



# SheepSheet

March / April 2009

## Glory at Noon Stone

Its 2am can't sleep again! Too busy mulling things over in my head which route to take or not, hopefully it will be claggy, hopefully not!

As many of you will have guessed its race day tomorrow, this time it's Noon Stone.

Its 3am now thinking of really strange things like Karl Gray and what route he is going to take!

4am and its getting worse, I'm now thinking of other men in shorts Ben, Alex and others and what lines they could take.

5am must be asleep as I can't remember anything until 8am when I am wakened by strange noises coming from Sharon's side of the bed, time to get up quickly!

Eventually we arrive at Top Brink to find that Stoodley pike and half of the moor which it sits on has vanished into thick clag, I decide to run on my compass bearings to be on the safe side. As we line up for the start the clag disappears and my compass also. On the start line I look around to see who's around, we have a great team out with the likes of Alex, Jason, Steve and others, there's no Karl and Ben though as Karl was still drinking from the night before and Ben was doing his 17<sup>th</sup> recce of the half tour of Pendle route!

As we set off up the road Alex and myself took the lead but were promptly overtaken at the bottom of the first climb by Tod's Sean Willis. Halfway up the first climb we dropped Sean but had picked up a young unattached Sheffield runner. At the turn at Noon Stone and the descent to London road Alex took the lead and the young Sheffield lad pushed me into third. I managed to drag them both back along London road and we stayed together until we hit the tricky moorland section. At this point I was wishing Karl was around to take these two 500 yds too far onto the moor (again). We headed straight for the Two Lads checkpoint, which wasn't hard to find as the two marshals there were wearing the brightest dayglo yellow jackets ever and were waving their arms around to direct us (is this a new type of assisted navigation)

On the next part of rougher moor I thought we had dropped the young lad but after a quick glance noticed it was Alex who was beginning to trail a little. After the little holder stones trig point it is straight down to the large flat stone and then I chose to bear off left and drop down to the path at the side of the reservoir which I find slightly easier than the rougher moorland path. The descent to bottom of the jail hole is where I lost more time as the young lad caught me up and we climbed up to the Noon Stone again together.

No surprise as on the first half of the last descent he took a slight lead on me, which I pulled back in on the tussocky part, but as we approached the small incline at the top of the last descent I veered off and took a quicker route to the finish line (and believe it or not Karl and Ben I won on a descent! Watch your backs boys).

It was a great day and the men managed to take the team prize for the second year running. Its an excellent race and very well organised and I'm led to believe that next year it is going to be an English championship race. Bring it on!

**Shaun (Demon Descender)**



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## Ruminations

Well here we go with another bumper issue of Sheep Sheet; I have enjoyed collating it and I hope you enjoy reading it. We are very lucky to have such an active club which is obviously getting something right as would like to welcome several more new members:

Kerensa McKie	Philippa Glover
Jim Mosley	Euan Bayliss
Jackie Holden	Rick Crabtree

Some of whom came along on the January ‘come and try’ it night and have stayed with us. Well done to Kerensa who completed Noon Stone (more than I did!) and Euan who completed Midgley Moor. We have another ‘come and try’ night in April so please make those newcomers feel equally welcome.

This is just a note to warn Adam Breaks that Shaun is after his scalp since Adam inadvertently foiled Shaun’s cunning plan to overtake Karl with a tactical route choice at Midgley Moor. Well meaning Adam called Shaun back thinking he had gone wrong, alerting Karl to the ploy. Never mind—next time!

Many thanks for making my life as editor easier; please keep you contributions coming. With Coiners as a Junior championship I would like to have a junior focus for the next Sheep Sheet; but it should also include race reports from Ireland, Scotland and the Adventure Racing Open 5 series. (copy deadline 7th May for publication by 15th May). Happy running.

**Clare Kenny**

## Dates Pen-ding.....

### Series

#### Badger Trail Races, Bamber Bridge

A challenging, measured off-road 10km  
Thursday evenings at 7.30pm  
13th May, 16th June, 19th July, 20th August  
Organised by Clare Kenny for Wildlife Trust

#### Midsummer Madness

19.06.09 Whicken Hill Whizz  
20.06.09 Reservoir Bogs  
21.06.09 Timothy Taylors Tom Tittiman  
20.06.09 Ceilidh  
Organised by Chairman Bill, please support

#### Rossendale Harriers Mid-Week series

14.07.09 Waugh's Well 4m/1000' 7.15pm  
05.08.09 Whittle Pike 4.5m/1400' 7.30pm  
12.08.09 Pilgrims Cross 6m/1100' 7.15pm  
19.08.09 Golf Ball 5.5m/800' 7.00pm

#### LDWA events

04.04.09 Four Inns Peak District 40  
04.04.09 The Peatlands Way 50/20  
18.04.09 Barbondale W Lancs 24/14  
18.04.09 Wensleydale Wander 22/12  
18.04.09 Calderdale hike 37/28  
25.04.09 Pendle Witch Way 25/12  
25.04.09 Four Passes, Cumbria 18

#### Girlies Cycling Weekend

9-10th May The Dales Hawes YH  
Contact Thirza

### Coiners' Junior Races 04.05.09

Volunteers required:

Flagging the routes  
Car Parking  
Registration  
Marshals  
Time Keeping  
Prizes  
Results

This is a junior championship race being organised by Alistair Whitelaw and CVFR

Please don't wait to be asked; volunteer now!

### CVFR Committee

Chairman	Bill Johnson	watchcave@hotmail.com	01422 881312
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Web Officer	Alistair Morris	alistairmorris@mac.com	01422 845806
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Committee Meeting: 2nd April Bill & Anne's Trough Farm, Luddenden  
Major topic for discussion - Coiners Junior Championship Fell Race All Welcome  
If you have any questions to raise come along or email the Secretary prior to the meeting.

## **Todmorden Harriers Mini Moorland Marathon - Sunday 11th January**

### **Simon Bourne**

As soon as I read Bill's email about Tod Harriers' annual 3 hr score event I was hooked, where better to do your first race of the year than from the local pub (The New Delight) and over your favourite local hills (around the Gorple Reservoirs)? It was the standard format for this type of event – 20 controls with points values ranging from 10 to 30 spread between High Brown Knoll, Hoofstone Heights and Erringden Moor. Despite being a pretty chilly morning around 70 turned up; a majority from Todmorden but plenty of familiar CVFR faces as well.

I picked up my map with a very clear strategy in mind – wanting to give myself options after two or so hours so I could either leg it straight back to the finish or hopefully pick up a last few controls. After a very stressful minute trying (and failing) to work out where all the 30-pointers were, I decided on the less subtle approach of visiting as many controls as possible and hoping this included plenty of high-scoring ones! So I headed off on a big anti-clockwise loop picking up all the controls around Gorple Reservoirs and Hoofstone Heights, which would then hopefully leave 6 controls within striking distance of the New Delight for the last hour or so.

The first hour and a half was spent running with Alistair Rhodes-Dawson from Tod who had started a minute before me and left the pub car park at exactly the same time. I was quite happy to have some company & he was happy to benefit from my local knowledge (no hard feelings as he bought me a pint afterwards!). Running up towards our 7<sup>th</sup> control close to the summit of Hoofstone Heights we met James Logue running in the opposite direction. I had a sneaking suspicion James might have chosen the wrong way round as I was pretty sure he would run out of options over the last hour (this turned out to be the case as he was forced to finish 22 minutes early).

After Hoofstone Heights there followed a road section connecting checkpoints on Bride Stones Moor and then Chisley Stones, where I put the boot in and finally managed to leave Alistair behind. This is when the fun really started, with six controls potentially in reach, three on either side of the A646. The first three on the north-west side of the main valley were knocked off relatively easily, which left me 45 minutes to chance my arm and head towards Callis Wood and Horsehold in search of extra points. I managed two of the remaining three controls before deciding it was finally time to call it a day and head for home. This left just over 25 minutes to drop down past Hebden Bridge Co-op, then grit my teeth for the final drag all the way up Colden Clough, arriving back with just over 2 minutes to spare.

After chatting to James, Bill (one of the few to visit the north-eastern controls towards High Brown Knoll & Shackleton Knoll) and others in the pub it looked like I'd managed to bag the best points total of the day, which turned out to be the case. So all-in-all a very enjoyable three hours of hard running and challenging navigation followed by a great warm buffet that the pub put on for us. It's an annual event so I'd certainly recommend it for next January...

Simon Bourne	270
Alistair Rhodes-Dawson	240
James Logue	240
Bill Johnson	230
Phil Scarf	220



### Calder Valley Handicap 2009 – 8.37km/326mts climbing

On a nice dry bright day 32 club runners took part in this year's club handicap including 4 juniors who were old enough and daft enough to run the distance. The race starts from Stubbs field in Mytholmroyd and heads through the fields towards Park Fold and then onto the grassy rake leading up to and across Erringden Moor, Dicks Lane around Stoodley Pike and back. The route was fully flagged this year (By Al Morris, Thanks) to accommodate the juniors and new members. If there hadn't been any juniors running the new members would have had to find their way ... we don't want them getting soft now do we! We have had, in the past, some of our experienced members ending up in all sorts of places coming back across Erringden Moor in the mist!!! You think you know it ... you do when you can see it!!!! With Clare Kenny in attendance (when she eventually found the start field, she nearly won the navigational cock up of the year award) we set the runners off. This is hard work and takes a lot of concentration setting them off at their allotted times. Well we got them off and had a cuppa watching for them coming back down the grassy rake. And sure enough not so long after we spotted a runner and it turned out to be Tim Brooks who had a great run clocking in a time of 48.43. Next back was one of our new members, Gillian Wibsey and I'm sure she would agree that fell shoes were needed and not road shoes for the muddy fells and grassy slopes. It's all good experience Gillian. First junior back was Edan Whitelaw in a time of 54.46. He must have been across this route many a time with his dad Al. He's given his dad a hard time now on their training runs at weekends. Mr Gray had another stormer finishing in the fastest time of 38.05. Well done to all the juniors for completing this route as it's tough and not for the faint hearted ... but we make 'em tough in the Calder Valley. Thanks to Jo Waites and Clare for all their help and to Andy Carnochan for taking in the flags on the Sunday ... to Jason for his hard work working out the handicaps before his holidays (Go on how much did Tim pay you for that Handicap time!!!!). It's somebody else's turn to organise the handicaps so that I can have a run at one of them this year.



Winner - Tim Brookes

Thirza

**Results Winter Handicap Saturday 24th January 2009**

<b>Position</b>	<b>Name</b>	<b>Time</b>
01	Tim Brooks	48.43 Winner
02	Gillian Wibsey	62.01 1 <sup>st</sup> lady
03	Darren Le-Talbot	51.22
04	Graham Lloyd	51.53
05	Edan Whitelaw	54.46 1 <sup>st</sup> Junior
06	Kay Pierce	66.14
07	Craig Worley	50.41
08	Max Wharton	49.29
09	Mark Wharton	53.48
10	John Nunn	54.29
11	Sharon Godsman	50.36 Fastest lady
12	Al Whitelaw	54.11
13	Jane Frechette	65.52
14	Barbara Lonsdale	53.33
15	Nick Murphy	49.03
16	Steve Hunter	45.25
17	Jackie Scarf	52.18
18	Bill Johnson	43.36
19	Karl Gray	38.05 Fastest Man
20	Mike Wardle	50.54
21	Tony Bradley	57.08
22	Jack Paige	54.21
23	Cerys Davies	53.47
24	Ben Davies	51.06
25	Richard Kellett	52.17
26	Adrian Muir	47.34
27	Andy Thorpe	55.58
28	Issy Wharton	61.57
29	Brian Horsley	51.23
30	Tony Steward	57.30
31	Steve Houghton	59.15
32	Graeme Woodward	61.43

## Gambolling (Race Results)

### Charnwood Hills 13m/1200' 01.02.09

Pos	Name	Club	Time
1	W Clarke	Loughboro'	1.22.12
33	C McKittrick	Charnwood	1.38.44
47	S Newman		1.41.47

3rd Lady, **1st V45** 403 runners

### Kinder Trial 11m/2000' 01.02.09

Pos	Name	Club	Time
1	S Coldrick	Pennine	1.49.28
11	J Lee	Eryri	2.05.30
117	L Murgatroyd		3.43.32

136 runners + 17 DNFs

### Mickleden Straddle 10.02.09

Pos	Name	Club	Time
1	Dave Taylor	Dk Pk	1.45.07
72	Craig Worley	M	2.19.03
DNF	John Nunn	V50	
DNF	Dave Beston	V50	

154 runners

### Winter Hill 11m/2750' 08.02.09

Winter Hill fell the day after our Trog making it an ideal race for Trog marshals, of which I was one. I was looking forward to it until a fellow club member kindly pointed out that the race was famous for waist deep bogs, Yuk! Unlike the snow swept Trog route none had fallen at Rivington so my plan to follow footsteps in the snow was foiled. Hopefully the frozen ground would keep the bog monsters at bay.

The race is 11 miles and has 2700ft of ascent. There were lots of runners so my race plan was not to fall too far behind in order to have someone to follow. The first climb was up a wide double track which was almost all run-able for me, only the occasional icy bits needed a bit more traction. After a steady climb to the top and some contouring what a fantastic descent to CP 3. Then another awful, yet run-able, climb up winter hill (again). A big thanks to Jason Stevens for supplying water for both me and Jo at the top of the climb, and picking up the empty bottles we flung on the ground as we ran off! The next descent was steep with a dead sheep at the bottom of it. I prefer to think the sheep was sleeping. Then another steep, non-runable for me, ascent up Winter hill (again). More running over 'interesting' terrain, I was never too sure if my next step was going to land me in the waist deep peat bog; I was lucky and the bog monster didn't find me on this occasion. Eventually I reached the final check point and thought its straight to the finish - but no. Who put that extra climb there? My legs were not impressed. After a descent down a rocky icy road I eventually finished to earn my 'free' flapjack, orange squash and pair of running gloves. A great day out with lots of climbs! The girlies won the team prize too.

**Barbara Lonsdale**

Pos	Name	Club	Time
1	Simon Bailey	Mercia	1.29.53
13	Steve Smithies	V40	1.46.06
36	Jo Waites	F	1.53.24
43	Paul Bidulph		1.57.21
52	Naomi Sharratt	F	2.00.47
107	B Lonsdale	F	2.17.11
115	Jo Porter	F	2.19.51
155	Dave Beston	V50	2.39.04

170 runners 1st Ladies team

### Longmynd Valleys 11.5m/4500' 08.02.09

Pos	Name	Club	Time
1	A Davies	Mercia	1.52.38
99	C Walker	CVFR	2.38.39
110	C Mills	3rd LV40	2.44.45

185 runners

This race has been a long term favourite of the Calder Valley import team as its relatively local and a great tester for early on in the fell season. The Carding Valley looked stunning with bright sunshine and snow underfoot. It certainly made race conditions extremely testing especially where walkers had compacted the snow. I fell very early on in the race and did wonder if mudclaws were the best footwear. The ascents became an issue of kicking in steps in the softer snow. Staying upright on the descents was about as hopeful as walking on water. Thankfully I had decided to wear leggings so the time spent on my derriere was not too disastrous. There were some very interesting 'buttock injuries' for those who had raced in shorts and caught the full force of the jagged rock. Needless to say our race times were slower but a good time was had by all!

**Celia Mills**



Long Mynd in the snow

## Gambolling cont'd.....

### Ilkley Moor 5m/1260' 22.02.09

The 20th Ilkley Moor fell race was a great event, with a record field of 390 finishers and some top competition as some of the best local runners sharpened up for the Championship season.

Pos	Name	Club	Time
1	Ian Holmes	Bingley	36.33
5	Alex Whittam		39.25
46	Jo Waites		45.07
48	Bill Johnson		45.32
59	Andy Fleet		46.27
67	Mark Goldie	V40	47.03
68	Steve Smithies	V40	47.07
81	Rob Sharratt		48.03
83	Paul Bidulph		48.09
200	Ben Davies		55.51
203	Cerys Davies		55.55
213	Rod Sutcliffe	V50	56.36
278	Philip Jones	V50	60.31
342	Mick Banks	V50	65.26

390 runners

### Night Orienteering MCC 24.02.09

Pos	Name	Club	Points
1	Jonathan Emberton		133
2	Phil Scarf		105
3	Nick Murphy		85
4	Gaz & Lee		83
5	Jackie Scarf		75
6	Jason & Jo		71
7	Johnnie Watson		69
8	Chris Preston	Tod	67
9	Alastair & Edan		66
10	Rob & Barbara		65
= 10	Steve & Rob		65
= 10	Tim Brooks		65
11	Nick Harris	Rosendale	61
12	Peter & Charlie		57
13	Sharon & Shaun		56
14	Paul Frechette		52
15	Clare Kenny		50
16	Rose & ??		48
17	Hugh Tooby		41
18	Dave Collins		19
19	Darren Le Talbot		-12



Alex Whittam  
3rd at Noon Stone

### Noon Stone 9m/2300' 28.02.09

Pos	Name	Club	Time
1	Shaun Godsman	M	1:11:15
3	Alex Whittam	M	1:12:23
13	Jason Stevens	M	1:18:22
22	Stephen Smithies	MV40	1:22:16
46	Graham Hill	MV40	1:26:26
49	Chris Standish	M	1:26:32
50	Robert Sharratt	M	1:26:34
52	Mark Goldie	MV40	1:26:37
65	Lee Shimwell	M	1:29:17
79	Adrian Muir	MV45	1:30:54
96	Garry Hodgkinson	M	1:32:11
99	Mike Wardle	MV50	1:32:50
103	Ben Fretchette	M	1:33:16
113	Keelan Sarjeant	M	1:34:44
135	Brian Horsley	MV55	1:37:47
144	Rod Sutcliffe	MV55	1:39:43
157	Dave Culpan	MV40	1:42:14
166	Darren Sugden	MV40	1:44:04
180	Tony Steward	MV55	1:46:12
187	Darren Le Talbot	M	1:48:07
190	Paul Fretchette	MV60	1:48:32
197	Philip Jones	MV50	1:50:18
198	198 Hugh Tooby	MV45	1:50:39
223	Mick Banks	MV55	2:01:56
237	Rose Carnochan	LV45	2:10:47
240	Jane Fretchette	LV55	2:12:55
242	Catherine Profitt	L	2:18:53
244	Kerensa McKie	LV45	2:24:55
245	Clare Kenny	LV45	Retired

251 runners

### Bleasdale Circle 5m/1250' 28.02.09

Pos	Name	Club	Time
1	Danny Hope	P&B	38.13
60	Jez Wilkinson		52.33

100 runners

### March

#### Half Tour Pendle 9m/2250' 07.03.09

Pos	Name	Club	Time
1	Ian Holmes	Bingley	1.03.08
12	Ben Mounsey		1.06.17
15	Shaun Godsman		1.06.58
27	Alex Whittam		1.09.49
39	Gav Mulholland		1.10.36
51	Jason Stevens		1.12.26
122	Jo Waites	4 <sup>th</sup> Lady	1.19.18
127	Helen Fines	5 <sup>th</sup> Lady	1.19.58
136	Mark Goldie	V40	1.20.54
179	Dave Austin		1.24.51
211	Naomi Sharratt		1.28.14
218	Anne Johnson	6 <sup>th</sup> V40	1.28.43
267	Allan Greenwood	V45	1.33.18
272	Sharon Godsman		1.33.42
292	Craig Worley		1.37.07
295	Clare Kenny	V45	1.37.14
303	Barbara Lonsdale		1.38.23
313	Linda Murgatroyd	V40	1.39.01
322	Thirza Hyde	V50	1.40.36
334	Celia Mills	V40	1.42.18
363	Gail Tombs	V55	1.49.42

384 runners

## Half Tour Pendle 9m/2250' 07.03.09

Clubs from all over England started their Fell Running championships by competing in the 9 mile Half Tour of Pendle, the first of this year's English championship. The race starts in the heart of Pendle Witch Country at the village of Barley, with the first climb taking the runners up to the Beacon, the highest point of Pendle Hill sitting at 558 metres. From here they traversed a muddy path to the Nick of Pendle before heading to a steep climb to take them back over the moor and down the near vertical "Jeronimo" descent to Ogden Clough then just a short way back to the finish near Barley. The race was won by the evergreen Ian Holmes who runs for Bingley Harriers in a time of 1 hour 3 minutes. Ian is now a vet 40 and it was a fantastic achievement to beat the younger men in a very high quality field. Calder Valley men's team were led home by Ben Mounsey in a fantastic 12<sup>th</sup>, Shaun Godsman in 15<sup>th</sup>, Alex Whittem in 27<sup>th</sup>, Gav Mulholland 39<sup>th</sup> and Jason Stevens in 51<sup>st</sup> they took 5<sup>th</sup> team on the day. The ladies had a spell binding start in defence of their English title taking first team place on the day. The team was led home by their captain Jo Waites in 4<sup>th</sup> place, with Helen Fines placing 5<sup>th</sup> and Naomi Sharrat in 22<sup>nd</sup>. Great team spirit and it was buzzing in that hall afterwards. The cake stall and picnic was fantastic with all the club enjoying the buns and even Mark was allowed to have some cake when Sally was informed that he was actually a member and that she didn't have to slap him too hard for eating Calder Valley's cakes! Ladies V40 team were 3<sup>rd</sup> Anne, Clare & Linda Murgatroyd. Here's to a great season folks. Bring it on!!!! **Thirza**



Jo in fine form at Half Tour of Pendle

## High Peak Marathon Overnight 06-07.03.09

Jackie Scarf Calder Valley  
Gerry Dewhurst Fell Ponies  
Ginny Willey Middleton  
Jenny Brown Rochdale  
**2<sup>nd</sup> Ladies** 11hrs 45mins 17th of 43 completed

Phil Scarf (CVFR) Rhys Watkins (Todmorden)  
Jonothan Wright (not the Tod one, snap him up quick!)  
10hrs 15mins 4<sup>th</sup> man retired (15<sup>th</sup> team if placed)

Every February for the last 37 years, a Sheffield University team of students have set up what must be one of the maddest, toughest challenges they could think of...namely a 40 miles fell race in the pitch black, around the Derwent watershed.

You are allowed head torches and food stops though, plus there are 21 checkpoints, each with a couple of cheery students, scattered around Edale, Moscar, Bleaklow, Snake Pass etc just to check you are still alive..... But it's tough.

Fifty teams of 4, are allowed to head out towards Lose Hill after 11pm creating a stream of little lights bobbing up the hillside.

I was very lucky to get the injured Clare Kenny's place, in a superb girls team she'd put together called Girlie Wurlies. It amused most folk, not least me, to find my team mates names were Ginny, Jenny, Gerry and now Jackie!! *[For those poets among you – that's great alliteration!]* Phil also got a last minute place in Nick Harris's 'Old Codgers' team –his 3<sup>rd</sup> consecutive HPM, which was fine, but we did need a few kit negotiations.

I'd had plenty of broken nights when our 3 kids were small, but I'd never actually stayed up a whole night before, let alone run through one. Actually it was Ok. I experienced a dip before sunrise and slowed a bit, but given the man eating bogs and peat on Swainshead it was hardly surprising. That was my low point.

The Higs were the great team spirit, the 2 food stops, and the great welcome from family members at the finish. While Jenny's dad took photos, Neville [who dropped out of Phil's team at Moscar], fetched teas, the lads team gave us sympathetic nods and piles of stew, sandwiches, flapjack and bananas refuelled us. Phil's spot on night navigation, which I was of course checking [we teamed up in the night by chance for several hours] was a big bonus too. As for the journey home, well I don't remember much about it, except we bundled ourselves gratefully into Gerry and Derek's car and woke up at Littleborough. Thanks!

We'd been lucky with the weather; a bit of drizzle to start off and patchy low cloud was all we had to contend with. By morning we had sunny skies and glorious views. It meant we did the whole thing in 11 hours 45 mins which is allegedly the 3<sup>rd</sup> fastest ever Ladies time and would have held the record 2 years ago! Phil, Jonothan W+ Rhys' team took 11 hours 15. Not bad either!

**Jackie Scarf**

**Commondale Clart 6m/1000' 01.03.09**

Pos	Name	Club	Time
1	Dave Smith	Pickering	36.46
66	Gail Tombs	FV50	53.41

75 runners

**New Chew 'O' 01.03.09**

Pos	Name	Club	Points
	Ray Green	Saddleworth	334pts
	Neil Croasdale	V60	110pts
	Linda Hayles	F55	90pts
	Graeme Hill / Robin Skelton		42pts
	Claire Hanson		22pts

**Black Combe 8m/3400' 07.03.09**

Pos	Name	Club	Time
1	A Schofield	B'dale V40	1.24.04
75	T Steward	V50	1.58.13

DNF G Hodgkinson

98 completed, many dnf's / disq



Naomi - 3rd team counter at Half Tour

**Ian Roberts 08.03.09**

Pos	Name	Club	Time
1	S Roebuck	Penistone	42.39
9	A Fleet		44.32
11	S Smithies	V40	45.23 3rd V40
17	G Hill	V40	46.31 5th V40
28	P Biddulph		48.59

96 runners

**Wuthering Hike / H Hobble 14.03.09**

Pos	Name	Club	Time
1	J Bragg	N Face	4.13.07
17	Chris Mawdesley		5.00.27
70	Clare Kenny	V45	5.41.48
87	Rod Sutcliffe	V50	5.52.43
167	D Culpan, M Whitehead		6.44.59
224	J Underwood, C Proffitt		8.48.59

241 completed

**Wuthering Hike**

It was a grey morning when Jon and Julie came to pick me up for this years Hobble. "How on earth did you talk me into this again?" I asked. Julie told me not to look so worried!

With temperatures not as chilly as last year and a cloud covering that didn't look like rain, this race looked like it was going to be a dry challenge this year. So with my 10L rucksack packed with the essentials I got my race number and waited for the start. It was another good turnout of bum bags, inov8s and head buffs. The breeze whipped up the smell of Tiger Balm – a sort of subliminal message that muscles would ache and knees may be sore by the end of the thirty two mile hike.

I'm not a super fit runner, but I love the test of mind, character and management. I cannot deny that part way around my mind is telling me to stop and pull out and I fight the stiffening legs, and run through it. But it's worth it. The feeling of achievement at the end is huge and the aching legs in the grand scheme of things, is minimal and temporary.

Julie and I slowed down as we neared the second check point. We were surprised to see Jon there. 'Blimey, we've run fast,' I thought, catching him up – but alas, he had pulled out due to Julies cooking (no, that is a joke), Jon had picked up a bug which unfortunately got the better of him and he had to retire early. After a quick refuel we were off again, happily chatting and dreaming of winning the lottery.

The Hobble seemed harder this year for the first part. There was quite a head wind which constantly worked against us. It was like doing resistance training in some parts. Stoodley Pike was another story! I had flash backs from the Wizard of Oz - 'It's a twister! It's a twister!' and it really did feel like it was. We dropped down and the wind quickly subsided to a more manageable distraction and we carried on en route taking in the fabulous surroundings.

My experience of the Hobble for the second time was a good one, as it was the first time. I knew what to expect this time around and I had a better idea of how far into the route I was as I remembered checkpoints and sections that were new to me last year. I lived up to the name 'Hobble' this year as I picked up a knee niggles that I had at the back end of last summer. It must have been the smell of the Tiger Balm at the start that tapped into my 'running injuries' psyche before we set off.

On the way home I remember thinking of all the different runners that took part in the Hobble, from the honed to the 'semi honed' to the 'I'm just going to get to the finish runners.' That's what I like about it. People do it because they love the challenge and in such a beautiful area you'd be mad just to keep running in circles on a track.

**Cath Proffitt**

**Moel Wnion 14.03.09**

Pos	Name	Club	Time
1	B Taylor	Rossendale	35.10
11	A Fleet		39.29
21	J Moore	V40	41.58

95 runners

**Windmills Whizz 7m / 800' 14.03.09**

Pos	Name	Club	Time
01	Dave Collins	Tod V50	46.13
27	Dick Spendlove		50.17
35	Anne Johnson	LV40 4th	51.16
45	Charlie Boyce	V40	52.13
52	Richard Greenwood		52.46
53	Bill Johnson	V40	52.47
70	Hugh Tooby	V40	53.53
75	Tony Bradley	V50	54.38
97	Gillian Wisby	L	60.26
122	B Richardson	LV40	70.10

122 runners

It must have taken only a couple of minutes for some mindless lout to alter one arrow and move three flags from the end of Sawood Lane, thereby undoing my two hours of course marking until dusk on Friday evening. As I said on the start line, the Windmills Whizz is a left handed course. You always have the windfarm on your left.

First prize went to 53 year old veteran Dave Collins of Todmorden Harriers. No stranger to picking up the occasional supervets prize at local events, and especially the odd low key orienteering event, Dave knows the area well and had studied the course map at registration. He instinctively knew that something was amiss when he reached Cold Edge and noticed a long line of runners heading off right, down towards Oxenhope. So he took his chance. Luckily, the rest behind him followed on. After a while, those who had erred from the route retraced their steps to rejoin everyone else in the stampede up to FlyFlatts and back to Ogden.

A generous donation has been made to Cancer charities as a result of this event. Thanks for being good sports and see you all again soon.

**Allan and Jackie**

Fine descending technique by Helen at Half Tour of Pendle

**Fiensdale 7.5m 2500' 21.03.09**

Pos	Name	Club	Time
1	Danny Hope	P&B	1.03.57 Record
12	Andy Clarke	V40	1.17.28
17	Bill Johnson	V40	1.18.46
19	Jo Waites	L	1.19.04
22	Graham Hill	V40	1.21.13
25	Rob Sharratt	V40	1.21.23
31	Paul Biddulph	M	1.13.30
38	Anne Johnson	LV40	1.24.19
47	Tim Brooks	M	1.27.36
56	A Greenwood	V40	1.28.20
57	S Godsman	L	1.28.25
63	Mike Wardle	MV50	1.31.55
66	Rod Sutcliffe	MV50	1.32.34
71	Darren Sugden	MV40	1.33.37
75	Tony Steward	MV50	1.36.13
83	Steve Grimley	MV40	1.39.15

111 runners

**Ras Yr Aran 10m 2500' 21.03.09**

Pos	Name	Club	Time
1	Tim Davies	Mercia	1.23.26
19	Steve Smithies	V40	1.45.34

52 runners

**Lad's Leap 22.03.09**

Pos	Name	Club	Time
1	S Harding	U/a	49.32
8	A Fleet		52.50
25	T Hayles		60.11
46	M Huddleston		65.38
55	Claire Harrison		69.00
74	Linda Hayles	LV55	74.21
75	Neil Croasdale	V60	74.27

86 runners

**Causey Pike 4.5m 1780' 28.03.09**

Pos	Name	Club	Time
1	Nick Sharp	Ambleside	35.09
84	Allan Greenwood		50.26

122 runners

**Midgley Moor 5m 1250' 28.03.0**

1	Matt Speake	DPFR	00:37:49
2	Karl Gray	M	00:38:34
3	Shaun Godsman	M	00:38:35
16	Bill Johnson	MV40	00:46:09
20	Mark Goldie	MV40	00:46:36
21	Chris Mawdsley	MV40	00:46:39
22	Jon Emberton	MV45	00:46:56
26	Chris Standish	M	00:48:10
29	Graham Hill	MV40	00:48:34
32	<b>Ann Johnson</b>	<b>FV40</b>	<b>00:50:13</b>
33	Lee Shimwell	M	00:50:43
47	Nick Murphy	MV50	00:52:26
51	Dave Culpan	MV45	00:54:51
52	Charlie Boyce	MV40	00:54:53
58	<b>Brian Horsley</b>	<b>MV55</b>	<b>00:55:10</b>
67	Graham Lloyd	MV45	00:57:21
69	Martin Whitehead	MV50	00:57:33
72	Hugh Tooby	MV45	00:58:19
76	Philp Jones	MV50	00:59:21
78	Jez Wilkinson	MV40	00:59:32
79	Paul Frechette	MV60	00:59:56
80	Thirza Hyde	FV50	01:00:53
83	<b>Linda Hayles</b>	<b>FV55</b>	<b>01:01:42</b>
88	Andy Thorpe	MV40	01:03:41
92	Neil Croasdell	MV60	01:04:48
95	Hannah Dobson	F	01:08:35
99	Tish McKie	FV45	01:11:58
100	Jane Frechette	FV55	01:02:19
105	Euan Bayliss	MV40	01:08:38
106 runners			

A bright cool day with a chilly breeze provided good conditions for this race, and Matt Speake responded with a very impressive win as a newcomer to the race. Shaun Godsman and Karl Gray, who have dominated the race in recent years, fought it out for second place right to the finish, with just one second between them. Emma Clayton won the women's race comfortably for the second year in succession, with an improved time. Dark Peak took the men's team honours, and Calder Valley secured the women's team prize again. Jane Frechette was presented with a "long service" award. She competed for the first time this year and it was good to see her back into racing with a very neat finishing position (100th). New lines were explored this year as heather growth alters the optimum routes between checkpoints and the race continues to generate discussion about the best lines. 70% of the entrants were vets and 18% of the field were women.



Nick Murphy grits his teeth, Midgley Moor

**Edale Skyline 21m 4500' 29.03.09****Skyline Sunshine for Calder Valley Runners**

Nearly three hundred runners were greeted with unseasonably warm weather for Dark Peak Fell Runners annual Edale Skyline race. As the name suggests, the race starts and finishes in Edale in the Peak District and takes in twenty one miles of the picturesque skyline, with a total climb of nearly five thousand feet. In the past competitors have donned balaclavas and struggled in the face of gale force winds and blizzard conditions. This year runners were seen liberally applying sun tan lotion before the race and basking in the sun while they recovered afterwards. Representation from local clubs was fairly small as this popular race filled up quickly. The race was won in a time of 2:47 by long race specialist Pete Vale of the Staffordshire club Mercia Fell Runners. Leading the way for Calder Valley Fell Runners was Jason Stevens, of Hubberton, who stormed home in a time of 3:05 finishing 8th, followed by club mate Steve Smithies who ran strongly to finish in 3:20. Star veteran Mike Wardle and Martin Huddleston ducked under the four hour mark, with Tony Steward not far behind for the Calder men. As for the women, the race was won comfortably by Jackie Lee of Eryri Harriers in a time of 3:16. First of the Calder contingent was Barbara Lonsdale, of Oxenhope, in a speedy time of 4:09. Hot on her heels was Hubberton's Joanna Porter crossing the line in a time of 4:12, followed by Linda Murgatroyd 4:19 and Gail Tombs.

**Liver Hill 31.03.09**

Pos	Name	Club	Time
1	J Beard	Rosendale	
13	A Fleet		36.47
59	M Wharton	V40	42.49
70	P Walker	7th U16	44.04
71	S Godsman	5th L	44.12

**Juniors results—see page 20**

Shaun and Karl battle it out

## A year with Calder Valley Fell Runners

Andy Fleet



Lantern Pike

The first weekend of April 2008 was the first time I came across Calder Valley Fell Runners, it was a rather amusing weekend for more reasons than one. From my 'Guinness infused brain' memories it involved flying to Northern Ireland and attempting to run a fell race. I was planning to go over on my own but bumped into some other runners at the airport; unfortunately for them they are now my club mates. The rest of the weekend has been documented before and I don't really remember much of it, although I didn't end up doing the race as I dropped out after a mile and went to the pub instead, it then went a bit hazy. I remember ending the day trying to climb onto a huge globe with yellow rubber gloves on then going into a kebab shop and seeing Gary Devine behind the counter serving people, and then throwing up by the side of the road on the outskirts of Belfast on the way back to the airport...and that is how I ended up joining Calder Valley Fell Runners.

From getting lost at Blisco Dash and appearing through 6 foot high bracken to the amusement of the marshals, getting lost at Sedbergh Hills and having my car break down on the way back from Ben Nevis (sorry Gaz!!) it has been a year crammed full of silly adventures, it is great to be part of such a fantastic club. Let's hope this next year is just as silly, good luck with your running, and I'll see you in Ireland - hopefully a bit more sober than last year.

Thanks for Having Me!

(Pleased to have you Andy, you certainly provide colour and entertainment to the club and are a prolific and successful fellrunner, I find your name in race results all over the place - how many races in year one I wonder? Might need more practice to keep up with Thirza on the Guinness though. Ed)

### Race results

48th	Sedbergh Hills	17.08.08	AL
17th	Pendleton	30.08.08	AS
71st	Ben Nevis	06.09.08	AM
14th	Padfield Plum Fair Scamper	14.09.08	
25th	Lantern Pike	20.09.08	BS
14th	Scafell Pike	27.09.08	AS
11th	Great Whernside	01.11.08	
41st	Shepherds Skyline	08.11.08	BM
59th	Ilkley Moor	22.02.09	
9th	Ian Roberts	08.03.09	
11th	Moel Wnion	14.03.09	

"Ben and Adam decided on a marathon drinking session instead, taking potential new club member 'young Andy Fleet' with them. Is this a club initiation ceremony I don't know about? if it is then I've not had mine yet, book me in for one if someone else is paying! Dave Beston" Ireland 2008



Whernside

## Inner Strength - Graeme Woodward

### Core stability

This is a buzz phrase at the moment but what is it, do we need it and what's the best way to train for it?

Think of your core as the link between the limbs that create movement- legs mainly but also your arms which can add up to 10% of propulsive power. This link consists of bones, joints, muscles, tendons, ligaments and the fascia, tissues which bind all these structures together. Some of these structures are obvious but others are deep and invisible inside our bodies, like the deep abdominals which stabilise our lower spine and pelvis and create a stable base for movement.

Your core acts like a stiff spring which transmits power generated to create movement but also absorbs shocks which would disrupt your running technique – so a strong core can make you more efficient as a runner reducing wasted energy. A lot of runners train their 'engine' – creating more power – without improving how they harness this energy. Think of it like a car, you wouldn't expect a Golf TDi to have the same steering, suspension and shock absorbers as a Nissan Micra !

Core stability happens all the time and in three dimensions with lots of soft tissues and joints working in harmony. At the same time some muscles will shorten, others lengthen whilst some will stiffen without a change in dimension. Your pelvis will move in different directions simultaneously to allow your legs to move in different directions and speeds. A lot of these forces work diagonally across your body – think about what happens to your right arm when your left leg drives into the ground.

Fell runners need a stronger core than those who run on the flat. Uphill, we have to generate more power to overcome gravity as we drive up steep gradients. On the flat we have to absorb changes in direction, camber and small obstacles like rocks and tussocks. Downhill, we create immense forces as we multiply our bodyweight by speed and gravity and then expect our body to cope as we land on one foot on uneven surfaces. All of these forces are transmitted through one limb and several joints into our core so any weakness there will cause energy leakage. Runners with effective core will stay upright and keep their upper bodies stable while they move, those with weaker cores will bend forwards on hills and their upper bodies will wobble everywhere on the flat and downhill. Fatigue will make these characteristics worse as muscles tire and smaller, weaker muscle groups are used to do jobs they aren't designed to do.

### So if we need core strength, how much is enough?

Well, we're all individuals so it depends on you, your body, injuries, the type of training and events you do and how you run. In general, the stronger you are the more efficient a runner you will be.

Strength does not have to be a function of muscle size; you don't need to be a body builder to be immensely strong, but the more intensely you run, the stronger you need to be. There has to be a balance between time spent running or core training. It has to be effective.

### So what is the best way to develop core strength?

There are lots of different ways, from Pilates, Swiss Balls, body weight exercises to weight training. Some schools of thought say you should contract your abs into your belly button before you do anything, others say you should brace all your core muscles. The truth is that all have advantages and disadvantages and everybody has favourite methods they believe in.

What we really need to do is to consider what we want our 'core stability' to do? We are fell runners and should think of the movements and demands this involves. If we were swimmers, we'd do things differently!

Fell running involves being upright and on one foot at a time when running and two when walking. We usually want to be in an extended position i.e. a generally straight line between head and feet. We want to avoid bending at the waist as this will disrupt our 'stiff spring' and stretch back and hamstring muscles which will reduce their effectiveness to generate force.

To do this our core stability involves keeping our shoulders back and upper spine upright (using our lats & rhomboid muscles), keeping our lumbar spine in a natural lordotic curve (using glutes, hamstrings, spinae erectors and multifidus muscles) and stabilising the pelvis whilst allowing the hips to flex and extend (using many muscles from the hamstrings, hip flexors, QL, adductors and abductors). At the same time, the deep abdominal muscles act as a corset around the spine to hold everything together.

Different muscles also perform differently. And so need to be trained differently. Your deep core muscles will stiffen and brace your trunk without shortening much and need to be trained for endurance. Long muscles like hamstrings will shorten quickly and need to be made stronger. Some muscles are commonly over used by our lifestyles (like hip flexors when we sit most of the day) and shorten, so needing lengthening. Others just get weak because of our sedentary, non manual lives e.g. back muscles, especially when used eccentrically (lengthening under load). Quite a list!

So what you need to do is to develop a programme to suit yourself. Think what the benefits of each method are and blend them together to make your body more efficient.

### **So what is good for what?**

Pilates is good for flexibility, balancing long and short muscles and coordinating hip, pelvis and lumbar movement. It can correct muscular imbalances and develop local endurance. But how often do you run whilst lying on your back?

Swiss Balls and stability discs are good for muscular endurance of abdominal muscles and improving your balance and coordination. They can be used very effectively for training the abdominals, back muscles and hamstrings for endurance and strength. But how often do you lie on a beach ball when fell running?

Body weight exercises are useful as a lot of them are done on 2 legs and so replicate fell running e.g. body weight squats, planks, one leg squats etc. Make sure they are 'pulling' exercises (moving towards centre point of body) rather than 'pushing' (like press ups) – think about what your arms do and concentrate on keeping your core in an extended straight line (not bending like sit ups) – think 'stiff spring'. Some other exercises are really useful because they bring distinctive benefits e.g. a one leg bridge is done lying on your back but really challenges back muscles and hip control using hamstrings. Some of these involve being on 2 legs but are slow.

Weights can be good as long as they are done on 2 legs and involve multi muscle and multi joint movements, so exercises like step ups and lunges with dumbbells or barbells can really work the core. Some of these exercises can mimic fell running movements and so are sport specific. Try doing a squat whilst holding a broom handle over your head with both arms straight ( it's called an overhead squat ) and see how hard it works your core.

Big elastic bands called Therabands are really good as you can add pulling, rotation and movement skills into their use.

Avoid single muscle, gym monkey exercises like bicep curls. You need to be careful with how many reps you do as you can induce bulk and slow twitch muscle development – but there are ways of doing weights that will improve strength, power and fast twitch muscles for speed without adding bulk. And don't believe common misconceptions that weights make you slow, current research proves otherwise – all our Olympic distance runners, cyclists and triathletes have weights programmes including Paula Radcliffe. A lot of these athletes use cleans and snatches (the weightlifting competitive exercises seen in the Olympics) with low weights to develop core stability and power at high speeds.

## So what Core Programme should I use?

One that fits into the time, space and equipment you've got and which has exercises you understand and can do correctly – unless you want another injury !

1. It needs to be done at least twice a week to get improvement.
  2. Needs to meet your needs, injuries, strengths and weaknesses.
  3. Make it feel specific.
  4. Blend in different methods to get a result and change them to get variety and continually challenge your body.
  5. You don't need to work too hard, between 30 and 50 % of maximum.
- Include movements and balances on 2 legs.  
Gradually build up how much you do.  
Ask lots of people what they do and use the most important question – Why?

Below is a starter programme which a runner new to all this used over the summer and he found it useful .....

Exercise	Volume / Intensity	Key Coaching Points
Free squats.	10, 15, 20 with 30 secs rest in between.	Make sure you have a Lordotic curve ie. A hollow back... stick your bum out at descent like laying an egg. Palms and elbows up will help this if needed. Only descend until heels raise. Toes at 5 to 1. Knees over toes. Bend from the hips by sliding your bum backwards.
Side Plank	Build to 2 x 30 secs on left and right, 4 sets in total.	Lie on your side. Put one forearm flat on the floor. Raise your hips so the only points of contact are your feet and your forearm. Neutral and straight from head to toe.
Lunge	3 x 10 on each leg.	Put one leg a short stride in front. Bend at the knee and hip into a lunge position whilst keeping the back leg straight. Knee vertically over toe, not in front. No wobble. Palms up if needed. Control down and push back up.
Swiss Hamstring Curls	Build to 3 x 10	Lie on your back with your feet on a Swiss ball and your body in a straight line. Keeping your trunk straight pull the ball towards you using your hamstrings and then push away for 1 rep.
Supine Pull Up ( Or normal pull ups if you have anything to pull on like a door lintel )	Build to 3 x 10	Lie under a table and grip the edge, pull up whilst knitting your shoulder blades tight together. Neutral position, straight line from head to toe. Don't break in the middle.
One Leg Squat	Build to 3 x 10 on each leg.	Stand on one leg and put the other leg off the ground and in front. Lordotic curve / hollow back. Bend from hip and slide your bum back at 45 degrees to the ground to lower under control. Push back up. This should work your glutes, if its working your thighs you are not bending from the hips enough.
Front Plank	Build to 3 x 30 secs.	Lie on your front. Put your weight on your forearms which are flat on the floor and pointing forwards. Raise your hips off the floor until you are straight from head to toe. Neutral position.
Blind Stork balance.	3x 10secs on each leg.	Stand on one leg and close your eyes, balance for 10 secs. Use a stability disc if you can.
Toe Walks.	6 x 3m. Up and return backwards.	Bare feet. Walking very small steps on the balls of feet for 3 to 4 m.
Single Leg Deadlift  This is a safe exercise that is hard to learn but brilliant as preparation for fast running or rehab after injury.	3 x 5 on each leg	Stand on one leg.with arms out to side for balance. Hollow back and avoid flexing forward. Keep the free leg straightish and bend at the hips so your torso drops to the floor. Your back leg should be doing a Superman out the rear. Controlled slow descent and ascend up by using your hamstrings / muscles at back of leg. Keep your hips square on.

## Top Tips for Surviving the Bob Graham / Paddy Buckley Rounds

By

Simon Bourne

Clare has spent the last 3 months twisting my arm to write an article about my Bob Graham & Paddy Buckley exploits, so after many reminder emails here goes..... As many people in the club already know, my fortunes on these are pretty much at opposite ends of the spectrum. My first Bob Graham attempt in 2006 went like a dream and I made it round in 17 hours 20 on a warm but otherwise perfect day. It's been a different story on the Paddy Buckley with both attempts grinding to a halt after just over 40 miles.

On my second PB attempt in August last year I made it a whole 150m further than the previous year, but then followed this by spending 14 hours out for the count in Bangor Hospital suffering from hyponatremia (over-hydration). I'm eternally grateful to Jon Underwood for carrying me down from the summit of Bryn Banog since there was no way I'd have made it down by myself.

Instead of providing the standard peak-by-peak account of how each attempt went, I thought it would be more interesting to try and list a few top tips for anyone contemplating their first attempt at the BG or similar. Some will probably be blindingly obvious, whereas others are hopefully more thought-provoking (and will also prevent anyone else from nearly drinking themselves to death like I did):

No matter how well you are running you will have a really bad patch and want to give up (probably on leg 4). Expect this and stay mentally strong through it (just make sure you have the sense to stop before you end up in hospital though).

The three things you have to really look after are your feet, quads and stomach. They all get a battering and will make your life miserable at some point. I always vaseline feet and tape heels before I start.

Get your quads really strong beforehand with lots of training on steep hills. If you do most of your training in the Calder Valley then this means lots of reps up and down Stoodley Pike.

Have lots of different foods available because your stomach will start rejecting your normal favourites after 10 hours.

Dehydration will slow you down but won't kill you immediately. Over-hydration is far more dangerous so make sure you are getting enough sodium. Lots of water and/or dilute sports drink is a bad thing, especially if you aren't getting enough sodium from solid food. You need 800mg of sodium for every litre of fluid – most sports drink don't provide this. I've now started adding Nuun hydration tablets to my water and will never drink neat water on a run again.

Make sure your supporters understand the risks and symptoms of both. I just thought I was knackered and therefore got into a vicious circle as I told myself I just needed to drink more sports drink to keep going.

You are guaranteed to have 2 supporters drop-out during the final week. Expect this and have enough in reserve. Managing the support team and endlessly juggling leg order is pretty stressful in itself – see if anyone will co-ordinate this for you?

If you are wanting to run a fast time then you are completely at the mercy of the weather. Have a reserve weekend arranged if time is important to you.

When I did my Bob Graham I never took more than 2 minutes break at the road crossings. Sitting down gives your legs the chance to stiffen up. Try and eat and drink on the move.

Keep on reapplying some good sun cream, otherwise you'll end up with terrible sunburn.

Changing into fresh socks and road trainers for the last few miles into Keswick was a real boost.

Make sure both you and your supporters know the route really well – there's nothing worse than throwing away a few minutes on an avoidable navigation error (my BG started badly when I missed the trod from Hare Crag through the marsh towards Great Calva).

All the best to everyone who gives it a go, Simon

PS I bounced back from my PB disaster by celebrating my 40<sup>th</sup> birthday in October with a run around the Hebden Bridge Six Trigs. My target was to make it round in under 4 hours which I just managed (by a whole 79 seconds) thanks to a flat-out sprint all the way down from Sheepstones. It was an indifferent day with strong winds and pretty wet underfoot, so I reckon there's a bit more to come off this if someone sets their mind to it. It's a fantastic route, so thought I'd set the challenge to the rest of the club...

I started/finished at the bridge in the middle of Hebden Bridge, and splits were:

Bride Stones (43m); Hoof Stone Heights (1h 06m); Boulsworth Hill (1h 57m); Stanbury (2h 31m); High Brown Knoll (3h 25m); Sheepstones (3h 44m); Hebden Bridge (3h 58m)

## **Runner Profile - Rod Sutcliffe**

### **What do you do when you are not running?**

I am 57¾ and married to Maria. I have a son and two daughters from my first marriage. I am working as a GP in Halifax. When I get time (which I don't) I read (anything), learn languages (or will do when I retire) and rescue our garden from the wilderness, under instruction from Maria. I'm also getting into travelling.

### **How did you get into running?**

I hated cross-country at school (preferred rugby). By the time I was twenty most people were bigger and harder than me, but I packed in the rugby because I couldn't hold the beer. I was introduced to orienteering at medical school and that's how I learnt to navigate so badly. For some reason it seemed an obvious step from this to the Karrimor. My first (shocking) experience of this was in 1979 in the Rhinogs. This was followed by the second shock of a short fell race – Stoodley Pike.

### **When did you move towards the long stuff and why?**

After the Karrimor it took about three days to move from “never again!” to “WOW!” This stuff was a different world. More pain for your money and more sociable. It led me to the first London Marathon in 1981 (and six more marathons before I realised it was stupid). Through the early 80s the Howarth Hobble, Calderdale Hike, Bullock Smithy and Fellsman became regular events, and then I hit the Hundreds. Seventy miles of the Snowdonia Hundred in 1983 finished me off and my first completed 100 was the Dalesman in 1985 which I did with Paul Frechette (whom I'd met on the Calderdale Hike a couple of years earlier). A further five followed till I realised that was a bit daft too.

### **How daft are the mountain marathons?**

I think I'm the Jimmy Saville of MMs. I've done 47 over the past 30 years (19 of them with Paul), including 23 KIMM/OMMs. You can suffer the weather, the midges, the pain, the exhaustion, the privation, Paul's jokes, but nobody can take away the challenge, the buzz, the companionship, the beautiful scenery, or even the unimaginably delicious pot noodle in the tent! You can screw yourself for two days or you can have an enjoyable weekend in the hills. It's whatever you want it to be. The only tip I feel qualified to give is, go with a good navigator, or failing that, someone with a sense of humour.

### **What is your history with Calder Valley?**

My first club was Todmorden Harriers, then I moved to Halifax Harriers for the fell running. Jeff Winder got us training from Mytholmroyd on Tuesday nights and the Club was formed in the winter of 1986. I remember tracing the sheep's head from the Yorkshire Dales logo to put on the club vest. I organised the Mount Skip Fell Race (designed by John Riley) for many years, and then the Coiners race (designed by Pete White) before giving it up this year. I also disorganised the Trog one year and am now doing my best with the Midgley Moor. I have been a member of the club committee for most of the past 20 years including the roles of Secretary, Club Captain and Chair, I am delighted that, although almost all of the faces have changed over the years, it is the same social, friendly, wonderful club it has always been. It is fantastic to see the huge success of the women, the junior section, and now the men over recent years.

### **What are your favourite fell races?**

I've usually had a go at the club championship series and have enjoyed the variety of races over the years. Although I'm suited to the long ones I also enjoy a short lung buster. The Peris Horseshoe, Wasdale, Old County Tops, Isle of Jura and Borrowdale stand out. More locally I like the Tour of Pendle and the Edale Skyline. I hate the Three Peaks! Of the shorter ones the Ben Nevis is an unmissable classic. The Anniversary Waltz is brilliant. The Irish Slieve Berneargh is incredible, and the Pen y Fan has a fantastic descent. I still enjoy the Blackstone Edge, Stoodley Pike and Flower Scar.

### **What are the highlights of your fell running career?**

Of course the Bob Graham Round in 1985 is very special. Eight of us set off together and seven got round, including Paul, Jeff Winder and myself. Paul and I did it on the back of our first 100, and we thought it was just a Sunday run. What a fantastic 24 hours! The hardest thing ever. My Paddy Buckley round in 2007 was a definite lowlight, but I got round in 27 hours with a lot of help from my friends. I used to hate the High Peak Marathon but I sorted it when I came second in 1991 with Jeff Winder, Jeff Coulson, and Keith Midgley from Halifax. Being part of the great Calder Valley Pennine Way Relay Team that broke the record in 1992 was one of my most treasured fell running experiences. This record still stands at 38 hours 9 minutes. Another highlight, though not successful, was Paul's and my attempt at a five-day Pennine way run. We completed 187 of the 250 miles in four days when my infected foot just became too much.

### **Do you have any ambitions towards other challenges, records, etc.?**

I still regard a continuous Pennine Way run as unfinished business. The Tour du Mont Blanc, the Marathon des Sables, the Everest Marathon and the Mt Kinabalu races are still on my list. I'd like to do some adventure races. I would also like to get fit for my 60<sup>th</sup> birthday and have another go at the fell races.

### **Do you have any top tips for those just setting out in fell running?**

On a practical note - it's contours. Learn to navigate.

On a psychological note - it's mental! Don't limit yourself.

On a philosophical note - it's more than you think. Be fulfilled.

**Rod Sutcliffe**

Below: Shaun's reaction on hearing he'd just been voted  
**"Sheep Sheet Pin Up of the Month"**  
by the Calder Valley babes



## Jason's Banana Ginger Cake

200 g (7 oz) cups plain flour  
10 ml (2 tsp) bicarbonate of soda  
10 ml (2 tsp) ground ginger  
150 g (5 oz) medium oatmeal  
60 ml (4 tbsp) dark muscovado sugar  
75 g (3 oz) sunflower margarine  
150 g (5 oz) golden syrup  
1 egg, beaten  
3 ripe bananas, mashed  
75 g (3 oz) icing sugar  
stem ginger, to decorate

1. Preheat the oven to 160°C/Gas 3. Grease and line an 18 x 28 cm (7 x 11 in) cake tin.
2. Stir together the flour, bicarbonate of soda and ginger, then stir in the oatmeal. Mix the sugar, margarine and golden syrup in a saucepan, then stir into the flour mixture. Beat in the egg and mashed bananas.
3. Spoon into the tin and bake for about 1 hour, or until firm to the touch. Allow to cool in the tin, then turn out and cut into squares.
4. Sift the icing sugar into a bowl and stir in just enough water to make a smooth, runny icing. Drizzle the icing over each square and top with a piece of stem ginger.

### **Liver Hill 31.03.09**

**Pos Name Club Time**

#### **Under 11**

1	Luka Morris	9.40
18	Archie Walker	11.23
21	Joey Gwilliam	11.52
22	Harry Fisher	11.53
25	Gregory May	12.15
29	Gemma Johnson	12.43
30	Nathan May	12.48
38	Huey Walker	13.18
45	Chloe Greenwood	14.13
46	Ben Fisher	14.27
50	Ben Godsman	16.18
59	Jude Whitelaw	17.36

#### **Under 14**

1	Max Wharton	13.41
4	Edan Whitelaw	14/48
7	Ewan Davies	16.22
8	Issy Wharton	16.27
9	Niall Oxley	16.28
11	Jack Walker	16.50
12	Rose Mather	17.03
15	Chloe Fisher	18.11
20	Maddy Poppel	18.45