that there's much of a legacy to hand on here, although I'm pleased the Hebden race is still going strong. And I would like to point out that it was me that chose the name "AllStars" for the team in the Calderdale Way Relay. Previously I think it had been known as the TodHarriers Z team or something like that....

Profit and loss? On the debit side a few problems with body parts over the years and once a dislocated little finger at an Ogden fellrace. On the credit side? Far, far too much to recount.

So thank you all for your friendship and comradeship, and for making Tod Harriers such a brilliant club.

Andrew Bibby

Pic: Andrew (left) with Joss Naylor

A word from the Editor...

The local oystercatchers are nesting! The daffodils are out! Easter chocolate has been consumed, pack runs are on the fells again and it hasn't rained in at least an hour... it must be the Spring edition of the Torrier!

A number of factors have contrived to make this a smaller than usual edition; the last one was late, Easter was mega early, and people also seem super keen on running instead of writing about it for some reason?!

There's still plenty of lovely stuff, so thank you so much to everyone who has sent articles/musings/challenges, whether for the first or fourteenth time. I'd also like to extend a personal somewhat bashful thank you for appreciating me at the last Presentation Do - an embarrassingly large shield is currently sitting very proudly on my shelf! It's always really wonderful to hear positive feedback on our little newsletter too.

A big thank you to Faye Blossie for a helping hand editing this Torrier.

Lines are always open at Torrier Towers, so write at your leisure and send at any point between now and October...*there might be a prize at the Presentation Do for contributors...*

Kim Ashworth
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Social Secretary: a new role

We have created a new role within the club of Social Secretary which I have taken on. My main responsibility is to organise the weekly pack run but I also hope to organise some more fun stuff.

Fingers crossed I've hopefully sorted a campsite for the exclusive use of Tod Harriers at this year's Coniston Fell race on May Bank Holiday weekend. We've got an "away" run being planned for July with the Sowerby Snails and I'm hoping to hear some great ideas from within the club (which I can then claim credit for!)



Stu Wolstenholme

Pic: Stu training for his new role, pic pinched from FB, surprisingly not difficult to find! - Ed.

10 things I've learned since starting pack run

Up until recently, I was what I call "a reluctant runner" and I'd been that way for years. I'd suddenly need to tidy my clothes or feel an urgent need to declutter my kitchen cupboard if my husband uttered the words "fancy a run later?". That was until I found the Tod Harriers, of course.

Now, after two years of Monday Runday and a year of Wednesday Pack Run, I can smash out a steady seven miler with (relative) ease nowadays. And yet despite this, I still identify as a reluctant runner - largely because my main motivation is still the pint and the pie at the end of it.

Running on my own? No chance. Running for fun? Pah! Yep, for me, the raft of benefits like fitness, health - both physically and mentally - and confidence, were all just happy by-products of this strange activity. The pie and the pint on pack run nights is what got me round on a dark and windy Wednesday.

The idea of stepping - or rather jogging at a nice 11-minute pace - outside my

comfort zone was laughable. Scary even. I was quite happy with my 5k Monday Runday thank you very much. Why on Earth would I want to even attempt a pack run? Surely they'd laugh me out of town? Or worse, abandon me halfway up a hill in the dark.

There was no way I would ever keep up with these gazelle-like beings I had seen pounding down the valley every Wednesday. Despite my husband being one of them, the concept was quite alien to me - as were the people doing it (sorry guys).

So how then, have I found myself plodding along the trails and even up the fells of Calder Valley every Wednesday, come rain or shine, for the past 12 months I hear you ask? Well, it was when I learned the one fundamental rule of pack run - you don't have to do any of the above if you don't want to. Basically, as the cool kids say, you do you.

Maybe it was my runners' high after a particularly fun Monday run, but after a little reassurance that my slightly chubby thighs would not be laughed at, my second-hand gear not sneered at, and that I wouldn't be left for dead on the side of the valley, I took my first, tentative step, of joining Pack Run, in February 2023.

And 12 months later, I can't get enough. I'm still in the slower group (well actually, in the group below the slower), but I don't care. And the reason I don't is because of all I have learned so far.

It has taught me so much about myself and the brilliant running community, among a few other things.

So, I'll stop babbling and get cracking. In no particular order, here are 10 of the best things I've learned since joining the Wednesday Pack Run.

1. Someone always has to come last. No one likes being at the back of a pack but equally, no one likes to see a fellow runner struggling, or vomiting for that matter. Whichever group you choose to run with, there will always be someone else there to support and help you along, no matter what position you fall into.
2. Pies and pints are great at the best of times. Phenomenal after a run.
3. No one wants you to fail. The Harriers are the most supportive, encouraging group of runners I've ever met (granted, it's the only group I've ever met but still). They'll encourage you to keep going, even when your legs feel like they're about to drop off
4. Buffs. Who knew your head would get so hot but when your ears are still so freezing?! The inventor deserves a medal.
5. Finding your people is key. No one wants to be the one holding up the pack or worse, feeling left behind. Finding a group of people who have the same attitude as

you towards running, as well as pace, will make it so much more enjoyable. Becca, Sue, Nick and Sheila, you know who you are!

6. It isn't scary. The people are not scary. The landscape is not scary - unless you forget your head torch on a particularly dark night (three for one there).

7. You will not be able to stop yourself only talking about running. Or checking your Strava. But that's OK because no one else around you can help it either.

8. When someone says "it's all downhill from here", it's a good thing. Don't panic, just let go and feel the breeze rush past you. The hardest part of the run is already behind you.

9. Remember to smile. Sorry Kim, you'll not be adding me to your Top Gurns just yet!

10. Seek clarification before accepting a Hot Toddy. One will warm you up instantly and make you feel deliriously happy. The other is an alcoholic drink.

Faye Blossie

Tell me you're a fell runner without telling me you're a fell runner



The several pairs of bog drenched shoes scattered outside your door have become a permanent feature (and you always say you'll clean them before your next run, honest!).

Shorts, a vest and gloves are a common outfit combination, warm enough for any run even in a snowstorm.

Single safety pins are a frequent sight in your home and often appear in the most obscure locations, but they become

illusive on the morning of a race.

You own one pair of road shoes to every six pairs of off-road shoes and those road shoes will be good for years...

The nail brush is an essential piece of post-run kit, but you've also given up hope of ever removing all debris from your toenails.

Add your classic fell running characteristics to the list for the next Torrier by emailing them to: torriernewsletter@gmail.com

Fran Miller

Champ Tables - correct at beginning of April 2024

Club Championship - Race 7										
Pstn	Name	Club Champ Qualified	Club Champ no. Races	Short Fell	Medium Fell	Long Fell	Short Road	Medium Road	Long Road	Club Champ Score
1	Janine McGregor-Stead	X	4		78.4		76.9	80.9	79.2	315.4
2	Stuart Wolstenholme	X	4		84.2		71.3	78.4	75.2	309.1
3	Duncan Cannon	X	3		88.1	82.9		86.5		257.5
4	Dan Taylor	X	3		90.2	77.0		77.2		244.4
5	Sam Lund	X	3		83.7		74.5	79.6		237.8
6	Duncan Ritchie	X	3		74.2	71.6			81.2	227.0
7	Mark Anderton	X	3		70.5		73.8	78.2		222.5
8	Paul Brannigan	X	3		66.3		62.4	71.3		200.0
9	Darren Gillman	X	3		66.2		63.7	66.2		196.1
10	Katie Samuelson	X	3		62.5		63.5	68.8		194.8
11	Ashley Wright	X	2		97.3	89.0				186.3
12	Ben Blossie	X	2		91.9	86.3				178.2
13	Jon Wright	X	2		87.4	83.9				171.3
14	Mark Tempest	X	2		81.2			82.2		163.4
15	Mathew Gray	X	2		85.9	65.9				151.8
16	Sheldon Middleton	X	2				73.7		75.3	149.0
17	Joe McWilliams	X	2		72.2				76.1	148.3
18	Rebecca Patrick	X	2		75.1	70.0				145.1
19	Emma Kerwin	X	2					73.1	71.2	144.3
20	Mel Blackhurst	X	2		71.7	70.0				141.7
21	Lara Middleton	X	2				69.0		70.5	139.5
22	Hannah Prince	X	2				69.2		68.5	137.7
23	Sophie Cunningham	X	2		74.2	58.7				132.9

2024 ROAD TABLE Race 3 Caldervale 10 Mile												Qualifying TOTAL				
		Meltham 'Tough' 10k	Flat Caps 10k	Littleborough 5k	Wesham 10k	Caldervale 10M	Otley 10M	Eccup 10M	Riverside 10M	Great North West Half	Leeds Half	Southport Half	Warrington Half	Completed Races	Total points	Qualified?
	attendance	16	0	0	0	15	0	0	0	8	0	0				
	average points	68.7				74.7				74.7						
1	Janine McGregor-Stead	F35	76.9			80.9				79.2			3	237.0	X	237.0
2	Stuart Wolstenholme	M50	71.3			78.4				75.2			3	224.9	X	224.9
3	Sam Lund	M60	74.5			79.6							2	154.1	X	154.1
4	Mark Anderton	M60	73.8			78.2							2	152.0	X	152.0
5	Sheldon Middleton	M40	73.7							75.3			2	149.0	X	149.0
6	Emma Kerwin	F				73.1				71.2			2	144.3	X	144.3
7	Lara Middleton	F40	69.0							70.5			2	139.5	X	139.5
8	Hannah Prince	F35	69.2							68.5			2	137.7	X	137.7
9	Paul Brannigan	M55	62.4			71.3							2	133.7	X	133.7
10	Katie Samuelson	F45	63.5			68.8							2	132.3	X	132.3
11	Darren Gillman	M50	63.7			66.2							2	129.9	X	129.9
12	Alex Whittern	M40	93.6										1	93.6	X	93.6
13	Duncan Cannon	M40				86.5							1	86.5	X	86.5
14	Mark Tempest	M50				82.2							1	82.2	X	82.2
15	Duncan Ritchie	M50								81.2			1	81.2	X	81.2
16	New Drake	M55				79.9							1	79.9	X	79.9
17	Dan Taylor	M45				77.2							1	77.2	X	77.2
18	Joe McWilliams	M								76.1			1	76.1	X	76.1
19	Nick Birchill	M35	71.5										1	71.5	X	71.5
20	Jan MacLachlan	M55				70.1							1	70.1	X	70.1
21	Simon Anderton	M60				65.6							1	65.6	X	65.6
22	Lisa Kempster	F45	63.5										1	63.5	X	63.5
23	Phil Hodgson	M65				62.8							1	62.8	X	62.8
24	Lisa Peatfield	F45	62.7										1	62.7	X	62.7
25	Heather Rostron	F40	60.9										1	60.9	X	60.9
26	Louise Abdy	F60	48.3										1	48.3	X	48.3

Full tables and details of future fixtures available to view at <https://www.todharriers.co.uk/club-championship/>

Please see the facebook group or forum for details of the Whatsapp Carpool group to share lifts.



Listen to the
call of a Curlew



Find out more at
curlewaction.org

CURLEW ACTION

GROUND NESTING BIRDS

Please keep dogs on a lead
and stick to the footpaths

March – July

Thank you



Moss or Plover?

If you hear a squeaky sound high on the moors this spring/summer, have a look around - it may not be your phone or a gate but a Golden Plover. When producing their forlorn beep you can often spot them sitting on slightly higher ground. They are a ground nesting bird and their young look ridiculously similar to patches of moss.



(Don't handle baby birds) (Image uncredited - a reverse image search produced items that were neither moss nor bird...!)

Kim Ashworth

Running-Adjacent Book Pick

They say that rest is good, maybe even more important than training [*citation needed*]... so why not take a physical rest from running, but train your brain and inspire your soul at the same time?

I'm currently reading *Adventures in Running and Ageing* by Philip Jones of Baildon Runners. Rather cheekily I've bought it for my mum but reading it before I next see her...recommended by the likes of Joolz Graham, Louise Abdy and Nick Harris, so far it's a fun and practical read (the West Yorkshire author knows parkrun has a lower case 'p' and describes himself as 'between injuries'...) that doesn't shy away from mentioning the menopause. Jones was searching for a book about the running and getting older, found it didn't exist, and decided to write it himself. Brilliant.

It might be because my parents took up running in their fifties (inspired by Strava, what else) or that I am referred to as "young" by several clubmates, but since getting serious about the sport I've been interested in approaches to ageing and running. Dave O'Neill wrote a great pair of articles on the subject, *Twilight of an Idler (Torrier A/W 2023)* and *Untimely Meditations (Torrier Autumn 2020)*.

As Haruki Murakami writes in his *What I Talk About When I Talk About Running*, "I'll

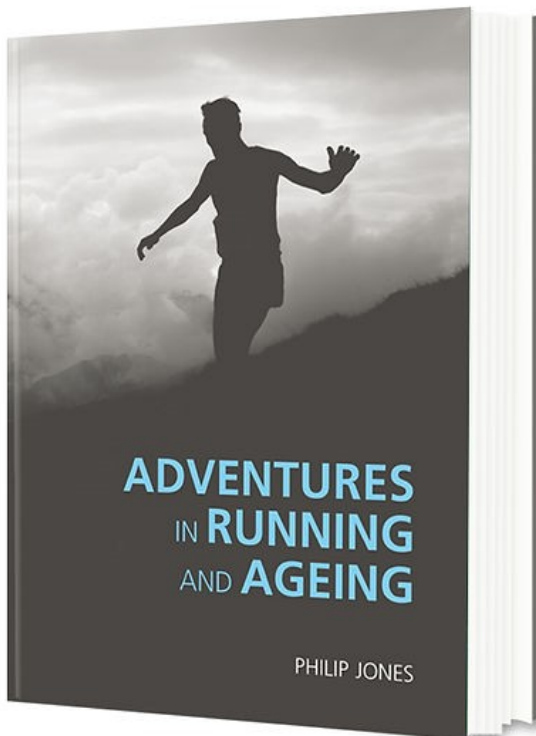
be happy if running and I can grow old together”.

Here’s what the publisher website has to say about *Adventures in Running and Ageing*:

“Time is important to a runner. Whether it’s steps-per-minute, mile pace on a watch or a big digital display on a finishing gantry, it can’t be ignored. Such timings hint at another story, a hidden clock.

Athletes are unusual in that their activities make decline measurable, but also - more positively - in that their exercise regimes can help them stay ahead for longer. To do so successfully, it helps if they understand what happens to the human body as it ages.

Philip Jones humorously recounts his own adventures running in the UK and Europe alongside his quest to understand why running gets harder, why everybody slows down and the most effective ways to keep going.



Welcome to the uphill struggle of going downhill.

A must for runners who want to carry on for as long as possible.”

Adventures in Running and Ageing is published by Whale & Bear and is available on their website for approx. £22.50 including postage and packaging.

Kim Ashworth

If you’d like to write about a running-adjacent book or two for the Torrier, please email torriernewsletter@gmail.com

Earnrest Shackletod's Cryptic Quiz

"TODDIES WANTED for marvellous journey. Local adventures, probably cold, some minutes of incomplete trods, usually rainfall, safe return hopeful. Honour and recognition in case of success."

- Earnrest Shackletod

Find your way to the mystery destination, take a photo to evidence your success and submit to torrier.cryptic.quest@gmail.com. Should your journey encounter notable events, I encourage you to include them. Names, photos and reports shall be summarised in the following edition of the Torrier.

Please aim to keep your quest private to keep things sporting!

The destination is revealed by answering the questions below. Each of the questions' answers is a number, to replace the corresponding letter in the encrypted grid reference.

Good luck!

Grid reference: SD... *ABCDEF*

Q1 - Those familiar with local maps have the upper hand - *A*

Q2 - The Calderdale Way Relay consists of how many legs? - *B*

Q3 - A runner completes the first 4 miles of a race in 36 minutes and the remaining 5 miles in 45 minutes. What was the runner's average pace for the entire race in minutes per mile? - *C*

Q4 - Discontinued in 2011, Noon Stone was chosen how many times for the English Champs? - *D*

Q5 - The Tod Centenary Way visits how many Trig Points? - *E*

Q6 - The Centre Vale parkrun covers how many laps? - *F*

Club Kit

James Richardson has taken over Tod Harrier kit from Dave Garner. While he'll keep plenty of race vests in stock (£15), he has lots of other merch which would be great to sell before it goes into his loft. In the future, he will take bespoke orders rather than keeping stock. Please see photos for prices and sizes available.

You can contact him at clubkit@todharriers.co.uk, on Facebook messenger, or text on 07580 367 462.

As of the end of March, the stock he is selling consists of:

Hoodies (£18)

Blue - 1 left - Medium

Grey - 7 left - 5 x Large, 2 x Small

Purple - 2 left - 2 x Large

Red t-shirts (£7):



Ladies: Medium x 3, Large x 2, Small x 2, X-Small x 1
Men: Medium x 1, Small x 5
Unknown: Large x 1, Medium x 4

Blue t-shirt (£7):

Ladies: Medium x 7, Large x 4, X-Small x 1
Mens: Small x 5, Medium x 3, Large x 1

Long sleeved t-shirt with 2 stripes (£7)

3 left - Medium, Large, X-Large

Cycle top (open to offers)

1 left

Bufs (£7)

9 left

Old race vest (£10)

2 left - Ladies: Medium + Large

Long-sleeved blue t-shirt (£12)

Plenty of stock - Ladies: Small + Medium : Mens: Small, Medium + Large



The Mini Mountain Marathon

The 29th Todmorden Harriers Mini Mountain Marathon (MMM) took place in February from the Wagon and Horses in Walsden. It is an event that I am extremely fond of. Having joined the Harriers in January 1996, my first event a few days later was the MMM from the Red Lion, just outside Bacup.

It was organised by Jon Sutcliffe and I got a lift with Mandy. I really enjoyed it but think my navigational skills were “variable” - some things haven’t changed over the years! What I didn’t realise was that my first outing at the MMM was the inaugural event. It usually takes place

in January or February and you have three hours (less if you don't fancy being out that long) to find as many controls (to gain points) with the aid of a pre-marked map and compass.

There have been a myriad of venues, organisers and winners over the years. Unfortunately, some of the pubs have closed, including favourites like the Masons in Tod and the Sportsman at Kebs. The venues have varied from the Cat l'th Well at Wainstalls and the Jubilee Refreshment Rooms in Sowerby Bridge to the East, the Bay Horse at Oxenhope to the North, the White House to the South and the Roebuck at Portsmouth to the West.

People can take part individually, in pairs, or family groups and great fun can be had both during and after the event. It even took place during COVID from Todmorden or Hebden Bridge Town Hall - choose your town hall and start time!

This year's event was expertly organised by Chris Goddard. It covered a wide area to the North and South of the Calder around Walsden.

Duncan Cannon had an excellent run and scored 260 points well clear of 2nd place. Chris had put in extra bonus points for visiting 3 summits or 3 ponds (more of that later) which added to the thought process of where to go.

There are often little surprises at the MMM. Remember having to find a bit of poetry one year at a control and they often can be found at interesting geographical or historical locations.

Traditionally, the winner of the MMM sets the course the next year, however it would be good for Duncan to go against Chris who has won the event 5 times.

It is a really interesting event to organise and you often discover things you weren't aware of. Also, there are lots of people in the club who would be very happy to help/advise.

I often look at the map afterwards, usually when soaking in the bath, and find the route I should have taken. This year was no exception. I think I could easily have come 2nd if I had followed my after-the-event route. Unfortunately I came last!

It was going OK until I reached a lovely control above Gorpley Reservoir, a stunning spot. Rather than going directly to the next control, I decided to contour round on what I knew was rough ground.

Eventually, I found the first of the 3 ponds I had decided to visit by falling in it. I took the wrong path to the second pond and wandered around in the wrong location for

some considerable time before finally succeeding. Then I took the long route round to the third pond. I do like visiting Trough End trig point even when it is the longest way to go.

With time running out, I couldn't find the third pond (and bonus) and had to go directly back to the pub. Fifty-six hard-earned points lost by my late arrival. I thought I would get my hands, again, on the Golden Homing Pigeon Trophy but Dom Leckie pipped me by losing 140 points - but still garnered more points overall than me. The venue was excellent.

I have a nearly-complete archive of the venues, organisers, winners and more of the MMM and think it would be good to put on our website.

Dave Collins

Right: Proud pigeon picture of Dom



Club Handicap Race

On a bright sunny early winter morning on Saturday 16 December 2023, 16 brave and partly hungover Toddlies gathered for the not-inaugural-but-not-raced-for-a-while Todmorden Harriers Staggered Start Handicap Race: a 4-mile burst up to Stoodley Pike from the Top Brink. The course incorporated a good couple of steady uppish miles along the London Road track, a sharp right turn up the bridleway before Swillington, a climb to The Pike, an important anti-clockwise loop of the tower, then a sloping descent down the hill track and back home for a downhill sprint through the finish field to the line. A very runnable route, even for non-fell enthusiasts.

Following consultation with the fell runners FB page and Chat GPT, a complicated Excel Spreadsheet algorithm was devised. Races from this year's Tod Harriers GP and other (ideally shortish fell) races were reviewed and fed into the algorithm to



give estimated finish times for each runner. A few weeks before the actual race, some kindly guinea pig Toddlies took part in a test race where a gritty Helen Hodgkinson managed to win the sprint and hold off Doni Clarke to cross the line first. The system seemed to work and, following a few tweaks, the respective start times were set: it was time to race.

And so it was that the runners gathered on race day, knowing their ages and genders were no longer relevant. Their task was simple: the first to cross the line would be crowned the not-inaugural-but-not-raced-for-a-while Todmorden Harriers Staggered Start Handicap Race Champion! The prize: more kudos than a particularly well attended Strava-friendly pack run and a couple of tickets to the Banff Mountain Film Festival at Hebden Bridge Picturehouse in February.

The clouds cleared to reveal blue skies and the glorious phallic folly atop its challenging hill. Somewhere below The Pike, a yellow dot could also be seen; the figure of Mark Anderton dressed head to toe in a luminous waterproof boiler suit. An outfit suited perfectly to both tackling a leaking ceiling (as Mark had been occupied with that morning) and, as luck would have it, marshalling runners down a tricky downward descent.

As each runner was given a ten second countdown and a cheering send-off, the tension was palpable. Would Dave O'Neill manage to keep his lead to fend off his nemesis, Jane Leonard!? Would the queasy Ben Blossse manage not to throw up during the dizzying circuit of the Pike!? Would Hannah Prince end up in Mytholmroyd!? Would anyone be able to make up the big lead the algorithm had given to Reg Czudek!?



The answer to the latter question was emphatically, “no” as Reg ran brilliantly to come home comfortably with the victory! The battle for the rest of the places was tighter with less than 8 minutes between second and sixteenth place, Rob Gray moving up six places to cross the line in second and Ricky Parrish moving from ninth to third place. Tales of victories and losses, large and small, were exchanged in the pub afterwards. Full results below.

Thanks to all the runners and marshals for what was a very enjoyable event!

Report by Mat Gray

On race day 16 Toddiess took part, Reg Czudek was first to set off and first over the finish line with a huge smile. Seventeen minutes later Rob Gray crossed the line in 2nd, and a further 2 minutes Ricky Parish in 3rd.

Me (Mark) being a stat nerd, there can be several analyses from the results below, such as 4th to 16th finishing within 4 minutes of each other, 13 runners were 2 minutes within estimated time, 5 within 20 seconds but I don't want to bore you with that. However it does show the algorithms were generally pretty accurate.

The key thing everyone agreed what great fun the race was. It was my first ever handicap race and I loved being Chaser & Chased with the main goal of not being overtaken. Looking forward to the next one, there was even talk in The Top Brink of a series in 2024. How about it Mat? ☺

Report By Mark Tempest

Above: “Where is everyone?” Winner Reg Czudek

Next page: 1st place Reg Czudek, 2nd Rob Gray, 3rd Ricky Parrish

Competitor Name	Start Time	Start Position	Finish Time	Finish Position
Reg Czudek	10:13:15 am	1	11:21:26 am	1
Rob Gray	11:07:10 am	8	11:38:27 am	2
Ricky Parrish	11:07:49 am	9	11:40:29 am	3
Stuart Wolstenholme	11:08:13 am	10	11:42:25 am	4
Claire Alger	11:03:46 am	4	11:43:03 am	5
Hannah Prince	11:06:19 am	6	11:43:08 am	6
Mark Tempest	11:10:15 am	12	11:43:56 am	7
Toby Leckie	11:08:51 am	11	11:44:19 am	8
Stuart Hyslop	11:14:52 am	14	11:44:47 am	9
Gaz Pemberton	11:16:20 am	16	11:44:55 am	10
David O'Neill	10:47:35 am	2	11:45:06 am	11
Ian Maclachlan	11:06:36 am	7	11:45:14 am	12
Ben Blossie	11:15:51 am	15	11:45:20 am	13
Ivan Gee	11:14:13 am	13	11:46:10 am	14
Andrew Bibby	11:04:16 am	5	11:46:15 am	15
Jane Leonard	10:53:06 am	3	11:46:15 am	16



Injury Appreciation Society

Progressive Overload...Overuse... Injury... clouds that always sit on our shoulders as runners. We tip-toe a finely tipped precipice that offers glory and threatens frustration and disappointment.

For me, I've probably spent more of my running 'career' staring at the latter, especially since my ill-fated 'Mark Parrish Round' that I attempted in September 2021 (I'm still trying to revive that by the way – Gaz Pemberton and Stuart Hyslop – I'm looking at you guys as prospective candidates).

As runners, a spell on the sidelines can be quite an emotional time, as we experience, and to some extent even grieve, a loss in our identity and social connection, burdening people with our 'woe is me' tales of pain and suffering, often becoming isolated as our participation in our activity becomes limited (Griensven and Strong 2023).

But could we argue that injury provides opportunity and purpose? What is the role of perspective within these darker times in our running lives? For me, injury has been life-changing and life-affirming.

In the interests of a long-term investment, I've ended up going back into education to retrain as a physiotherapist. Maybe I can learn to fix myself?

Later down the line, I would find out that it's not quite that simple and that being a physiotherapist does not make you immune to injury. Additionally, and one of the biggest things for me, is that injury has changed the way I view running.

Pre-covid, I was OBSESSED with racing - usually racing most weekends and suffering with chronic insomnia, which I put down to overtraining. Suddenly racing stopped, so I put my efforts into putting together long-distance fell challenges and ruining myself in the process. I've never been as fit since.

But what I've lost in physical prowess, I've gained in mental clarity. Why do I run? What do I want from it?

As I find myself with my head in books and medical journals a lot these days, do I need the additional stress of putting my body through the ringer each weekend? Do I need the stress of not being able to sleep the night before a race?

Running now provides me the opportunity to get outside for a bit and organise my thoughts as my head becomes overloaded with information. Running gives me

peace and joy. I love nothing more than to just plod along at a nice, easy, meditative pace and just enjoy some space.

Don't get me wrong, I do enjoy the odd race here and there and it's great fun, but it can be very stressful - in my experience at least. Following a good nine-month spell of being injury-free last year, things were looking bright. I was running well, gradually increasing my mileage and doing a few races here and there.

Then, during December, I started gradually noticing a pain in my heel. The dreaded Plantar Fasciitis. I tried to shrug it off a little but it got to the point where I had to give it proper attention, leading to another three to four month lay-off.

However, although my wife Alice gets to hear a running commentary on my foot on a daily basis, I've not really felt frustrated or disappointed really, during this time, at least not running-wise. Yeah my fitness is taking another hit, but I've still been able to run - albeit at a much lower volume using the treadmills at the university gym - but it's kept me ticking over.

I've come to appreciate lifting weights again and it's been a great opportunity for me to put into practice some of the principles of management for tendon pathologies that I've been learning about and things seem to be on the up again.

I've also realised that I LOVE the treadmill – what a great way to manage your effort levels properly. Every time I've started feeling a niggle over the past year, a short spell of easy running on the treadmill has usually been quite helpful for me (Caveat: NOT INTENDED AS MEDICAL ADVICE).

So, to conclude, maybe it's not all doom and gloom when you're facing an injury. Maybe it's just a case of reframing perspective and looking for opportunities within that. I'm not suggesting that everyone with an injury should go and become a physiotherapist, but there are always opportunities through injury to learn about ourselves, develop resilience and reframe our perspectives a little. Anyway, I'll get off my soapbox now...

Ricky Parrish

Reference: van Griensven, H. and Strong, J. (2023) Pain: A Textbook for Health Professionals. Elsevier.

ChatGPT Prompt: Write an article for the Todmorden Harrier running club newsletter about how running will change in the future

Dear Todmorden Harriers,

As we lace up our running shoes and hit the trails, it's fascinating to consider how the landscape of running might evolve in the future. The sport we love is dynamic, and advancements in technology, training methodologies, and societal trends are sure to shape the way we experience running. Let's delve into the potential changes that lie ahead.

1. **Smart Running Gear:**

The integration of technology into running gear is already underway, with smartwatches and fitness trackers becoming essential companions for many runners. In the future, we can anticipate even more sophisticated gear that provides real-time biomechanical feedback, personalized training insights, and perhaps even augmented reality displays to enhance our running experience.

2. **Virtual Racing:**

While traditional races offer a unique sense of camaraderie and atmosphere, virtual races have gained popularity, allowing runners to compete from anywhere in the world. In the future, we might witness an evolution of virtual racing, with immersive virtual reality experiences that simulate the excitement of a physical race, bringing together runners globally in a digital space.

3. **Customized Training Programs:**

Advancements in data analytics and artificial intelligence will likely lead to highly personalized training programs. Imagine a training plan that adapts in real-time based on your performance, recovery, and even external factors like weather and terrain. Tailored training could optimize performance and reduce the risk of injuries, making running more accessible and enjoyable for everyone.

4. **Sustainability in Running Events:**

As the world becomes increasingly aware of environmental issues, running events are likely to adopt more sustainable practices. From eco-friendly race materials to reduced carbon footprints, future races may prioritize environmental conservation, promoting a holistic approach to wellness that extends beyond personal health.

5. **Community and Social Impact:**

Running has always been a community-driven activity, and this is likely to continue

in the future. Social platforms and apps will likely play an even more significant role in connecting runners, fostering a global community that shares experiences, supports one another, and collectively contributes to charitable causes through virtual runs and events.

6. ****Biomechanical Innovations:****

Advancements in biomechanics research may lead to innovations in running shoes and gear that minimize impact on joints, improve efficiency, and enhance overall performance. Wearable devices could provide real-time insights into running form, helping runners optimize their technique and reduce the risk of injuries.

7. ****Mind-Body Integration:****

The future of running may see a greater emphasis on the holistic well-being of runners, incorporating mindfulness and mental health practices. From guided meditation during runs to specialized programs addressing the mental aspects of performance, a more integrated approach to mind-body wellness could redefine the way we perceive and experience running.

Embracing change is a natural part of the evolution of any sport, and running is no exception. As Todmorden Harriers, let's stay curious, open-minded, and ready to embrace the exciting developments that the future holds for our beloved activity.

Happy running!

Entirely written by
ChatGPT,
prompted by Toby
Leckie

Picture: creepy AI-generated 'people running on the hills'.

Editor's Note: that's probably enough AI stuff for now thanks



TOP GRINE





TOP GURNE



Send your favourite gurns in to torriernewsletter@gmail.com to be featured



TOILET SEAT

IF YOU HAVE ANY CONFESSIONS OR TALES ABOUT YOUR CLUB MATES, EMAIL THE MYSTERIOUS ARMITAGESHANKSTODMORDEN@GMAIL.COM

THE COMPETITION FOR 2024 IS HOTTING UP ALREADY...



...and we're off!

Rebecca Coyle (Race day chaos in her own words)... "Arrived with only fifteen minutes to start (combination of factors), told them I wouldn't be running as I'd left my shoes behind. Much delving. New shoes [with close to zero grip left on them] procured with ten minutes to go. Ran back to car to fetch kit. Ran back to start line. Threw kit at myself. No time for a wee. Left water at car." **5 points**

Mark Anderton - Marshalled the club handicap race but in his enthusiasm tried his best to direct a member of the public out for a run along the race route! **5 points - 4 point discount for volunteering = 1**

Sam Lund - Rushed to get his pack run pie order in before the deadline but fumbled and dropped his phone into a sink full of washing up. New phone = **5 Points**

This year's Mini Mountain Marathon was a rich seam of Toilet Seat points:

Starting with the organiser himself, **Chris Goddard** ran off up to Gaddings to put out the last control ...without actually taking the kite with him – **5 points**

Daz Graham - lost his punch card in the Walsden tussocks after just 1 control – **5 points**

Dave Collins - Earns **5 points** for being so determined to get the bonus for visiting 3 pools that he fell in one of them, then couldn't find the last one so never saw the bonus. 14 minutes late back, he wound up dead last, behind even...

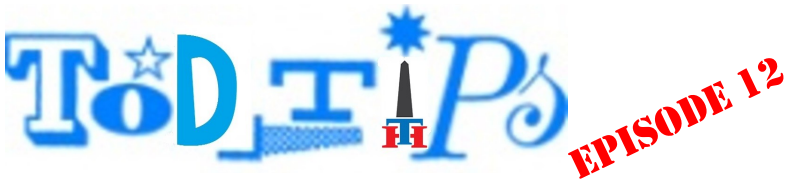
Dom Leckie (I may as well start engraving the trophy now...) - He was 35 minutes late and claimed the Homing Pigeon trophy after several inventive route choices, not the least of which was returning to the wrong pub. He says he went to the Summit

Inn as it was marked with a blue beer glass symbol on the map, despite having started from the Waggon & Horses in Walsden three hours earlier. **10 points**

Stu Wolstenholme – Travelling home from the Hebden pack run, Stu got stuck behind a car moving at 22 mph. Once past Brearley bends he overtook it at 39.9mph* exactly. An approaching police car saw the move and pulled him over for a check. Stu produced his driving licence to the officer. ‘That’s not you’, she said. Upon closer inspection he found that his daughter had glued a photo of her baby face over the photo on his licence – **3 points** (*honest)

A late submission...

At the final West Yorkshire Winter League **Stu W** stretched his arm out while putting his waterproof on and punched a passing runner in the side of the head! **3 Points**



Top running tips sent in by Toddlies who clearly need help:

Great North Run organisers. Ensure the safety of the running community by advising them to have a defibrillator handy before you reveal the price of your half marathon – **Stan Dandeliver**

Put a strip of sandpaper in your sock when you go for a run and hey presto! Perfectly manicured toe nails – **Claire Annette**

Re: the above Tod Tip. Don't do that on a marathon or hey presto!
No toes – **Amanda Lynn**

When running along the Rochdale canal in Mytholmroyd. Clap your hands loudly before going under the new bridge behind the furniture shop. This will scare the pigeons out of the parapet before you get there and you won't get splattered in bird poo like I did recently (that's almost a sensible tip) - **Stu**

Recreate the joy of running in summer by running on a treadmill while a friend points a hairdryer in your face and fires bugs at you with a spud gun - Arthur Pintabeer

Next Torrier: We need YOU!

Want to contribute to your club's newsletter, but not sure what? Here're some general/specific ideas...

- Run reports
- Reasons to volunteer at races
- A roundup of clever/amusing Strava titles
- Running book reviews
- Dog pictures
- Front cover/inside cover artwork/photography (decent resolution)
- A sketch of the prime running form
- Pictures of dogs
- Tree ID guides
- Comparison of cycling vs running
- Gurns
- Grins
- Dog images
- 'Tell me you're a fell runner without telling me you're a fell runner'
- Picture of you reading the Torrier in an unusual location

Send word documents, email text and jpeg files to torriernewsletter@gmail.com (thank you for not sending PDFs and Pages files) for the next issue - **send at any time from now** until the deadline which will be in Octoberish. There's a prize for contributors in the pipeline...

Absolute max wordcount per article is 2000. Deadlines will be announced on the club Facebook page and forum.

-Ed.



Poem: Nearly Felled

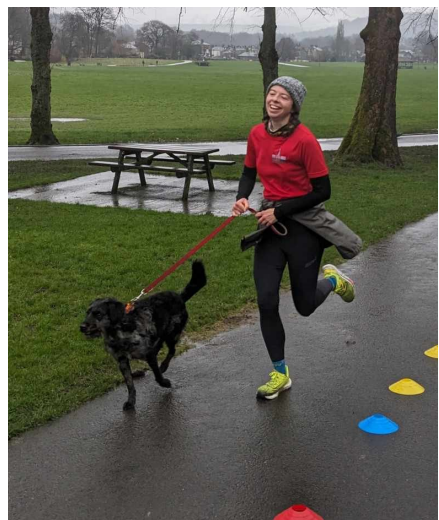
Running hard, I caught a toe
I had not taken care at all
A rock? A branch? I do not know
But soon my face would break the fall
Yet time to curse my horrid luck
And time to clock I can't avert
And time to mutter 'bugger fuck'
And time to know it's gonna hurt
But nose 6 inch from being ground
A miracle - again upright!
An intervention so profound
Proclaimeth I, this deep insight:
If running trails, no matter what,
Watch where you step, you dozy twit

Mat Gray

Dogs of Tod Harriers

My first barkrun: I recommend
borrowing a doggo if you don't have
one! Made the hills much easier! I need
to work on my sprint finish though...
Thanks Dennis/Emma Meadows.

Kim Ashworth



TODMORDEN HARRIERS GET RUNNING AT THE TODMORDEN HARRIERS STARTER GROUP

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Free & all welcome! Share with your friends who don't run (yet)