

*Proud to be a Pacer*



# Pudsey Pacers Newsletter

January/  
Feb 2017



**Celebrating two amazing Pacers this month as Arthur Wood gets an Inspirational Volunteer award from Bramley Parkrun**

**and Al Chapman reaches 300 Parkruns!!**



Thank you to everyone for their contributions, please send any articles to [pacersnews@hotmail.co.uk](mailto:pacersnews@hotmail.co.uk)

## Colin Armitage. (by Joy Good)



**Colin helping at the Pudsey 10k**

We were all saddened to hear of the death of Colin Armitage earlier this year at the age of 80. Colin came to the Pacers with his neighbour Don Stead in the nineties to re-start his running career. He had done some running in the early eighties, but then had a rest whilst raising a family. Don recollects “I had known Colin a long time as a neighbour and friend and was pleased when he told me he was interested in joining the Pacers. This was just a couple of years after I had joined – around the mid nineties. Colin was a really good runner who was excellent at keeping his pace. He was happy to have a go at any distance. We did a fair few events together over the years including the Leeds marathon (I think on 3 occasions) and also with Colin’s son, David. We also both did the Yorkshireman marathon where we got lost! He especially enjoyed events such as the Guy Fawkes 10 and he didn’t let the hills put him off. It always was a

great experience to run with Colin, he was a really good sport who didn’t fade or ever give up during an event”.

He got into a good level of fitness at the club and posted some good times 1-40 for ½ marathon and 1-58 for Holmfirth 15.

Arthur Wood recounts: “His son David used to run races with his dad, sometimes dad would let him win, sometimes he would show him a clean pair of heels Colin liked to slip into his kilt for the big races as seen in the great north run, as one of the 3 Scottish amigos dishing out sweeties to the innocent bystanders”.

As he slowed down in his late 60s he relished looking after newcomers to the club. He was extremely supportive to them. This was long before the structured training we now have in place for new runners, and he introduced them to the delights of running around Pudsey – and he always brought them back giggling.

From his personal account in the July 2010 newsletter Colin said that his greatest achievement was finishing a marathon (did Leeds in 3hr 41 min) and then went on to say that his worst moment was starting a marathon! His favourite runs were in the valley. And his top tip was start at the back and take your time and always Keep on Running!

RIP Colin Armitage



**L-R: Alan Longthorne, Arthur Wood, Colin Armitage, GNR**



In December 2016, along with David Elliott, I qualified as a Leader In Running Fitness with Run England. I'm still a little bewildered as to how I got here.

When I joined Pudsey Pacers I'd not had the benefit of any running coaching. I'd started running with a friend to train for a 5km Race for Life and fell in love with it. Within a couple of year, via parkrun, I joined PP and soaked up every piece of advice that was passed on. From chatting to fellow runners I soon realised that the graduates of the Run England, now called Run Together, courses had gained immense benefits from formal coaching and I wondered if attending one of the courses would be of use to me.

I approached Karen Fawcett who explained the courses were for beginners but she had a cunning plan up her sleeve. She suggested I came along as a helper and that way I would benefit from the coaching element for free. I still can't believe I fell for that one! And that's how I came to join Arthur, Joy, Karen and the rest of the team on the RunTogether courses.

From the very start I loved it. I'd helped out at the first course for selfish reasons but soon realised I got a real buzz out of helping others discover the joy of running. There's something special when someone says thanks for keeping them going and that they would have given in without your encouragement. To my own surprise I found myself passing on tips I'd heard from other PPs.

By the end of the first course Arthur, Joy and Karen suggested I do my LIRF course. Due to injury I postponed signing up for one until December. So on a frosty, foggy Saturday David and I set off for Keighley. There were about 30 of us on the course, a mix of club runners and individuals looking to start up their own groups.

The morning sessions were a mix of theory and indoor gym work, learning the importance of warming up exercises, stretching and issuing simple instructions. Divided into two groups, one running, one observing we learned about running posture. In the afternoon we were split into 4 groups and had to devise a warm-up session, a training session and cool down stretches putting into practice the theory we learned in the morning. Outside on the running track the four groups worked in pairs to deliver the sessions we'd devised on each other followed by feedback sessions.

Back in the classroom we did sessions on barriers to running, potential injuries, risk managing runs and how to set up your own running group. At the close of the course we were told we'd all successfully passed and would be issued with our licence. A couple of weeks later I received my orange Leader vest from PP. A very proud moment.

I'd recommend the LIRF course to anyone interested in leading one of the groups and if anyone is interested in benefitting from the "free" coaching on the Run Together course come along as a helper!

*A few months ago I ran with the RunTogether group in odd shoes & didn't notice until the end. Pic to prove.*



## Sarah and Andy Norman. Hardmoors 30. 1st January.



It was a long slog up the cinder track from Robin Hoods Bay towards Whitby. We'd made the mistake of standing near the front which meant a constant stream of people passing us. Andy seemed strong and I felt like I was plodding but the stats from my watch told me we were doing 6 miles an hour! Perfect pacing for this long drag, on reflection, we're so used to not many people doing the races that now the field is getting bigger and faster not us getting slower! The weather was damp and I'm glad I kept my waterproofs on Andy stopped to take his off several times but had to keep putting it back on.



Sarah and Andy above Whitby by the Abbey



Quickly through the Whitby checkpoint, they weren't taking numbers. Up the steps to Whitby Abbey and onto the coastal path. This felt much better, as my Scott Kinabalu's had great grip and I felt like we were slowly passing people who were slipping on the mud. Back to Robin Hoods Bay for a bit of food and coke on the move.

We headed back to the cinder track and again I felt people cruising past us which really knocked my confidence. The joy of not being a road runner. Andy was running strongly but I felt really low in mood. Out came the Santa Babies ( Xmas jelly babies) that Amelia gave us for Christmas and that sugar rush is what kept me going. I really felt motivated when we finally got to Hayburn Wyke, which never seemed to arrive despite it being mostly downhill.

Back on the coast and although I struggled at times by the time we got to Ravenscar I was feeling much stronger. The final climb up to Robin Hoods Bay was so much easier than I'd expected, possibly knowing we were about to finish. I power walked it, Andy ran!

I was amazed to find out we were only 7 minutes slower than 2 years ago when it had felt so hard! Perhaps just psychological! What an amazing race and great food afterwards.

Marathon number 132 for Sarah, 30.21 total miles, 1,176m ascent in 06:22:04.



## Back on Track. David Burdon

For some time now the club has hosted track sessions on a Wednesday night (either once or twice per month). These are held at John Charles Stadium and Track (South Leeds).

Verbal, and written feedback via the forum and social media appears very positive from those attendees and everyone puts lots of effort, commitment, and enthusiasm in. The track session's we run are intended to cater for all abilities but also provide coaches an opportunity to provide specific detailed coaching in



a safe environment as opposed to our club structured sessions which tend to be coach lead and influenced by logistics and environment.

During the winter months, the stadium need to switch the floodlights on and of course the more attendees we have the more worthwhile it is for them to do that.

We are extremely keen as a club to continue to provide this facility and we know there are numerous people in the club who want these sessions but we are always seeking to increase the numbers.

In January, we decided to team up with South Leeds Lakers and this proved quite a success with over 30 runners attending. We supplied 4 coaches and organised good quality training by setting up 4 separate groups. This meant that nobody was left to feel they were running outside their ability.

The plan is to hold these sessions monthly again and our next one is planned for Wednesday 22nd February. Once again South Leeds Lakers will be joining us

Obviously, Wednesday night at South Leeds might not be possible for some people given the travelling but please don't be deterred by any concerns relating to it all being about speed and that it is only the faster runners that will attend. Please be reassured that neither of these perceptions are true. Our objective is to cater for all abilities and ages within this club and the range of attendees (some of them regular attendees) provides evidence of this. Also on the question of speed, its true, they are designed to help you run faster but there is also much emphasis on other important aspects such as technique and pace management. We also ensure proper warm up drills and cool down stretching. Track sessions offer benefits to all running needs, from short distance to Marathon, from Road to Fell. Whilst these sessions are structured and focussed, we also want people to feel they can have fun as well as gaining a sense of achievement.

Over to you why not come and give this a go on Wednesday 22nd Feb or if you cannot make it then look out for future sessions. Please feel free to speak to any of the club coaches for further information or to discuss any questions or concerns you might have.

## Andrew Allan. Central Lancashire Half. 8th January.

As I was unable to get up at 5.00am in an attempt to get a place at the Brass Monkey, I took the more leisurely option of entering the Central Lancashire Half that was to be held on 8th January and although this raised the serious issue of whether my festive indulgences would render the race pointless, I needed a race to make sure I was half marathon fit as I started my training for the Manchester Marathon.

It was a foggy day in the empty waste lands of Central Lancashire as 7 pacers started the race from Lea Town, just west of Preston. The mass start of 650 runners may not have been ideal and there was some shared space with cars early on but this was well controlled by the Marshalls on bikes. Overall, the course was wonderfully straight forward with very few twists or turns and fantastically flat.

The race produced PB's for David Brooks (1.30.46) and myself (1.56.23). Also running were Al Chapman, Beth Bray, Andy Hardaker, Lisa Heath and Adam Bell.

Al Chapman	1:22:46
David Brooks	1:30:46
Beth Bray	1:40:18
Andrew Hardaker	1:40:18
Lisa Heath	1:46:55
Adam Bell	1:48:49
Andrew Allan	1:56:32



## Paul Mortimer. Leading A Run Group.



Ever thought of taking a run out, but not sure if you can or what is involved? Here are a few things for you to consider beforehand.

**Firstly, which group(s) would you take?** You need to feel comfortable running with the group you are leading, but it is not necessarily required to be able to run at the front of the group. Most people taking a group out on a longer run will actually lead from the back of the group to ensure that they can see the whole group and by doing this you are able to react to any incidents which may occur. Leading from the back of the group allows you to ensure the whole group return at the end of the run.

**What distance do you need to run with each group?** The normal rule of thumb would be to aim to be out for roughly one hour. Therefore if you are taking the 12 minute group out the aim would be to plan a run of roughly 5 miles, 11 minute group 5.5 and 10 minute group 6 miles. If you are planning a very hilly route it may be an idea to shorten the run to enable returning in approximately one hour.

**Plan your route.** The easiest way to measure a route is by using something like Google maps. You can shorten or lengthen the route simply by moving the points of the route to different road. It helps if you are taking your first run if you know the roads you are running on. If you know you are taking a run out a few days early it could be an idea to walk out the route in advance. If you are not comfortable using Google maps there is no shame in using a route you have run previously with another leader.

**Use experienced runners to help while out.** Most of the groups that go out running will contain either a number of LIRFs or even a coach. These people will be happy to help anyone with less experience taking out runs. If you discuss the route with them prior to the run you can ask them to position themselves towards the front of the group and use them to regroup at points around the run if necessary. While waiting to depart ask if any of the group have injuries that may cause a problem during the run.

**The run.** Before you set off, tell the group where you are going with a brief description of the route. If you are planning to lead from the back, ask someone that you recognise to be one of the faster members of the group to run towards the front and suggest where you think would be the first place to regroup, in case the group becomes a bit too spread out. While you are running at the back, ensure that the slower runners are alright by talking to them and also by just listening to how they are running. If someone is struggling and needs to walk for any reason, ensure that you or someone stays with that person so they are not left alone.

**After the run.** Ensure everyone, at least, walks a short distance to bring their heart rate back down to a normal level. Ideally they should also do a few stretches, most runners are happier to do their own stretches. It may be an idea to ask before the run if the group want to do stretches as a group afterwards or to do their own routine.

**Feel free to volunteer to lead runs and don't be afraid to ask the LIRFs and coaches for help. They have all been in the same situation you are in taking your first group out.**

## Michelle Dare. Temple Newsam 10. 8th January.



Having run the inaugural TNT last year I swore never again. It was wet, cold and very muddy, the hills lasted forever and the finish line seemed to take an age to reach. If it wasn't for the Liversidges encouraging me on and running the finishing straight with me I know I would have laid down in the mud yards from the end and just given up. Never again. Then I put together a marathon training plan and found I needed to 10 miles on the day of the 2016 TNT. Always happier running in company than solo entry was a foregone conclusion.

On the day the weather was kind to us, warmer and drier than last year the course was easier to navigate. Numbers are collected on the day from the Courtyard and after I'd confirmed I was definitely Michelle, not Michael, there was a chance to catch up with other Pacers pre-race.

The start line was a short walk from the Courtyard and I'd convinced Elaine Rushworth we could wear our warm tops to the start and leave them in the baggage tent by the start/finish. Unfortunately the baggage store was back in the Courtyard but one of the lovely marshals from St Theresa's AC found us a safe secure place to store our bag.

The race got underway and we ran a circuit of the top field and down towards the golf course. We traversed narrow paths and down through a farmyard bordering Arla. Across a road and back into woods. The route was becoming familiar but the big difference from last year was the mud, so much less than last year. The hills I remembered as tough weren't nearly as bad and I'm sure Elaine thought I'd made it up. No more shredded hands using brambles to negotiate hills and slopes but there did seem to be a profusion of photographers on course at the crest of every hill.

The last hill back to the top field was soon upon us and there were no thoughts of giving up but this time a sprint finish to the end overtaking three along the way. I retrieved my bag from its VIP storage (hung from a tent pole) and collected a goody bag. T-Shirt, medal, haribos, crisps and a snickers or mars bar. The crisps were devoured immediately and four of us walked back down to the Courtyard for a coffee and a catch up.

It's a well organised race, the marshals on course were many and enthusiastic, there's plenty of



car parking but avoid parking by the House as this is pay and display, the cafe opens early for both runners and spectators. Will definitely have this on next year's Must Do.

## Clare Greenwood. Stanbury Splash. 15th January.



On the 15th January 2017 3 pacers; Nick & Clare Greenwood and Emma Robinson embarked on their first ever fell race at the Woodentops 34th Stanbury splash. It was a 7 mile BM race (medium length and difficulty for the non-fell peeps) near Haworth.

We arrived there in time to watch the junior races, we were all in awe of the under 9s flinging themselves down a near vertical quarry face, fully aware that these kids were going to put us to shame! We then retreated to the warmth of the car for 20 minutes whilst waiting for the race to start, contemplating what had led us to thinking that this was a good idea.

The course was tough, not helped by Nick and Clare running in trail shoes (we blame this for our inability to remain vertical). The course was there and back, which was slightly disheartening when less than 2 miles in the forerunners were on their way back!

There were 4 river crossings which were bracing in the early January climate. The bank leading to the final river crossing was a steep mud slide which Clare opted to slide down on her behind whilst Emma managed a graceful one legged crouched slide.

As we crossed the finish line, we were rewarded with a brew and lots of malt loaf (in exchange for a cheesy photo for the sponsors) which was very much welcomed! We all enjoyed it enough to sign up for another race, (this time with proper fell shoes) and would recommend to anyone else out there that would like to try something different to give it a bash. And thank you to all of the other pacers that encouraged us to run and cheered us all along.



### Other Pacers

- 47 PAUL GAILE 57.56
- 107 KAREN PICKLES 62.50
- 118 NEIL WALLACE 64.34
- 124 BEN MASON 64.53
- 207 MARK DIXON 73.00
- 230 WILLIAM OVERTON 75.50
- 280 ANDREW BYROM 83.23
- 309 TIM AYERS 88.43
- 313 NICK GREENWOOD 94.01
- 321 EMMA ROBINSON 103.40
- 322 CLARE GREENWOOD 104.14
- 323 PAUL DEWHIRST 105.57



## Rach Clayforth. Return to fitness.



After a long time due to injury I was cleared by the physio to be able to start running again. I had done the run England course a few years previously but had to withdraw due to knee problems so when I came back I was unsure of my abilities, I cannot thank the Pudsey Pacers running club enough they have given me the confidence in myself and encouraged me all the way to run and given me that extra boost when I have needed it to move up into a higher group and I really have come a long way in a short amount of time but none of this would have been possible without the help and support of family friends and the Pudsey Pacers . I have done a few park runs at Bramley and have got a personal best time the atmosphere at the park runs are lovely and I have also just entered for the Leeds half marathon in may which will be a big achievement .



## Nigel Armitage. ID bracelet



The ID bracelet has my ICE number and some other maybe important info. in the event of a 'what if' scenario. If anybody is interested in getting one and from the same company as me, let me know because I have some vouchers for 10% off. Cost about £20



Or parkrun do one for £13, they also come in pink!

## Pacer Profile Andrew Smithurst

**Been running since** – 2009. I had run a few 10ks and did my first half marathon at the Great North run in 2010. That made me realise if I wanted to improve I should join a club and started with the Pudsey Pacers immediately after the GNR. 12 months later I had improved my ½ marathon time by 25 minutes.

**Favourite race/event/training session** – The race has to be the Northumberland Coastal Run. I only ran it once a few years ago but the scenery and the finish on the beach were fantastic. Also not knowing the exact length of the race, dependent on the tide, is quirky. Normally I am on holiday when it is run so have not been able to go back. Event would be the Hong Kong Marathon weekend. There is a 10K, ½ Marathon and a full marathon and around 50,000 people run in total. There is a great atmosphere. I have been lucky enough to do the ½ marathon twice.

**Best running advice received or to offer** – My dad was a really good runner and his advice to me was always speed kills. If you start off slow you can always pick up the pace later in the race. If you start off too fast you can never recover if you get tired. Very sound advice that I usually ignore !

## Pacer Profile Andrew Smithurst

**Other interests/hobbies** – I was a very keen golfer before joining the pacers and still play regularly. I used to have a handicap of 15 but this has increased in the last few years due to spending more time running. I still enjoy playing especially overseas. Also I have had a season ticket at Leeds United for the last 12 years.

**Favourite music/best gig** – Back in the day I was very much into Punk/New Wave music so my favourite groups were The Clash, The Ramones, Stiff Little Fingers. I still enjoy any alternative music and listen to Blossoms, Cat Fish and the Bottlemen and The Sherlocks in the modern era. My favourite gig was going to see The Jam in the very early 80's. Paul Weller still remains a hero of mine.

**What film or book would you recommend as a must** – I am not a big reader but watch a lot of films when on a plane. Again going back a few years Quadrophenia is a film I never get fed up of.

**Best ever holiday destination (and why)** – Wow that is difficult. I am very lucky to travel all over the world with my job on a regular basis so tend to then go back to some of the same places for holidays. Asia is definitely my favourite part of the world and I really enjoy Dubai, Thailand, Singapore, Hong Kong but my favourite would be Sri Lanka. And why – the people !.

**Your signature cooking dish-** This is very easy as I am useless at cooking so don't have a special dish.

**Favourite word** – Awesome. It is used a lot to describe all of us as runners.

**Pudsey/West Leeds secrets: best bit of local knowledge** – We get to see a lot of off road trails etc and living in Calverley I think the Calverley woods are great for a walk or run. The Calverley cutting down to the canal is a bit of a secret and a real test to run up from the canal. Normally I get half way then walk as it is really steep but a beautiful area.

**Friday evening, 200 quid in your 'sky rocket'.**

**What would you do for the weekend** – It would have to be a night away and a lovely meal with my gorgeous wife. We spend so much time away from each other that anytime we can spend together is a bonus. Probably a weekend in London would be the way to spend the money.

**Sink, wall, hip or pocket: what do you do with your other hand while brushing your teeth** – I didn't know the answer to this one but when I went to try it turns out to be sink.

**Tell two truths about yourself and one lie** – I used to play 2nd team cricket for Yorkshire. I have two passports. I have a photographic memory and can remember dozens of phone numbers from 30 + years ago.



# Graeme Tiffany. Orienteering social run. 26th January

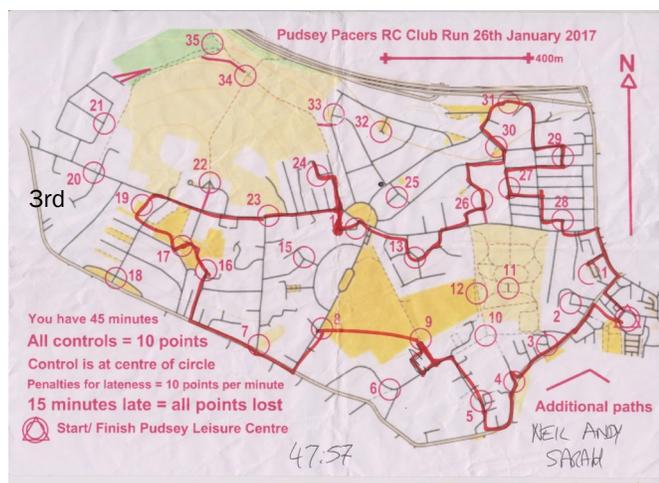
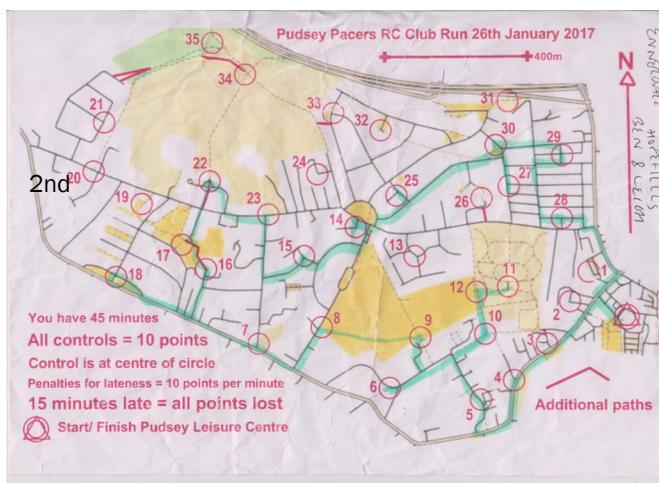


I hope you all enjoyed the club run and, for those who participated, learnt a little in the training session that preceded it. You'll see from the maps of the first three teams (not including Jack from my orienteering club, Airenteers, who ably demonstrated 'how it's done') that route choice (and route planning) is all-important. A top tip is to avoid 'out and back' legs; rather, try to get flow from one control to the next. Another is to look for a 'cluster' of controls near the end; if you're up on time you might be able to get most or even all of them. If you're short of time, you can cut your cloth, so to speak, to ensure you don't end up late. Lateness incurs penalties, as the scores show: the last three teams (in terms of final scores) were all late and paid, literally, the penalty: timing is the key in this 'score' event format. Do check out <http://www.aire.org.uk/index.asp>; having a go at orienteering will certainly improve your map-reading, which can be vital in some fell races, and makes going for a walk more pleasurable.

For those that are interested, I plan to organise some more 'O-type' map-reading training in the near future; keep an eye on the forum and the club's other communication platforms for details.

Pudsey Pacers Club Run 26th January 2017

Name	Score	Time	Mins/part mins late	Penalties	Total
Jack Cooper	300	43.51	0	0	300
Ennerdale Hopefills	200	44.55	0	0	200
Neil Andy Sarah	190	46.57	2	20	170
Newbies	160	45.00	0	0	160
Pudsey Mavericks	140	42.50	0	0	140
Bill Phil Dave	140	43.51	0	0	140
Pacers Finest	140	44.36	0	0	140
Team TSL	130	45.22	1	10	120
Tamsin	110	40.58	0	0	110
Lost Souls	150	48.39	4	40	110
Two Plus One	150	50.42	6	60	90
Pudsey Flyer	120	50.30	6	60	60

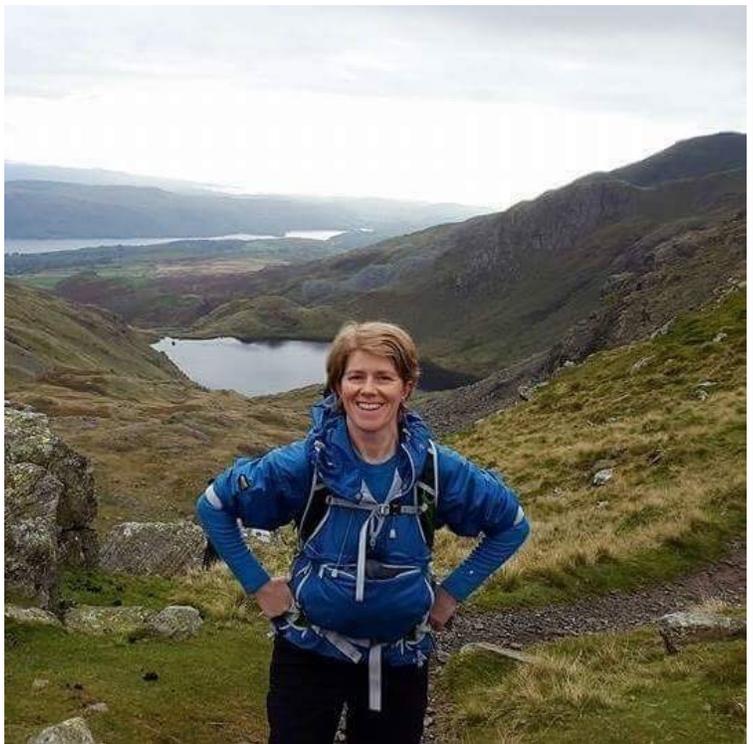


## Pacer Profile Pam Birchenall

**Been running since....**September 2016!  
Does that make me a runner? It feels a bit soon!

**Favourite race/ event/ training session....**Realistically a bit too soon to say on the race/event front seeing as I have only done two WYWL races and Gathering Winter Fools! But I did enjoy running around the countryside with a pair of antlers on my head! ☺ The Sherry Stumble was hilarious; and of course I love the hill rep sessions.....Not!!

**Best running advice received or to offer....**A tad cheesy but.....enjoy what you are doing and the people around you, keep trying and get a regular sports massage!! Received and offered!!



**Other interests/ hobbies....** Mountaineering, mountain biking, music.

**Favourite music/ best gig....**This is a hard choice but LOVED Hot Chip and Django Django live - amazing atmosphere at both and just had to dance.

**What film or book would you recommend as a MUST....** This changes all the time but current must see film is "The Grand Budapest Hotel", but only if your humour is as daft as mine! Current book recommendation "The first Fifteen Lives of Harry August", I found the concept of this really interesting.

**Best ever holiday destination (and why)....**The Atlas Mountains, Morocco. Climbed my highest mountains ever and experienced scenery and culture that I'd never seen before. I would definitely love to go again.

**Your signature cooking dish....**Chicken, Leek and Ham pie with assorted veg.

**Favourite word....** Numpty!

**Pudsey/ West Leeds secrets: best bit of local knowledge....** Belgrave Music Hall for a Patty Smiths Dirty Burger and a craft beer. Great on a Sunday afternoon.

**Friday evening, 200 quid in your 'sky rocket': what would you do for the weekend....**Hmm no idea, the chance would be a fine thing! Take off somewhere fun for the weekend, with someone fun! Any suggestions/offers?? Hahaha ☐

**Sink, wall, hip or pocket: what do you do with your 'other' hand while brushing your teeth .....** hip! Unless I'm doing squats, then I use the other hand for balance.....

**Tell two truths about yourself and also one lie....**I know how to milk a goat; I have webbed toes; I have two tattoos.

## Peter Enever. Sir Titus Trot. 28th January

The Sir Titus Trot was a Multi distance race which included a 5K, 10K, half Marathon and Full Marathon. I opted for the half and my wife joined me for her first race and entered the 5K.

Overall the numbers for the race were low and this was good as trying to squeeze 200 people down a canal tow path is quite some challenge.

The route was an out and back. The 5k runner had a nice 2.5k out and back. This was completely flat and as we started I thought we could be in for a fast race due to the good surface we started on. How wrong I was!! The 10k had a nice 5K out and back which the half and marathon runners also completed. This first part of the route took us from Saltaire down the canal to Esholt sewage works. A good place to turn and run in the other direction! The first half of the route was a mixture of good canal tow path and virtually unrunnable mud track. I've never completed a linear race before and running back on your self is an interesting experience.

The half and full marathon runner then crossed the start finish line to carry on their race. This took us toward Bingley. The paths in this direction to the turn around point were good. However this is where the race went from flat to hilly. We started by running up a couple of single and double locks just to get the thighs burning. Our final hill was up Bingley 5 rise locks!! The legs definitely felt it by the top. Our turn around point was just a few hundred metres further on and then I enjoyed the downhill all the way back to Saltaire.

I heard from a few Marathon runners that the 6 additional miles they had to complete before they turned around proved to be quite challenging. One quote was "I had to hang onto the wall to avoid falling into the canal" definitely an interesting race!

Overall I really enjoyed this race. Maybe in drier conditions it might be a pb course. However on the day this wasn't an option. My wife enjoyed her first race and the amazing medal (it's pink), goodie bag and table of cake added to the enjoyment. Definitely one to consider again on 2017.



## Andrew Byrom. Tigger Tor (BM - 9.7m, 1600ft). 29th Jan



I decided that during 2017 I would focus on trail and fell running and also try and pick out races that I hadn't done before and would put me out of my comfort zone. The Tigger Tor fell into this bracket, being a race requiring navigation through checkpoints, which I had never done before and also in area of the country that I had never run (dark peak).

I sought some advice from Braveshorts (Neil Wallace) on navigation and he kindly sent me the following copious notes:

*Unlikely Tigger will require either a map or compass; most will likely just follow the person in front. That said, I think there may be marginal route gains if you use your noggin'. May save energy and / or time as well.*

*All CPs must be reach in numerical sequence. Route options available, but where possible, I'd stick to FP or trods (not all are identified on attached OS map so local knowledge an advantage). Most distances between CPs add up to approx. 250/ 500m hence knowledge of your estimated pace may be useful.*

*START-CP1: will be a procession.*

*CP1-2: flagged, presumably on a trod.*

*CP2-3: appears to be no FP, bear west, downhill <500m with beck crossing*

*CP3-4: IMO follow trod north west, uphill that quickly loops west then south west, steeply uphill, to meet FP (total 500m) and south, uphill for further 400m to Higger Tor*

*CP4-5: IMO best route will be to head west, no FP, across plateau, 400m (or south west through stones 600m) to reach 372 and FP south passed Rain Gauge then 500m to reach junction west of Winyards Nick, and south east to CP5 \*THERE MAY BE A DIRECT TROD SOUTH WEST CP-CP\**

*CP5-6: Continue south east, downhill, 1000m to Toad's Mouth*

*CP6-7: Part reverse north, uphill, for 1000m to Carl Wark*

*CP7-8: Part reverse south east, downhill, for 1000m to Burbage Bridge FP junction then east, uphill, no FP for 200m*

*CP8-9: Bear north east, flat, for 1000m to main FP junction then turn east, downhill, for 600m to FP junction and straight over for 600m to CP9*

*CP9-10: Either retrace steps west, uphill, for 600m to FP junction then turn right, north east for further 1000m OR bear north, uphill, for 750m across open boggy moor*

*CP10-11: north east, downhill, for 400m to reach junction, turn right, downhill for 400m*

*IMO: reckon the following time pacing for you (double check for accuracy against a race you've recently done - eg. Stanbury Splash):*

*500m... 3mins (250m/ 1.5mins) this is broadly 10 min/ miling*

*500m uphill... 4mins (250m/ 2mins)*

*500m downhill... 2mins (250m/ 1min)*

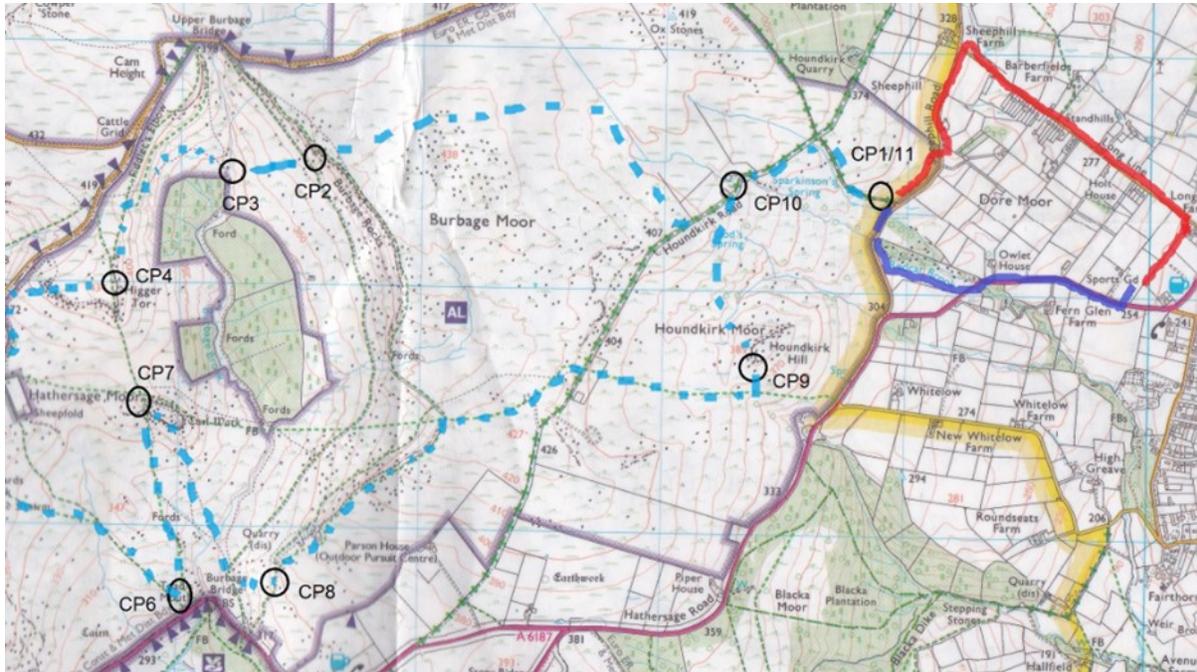
*500m walking steep uphill... 8mins (250m/ 4mins)*

*500m across boggy moorland... 6mins (250m/ 3mins)*

## Andrew Byrom. Tigger Tor (BM - 9.7m, 1600ft). 29th Jan

With this in mind, CP2-3, should take you no more than 4mins (over open ground). If you head in the desired direction, downhill, and you've not reached the CP <2mins then you've gone wrong. In good visibility you should see the conifer woodland and bear for the right edge adopting the most efficient route visible. Similarly, CP6-7 should take you 8mins.

Hope this helps. I'd use the OS copy as quality of the race map is questionable. Your choice.



The notes and attempting to memorise the OS map made me feel much more confident about completing the run without getting lost. Thanks again Braveshorts!

Anyways, I spent the week prior to the race anxiously checking the weather forecast. Initially it looked like we'd be running in heavy rain and clag but come the day the forecast was beautiful and I drove down to Sheffield Tigers RUFC in good spirits. I've actually played rugby several times at this ground so knew the route well, I also knew how inclement the weather can be in winter having come off that pitch absolutely freezing.

There was a VERY thorough kit check, the first time they've ever actually checked that my seams in my jacket/trousers were taped! Following this I watched in a grim mood as the mist descended up to race time and I checked and double checked my map and race notes. By the time the race started you couldn't see across the rugby pitch.

## Andrew Byrom. Tigger Tor (BM - 9.7m, 1600ft). 29th Jan

The first mile was up a road before heading onto the moors, almost straight away the pack split, taking different routes, I decided to follow a Totley AC lady as she seemed a similar pace to me and I assumed she would know the route. Fortunately as soon as we hit the first part of the moor the mist lifted and it was blue skies all the way.

After another 500m both packs came back together for 50m and then split again, marginal gains I guess but overall I seemed to be placed in the final 3rd, which was fine with me. The main aim of the day was to finish in one piece and not get lost.

We then hit the moor proper. I'd decided to run in shorts, I would say probably 90% on runners were in leggings, I now found out why. We were running in a narrow, muddy, icy trod between heather which was up to my knee height and which was in the main frozen. This proved pretty painful and biting. It was also slow going as I had to keep slowing down as I was getting too close to the runner in front and

couldn't see my foot placing, no real option to pass as I'd have been jumping into deep heather with no knowledge of what was beneath, I once took a tumble on the Stoop fell race doing this so have learnt my lesson.

It was a gradual uphill slog over Burbage moor before we hit the rocky ledge which we had to climb down.



*My Totley AC guide.*

*Into the light heather, the long stuff was tough going (photo from Front Runner)*



**FRONT  
RUNNER  
SHEFFIELD**

Really spectacular viewpoints here, though given the steepness of the climb down I didn't spend a lot of time looking around. We then ran over boggy ground with a stream crossing before the climb up to Higger Tor. There was a good crowd on the top cheering and again an amazing view over to the right. We then dropped down a narrow trod, which was thankfully free of heather but instead was full of rocks, so again foot placement had to be very accurate. We then doubled back up the hill to climb up to a rocky outcrop run, pass around the back of the marshals and then head straight back down the hill. A tricky river crossing followed and I had to help the Totley AC lady I mentioned earlier to cross.

It was then back into the heather for the plod over to Houndkirk Hill. By this point my legs had gone and it was a real slog. Dropping off Houndkirk Hill to a stream and back up the other side the ground became very boggy, thankfully however I knew there was only about 2.5m to go so managed to get moving a bit faster. Finally I dropped off the moor for the 1.5 miles on the road back to the rugby ground. I finally managed to get some pace up here but to be honest I was completely shattered.



*Helping hands at the river crossing (photo courtesy of Mossie)*

I was glad of the warm showers and change of clothes and then compared race notes with Braveshorts and Rose George (Kirkstall Harriers). All in all a stunning though very tough fell race, now in its 33rd year and with a sold out 470 runners for the first time. I only spotted four West Yorkshire club vests on the day so would recommend more Pacers give this a go next year.

Looking back now I think if it had been claggy I would have struggled with the navigation, I managed to keep someone in sight most of the way, though the last 2 miles I was running on my own with the nearest runner about 100 meters in front. The problem was I lost my bearings and also lost count of which checkpoints we had been through. It was pretty hard to tell what was a checkpoint as you didn't have to check in just run past, so it really wasn't clear.

I finished in 296/380 in 2:02:52 which to be fair is not great but I got round with no mishaps and can learn from the experience. I definitely need to get some off road hill work done.

The next fell races I have planned are Windy Hill (BM – 9m, 1281ft), High Cup Nick (BM – 9m, 1509ft) and Hepstonstall (BL – 15.4m, 3170ft). A lot of work to do before Hepstonstall....

## Ralph McDermott, Rombalds stride, 4th and Maddog 10k, 5th



### Rombalds stride

On Saturday morning, I started my morning doing my stretches to loosen my sore leg, then breakfast, double checked my kit then headed to Guiseley to register for the run. I met up with Rebecca Dickinson, Lynn McCormick Arthurs and Tim Ayres.

I knew from the start, I was going to run steady due to injury but only at the start did I notice I had a hole in my running shoes!

I set off from Guiseley Argos and headed towards Esholt and from there the first downhill I was sliding all over the place, I proceeded towards Tong park then Hazelhead wood, then went round the side of Baildon and up to top of Baildon moor. The views from there was brilliant (all though not as good as the recce with Neil Wallace).

I proceeded down the other side and turned right at the road/trail and headed towards Weecher reservoir. After a cup of tea, we set off towards twelve apostles, Tim Ayres went passed me and was running well, where I was beginning to struggle with stomach pains but carried on at a steady pace.

I headed left towards Whetstone gate for the checkpoint, after getting my breath back, I headed on towards Westbuck stones and turned right to go down following Highmoor woods (At this point my foot was beginning to hurt) to the path that turns right to Ilkley moor bottom.



After leaving the checkpoint, I found out my stomach pains was caused by the strap on bag was cutting into my stomach, so running was slightly easier. I continued up the hill passed the white house and up to the top along Ilkley Craggs towards cow and calf where we turned right and went up the hill on the dales way, I followed the path all the way to Burley Woodhead.

From this checkpoint I headed right and headed though fields and ginnels towards Menston, where we crossed A65 through more ginnels till we got to the chimney on the A6038. I followed the path to the road by West Chevin, turned left down the hill to the main entrance, where we proceeded up the steep hill (which wasn't easy do to all mud) to the Yorkgate quarry.

From this checkpoint it was all downhill using a similar route as Chevin Chase but instead of turning right you carried on to the school by Airedale sports centre. You handed over your scorecard. You proceed to the hall to pickup up your certificate and mug. I picked up my tshirt (prepaid) and then you get a pie and meal and a cup of tea. I found out later my foot sores were caused by my shoe having a big slit all down the side so my shoes was slanted. 6 hours 13 minutes for 22.25 miles, 2minutes faster than I hoped for

Overall it was a good day, nice views, good marshals and good company. Lessoned learnt is correct equipment ie trainers and bag straps correctly set.



## NATIONAL

**www.ukresults.net** -Commonly referred to it's owner/ provider as John Schofield

**www.northeasttraces.com** -Also contains races just into North and East Yorkshire

**www.runbritain.com/races** -Broad platform for searching and entering races in the UK

**www.fellrunner.org.uk/races** -Usually named FRA (fell running association) and provides basic entry requirements and usually link to host club (most are entry on day)

**www.bofra.co.uk** - See fellrunner above

**https://www.sientries.co.uk/** -UK wide races

**https://www.ldwa.org.uk/challenge\_events** Long Distance Walkers Association -runners welcome

## LOCAL/ REGIONAL

**www.racebest.com**

*Excellent local race provider with growing reputation for new events and quick results*

**www.countrytrailraces.co.uk**

*Summer trail series around Leeds - navigation required, but easy and very informal*

**www.urbantrailrunner.co.uk**

*Similar to above*

**www.leedsathletics.net/Leeds\_Race\_Series.htm**

*Annual race series with good links to many local and popular races*

**www.yvaa.org**

*Both plus 35s (Grand Prix) and Open races across Yorkshire*

# Dates for the Diary

## February

Sunday 19th. Winter League (WYWL) X-Country 10am

## March

Friday 10th. Presentation night for the WYWL 7pm—John Charles Centre for Sport , Phoenix Bar South Leeds Stadium. £10 see facebook page to book tick 'going' <https://www.facebook.com/events/381112742253275/>

Sunday 12th. PECO v WYWL relays 11am—venue TBC. 5k relay, teams of 3.

Thursday 30th. AGM. Social run then AGM at the Pudsey Leisure Centre.

## April

Sunday 23rd. YVAA Race 1: Honley (followed by AGM) @ 10:30

## May

Friday 5th. Awards night, Pudsey St Lawrence Cricket Club.

Sunday 21st. Calderdale Way Relay

Tuesday 30th. YVAA Race 2: Kirkstall @ 19:30

## June

Sunday 4th. YVAA Race 3: Lythe, Near Whitby @ 11:00

Sunday 25th. Bradford Millennium Way Relay

## July

Tuesday 4th Danefield Relay

## August

Wednesday 9th. YVAA Race 4: Halifax @ 19:30

## September

TBC Leeds Country Way Relay

Sunday 17th. YVAA Horsforth

## YVAA

\*Valley Striders hosted event TBC

\*York Knavesmire TBC

\*Stainland hosted event TBC

## October

29th. Dublin marathon . <http://sseairtricitydublinmarathon.ie/>

## November

Sunday 12th. Spenborough @ 11:02

If you want to find out more, or offer a scheduled race that you think other Pacers might be interested in, then why not search and contribute to the online, website calendar:

[www.pudseypacers.com](http://www.pudseypacers.com)

See icon top-right on homepage. All suggestions and comments, please email:

[calendar.pudseypacersrc@gmail.com](mailto:calendar.pudseypacersrc@gmail.com)

[pacersnews@hotmail.co.uk](mailto:pacersnews@hotmail.co.uk)