



Sheep Sheet

February 2009

We are the champions !



A superb effort by Calder Valley Fell Runners brought glory in the sixth Pennine Bridleway Relay hosted by Rossendale Harriers on a bitterly cold day which brought snow flurries and narrowly missed the blizzards which arrived later that evening.

At the end of leg one, Todmorden were in the lead closely followed by Rossendale with CVFR finishing in 12th place, 8 mins down on the leaders. After such a strong start the fast second leg pairing put Rossendale in front at Callis Bridge, but the even swifter pairing of Karl Gray and Ben Mounsey had closed the gap with CVFR making up 8 places to handover to Adam Breaks and Alex Whitem in 4th place. These two had a record breaking run putting them in the lead as Mark Goldie and Gary Webb took the baton for leg four.

Speed merchants Jeremy Gold and Michael Corbishley stormed in front on this short fourth leg to Whitworth giving Rossendale Harriers a 2 min lead which allowed them to think a win was on the cards. However, it wasn't enough and despite pushing themselves to exhaustion the final Rossy pair were overtaken by Jason Stevens and Stephen Smithies who were exultantly doing 'high fives' on the descent of Cowpe Low despite the knowledge that James Logue and David Milliken of pre-race favourites Horwich RMI were chasing them down. The Calder lads forged ahead to a comfortable 3 mins winning margin after more than five hours and 45 miles of competitive running.

It was fantastic to see them storming up Townsend St on the way to Fearn School with no-one in sight, still running strongly. What a fantastic result and a marvellous start to the race season.

So come on guys, let's see what can be achieved in 2009!

Full results are at: <http://www.penninebridlewayrelay.co.uk/>

L1	Graham Hill & Bill Johnson	1.06.21	12th		
L2	Karl Gray & Ben Mounsey	1.22.38	1st	4th place	
L3	Adam Breaks & Alex Whitem	54.37	1st	1st place	Record time
L4	Mark Goldie & Gary Webb	38.41	6th	2nd place	
L5	Jason Stevens & Steve Smithies	1.04.16	7th	Winners !	

Congratulations also to Calder Valley B team

L1	Paul Biddulph & Andy Clarke	1.08.25	19th	overall position	
L2	Alex Cornish & Lee Shimwell	1.46.40	35th	25th	
L3	Jez Wilkinson & Rob Rawlinson	1.21.30	66th	40th	
L4	John Hairsine & Darren Le Talbot	43.39	24th	35th	
L5	Chris Standish & Gaz Hodgkinson	1.15.50	27th	31st	See page 5 for ladies results & photos

Pen-ned

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Ruminations

What a fantastic start to the year - double gold for Calder Valley. Have the men finally caught the team spirit and enthusiasm which has seen the ladies achieve so much in recent years, or is it the cake eating which has finally attracted the strength in depth required to 'go for gold'. Now come on guys, keep it up and lets see what the championships bring. With Ben and Adam pushing Karl at the sharp end and backed up by Shaun, Alex, Jason, Bill and Steve there's no limits to what the club can achieve this year. Let's book an extra table for the FRA dinner now!

Many of us have been away ski-ing over Christmas and early in the year, but the reality is that we have been able to ski closer to home with the 'proper' winter weather we have had. Hugh Tooby skied to his marshalling post at High Brown Knoll for 'the Beast' and Charlotte & Stuart have been skiing around their home in Leyburn. Ironically Bill & Anne booked 'ice sledging' for Adam's birthday treat when they could have been tobogganing in their own back yard.

The 'come and try it' night was a great success and we saw 15 newcomers pounding the tarmac.

We would like to welcome new members:

Robert Underwood	Robin Gray
Jane Frechette	Michael Davies
Carolyn Shimwell	Rik Robinson
Andy Thorpe	Linda Mugatroyd
Mark Wharton	Gav Mulholland
Martin Eadon	Seb Ramsay

We hope you enjoy running with the club. If you need any information please don't hesitate to ask any of the committee or other club members.

Clare Kenny

Dates Pen-ding.....

February

24.02.09 Night Score event
28.02.09 Noon Stone

March

01.03.09 New Chew
07.03.09 Black Combe
07.03.09 Half Tour of Pendle
06-07.03.09 High Peak Marathon
14.03.09 Haworth Hobble - Wuthering Hike
14.03.09 Windmills Whizz
21.03.09 Fiensdale
28.03.09 Midgley Moor
31.03.09 Liver Hill Tuesday evening

Club Championship events

07.03.09 Half Tour of Pendle	*	Med
21.03.09 Fiensdale		Med
29.03.09 Edale Skyline		Long
04.04.09 Slieve Bearnagh	*	Short
18.04.09 Coledale		Med
02.05.09 Stuc a Chroin	*	Long
09.05.09 Pendle Cloughs		Long
16.05.09 Cribyn		Short
23.05.09 Hutton Roof	*	
30.05.09 Duddon Valley		Long
06.06.09 Stretton Hills	*	Short
14.06.09 Hebden Bridge		
20.06.09 Tebay	*	
11.07.09 Wasdale	*	Long
18.07.09 Ingleborough		Med
25.07.09 Turnslack		Med
01.08.09 Y Garn	*	Short
12.08.09 Pilgrims Cross		Med
29.08.09 Dentdale	*	Short
13.09.09 Stretton Skyline		Long
04.10.09 Ian Hodgson Relay		
10.10.09 Langdale	*	Long
18.10.09 British Fell & Hill Relays		
31.10.09 Gt Whernside	*	Short
14.11.09 Dunnerdale		Short

* **Championship events**

LDWA events

28.02.09 Myrtle Meander, Bingley
07.03.09 Lunesdale Walks
08.03.09 Walk to 'Ell and Back
14.03.09 Trollers Trot
21.03.09 Conistone Capers

Committee Meeting in brief

Review of recent events Have a go night extremely successful with 15 newbies turning up. This time it was promoted in the Hebden Bridge Times and the Halifax Evening Courier.

Night Score Event 24th Feb, the maps have been printed. Need more helpers as Thirza won't be around.

Sports Relief Run To be discussed next meeting.

Social Events Visit to Little Valley Brewery after half tour of Pendle race – Jo P will get some more information (ask Jackie Scarf about the bus); Curry night and Climbing wall –Thirza to arrange

Treasurers Report The signatures are being changed at the moment; £500 has been spent on junior trophies; It was decided that if anyone wants to spend a significant amount of money they should mention it at the committee meeting.

Junior section report Al collected around £100 in subs tonight; A new Saturday morning session will start in February which will be open to seniors and invited juniors. It will be run by the level 2 coaches who will rotate.

AOB CADG - £40,000 will be available each year to Calderdale clubs to promote athletics. There is also the possibility of free level 1 and 2 courses. There will be support for clubs if they want to do more, i.e. encourage more new members. Thanks go to Graeme for his information and continued work with CADG.

CVFR Committee

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Next Committee Meeting: 03.03.09 Shoulder of Mutton 8.30pm All Welcome
If you have any questions to raise come along or email the Secretary prior to the meeting.

Gambolling (Race Results)

Snippets

Congratulations to Thirza who has reached the ripe old age of 50 yrs, many of them flying the flag for Calder Valley Fell Runners. A great night was spent at The Three Pigeons 20th Jan in celebration of this momentous occasion and Thirza was presented with presents and praises on behalf of the club.

Best Wishes

To Karen Mather for a speedy recovery after her operation to remove a heel spur on 3rd Feb. Karen is moving well on crutches negotiating steep stairs with alacrity to make it to the pub. We hope to see her back on the fells soon.

Keeping Cool

Well done to Ben Davies for keeping his cool when under verbal attack having had to revisit race results for the Wadsworth Half Trog; all part of the joys of being a race organiser. ..and whilst we are on the subject of organising events Al Whitelaw is still after volunteers to support Coiners Junior Races Mon 4th May.

BDMs

Two couples were joined together in blissful matrimony at the end of 2008, we wish a long and happy union to Helen Fines & Dave and Paul & Jane Frechette (nee Sullivan). The club championship event at Cribyn will be a celebration of Dave & Helen's marriage and all CVFR are invited to celebrate after the run.

Nourishment

Should Jason's porridge recipe feature in the next Porter's Pantry? Jason is allegedly able to eat his own body weight in porridge; will this be the secret of a successful challenge on Mount Kinabalu to celebrate his 40th birthday later this year?

Annual Subscriptions

An onerous and thankless task is chasing subs. Most CVFR members are now paid up and Thirza expresses her thanks. Those that have not yet paid are encouraged to do so or lose out on news and views from the newsletter, club email tree and web forum. Please re-join soon.

Plea from the Publicity Officer

If you do a race either locally or in some far flung spot drop me a few lines about it. I can't make up race reports for races I don't attend!

DavidBeston292@hotmail.com or
David.Beston@homeoffice.gsi.gov.uk

December 2008

Cardington Cracker 7.12.08 AM 9m 2,600'

Pos	Name	Club	Time	
1	A Davies	Mercia	1.12.14	
20	John Moore		1.24.45	6th V40
35	Helen Fines		1.28.31	1st L
69	Dave Austin		1.36.08	
149	Celia Mills		1.52.18	5th V40

250 runners

Gravy Pud 5 7.12.08

Pos	Name	Club	Time
1	Gareth Raven	Sale	38 33.59
42	Rob Skelton		45.43
67	Gerry Symes	V60	50.08

113 runners

The Stoop 21.12.08 5mile 800'

Calder Valley were represented by a dozen runners at the Stoop fell race, Haworth. A five mile race with 800ft of climb, over a very muddy and windswept Haworth Moor. Rob Hope of Pudsey & Bramley won in 32.11. First CVFR runner was Jason Stevens in a commendable 14th position, 37.11.

Pos	Name	Club	Time
	Rob Hope	P&B	1st 32.11
	Steve Smithies		16th 37.21 V40
	Mark Goldie		53rd 40.32 V40
	Chris Sylge		74th 42.13 V40
	Tim Brooks		81 st 42.34
	Tim Hayles		105 th 44.38
	Stephen Grimly		112th 44.55
	Claire Hanson		134 th 45.49
	Alistair Whitelaw		165 th 47.59
	Philip Jones		166 th 48.01
	Joanna Porter		188 th 49.25
	John Nunn		214 th 51.06
	Mick Banks		244 th 54.49

293 runners

Winberry Naze 26.12.08

Pos	Name	Club	Time
1	Andy Hilton	York Acorn	23.41
12	Steve Smithies		26.59
21	Chris Standish		28.24

Wansfell Fell Race 27.12.08

Pos	Name	Club	Time
1	Rob Hope	P&B	20.03
23	Steve Smithies	MV40	25.14

107 runners

Gambolling cont'd.....

Calderdale Way Relay 13.12.08

CVFR had six teams entered in this 6 stage relay. Pleasant running conditions, albeit muddy underfoot after the continuous rain on Saturday.

Of 117 teams entered, Calder men's A team finished a creditable 6th position. They were given a flying start on leg 1 by Karl Gray and Ben Mounsey who registered the fastest time.

The ladies A team finished 3rd, 43rd overall, England International Jo Waites and partner Helen Fines having a particularly good run on leg 4 from Blackshawhead.

The other Calder teams fared well: Men's B 48th, Vets 58th, Ladies B 107th and mixed 113th. The event winners were Salford and Ilkley Ladies.

Chevin Chase 26.12.08

A crisp, sunny Boxing day morning saw a healthy 800+ runners line up for the traditional 7 mile multi-terrain race over Otley Chevin. Always a good exercise in 'shaking off eating and drinking excesses' and generally 'blowing a few cobwebs away !'

The first mile on road, is slightly uphill, until you reach the Chevin, then follows a rocky, and this year extremely muddy, downhill section followed by undulating tracks and trails on the Chevin with great views over Wharfedale.

Marvellous crowd support along the paved way on the homeward leg. One tricky section to negotiate, a very boggy field which has a habit of swallowing shoes, then finally a downhill dash to the finish.

It was a 1, 2 for the Brownlee brothers Alistair and Jonathan. Jo Waites had a great run to finish 1st lady and 29th overall in 45.08. Five other Calder Valley runners were in support, albeit a bit further behind!

222 nd Linda Crabtree	54.16
227 th Philip Jones	54.28
258 th Dave Beston	55.30
267 th Claire Hanson	55.56
540 th Gail Tombs	65.24

Pennine Bridleway Relay

...and the Ladies won too!

- L1 Clare Kenny & Helen Allcock
- L2 Jo Waites & Jo Buckley (fastest leg time)
- L3 Sharon Godsman & Linda Crabtree (fastest leg time)
- L4 Jo Porter and Cerys Davies
- L5 Naomi Sharratt & Anne Johnson (fastest leg time)



Having said she was up for a hard, fast run Jo Waites took Jo B at her word and gave her a run for her money, bringing the ladies position up from 5th to 1st place at the changeover. Well done to Linda and Sharon who took on the challenge and accomplished fastest leg 3 time only one sec off the record. As Jo and Cerys arrived still in first position texts were flying madly and Sharon was nearly wetting herself with excitement. Anne and Naomi kept up the pressure and finished in first place, 6 mins clear of Todmorden ladies.



Adam can't wait to share the news

Ovenden Fell Race 3.01.09

Pos	Name	Club	Time
1	Karl Gray	Calder	53.42
7	Steve Smithies	V40	59.08
29	Adrian Muir	V40	65.15
43	Tim Hayles		69.26
64	Dick Spendlove	V60	73.17
73	Tony Steward	V50	74.47
76	Claire Hanson	L	74.57
79	Ben Davies		75.25
83	Dave Culpan	V40	76.01
84	John Nunn	V50	76.04
85	Rod Sutcliffe	V50	76.12
89	Ben Frechette		77.07
93	Cerys Davies	L	77.35
108	Paul Frechette	V60	81.17

137 runners

On Friday afternoon I set out with Andy Clarke to mark the route greeted by a biting wind and a fair sprinkling of snow and ice. The hardest part was trying to get the markers to stick in the frozen ground, which slowed the job up. However, we battled on and got the job done in a couple of hours. On this bitterly cold morning 137 runners left the embankment to contest the fourteenth running of the Ovenden fell race. Latecomer Pudsey and Bramley's Nick Leigh was tipped to win the race. With the route frozen rock solid or treacherously icy underfoot injuries and fast winning times were both possible.

After the initial one mile climb alongside the golf course to Cold Edge the field began to spread out. Nick and Karl Gray began to pull away at the head of the field, with James Logue looking comfortable in third. After the long run out along Hambleton Lane and the wide bridleway of Sawood Lane, there is a sharp descent and subsequent fast running along a section of catch water drain which feeds Leeming reservoir at Oxenhope. From here, the climbing begins, with a short steep pull up to the Cold Edge road and then the steepest section to the stone men on Nab Rough. This is where the race was fought, won and lost as Gray used his strength to power away and create an unassailable lead on his rival. Karl gained Hambleton Top and retraced his steps back to The Withens and down to the reservoir to win in a remarkably fast time of 53.42, only 1.22 outside Lloyd Taggart's 2006 record time. James held onto third place to win the veteran's prize, with Thornton Taylor of Rossendale taking the V50s in sixteenth place and Dave Tait the V60s in 37th. Pudsey and Bramley won the team prize, with Nick in second, and the Stephenson brothers Paul (4th) and Brian (6th) each having an excellent run. Two days after her record breaking run at Giant's Tooth Lisa Lacon powered to a convincing victory, over a minute and a half ahead of Kate Bailey and only just over a minute outside Carol Greenwood's record time of 1999.

Chorley's Lynne Clough placed third just ahead of

former World Masters V50 gold medal winner Maureen Laney of Clayton le Moors, who won the veteran's prize, while Sue Becconsall, Bingley took the V40s award. Sue also led her club to the team prize, with Ruth Whitehead and Sue Fulton in support.

Thanks to Andy Clarke who marked the course, Jackie on registration and time-keeping, Jason Stevens and Jo Porter on number recording, Bill Smith who travelled all the way from Liverpool by public transport to marshal and assist with the compilation of results and my parents who stood around dispensing refreshments on a perishingly cold day at yet another of my races for the 18th year in a row. **Allan and Jackie**

White Holme Circular fell race 18.01.09

Pos	Name	Club	Time
1	Nick Leigh	P&B	78.33
3	Adam Breaks		79.35
27	Adrian Muir	V40	93.51
32	R Greenwood	V40	96.49
40	Tim Hayles		99.45
49	Nick Murphy	V50	103.37
60	John Nunn	V50	108.57
64	Phil Jones	V50	109.48
91	Mick Banks	V50	127.23

100 runners

Nick Leigh of Pudsey and Bramley ran away from a quality field, leading exactly 100 runners back to the Summit Inn. The first (and last) 2 mile section is flagged then you are on your own. Strong winds along the Pennine Way made the going tough and the times were a little slower as a result, justifying my insistence on full whole body cover being carried.

Lisa Lacon added to her recent New Year wins at Giant's Tooth and Ovenden. Judging by the banter around the finish area everyone seemed to enjoy the course. James Logue finished fourth to win the over forty veterans prize, while Holmfirth's John Ewart won the 50's, Dave Tait of Dark Peak the 60's and Derek Clutterbuck took the over 70's award. Lynne Clough placed second behind Lisa with Abbey's Sarah Grant in third, while Rossendale's Davina Raidy won the over 40 prize. Team prizes: P&B mens and Preston Harriers ladies. Thanks must be recorded to the new staff of The Summit who only took over shortly before the race. Paula, Gary and Eva did us proud, providing Chilli and rice or soup and sandwiches for the princely sum of two pounds! Thanks to Jackie and Kathryn on registration and finish recording and Victoria who helped Jackie on the finish. My parents manned the refreshment area near the finish for the 18th successive year. They are both in their 70's. Special thanks to George Arnold for collecting markers in from the head of the course. A donation will be made to "Animals in Distress" at Leach Farm through which the route passes.

See you all again next year.

Allan and Jackie

Gambolling Cont'd

CURLY WURLY U8 FUN RACE 0.5M/100FT

Pos	Name	Club	Time
1	M CRORKEN	PRINCESS MARY	3.09
7	SAM FOSTER		3.34
29	JUDE WHITELAW		4.38

CURLY WURLY U10, U12 & U14 RACE 1M/150FT

Pos	Name	Age	Club	Time
1	OLLIE WATSON	U14	LEEDS	7.34
2	JAMES HALL	U12	BING	7.35
3	MAX WHARTON	U12	CALDER	7.47
13	EDAN WHITELAW	U12	CALDER	8.27
15	JACK PAGE	U14	CALDER	8.32
17	LUKA MORRIS	U10	CALDER	8.37
21	ISSY WHARTON	U12	CALDER	8.40
27	JACK FILLINGHAM	U12	CALDER	8.49

74	DILLON WHITELAW	U10	11.33
76	HANNAH FILLINGHAM	GU12	12.24

Auld Lang Syne 31.12.08 6miles 900'

Pos	Name	Club	Time
1	ANDI JONES	SALFORD	38.57
45	STEVE SMITHIES	V40	46.36
179	TIM BROOKS		53.51
198	TIM HAYLES		54.30
202	STEPHEN GRIMLEY		54.43
223	CRAIG WORLEY		55.50
232	JON HARESINE	V40	56.09
	CLAIRE HANSON	F	57.30
302	PHILIP JONES	V50	59.44
306	GRAHAM LLOYD	V40	59.55
322	DAVID BESTON	V50	60.24
323	JOHN NUNN	V50	62.02
459	MICK BANKS	V50	67.5

557 runners

Coley Canter 27.12.08

61 runners No report

January 2009

Giant's Tooth 01.01.09

Pos	Name	Club	Time
1	Andrew Wrench	V40	17.21
4	Steve Smithies	V40	18.50
15	Jonathon Emberton	V40	20.10
31	Tim Hayles		22.01
39	Claire Hanson	L	22.58
52	Rod Sutcliffe	V50	24.41
53	Philip Jones	V50	24.42
54	Jeremy Wilkinson	V40	24.48
58	Tom Bradley	V50	25.38
69	Mick Banks	V50	27.09
77	Rose Carnochan	FV40	27.44
78	Steven Carrell	V50	27.45

91 Runners

Captain Cook's 01.01.09

Pos	Name	Club	Time
1	Matt Speake	Knavesnire	30.53
75	Stewart Gardner		40.49

256 runners

Ashurst Beacon 17.01.09

Pos	Name	Club	Time
1	John Hunt	Dark Park	V40 37.52
8	Steve Smithies		V40 41.17

119 runners

February 2009

Wadsworth Trog 06.02.09

Pos	Name	Club	Time
1	Rob Jebb	Bingley	3.13.39
2	Adam Breaks		3.21.55
10	Jason Stevens		3.33.13
15	Simon Bourne	V40	3.42.04
37	Anne Johnson	LV40	3.58.48
38	Rob Sharratt		3.58.56
40	Ian Wood	V40	4.01.48
64	Jackie Scarf	LV40	4.17.06
88	Dave Culpan	V40	4.39.05
93	Linda Murgatroyd	LV40	4.49.32
98	Martin Whitehead	V50	4.54.00
	Chris Mawdsley	V40	DNF

113 Runners

Wadsworth Half Trog 06.02.09

Pos	Name	Club	Time
1	Lee Athersmith	Bingley	1.30.56
2	Shaun Godsman		1.31.34
9	Jon Emberton	V40	1.43.49
17	Brian Horsley	V50	1.54.35
19	Charlie Boyce	V40	1.55.23
24	Paul Frechette	V60	2.02.37
28	Andy Thorpe	V40	2.05.22
39	Rose Carnochan	LV40	2.30.59

47 runners

**Dave's 'Down Under' Training Diary
Nov & Dec 2008**

One of the first things I packed for my trip was my training diary, a bit sad I know, but I was determined to try and do some running while I was on holiday, even if it meant doing it at 6.00 am to avoid the heat. I had a fantastic holiday, I won't bore you to tears with all the details; come round to my house and I'll show you my photo's, only 500 of them! (Is this like 'come and see my etchings' Dave? Ed)

Here is how my training went anyway:

12th Nov. Sydney, Parramatta Rd, Victoria Park and Wentworth Park 5 miles

13th Nov. Sydney, Newtown suburb 3 miles

16th Nov. Brisbane, 6am start with Brisbane Road Runners club at their handicap races. Entered 10k, swapped to 5k mid-race, too bloody hot even at that time of day! 23mins.

19th Nov. Airlie Beach, Queensland. Hard work in the heat even at 7.30am 45mins, 5 mile

22nd Nov. Brisbane Brisbane river and through the city. 6.30am start, cooler. 7m 1hr (Fao: John H, John F, 2 Andies I bumped into 'Stevo' who was out jogging and completely lost! Gave him a few directions)

23rd Nov. opposite direction along the river to Toowong Creek just outside the city. 6 mile. Felt surprisingly good after all the beer we drunk at last night's rugby final!

24th Nov. Roma Street Parkland, Brisbane. Pleasant run through the park. 3 mile, 30 mins

25th Nov. No running today but about 5 mile walking in the Blue Mountains near Sydney.

28th Nov. Yulara near to Ayers Rock. Down the main road to Uluru National Park, 6 mile, 50 mins, temp was 84f at 8am

29th Nov. Walked around the base of Ayers Rock, 8 mile.

30th Nov. Around Yulara village, 5 miles off road on sand trails with some great views of Ayers Rock. 5 mile, 43mins, temp 78f

3rd Dec. Darwin. Northern Territories. I was invited along to Darwin Road Runners club to compete in their handicap races. Lovely setting in Jingili Water Park, about 6 miles out of the city. 6k race, 29mins .through the Charles Darwin University grounds, Casuarina, Jingili and Rapid Creek. Finished about 23rd out of 70. High humidity despite a 6.15pm start.

Also cycled about 6 mile today around the Darwin coastline as well.

6th Dec. Back in Sydney for a final run of 5 mile up to Newtown.

Dave Beston

Christmas at Venabu, Norway Celia Mills

We had been plotting an independent cross-country ski holiday at Christmas for sometime as a result of having outgrown the traditional brochure trips. With previous experience we now had a much better idea of what would work as a holiday base. So, after much discussion Clare, myself and our respective partners Nick, Mike and friend Jonothan organised an escape from family and festivities.

We picked Venabu, Norway (south of the Rondane) as previous ski knowledge showed that it had a good mix of track skiing and a rolling landscape to keep us occupied. We rented a hut, which is really the only way of affording Norwegian accommodation and found it very comfortable, with a great wood burning stove which was cosy during the evenings.

Although we were in a remote location there was a very reasonable local 'Kiwi' supermarket for basics. We utilised every spare ounce of weight allocation fitting pasta and chocolate, hill food and muesli into ski bags and rucksacks filling every available pocket. For evening meals we took it in turns to cook and produced some lovely feasts. This really kept the cost of the holiday down, as eating out is prohibitively expensive, particularly as the exchange rate was bad for £ to Krona compared to previous trips.

The snow was fantastic and took a couple of days to settle down before we could easily ski off-piste. Meanwhile an extensive network of cut tracks kept us busy investigating new areas around lakes and hills, anywhere which looked interesting. Christmas day we planned a long ski out to a DNT hut and were rewarded with a glorious day—blue skies and calm conditions, great snow and the sight of a reindeer. The exhilaration of freedom, fresh air and exercise is so compatible with fell running, I would thoroughly recommend this more purist form of skiing away from the hustle and bustle of lift queues.

Celia Mills

[Nick and I are keen to go 'hut to hut' touring again—Charlotte and Stewart seem keen to join us, any more takers? Ed]



Ben Nevis
A classic event
By Adam Breaks

Established as a classic, the race no doubt has attracted the finest runners from around Britain and now Europe, challenging themselves against each other and the highest peak in Britain.

Ben Nevis to me is unique within the race calendar, cemented on the first Saturday in September, many people return year after year, such persistence eventually rewarded if you can stay the distance and complete 21 'Ben's' with the Connequi plaque like Calder Valley's very own Brian Horsley who received his last year.

The atmosphere is always different at 'the Ben', many competitors have travelled from the heartlands of fell running north to Fort William and therefore stay within the town for race weekend. It provides opportunities to take in the highland culture, cuisine and refreshments along the way.

, the bagpipes leading competitors on to the start field and into battle (well competition). The race itself and the never ending ascent; more troubling the descent! The crowds that turn out to watch, although many are probably just tourists caught up in the event. The flyers posted in town advertising the event, the post race presentation, the pubs, the chance to socialise with people you wouldn't normally (this isn't necessarily a bad thing), and the long drive back home.

Friendships are made and stories cemented in folklore. Elders tell of past races, when it was always much worse than today. Newcomers get drunk on the atmosphere and the old-timers stagger home in the wee small hours.

Even in the last five years the race has changed dramatically, internet globalisation making communication faster than ever, resulting in 500 places filled within a week. To the credit of the Ben Nevis race committee, entries remain postal rather than 'online'. With increased awareness of personal injury, safety checks and bureaucracy the hint of a blizzard on the summit could cause the race to be cancelled; although 1980 in fact, was the only time the race was postponed due to adverse conditions on the summit.

Finally, the 'in word' for 2009 and beyond, believe me you will see this increasingly in daily life, **sustainability!**

The Ben Nevis race now has to be sustainable, preventing irreparable erosion. By adhering to this commitment the route could possibly change, at worst it will become a race straight up and down the tourist path. The key factor in this case is 'will Kenny Stuart's 1984 record ever be broken?'

I believe from speaking to the 'Elders' that the record is concrete and will never be broken due to the running conditions 'on the hill' and the quantity of talent willing and able to race each other for the duration of the event.

Quite possibly we will never know as over the next few years to meet the demands of modern society the race is expected to change. However its changes will be adopted by competitors and the race will continue to grow.

Adam Breaks

Entries for 2009 were taken in January and filled within 3 days. The following club runners have places: Adam Breaks, Andy Fleet, Gaz Pemberton, Stephen Smithies and Tony Steward. Have a good one guys—I failed to enter in time. Ed.

The vagaries of running with a human

By Holly Tooby

Hello runners. My name is Holly Tooby and I am a seven and a half year old German Wolf Spitz. I am a widely experienced FRD (fell running dog) and have sprinted over the hills in Bavaria, Hamlyn (of Pied Piper fame), Snowdonia, the Lakes and the Cairngorms as well as our beloved South Pennines. My "owner" is Hugh Tooby who is an erratic member of your club and a chronically underachieving FRH. This is us together in Snowdonia during one of his many rests (as usual, unable to hack the doggy pace.....)



Recently, the new SheepSheet editor suggested Hugh might like to write an article on the vagaries of running with a dog. Cheek! All dogs know that the real problem is us having to cope with running with a human. So, I've wrestled the laptop off him and sent him to lie in the corner while I tell all.

Vagary 1 – slowness

Humans (and particularly mine) run unbelievably slowly – especially uphill. It's so frustrating and takes ages to get anywhere (like back home for a nice lie down). He goes on about power to weight ratios / lower centre of gravity / four legs instead of two. Tosh. I could point out his enormously longer stride length / mechanical advantage of longer levers (aka legs) etc but we all know the real reason – he's just unfit.

Vagary 2 – not stopping

All dogs know that an important function of being outdoors is checking out the neighbourhood. This involves stopping frequently to sniff out the opposition. Humans seem to miss this point entirely. They just want to keep going, sometimes for hours on end (not Hugh mind you – he wouldn't cope). Then they're on your case, shouting you to catch up when you're only half way through your evaluation. I've never yet seen a human stop to sniff at anything. They are sooooo weird. Mind you, I will hand it to the club junior section – when we go out with them some of them seem to want to stop even more than me. But, they get told to keep moving too so they too will soon loose their dog friendliness.

Vagary 3 – random loo stops

Bit of a delicate one this but it has to be said. Once the opposition has been sniffed out then a calling card in the form of a strategically placed pool of wee has to be left. This is VERY IMPORTANT. Humans have no concept of this. They drag you off just when you're about to settle to your task and then decide to have a wee themselves in some completely random insignificant place. They don't even sniff.....

Vagary 4 – clumsiness

Humans aren't very sure footed. In explanation they trot out the same reasons as at Vagary 1 and I do accept that being taller and only having two legs does make it trickier. But even so I just cannot comprehend the number of times he falls over. Lack of concentration I call it. He even tries to blame me sometimes. Like the time he broke both of his wrists falling into a mill race he was jumping over after "rescuing" me from the wrong side – shouldn't have let me go the wrong way in the first place if you ask me.

Vagary 5 – the sheer pointlessness of it all

Why can't humans make their minds up? We dogs are wild hunting pack animals for whom running is part of the job description, but we are happy to trade this for a relaxing life of domesticity chilling by the fire and guarding the house. So why, oh why, when we've just got used to this are we dragged off into the cold and wet for a run? He goes on about "fitness" and "stimulation" but then does all the irritating stuff above. I'm thinking of putting in a transfer request – a little old lady who just requires me to lie about and be there when she wants to pat me would be right up my street. So, the next time you see me out running with HT spare a thought for his shaggy companion. I may look like I'm enjoying myself but I'm just humouring him.....

Runner profile - Anne Johnson (nee Stentiford)

Age 43

Job history: Forensic scientist with the Met Police, Chemist with Fisons in Holmes Chapel, founder of 'Running Bear' (later sold to Tony Hulme), computer programmer, reflexologist, and now I manage and run our self catering cottage.

Married: 9 years to Bill

Children: Adam & Gemma

Dogs: Fly & Gyp

How I first got into running

I started running at school when I was 14. I used to win the school cross country races so my PE teacher suggested that I join the local running club, Macclesfield Harriers & AC. I stayed with them for the next 23 years, and by the time I left to become first claim to Calder Valley in about 2002 I was the longest standing member of Macc Harriers.

Up to the age of 16 or 17 I ran 800m & 1500m races regularly, my PB's from that time were 2:18 and 4:54, but my absolute passion was the high jump, which I carried on doing until I started a chemistry degree at Huddersfield Poly. I still remember the buzz from doing the high jump as the highlight of my athletics. My best jump was 1m65, which is still the club record for Macclesfield Harriers. A few years after I last competed, I was entered in the 3000m for Macc Harriers at the county championships. They didn't have a representative for the high jump so I was asked if I thought I could still do it. I couldn't resist, did OK (came 2nd!), but then couldn't walk for about 2 weeks afterwards, having pulled most of the ligaments down my spine!

I ran cross country and high jumped for Cheshire on numerous occasions, which I was always proud of. Not long after, I started running road races. I enjoyed 10k's mostly and got my time down to 36:06. I was looking for a challenge, so at 16 I ran my first marathon, the People's Marathon in Birmingham in 3hrs 28.

Fell running

When I was 16, a couple of runners at Macc - Colin Ardron and Pete Nolan - sparked my interest in fell running. They told me about the KIMM which they were training for. I was intrigued and four years later, in 1985, I did my first KIMM in Troutbeck. Since then I have done about 25 mountain marathons, including the first Rock & Run and the Swiss KIMM with Helene Diamantides.

The harriers weren't really into championship races, so the only races I tended to do around that time were local ones: Wincle Trout, Shutlingsloe (which I must have done about 15 times) and a handful of others.

Long distance rounds

It wasn't until 1989 that I became aware of the Bob Graham round. I picked up the BG booklet in Rock and Run in Ambleside, read it on the spot and the seed was sown. Later that same year, with a team of 5, I got round in 20:35 at the age of 24.

Two years later I was keen to do the Paddy Buckley round, which is the Welsh equivalent (but harder) of the BG. I spent 3 weeks in the summer, running with a couple of nutters across the Pyrenees by the high level route, either sleeping rough or staying in mountain huts.

You could not get better training for a round, day after day of huge ascents and descents, doing 6 to 13 hour days, with less gear than on a mountain marathon (by the end, to say that my single T-shirt was offensive would be an understatement!)

A week later back in England I broke the Paddy Buckley record – not only the women's record (by almost an hour), but also the men's record, in a time of 19:19.

Mark Hartell broke my overall record not long after, and Chris Near equaled Mark's time last year, but my round is still the third fastest ever time.

Martin Stone suggested that I have a go at the BG record, so a month later I set out on an attempt. The weather was horrendous - Fred Rogerson, who met me at every road crossing, said that in all his life he'd never known such appalling conditions on the fells. Fred was the joint founder of the Bob Graham Club and he and his wife Margaret were the heartbeat of the club. He is a great man and one of my heroes.

Despite these storms I broke Helene Diamantides' record with a time of 18:49. At that time only 5 men had run faster.

Runner profile cont'd.....

It was Helene who had held the Paddy Buckley record that I'd broken as well – but I don't think she bears me any grudge! In fact, she supported me in both those rounds.

In 1994, three years after these records, I was doing a lot of training with Mark Hartell who was driven to breaking the Lakeland 24 hour record (the BG plus as many extra peaks as you can do in 24hrs). He thought I should have a crack at the women's record.

I did, on a scorching hot day in the summer of '94, and managed to add 3 extra peaks to the record making it 62 peaks.

This earned me the FRA's long distance award for 1994, and also the Bob Graham club's "achievement of the year" award, which I had also won in 1991. It also put me into the Guinness Book of Records, for endurance running!

Mark, meanwhile, finally broke the men's record on his third attempt.

To my amazement, these ladies records – the Bob Graham, Lakeland 24hr and Paddy Buckley – still stand today, 15 to 18 years after they were set.

I wanted to go and do the Charlie Ramsay round (the Scottish equivalent, in bigger mountains!), to complete the full set, but due to severe tendonitis in my foot and a pot on my leg, that was put on the back burner. One day...

Most exciting fell race

Not long after my rounds I was asked to compete in the Mount Cameroon race, sponsored by Guinness. This was the most amazing race. It was held in February, the temp in the high 30's with 90%+ humidity. You basically ran up from sea level through the Jungle onto Mount Cameroon and up to the top at 4,040m (13,255ft). The descent was sooo painful. My quads were on fire at the end and I had blister burns all down my arms from sunburn. I didn't do very well but what a race, and so much Guinness to drink!!

Most hardship getting to a race - Everest marathon

In 1996 I met Bill, and it wasn't long before he was showing potential as a fell runner. For a long time I'd wanted to run the Everest marathon. I entered for the 1997 race and Bill offered his services to the organizers as a marshal, as he hadn't yet done many fell races. So during a 6 month holiday incorporating training runs in the High Tatras in Slovakia, Triglav in Slovenia, Ladakh in India, the Annapurna circuit and many other countries, we were both fit and well acclimatized. Bill upgraded from marshal to runner. I could write pages about the trek to Everest base camp but this is meant to be a profile!!! I was lucky to start the race as the doctors were convinced I was pregnant!, also, I nearly failed the altitude test as I can't walk in a straight line at sea level never mind at altitude! Bill was struck down with horrendous squits but still managed an excellent performance of 21st, not bad for a novice. I finished 8th and broke the lady's record which held until last year when Angela Mudge broke it.

Calder Valley

I joined Calder Valley about 9 years ago after Adam was born, very unfit. At first I was also in Macc Harriers, but after a couple of years I finally left my former club and became a fully fledged Calder girlie.

My best year running since then was last year when I had a whole year free of injuries. At the ripe age of 42 that was probably my best ever year of fell racing as I had never really raced seriously before.

I train mostly on my own but with our 2 border collies Fly & Gyp who love running.

When I have an objective I am highly motivated and very single minded.

Most admired fellrunners:- Joss Naylor, Helene Diamantides, Mark Hartell, Wendy Dodds.

I love fell running, being pitted against the elements, everyone having their own battles, team spirit, prizes don't matter, winning a bunch of bananas is just great – remember Blackstone Edge girls? I wish UK athletics had left us well alone, why do fell runners need a load of money when 99% of runners just want a great fell race and a pint at the pub afterwards.

Plans for this year: championship races, a few mountain marathons, and possibly.....The Ramsay Round.

Round up of achievements 2008

Club Championship

Karl Gray 1st
 Steve Smithies 2nd 1st V40
 Bill Johnson 3rd
 Steve Hunter Handicap winner

Martin Whitehead - Short Race King
 Thirza, Linda Crabtree Short Race Queens (joint)
 Jason Stevens - Medium Race King
 Jo Porter - Medium Race Queen
 Tony Steward - Long Race King
 Anne Johnson - Long Race Queen

Three Peaks

World Mountain Running Association Event 2008

Karl Gary 7th
 Adam Breaks 26th
 Ben Mounsey 50th
 Jason Stevens 102nd
 Helen Fines 118th 8th Lady
 R Greenwood 120th
 Sally Newman 154th 11th Lady
 Jo Waites 158th 12th Lady
1st British Ladies Team 2nd team overall

Yorkshire Championship - Pen y Ghent

Jo Waites Silver
 Karl Gray Bronze
 Shaun Godsman 6th
 Gary Oldfield 16th 5th V40
 Bill Johnson 29th
 Ladies Team Gold

Lakeland Classics Challenge

Jonathan Moore 44th
 Mike Wardle 74th
 Gary Parker 84th

Vasque series

Clare Kenny 23rd 3rd Lady
 Johnnie Watson 18th
 Will Stiegeler 19th
 Kerry Jenkin 21st

Relays

Pennine Bridleway February

Ladies - 2nd 6.22.16
 Men - 7th 5.23.35

British Fell & Hill Relay, Wales October

Ladies 4th 4.38.35 (winners Bingley 4.27.04)
 Men 7th 3.42.09 (winners Bingley 3.35.25)
 Mens Vets 5th

Ian Hodgson Relay— cancelled due to wet weather

Calderdale relay December

Ladies 3rd 7.40.45 (winners 7.26.21)
 Ladies B 107th 10.17.36
 Men 6th 6.24.34 (winners Salford 6.01.33)
 Men B 48th 7.45.57
 Men Vets 58th 8.07.51
 Mixed 113th 10.49.57

English Championship

Helen Fines 2nd
 Sally Newman 3rd 1st V40 1st V45
 Jo Waites 10th
 Anne Johnson 12th 4th V40
 Gayle Sugden 13th
 Thirza Hyde 10th V45
 Jackie Scarf 18th V45
 Gail Tombs 2nd V55
 Team **Gold**
 Shaun Godsman 12th
 Karl Gray 13th
 Ben Mounsey 29th
 Adam Breaks 45th
 Team 8th

British Championship

Helen Fines 6th
 Jo Waites 8th
 Sally Newman 9th 2nd V40
 Anne Johnson 21st 5th V40
 Gayle Sugden 34th
 Thirza Hyde 5th V40
 Jackie Scarf 19th V40
 Clare Kenny 22nd V40
 Gail Tombs 20th V50
 Team **Gold**
 Karl Gray 7th
 Ben Mounsey 15th
 Shaun Godsman 17th
 Team 5th
 Vets Team 9th

Saunders MM

Anne & Bill Johnson Bowfell Class 2nd 1st mixed

LAMM

Kerry Jenkin & John Underwood A Class 23rd
 Barbara Lonsdale & Jackie Scarf B Class 48th 3rd
 Ladies team
 Rob Sharrat & Mark Nutter (Clem) C Class 31st

Rab MM

Rob Sharrat & Mark Nutter (Clem)
 Clare Kenny & Nick Harris (Ross Harriers)

OMM

Bill & Anne Johnson
 Phil & Jackie Scarf

Ladies Achievements 2008

Jo Waites

England Vest

Snowdon International - 3rd: England Team Gold
Individual wins not listed

Sally Newman

Sorry race wins not listed, but numerous!

Sue Mitchell

Beacon Hill 1st

Falstone 2nd

Round Latrigg 1st v40

Simonside 1st v40

Yetholm 3rd fv40

Helen Fines 1st in all the following

Kymin (S Wales) 12/1/08

May Hill race (Glos) 20/1/08

Darran fell race (S Wales) 9/2/08

Dursley Dozen (Glos) 10/2/08

Llanthony fell (S Wales) 1/3/08

Ras y Aran (N Wales) 22/3/08

Pen Cerrig Calch (S Wales) 29/3/08

Y Garn (N Wales) 4/5/08

Tebay 11/6/08

Brecon Beacons 16/8/08

Llyn-y-fan (S Wales) 13/9/08

Sugar Loaf (S Wales) 1/11/08

Waun Fach (S Wales) 12/11/08

Kentmere 20/11/08

Blorenghe (S Wales) 29/11/08

Cardington Cracker 7/12/08

Gayle Sugden

Duddon Half 1st

Mytholmroyd 1st

Sedbergh Hills 1st

Bluebell Trail 2nd

Half Trog 3rd

Noonstone 3rd

Sharon Godsman

Thievely Pike-1st

Darwen Gala-3rd

Waugh's well- 4th

Ladies Team wins

Noonstone

Gayle Sugden, Sharon Godsman, Clare Hanson

Whittle pike

Jo waites, Gayle Sugden, Sharon Godsman

Pen-y-gent- Yorkshire gold medal

Jo waites, Sharon Godsman, Linda crabtree



Yorkshire Gold medal team 2008

These are only the results I know about, and is focussed on the ladies; doubtless there were many more great results last year—if you wish to let me have a round up of the men's achievements in 2008 I will list them next time.....

Is anyone planning a long distance round?

Anne and Bill have set their stall out for the Ramsey—maybe

Anyone having a crack at a Bob Graham or Paddy Buckley?

Doing a triathlon, entered the Fred Whitton, —please let me know.

However, more importantly, please keep me posted with your achievements for 2009—it looks all set to be a great year!



Sharon at Waugh's Well 2008

Porter's Pantry

Butternut squash, date and spinach risotto

Serves 4-5

2 tbsp olive oil
1 small butternut squash
1 onion (finely chopped)
2 cloves garlic (finely chopped)
150ml or 1/4 pint white wine
350g/12 oz Arborio rice
2 pints hot chicken/vegetable stock
2 oz dates (stones removed and roughly chopped)
2 handfuls fresh spinach leaves
Salt and pepper
2 tbsp chopped fresh parsley
Freshly grated parmesan cheese

Start by preheating the oven to 200°C. Evenly slice the butternut squash length ways and place on a baking tray with a sprinkling of olive oil. You can leave the skin on for now as it's easier to peel it once it is cooked. Bake for approximately 30 minutes or until soft.

In the mean time, heat the olive oil in a heavy based pan and add the onion and garlic. Fry over a gentle heat until the onion becomes transparent. Stir in the rice and push it around in the pan for about a minute until it is evenly coated with the onions and oil. Pour in the wine, stir and simmer until the liquid has been absorbed into the rice. Add the stock a ladle at a time, stirring after adding, until all liquid is absorbed. Continue adding more stock in this way until the rice is tender. You may find that you do not need to use all of the stock.

Remove the squash from the oven, remove the skin and chop into cubes. Stir into the risotto base along with the dates and spinach. Season well with salt, pepper, a knob of butter and the parsley. Serve with freshly grated parmesan...and lest we forget, a crisp glass of vino!

Spicy carrot cake (from Charlotte's kitchen!)

A must if you are doing the BG or High Peak marathon this year ('seeing in the dark' assistance)

Ingredients

600g carrots
230g self raising flour
1tsp baking powder
1 tsp ground cinnamon
half tsp grated nutmeg
half tsp ginger
half tsp mixed spice
200g caster sugar
3 large eggs
75g pecan nuts
140ml sunflower oil

Filling

1 lime
200g cream cheese (don't try low fat cc)
50g butter
150g icing sugar

Preheat oven to 180°C or 350°F (Gas Mark 4). Grease and base line 2 X 21cm sandwich tins. Peel and trim the carrots, coarsely grate and set aside

Sift flour, baking powder, cinnamon, ginger, nutmeg, mixed spice and caster sugar into large mixing bowl
Beat eggs and copy nuts. Add to flour mixture with the oil and grated carrots and mix thoroughly. Divide the mixture between to two tins and spread out evenly

Bake 30 minutes. Turn out onto wire rack and leave to cool completely

To make icing, use fine grater and grate zest of lime, then squeeze out juice. Put in a bowl with cream cheese and butter, and sift over the icing sugar. Beat together until smooth and creamy

Cover and fill the cake; eat within 5 days; the cake does not freeze well Prep time 25mins Cook time 30mins

NB: 2nd prize in 'Carrot Cakes' at Muker Show, Swaledale, 2008