



CALDER VALLEY FELL RUNNERS SHEEP SHEET JANUARY 2008

HAPPY BIRTHDAY TO EWE, HAPPY BIRTHDAY TO EWE....



Remember, remember the 4th of November

I was looking forward to the club's 21st Anniversary Run with both excitement and dread as it got nearer and nearer. I had told people, particularly Thirza, that I was definitely going to do it, and I was going to do the full distance. I couldn't pull out now. My mileage in recent years has dropped dramatically and even though there was a time when I could run 21 miles without a second thought, that certainly is not the case at the moment. I knew I would find it tough but I felt that it was my duty as a founder member of the club to give it a go. I expected there would be several other founder members coming out of the woodwork if only to do a section of the route. We could egg each other on and reminisce about the good old days as the youngsters speed off into the distance.

So I was a bit shocked when I turned up on the day to find I was the only old timer on the start line. Where were all the old boys? Many have given up running I know, some have gone on to more serious sports like cycling and heavy drinking, but a few are still at it. Perhaps they'll appear at the cross-over points and do a section with us.

In the MCC car park runners were hanging around in groups chatting and making last minute adjustments to running gear and deciding whether to keep the Lifa on or risk it in a vest. Finally we lined up for a group photo and at 10.07am we were off. Nice and steady, through the centre of Mytholmroyd much to the amazement of people waiting at the bus stop, past the Shoulder of Mutton, itself an important part of our club history, then into the first climb up Hall Bank Lane and heading for Crow Hill. In no time at all I was leading from the rear. Thankfully we had a sensible schedule to maintain so that we could meet other runners at the road crossing points, so I had no need to worry that

I would be left behind. Anyway it was a social event not a race.

There were a couple of route choices as we headed up the hill around Nab End Quarries and the fields over Long Edge Moor and the group split from time to time but we all came back together on the final climb up the fields and into the heather for our first summit, Crow Hill. It was a perfect day, dry and bright. The trigpoint was shining white in the sun. The

views that we all love were clear and far reaching and we stood for a while and surveyed the scene, picking out points on the route we would be visiting, Stoodley Pike and High Brown Knoll in particular.

Then we were off again across the fields and down Weather Hill Lane to Wood Top and then Jackie led us through the beautiful autumn scenery of Hollin Hey Wood. Then after a quick descent we crossed the road at Dauber Bridge. We were a bit ahead of schedule so we hung about a bit in case anybody was planning to join us here. It was a good excuse to start getting the chocolate and muesli bars down my neck.

Then we were on the steady climb up the track to the woods of Bell Hole and out on to the edge of Bell House Moor. It was just a great day to be alive and out there running with friends old and new. We went around the edge the moor then joined the track which took us eventually to the car park just below Withens Clough Reservoir. Here we had another food and drink stop. Julie was waiting with a car full of hot tea and buns, what a star! As we set off again I accidentally went through the gate first and was leading the pack. I led for more than fifty glorious yards as we headed up the track to the reservoir embankment but the legs refused to behave and I decided that a brisk walk was a better idea. Once on the level embankment I got going again and enjoyed the route around the southern edge of the reservoir. We saw several walkers along the way who seemed to watch in wonder as a big bunch of nutters in red and white stripes went past.

It wasn't long before we were up on the rocky path heading for the next major point on the route, Stoodley Pike. Good old Stoodley Pike. How many times have I been here I wonder? However many, today's visit was a special one. I got so excited I doffed off my

thermal top in favour of a mere tee-shirt.

No time to waste, we have miles to go yet. Along Dick's Lane and across Erringden Moor following the Club Handicap route down towards Stubbs Field. As I was already feeling the strain I struggled with the problem of knowing that this familiar descent usually meant that the pain was coming to an end. But not today! Today we had over 1000 feet to climb up another hill and traverse the length of another moor before we'd done. Instead of going into Stubbs Field we cut down between the houses and crossed the railway footbridge and as we reached the top end of Erringden Road we were met with the welcome sight of Julie's car and more lovely hot tea and buns. What a life saver!

This was another possible meeting point for runners joining us so we waited a while. I was getting colder and beginning to seize up. I did some stretching and jogging about but despite the hot tea I needed to be moving. A small group of us decided to get going before the main bunch. We were mainly the slow ones like me, so we ran on ahead nice and steady. After crossing the River Calder, Burnley Road and the Rochdale Canal we climbed up past Broad Bottom Farm and along the field edge below Burlees Wood where we just managed to outpace a grey haired old lady with a walking stick, and then up the walled path to meet the Burlees Lane. From here we crossed Wadsworth Lane and took the track that brings you to the Hare & Hounds at Lane Ends.

By this time our slow group had been caught and overhauled by many of the main group who stopped at the junction by the pub to wait for the scheduled time of 2.30 in case of others joining us here. At this time my watch said 2.05 and despite Bill asking that we all wait, I for one knew that if I stopped for 25 minutes I



wouldn't start again. Sorry Bill, the plodders had to keep plodding. We continued the climb to meet the Calderdale Way then up the gully to the edge of the plateau along Deer Stones Edge and then the final drag up to our third and final 'high point' of the run, High Brown Knoll.

Waiting beside



the trigpoint as we arrived were some familiar faces. Hang on, if I didn't know better I would say that one of them was fellow founder member Gary Webb, superstar runner of this parish. Surely not, I'd heard he'd given up running. But no, it was definitely him and he was wearing a Calder Valley vest and looking every inch the athlete. It was good to see another of the old lads although sadly for me Gary still looked twenty, but goodness knows what I looked like after 17 miles. It wasn't long before everyone had arrived and after another group photo we all trogged off along the familiar route across the moor, past the ventilation tower and over Dimmin Dale eventually climbing to Sheep Stones Edge and along to the trigpoint.

This was a very busy place today. It was great to see a big crowd of club juniors and a fair collection of parents, and when all the runners had arrived it was



a sea of red and white vests. There was much chattering and nattering and more photos, it was just a great atmosphere. I think some of us didn't want it to end, but my legs were glad it was nearly all downhill from here. Off we went, the final leg of a classic event, down to meet the Calderdale Way again, around the top of the Mount Skip Golf Club and down to Heights Road. After one final momentary stop we dropped to Raw Lane and followed along the hillside, with that one small, but today, arduous climb up the track to Lane Top and then down through the farmyard at Hill House Farm where we were counted through. Fifty two souls passed through the gate.



Fifty two weary, excited, happy souls, who despite Allan wanting to get a selection of good individual action shots, went flying down Wadsworth Banks fields like mad folk. The run was nearly over. This special, 'once only' experience, was nearly over. I was

happy and sad, not wanting it to end but glad I could soon stop and go home for a shower and several dishes of Vicky's famous pasta slop. Down those fields and through Redacre Woods we ran, over the road and we were there. Into the MCC car park and who's this? Its only Duncan Thompson and his good lady, who must have got a special visa to come across from Lancashire to see us. Cheers Duncan, it was good to see you again. Of course a real man would have done the 21 miles but we'll let you off seeing as you've been a bit off colour lately.

So after 5 hours 42 minutes and 45 seconds it was over. A great day out, a fantastic route, and although at the start I thought that being a founder member was important, I ended the day realising that what is really important is what is happening in the club now and in the future. The two most striking things that stand out over the last 21 years is the increase in the number of ladies in the club (hey, stop that, you know what I mean!) and the more recent development of the junior section.

The ladies are not only many, they are brilliant, just look at the results, and who knows what the future holds for our enthusiastic youngsters.

I did refer to this day as a 'once only' experience but actually I'm now in training for a 25 mile run to celebrate our Silver Jubilee in November 2011. It just keeps getting better!! **Jon (Bod) Riley**



photos from Bod, Al G and Al W

Halloween Run



Runners all dressed to look as scary as possible for Children in Need

(Some are more hideous than others - Ed)



**Spooky Fun(d raising)
Run makes £110 for
Children in Need**

Thanks to all whooo came along to our first Halloween run by headtorch. There were an impressive 30 juniors and 16 seniors out on the hill - many in fancy dress (many of the seniors that is!). It was great to look down the hillside and see a long snaking line of headtorches moving steadily towards you. The stamina and fell-sense of the juniors was a credit to the juniors and to their regular coaching team. A must for next year. **Cerys**

THREE SHIRES 15-SEP-2007 13M/4000' RATING IMPROVE

1	Ricky Lightfoot	Ellenb'h	1:53:05	0.96	
2	Jim Davies	Borr'dale	1:53:15	0.96	
3	Karl Gray	CVFR	1:53:34	0.96	1%
5	Ben Mounsey	CVFR	2:04:33	1.06	4%
31	Jackie Lee	Eryri	2:13:49	1.14	1st Lady
41	Johnny Moore	CVFR	2:20:58	1.20	5%
82	Paul Biddulph	CVFR	2:30:27	1.28	1%
86	Richard Allen	CVFR	2:30:57	1.28	
108	Rob Sharratt	CVFR	2:35:16	1.32	6%
158	Ian Wood	CVFR	2:45:28	1.40	-3%
174	Cerys Davies	CVFR	2:47:47	1.42	12%
175	Clare Kenny	CVFR	2:48:01	1.43	0%
233	Allan Greenwood	CVFR	3:14:54	1.65	-4%
261	Tony Steward	CVFR	3:44:59	1.91	
267	Dave Beston	CVFR	3:54:36	1.99	-25%
272	finishers				

LANTERN PIKE 15-SEP-2007 5M/1050' RATING IMPROVE

1	Andi Jones	Salford	30:04	0.95	
2	Simon Bailey	Mercia	31:27	0.99	
3	John Brown	Salford	31:45	1.00	
22	Janet McIver	Dark Peak	37:16	1.18	1st Lady
49	Bill Johnson	CVFR	39:03	1.23	1%
67	Graeme Hill	CVFR	40:32	1.28	-2%
73	Robin Skelton	CVFR	40:08	1.27	
286	Runners				

GOOD SHEPHERD 22-SEP-2007 15M/2000' RATING IMPROV

1	Karl Gray	CVFR	1:48:30	1.02	-7%
2	Adam Breaks	CVFR	1:52:55	1.06	2%
3	Ben Mounsey	CVFR	1:57:52	1.11	-2%
6	Andy Clarke	CVFR	2:13:24	1.26	-2%
10	Bill Johnson	CVFR	2:17:12	1.29	0%
23	Chris Godridge	CVFR	2:24:37	1.36	
25	Paul Biddulph	CVFR	2:25:00	1.37	-8%
28	Johnny Moore	CVFR	2:26:07	1.38	-12%
32	Nick Murphy	CVFR	2:35:16	1.46	4%
33	Naomi Sharratt	Stainland	2:28:45	1.40	1st Lady
49	Jackie Scarf	CVFR	2:33:32	1.45	7%
50	Cerys Davies	CVFR	2:34:29	1.46	-3%
53	Rod Sutcliffe	CVFR	2:37:24	1.48	
55	Steve Hunter	CVFR	2:37:38	1.49	
57	Karen Mather	CVFR	2:38:15	1.49	
58	Jon Hairsine	CVFR	2:38:22	1.49	
65	Allan Greenwood	CVFR	2:42:12	1.53	3%
71	Dave Beston	CVFR	2:46:43	1.57	7%
72	Helen Allcock	CVFR	2:46:56	1.57	
78	Dave Culpan	CVFR	2:47:57	1.58	-2%
81	John Nunn	CVFR	2:49:32	1.60	1%
90	Duncan Asker	CVFR	2:53:54	1.64	-6%
97	Tony Steward	CVFR	2:57:15	1.67	8%
99	Stephen Grimley	CVFR	2:57:57	1.68	
112	Philip Jones	CVFR	3:11:02	1.80	7%

This race is turing into a local classic, it takes in some of the best Calder Valley has to offer from foot-path to moorland. Karl Adam and Ben had a tussle for most of the race, until Karl just pushed on that bit

more to win this for the second year. Jason and Jo have taken over this race for 2008 and I'm sure lots of people are already pencilling it the diary.

GREAT WHERNSIDE 6-OCT-2007 4M/1555' RATING IMPROVE

1	Simon Bailey	Mercia	28:38	0.93	
2	Lloyd Taggart	Dark Peak	28:57	0.94	
3	Ian Holmes	Bingley	29:35	0.96	
24	Karl Gray	CVFR	32:27	1.06	-3%
1L	Candice Leah	CleM	36:10	1.18	1st Lady
4L	Helen Fines	CVFR	36:38	1.19	
13L	Sally Newman	CVFR	39:31	1.29	-2%
107	Ben Davies	CVFR	41:49	1.36	1%
26L	Cerys Davies	CVFR	42:44	1.39	1%
33L	Clare Kenny	CVFR	44:18	1.44	-2%
45L	Thirza Hyde	CVFR	46:07	1.50	-3%
147	Steve Garner	CVFR	47:17	1.54	4%
149	Dave Beston	CVFR	47:29	1.55	-8%
246	Runners				

Great Whernside was the final counter in the English Championships. We arrived in Kettlewell in the Yorkshire Dales to a brilliant sunny, warm day ... What a contrast to last year (it was a month later then. The conditions on the summit of Great Whenside were so bad that the race organise couldn't risk asking marshals to stay up on top due to the wind and snow!!!!). The ladies were first to race and off we went. Fast, up and then down, hot, hot, hot. We didn't field our strongest team on the day due to injury and holidays but with fine runs from Sally, Cerys and Clare we secured a better team place than our other short race and sneaked in with a bronze medal.

Helen Fines, our new recruit (and a non counter for the team due to UK rules) had a great run to take 4th lady overall but just missed out on an individual bronze by 1 point!!! Next Year Helen you'll nail it. We went and watched the mens race to oggle at the bodies ... Lloyd Taggart with no vest on!!! Mmmmm. Karl had a good solid run but was feeling the effects of the Fred Whitton cycle ride (114 miles and all the Lakeland passes) he did the weekend before. We sat in the sun for the presentation, had a beer and enjoyed ourselves. A good day out. **Thirza**

Rumor has it that Jackie Lee has accosted Clare and Thirza and told CVFR ladies that Lloyd is her man and to keep their sticky hands off him. Sounds like bumbags at dawn to me!

BRONTEWAY 7-OCT-2007 11M/1150' RATING IMPROV

1	Adam Breaks	CVFR	53:40	1.06	-1%
2	Willy Smith	K&C	56:07	1.11	
3	Gary Oldfield	CVFR	56:42	1.12	3%
22	Helen Glover	K&C	1:05:01	1.28	1st Lady
24	Steve Hunter	CVFR	1:05:58	1.30	-2%
40	Clive Greatorex	CVFR	1:09:42	1.37	-1%
92	Joanna Porter	CVFR	1:21:00	1.60	2%
110	Rose Carnochan	CVFR	1:27:57	1.73	
142	Runners				

AUTUMN LEAVES 6-OCT-2007**8.5M/1700'****RATING****IMPROV**

1	Shaun Dimelow	Penistone	59:45	1.07	
2	Malcolm Fowler	Cheshire	1:01:09	1.09	
3	Andy Clarke	CVFR	1:05:06	1.16	-2%
9	Graham Hill	CVFR	1:08:34	1.23	2%
23	Jeff Winder	CVFR	1:14:05	1.32	
36	Dick Spendlove	CVFR	1:18:22	1.40	1%
45	Cath Shanley	Saddlewath	1:21:00	1.45	1st Lady
62	Hugh Tooby	CVFR	1:24:33	1.51	
103 Runners					

For those who like: 1. Cakes & 2. Lung Busting trail races, this gallop computed to be 8.8 miles and 1400ft ascent was blessed with dry conditions making for easy traverse of Pennine Way paving slabs (skid pad when wet).

We were well positioned for 1st team when Graeme, going well around 11th fell and retired injured.

A pleasant speed session and an array of cakes only surpassed by Jura made for a pleasant day out.

**LANGDALE
HORSESHOE****13-OCT-2007****14M/4000'****RATING****IMPROV**

1	Ben Abdelnoor	Ambleside	2:14:08	1.01	
2	Alun Powell	P&B	2:21:44	1.07	
3	Steve Birkinshaw	NFR	2:22:55	1.08	
30	Jackie Lee	Eryri	2:39:26	1.20	1st Lady
44	Johnny Moore	CVFR	2:44:34	1.24	1%
54	Paul Biddulph	CVFR	2:51:07	1.29	0%
180	Jez Wilkinson	CVFR	3:33:22	1.61	-1%
237 Runners					

**WITHINS
SKYLINE****21-OCT-2007****7M/1000'****RATING****IMPROV**

1	Tom Addison	Helm Hill	43:27	1.08	
2	Alex Whittam	Todmorden	43:52	1.09	
3	Steve Oldfield	Brad & Aire	43:56	1.09	
20	Graham Hill	CVFR	48:54	1.21	3%
35	Lisa Lacon	Holmfirth	50:28	1.25	1st Lady
85	Chris Sylge	CVFR	56:49	1.41	0%
94	Tim Hayles	CVFR	57:26	1.43	-4%
116	Claire Hanson	CVFR	1:00:00	1.49	2%
139	Dave Beston	CVFR	1:02:36	1.49	
148	Philip Jones	CVFR	1:03:52	1.56	
190 Runners					

Strange things happening up on Penistone Hill today, It was WARM ! it was SUNNY ! it was NOT blowing a gale. In all my years of running up here I can never remember conditions like this before, this place has its own micro-climate !

Haworth moor was its usual self though. Stamina-sapping bogs nearly all the way to the ruins at Top Withins. Only respite in the race is the downhill path to Bronte Bridge.

Usual Dave and Eileen style prize giving in the Sun Inn. Probably more at risk of injury here than in the actual race! - Wear a hard hat ! **Dave Beston**

First time OMM'er!**The preparation**

The Original Mountain Marathon was one of those things on my to-do list, however I never imagined I'd do it at the age of 17!

When my dad asked me if I wanted to take part with him I didn't really know what to say, not really knowing what to expect but knowing that it could be quite "interesting" I thought why not give it a go – that being how I ended up completing my very first OMM!

We decided to enter the short score class on the basis that we would be able to choose our own route and be able to choose how long we wanted to run for.

Before finding out that we had been accepted onto the OMM I went to Sweden at the beginning of the summer with a couple of my Orienteering friends to compete in the Oringen (a huge orienteering event for people from all around the world!), and coming 2nd on one day was a huge highlight for me – however I didn't know at this point that this would be the start of a series of months of big achievements for me.

When I came back to England I went straight to the Scottish 6 day (another international orienteering event), half way through the week my dad mentioned to me that the lists for those accepted onto the OMM would be up onto the internet – we were accepted!! – Time for some training (well supposedly)

At the end of the summer I went to Scotland and completed my Gold Duke of Edinburgh expedition, having 4 days of Gold D of E in my legs I'm sure helped me along my way in preparing for the OMM.

A big help to me was knowing that my friend Ben Scarf (17) was also going to be doing his first OMM as well. We went on runs and chatted about what to expect, but looking back nothing could have prepared us for the OMM, even Gold D of E!

T-Minus 1 day

As per usual I left all of my packing to the last minute – but really I didn't need a lot of time to pack as I was only allowed to take the bare essentials! The contents of my bag went something like: Bubble wrap (yes I got to carry the lightest thing we took!!), A sleeping bag, My snacks (haribo!), a Torch, Warm clothing and Water ----- the wonderful thing about doing it with your dad is he carries everything else.

We arrived at the event centre at Durisdeer in the Lowther hills on the Friday evening at around 10pm – it was raining and muddy!

1st port of call was the registration tent, we handed in our checklist and then I got our dibber (SI card) attached to my wrist with an annoying wristband that you couldn't get off.

We then spent the night in the car – quite cosy and spacious getting as much sleep as we could to prepare for the next day!

T-Minus Zero!!!!!! Day 1

The day had arrived all those months of anticipation seemed nothing now, I just wanted to get out there and start the race – however we had to wait until 10:50am for our start time!

As we started our walk to the start I started to feel a bit nervous just hoping that I was not going to let myself or my dad down. Soon enough we were in the start boxes, we were raring to go and waiting for the off... we got given a map each, they were huge and I

could barely hold it with one hand. When the air horn went we ran through the gate and..sat down!! We had to plan our route to insure that we would get points but making sure that I would not wear myself out. All I could see around me was hills, hills and more hills and sure enough our route to our first control was straight up a hill. Running with a bag on my back was a completely new experience, quite strange. Heading up the hill to that first control seemed to take forever but as we reached the top I just looked back and saw a line of people doing the same – it felt so good that it was not me still walking up the hill!

40 minutes into the day the cloud dropped and the rain started – perfect conditions (some may laugh) but navigating through this would be our strong point.

The rest of the day went fairly well until we got towards the end of the course – I have never not wanted to be somewhere so much, that was my most low point of the whole weekend. We were contouring along the side of the hill and it was killing my ankles, my feet were sore and I was so soaked through and cold If I stopped moving I probably wouldn't have started again. We got to a control on a cairne and could see the campsite through the cloud but then my dad went – comon lets go get another control!!! Secretly wanting to cry but not wanting to seem in any way of a wimp I thought I've got this far why not carry on? There was even more controuring (now my most hated thing ever!!) and more rain with the visibility dropping to around 30m, but getting those extra 35 points and knowing that I had it in me to carry on made me feel on top of the world!

The weather was getting steadily worse and coming down the hill into the overnight camp was the best thing in the world right then. For about 20 minutes the rain stopped – great we could get our tent up without it getting wet on the inside! The winds were gusting at 60mph but our little tent seemed to hold up fairly well – I felt sorry for the people in single skin tents that seemed to be disintergrating in the rain! We jumped in the tent and put on our dry clothes, finally I would be able to warm up. Wet clothes dumped outside then straight into sleeping bags!

We feasted on noodles, chocloate and semolina a real treat at the time, but then had to face getting out of the tent, and venturing into the storm to stop our bladders bursting and to see where we had finished that day – 26th!!!!!! I had never expected in a million years doing that well and it put the day in a whole new light.

Over night the weather just got worse and slowly the tent got damper, then wet and then finally, just quite unpleasant. The strongest gusts of wind were flattening the tent against me (yes my dad chose the right side) inside and getting much sleep was a challenge.

T-Minus Zero - Day 2

No beeping needed at 6am. The bagpipes announced it was time to get up – I have never been so happy to hear bagpipes, of course the clocks had gone back during the night and having to spend an extra hour in a cold wet tent was not something that I intended to prolong. Putting on the wet clothes was something I wish to never repeat!

It was almost as if we were on a completely different continent when we got up – the sun was shining

and there was not a sight of a rain cloud anywhere. Of course there was complete maddness surrounding our tent, tents had collapsed during the night and we had narrowly avoided a river that had appeared out of nowhere over night, others weren't so lucky and had their water supply running through their tents!

Knowing that we had done so well the previous day was a huge boost and I knew what I was capable of making the day seem so much simpler than the nightmares of what we had experienced the day before.

Again our 1st control was straight up a hill however this was much welcomed as the thought of actually being able to warm up was great!

Our route on Day 2 took us backwards on our day 1 route to start with but the hills looked completely different in the sun – not so tough and not so horrid after-all. The day seemed to fly by and of course our bags were lighter as we were able to throw away anything we didn't need – BYE BYE Bubble wrap!!! We must have gone through A-Z of everything we could think of; Cars, Countries, Bands, Towns in England (actually quite hard), Orienteeting features, Food etc etc! It seemed to take our minds off our sore feet though.

Towards the end of the day I started to slow down with the lack of sleep getting to me, Haribos saved me though and as we reached our last control a huge feeling of "Oh My God I've actually almost finished" came over me. Running down that last hill with everyone else who was finishing was brill everyone had that same smile across their face.

Crossing the finishing line was an incredibly satisfying experience – first and foremost I had completed my first ever karrimor and it was a moment to be savoured.

Learning that we had actually raised 14 places to 12th shocked me beyond words – and then finding out that we had won parent and child and come 2nd mixed pair put the whole thing into perspective for me and that's how I know I'll definitely do it again, do it if you haven't already!! **Beth Emberton**

SUMMIT		28-OCT-2007		4M/800'	
				RATING	
				IMPROVE	
1	Ben Mounsey	CVFR	28:05	1.06	0%
2	Mike Fanning	Borr'dale!	28:13	1.06	
3	Alex Whittem	Tod	28:27	1.07	
13	Steve Smithies	CVFR	30:58	1.16	4%
16	Jo Waites	CVFR	32:21	1.22	-3% 1st Lady
25	Dave Beels	CVFR	33:44	1.27	1%
28	Gary Hodgkinson	CVFR	34:35	1.30	-4%
34	Chris Godridge	CVFR	35:54	1.35	
38	William Stiegeler	CVFR	35:57	1.35	-4%
51	Dave Culpan	CVFR	38:40	1.45	2%
54	Thirza Hyde	CVFR	39:07	1.47	0%
61	Martin Whitehead	CVFR	40:20	1.52	1%
81	Rose Carnochan	CVFR	45:58	1.73	1%
90 runners					

It was a rather overcast, wet morning when I headed over to Jo's to go to the Summit Race at Littleborough. The weather improved and by the time we were ready to set off running the sun was shining and it was warm enough to run in just a vest Oh and shorts!!!. It's a fast race which clears the lungs and makes the legs ache with effort. It's up a track and then onto the moor be-

fore heading through the animal sanctuary, along abt more of a track and then the climb up to the Summit pub, touch the wall, avoid the cars coming out of the car park Jo!!! That would have made some headline in the press "Leading lady gets knocked down by a car at fell race!!!!" and then you follow a track for a long way down before re-joining the outward route back to the animal sanctuary where again Jo had another experience ... This time with a pheasant that she nearly tripped over!!! Fast, fast, fast back to the finish. Ben had a tough race to keep off his Lakeland opponent only beating him by seconds. A great day for the club with Ben and Jo taking the honours. What made both Jo and my day ... we won the ladies team prize with Rose as the third counter and as you can see by that smile on her face she was just so pleased. Good effort girls. Allan thanks for a great race. **Thirza**



WINDGATHER FELL RACE 21-OCT-2007 13.5M/2500'

1.	Lloyd Taggart	Dark Peak	1:29:30
2.	Andrew Lamont	Macclesfield	1:39:44
3.	Tom McGaff	Cheshire Hill Racers	1:40:13
31.	Jackie Lee	Eryri Harriers	1:55:10 1st Lady
92.	Sue Mitchell	Calder Valley	2:16:16
103.	John Nunn	Calder Valley	2:20:26
148 Runners			

What a great choice of races we had today; South Pennines, North York Moors or Peak District, and a wonderful Autumn day to get out on the hills. This race starts just outside Buxton, and after a quick warning about slippery timber walkways, we are heading up and over into the Goyt Valley. The route is a good mixture of terrain, some moorland, some woodland tracks, stone paths and great views. Much of the first half seems to be downhill taking us alongside the two reservoirs in the valley. Sue goes past me after about half an hour. The woods that we run through are bursting with autumn colours, full of copper coloured Beech trees. Shouldn't have time to notice - must concentrate more on running ! Past the lower reservoir then up to Windgather Rocks (where I've rock climbed in the past). Then the uphill, past Pym Chair and onwards to Shining Tor. A long moorland stretch and down through fields to the finish. Really good soup and cakes in the Village Hall to round it all off. **John Nunn**

SHEPHERDS SKYLINE			3-NOV-2007 6M/1150'		
			RATING		
			IMPROV		
1	Ian Holmes	Bingley	39:25	0.97	
2	Karl Gray	CVFR	41:01	1.01	0%
3	Ben Mounsey	CVFR	41:40	1.02	2%
16	Andy Clarke	CVFR	46:15	1.14	1%
22	Jason Stevens	CVFR	47:22	1.16	-2%
26	Steve Smithies	CVFR	47:45	1.17	5%
30	Jo Waites	CVFR	48:55	1.20	-1% 1st Lady
32	Bill Johnson	CVFR	49:11	1.21	13%
40	Johnny Moore	CVFR	49:59	1.23	-4%
41	Rob Sharratt	CVFR	50:00	1.23	3%
47	Kerry Jenkin	CVFR	50:32	1.24	5%
55	Dave Beels	CVFR	51:27	1.26	-2%
59	Steve Hunter	CVFR	52:11	1.28	0%
62	Chris Godridge	CVFR	52:17	1.28	
80	William Stiegeler	CVFR	55:15	1.36	-5%
92	Gary Hodgkinson	CVFR	55:16	1.36	-8%
102	Tim Hayles	CVFR	56:42	1.39	-1%
103	Jackie Scarf	CVFR	56:49	1.40	-1%
124	Allan Greenwood	CVFR	58:23	1.43	-3%
127	Carl Greenwood	CVFR	58:34	1.44	
128	Clare Kenny	CVFR	58:34	1.44	-4%
136	Claire Hanson	CVFR	59:00	1.45	3%
143	Graham Lloyd	CVFR	59:26	1.46	3%
171	Dave Culpan	CVFR	1:02:19	1.53	-5%
182	John Nunn	CVFR	1:03:55	1.57	-2%
205	Philip Jones	CVFR	1:06:26	1.63	-2%

The sun was shining, the air was still and there wasn't a cloud in the sky. Hard to believe that this was the middle of November in England! A great day for a race and a great field assembled to match the conditions. As I jogged up the road from the car towards the Shepherd's Rest I thought I'd turned up to an English Championship race by mistake. Ian Holmes, Danny Hope, Gary Devine, Andrew Schofield, Mike Fanning, Jonathan Hare and our very own Karl Gray (to mention but a few!) all passed me on the way to registration! I noticed Todmorden also had a very strong team out, with the in-form pair of Shaun Godsmann and Alex Whittam alongside Chris Smale. It was at this point I was tempted to turn round and go back home as a place in the top 10 would be an incredible feat. Might as well give it a go though- not often the weather is this good!!! (Edale still fresh in my mind ;-))

I thought it might also be a good idea to get my face painted just for team spirit and all that (and the fact that I'm a ponce- according to Paul Biddulph!). Little did I know that I almost set off with Todmorden colours all over my cheek! Apparently 'force of habit' said the Tod fan who was in charge of face painting. Quickly washed off! Replaced by the mighty red and white stripes!

So there I was raring to go on the start line, looking like Braveheart in spray on shorts but obviously less hairy and wearing underpants. Surrounded by around 250 runners all ready to take off on a path as narrow as my waist. I thought the best option was just to go for it and try to follow Ian Holmes- try and get a good lead. 4 minutes later and he had disappeared never to be seen again. So I just followed his smoke trail instead. It felt like an eternity to reach the summit of Stoodley and at this point the race was really hotting



up. A small group of us had broken away and had started to take control of the race. I sat in behind Karl (his arse is always a familiar sight as I can never quite get in front of him) and Danny Hope was breathing down my neck. All to play for now. We hit the descent and it was eyeballs out. I raced down the hill so fast after Karl that by the time we reached London road we'd opened up a sizeable lead on Danny Hope and I took a deep breath, my first one since reaching Stoodley Pike. I put my eyeballs back in their sockets and tried to recover after that speedy descent. At this point Karl did his famous disappearing trick where he runs really fast up steep hills whilst making it look really easy. I just hung in. Keep going...it'll get easier I thought. It didn't, but I kept going anyway and reached the top, realising that I still had a good lead over Danny. I knew that now I had a real chance of holding him off and there was no way I'd let him back in without a fight. It seemed to take forever to reach the final descent but I quickly recovered from the climb and just settled back into a rhythm. Once I could see the finish line I sprinted with everything I had left and made sure I'd secured 3rd place. A handshake replaced a man hug with Karl and I was ecstatic with how well we'd both run. I watched the rest of the field return with great pleasure and knew we might even have a chance of the team prize. I know that I couldn't possibly have run any faster and commented to Karl on how hard he must have run too. It was at this point that he told me his race preparation had been a curry, several beers and a very late night. He laughed, I cried!. Perhaps that's the secret to his success, who knows?

A great day overall, Andy Clarke had an excellent run, as too did Jason and Steve Smithies and of course Jo Waites was back to her usual dominating ways after that nasty injury. Although we narrowly missed out on the team prize, things certainly look good for the Calderdale Way. Bring it on! **Ben Mounsey**

*If sheep have a hangover they
tend to suffer in silence and
avoid anything to do with the
hair of the dog
from Sheep for Beginners - A dip into the
world of wool*

CLWYDIAN HILLS RACE 10 MILES - 3100 FT

Whilst most of Calder Valley were engaged in mass starts at Shepherds Skyline and the Anniversary runs I was on a prearranged weekend at folks and took in the Clwydian hills race. Superb weather, clear tops, 8 check points, unflagged and I'd never been here before. Hmm great, I thought taking possession of a preprinted map the size of square of toilet paper, if nothing else it'll be my emergency ration (scatology). Motto - bring a proper map.

As the field thinned out, follow my leader was less of an option, they had disappeared or were going the wrong way. On the Offa's Dyke ridge path I saw a runner coming towards me, I followed a Cheshire hill Runner off the path through bracken and ferns down a steep bank directly to checkpoint 6. I thanked him for guiding me and he promptly made some headway on me up a steep gulley to Jubilee Tower / Moel Famau. One third of way up I looked back and saw no one. At top of Moel Famau I looked back, Sally Newman was 20 yds behind, climbing strongly. We both descended Famau together to 1st gate, left?, right?, ahead? - we waited for those behind to catch us up and followed those with unpronounceable names and a lack of vowels on their vests (Welshmen).

We joined a group descending fast on a grass track until 2 front runners split, one down, one straight ahead. I guessed down, following the lack of vowels on his back. Correct guess to the final checkpoint and a fast run in to finish. A superb route on unfamiliar territory. **Graham**

1	Rich Roberts	Eyri	70.57
2	Ian Houston	Mercia	72.47
3	James Logue	Horwich	75.01
20	Graham Hill	Calder	90.36
22	Sally Newman	Calder	90.45

Approx 90 runners

FRA RELAY - BOWLAND

This was the first FRA relay that I have run in and only the second that I have experienced, second to our own outstanding event organised by Bill in '06. Bowland FR obviously don't have the same connections with 'the man upstairs' as Bill was the weather was c***! I ran a flagged route and had fun finding them running from one to the next, how the others

managed I don't know - this unfortunately lead to me losing the advantage I had gained on Chris Preston on the climb across the summit ridge DOH! It was fantastic to see so many CVFR teams represented. The boys A team came in 2nd after leg 1 to, as you can imagine an ecstatic reaction. Unfortunately they had made a navigation error in the c*** weather and were a checkpoint short, for which they were heavily penalised. There were other dramatic moments with some very close handovers and mud caked competitors. The girl's team didn't manage to replicate last year's victory (not that we thought we would) but still put in a sterling effort even without our star runners.

Cerys

Mountain running in Spain Flying the Calder Valley Colours

After a few months deprivation of mountain running imagine our delight on arrival in Benicassim in Spain when we saw a poster advertising a 16 mile 3500 foot mountain race. We entered immediately and resumed serious training. As part of our build up we decided to run a half marathon in the nearby town of Castellon. Its good to know that road running is the same the world over. We were initially told that we were unable to enter as we were not members of the Spanish Athletic Federation. Thankfully we were able to pull a few strings and two days before the race we were granted permission to run. As far as half marathons go it was O.K. and was a good reminder of what it feels like to race. So after much training in the sunshine in the wonderful Spanish mountains race day finally dawned. The race was to start at 8am and we had to collect our numbers at 7am. This was an unreasonably early start for retired people who never rise before 8.30. However we lined up in our C.V. vests and shorts whilst the Spanish lined up in their winter gear and away we went. The climb to the first checkpoint was up a small stoney path which we had spent weeks training up to make sure we could keep running all the way, but the Spanish had other ideas and proceeded to walk the climb giving us a steady away start. From here the route to the top of the first climb, checkpoint 2 at about 8km was mainly on tracks, arriving at the top after about an hour. This was followed by a long steady descent to checkpoint 3 at 13km which we reached at about 1.30mins. The next checkpoint was at the top of the highest mountain in the race which we climbed on the shaded side, arriving at the top to glorious sunshine. Neil and I arrived at the top within sight of each other and, with only 2 hours on the clock and 10km to go we began to believe that we could finish the race closer to 3 hours than the four hours that we had anticipated. The final descent started down the most awful rocky path imaginable, which we negotiated like the pair of decrepit pensioners that we are, and we lost lots of time on this. The path then became a good track to the bottom of the mountain and the final run in to the finish in the town centre.

The race was a really good one with wonderful mountain views, good support and unusually for a mountain race drink stations with fruit as well. Our finishing times were pleasing for us, Neil 3.03 with me

following at 3.04. It feels great to be mountain running again so we have now entered another race on 22nd December which is a shorter race but more climbing. The good thing about racing here is that the routes are marked, so no need to worry about getting lost and the weather is of course really good. As an added bonus I picked up a trophy for 'Primero Vetarania'. Unfortunately it is rather large for motorhome living!

Linda and Neil

RIVOCK EDGE
SUNDAY 25TH NOVEMBER

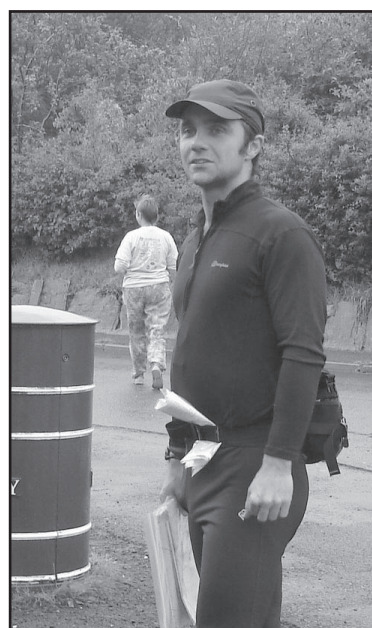
I decided to do Rivock Edge Fell race to test my ankle for one thing and to have a bit of a run out and see how fit I was. At the start line I did my usual panic as Sharon Taylor was there along with Sally, however, Sally and I always help each other and have a good laugh when we run together, more like a training run!!! More effort needed sometimes may be???

Anyway, calmed down after the fast start and enjoyed the run up to the summit, especially when I went past Sharon and felt good for a change. Yip-pee I thought, and Paul did say it's all downhill from here. Well, not for long. As I ran down my body went to the right at the track, my eyes not looking at the tape, apparently in front of me ?!?!?!? But at least I took Sharon with me, along with 3 others. Yes I went wrong, ooops!

Another mile or so we turned back and tried to catch the others, but how far back were we!!!! Nightmare. A good training run but at least I will know next time and at least I had not done the race before, unlike ST.

Well done to all runners and I deserved my piece of cake after. **Jo Waites (do not follow)**

my **MONTRAIL SERIES** by Johnnie Watson



The Montrail/Run Further Series is 12 races, of which you have to complete 4. 1 short, 1 medium, 1 long and 1 other of any length. The distances vary from the "short" 26 mile Pumlumon Challenge to the mighty 62 miles of the Fellsman. 2007 saw me entering and giving "ultra running" a go. Up until then the longest distance I had run was the 65KM Kepler track in New Zealand, a run that left me doing the carpet slipper shuffle for a week.

My first race was the Haworth Hobble, 31 miles around your favourite Calder valley landmarks and dogging spots. Lots of Calder valley runners in this one. A good mixture of terrain with some nice climbs, and due to the weather good views. Good organisation with well placed drinks stations, the one at Mankinholes was especially well stocked. Won by our

very own Adam Breaks in 3:42, a new record. The last 3rd of the race I found particularly tough, but the last of my mars bars kicked in at top o' stairs and I crossed the line in 5:16.

Then it was over to the Isle of Man for the 30 mile Manx Mountain Marathon. Me and Adam Breaks went over for the weekend, unlike Adam I chose not to run in the 10K road race the evening before the Marathon, or the "end to end" as the locals in the pub called it. And end to end it certainly is, you run over the spine of the island. With views of England, Ireland and Wales from the highest point on Snee Fell. You run mainly on walking tracks and bridal ways with the bare minimum on roads. There's not much navigation required as it's mostly marked, but there's still ample opportunity for going the wrong way.

Adam finished second behind local lad Lloyd Taggart. I came 39th but felt much better and even managed a sprint finish, most likely due to double chips the night before and 6 mars bars during the day.

My long race was the 43 mile Rhayader mountain trial in mid Wales. This was my favourite single stage race of last year,. If you like running in the rain over boggy wet moorland with the occasional forest track thrown in then I can highly recommend this. Route choice and navigation were important due to the poor visibility, with lots of hopeful running on a compass bearing over featureless ground. There were no killer climbs but there were plenty of them, there was even a river or two to wade through.

I finished in 9:15 in 9th place, my best ever position. To top it all I won an OMM bum bag as a spot prize.

My medium race was the High Peak 40, a very pretty race but too much hard surface for me. About a 3rd was on road, with one 3 mile section that was dead straight. The rest was flagstoned and gravel paths. It was all marked so no real navigation. The check-points had a great selection of buns and cakes so a welcome change from the mars bars.

I finished 38th in 7:39. The organisers had put crash mats from the local school at the finish line, now that's organisation!

That was my 4 races but I ran the last race in the series just for fun. The Long Mynd Hike is a 50 mile LDWA event around the Shropshire hills. It starts at 1:00 in the afternoon so the joys of night navigation play a part. It's a really scenic course with a bit of every sort of ground to run over. If anybody knows the Stipperstones path you'll know it is real ankle spraining country. Runners group up at night and luckily the group I joined had a local fella who had run the race 5 or 6 times. During the day the navigation is easy but it would be difficult at night with no help. The weather was good and we had a great sunset which lifted everybody's spirits around the 30 mile point. The weather luckily held and we ran in in 12:28. The winner broke 8 hours for the first time and Joe Faulkner went round twice. Nutter!!!

A great series with very well organised races. It gets you to parts of the country you may not otherwise go to. I was very happy with my final position of 17th and I still do the carpet slipper shuffle. **Johnnie**

I am trying to get some **l o n g** runs sorted over the next months, whilst the dark nights restrict amount of time that can be spent on the fells in daylight!

The objective is to build a base of endurance. Begin by tackling long runs over relative good tracks and trails especially over wintery months. Routes will be designed so can be reduced in case of emergency, conditions and ability on the day. They won't be races, and the intention is to run at a steady pace that a person can be understood if chatting. Maybe cases where individuals will test themselves maybe on an ascent/descent but we will regroup at regular intervals or break up into smaller groups based on ability. Sometimes the last few miles may be taken at a faster pace, this I think as long as people know where they are going, should be encouraged as it is a good training aid in developing stamina and strength.

The long runs will be probably from different destinations around the area, to give a variety. Enabling individuals to adapt to different terrain and conditions and learn new routes that may wish to tackle at a later date. Most routes will be mountain bike friendly therefore if you want to follow along on a mountain bike feel free to. Distances may vary but the endurance based run will probably be 2 - 3 hours long.

Finally common sense and judgement is required of the conditions, all individuals are responsible for making sure they are fully prepared whilst out on a run for the unexpected.

If anyone has a route please let me know. I think the way I'm going to organise the runs is put details of them on the forum after discussion at training on tues/thurs evening, therefore if you want to come along just turn up at the starting place at the time given. In addition to local runs probably try and get an away run in the dales/lakes every 4 or 6 weeks to recce future races.

Long runs probably won't take place if it clashes with a club championship.

In January probably do a few recce's of the Full Trog and maybe a trip to the Dales to recce all or part of Three Peaks.

Adam Breaks
07810517710

Adam.breaks@bm-howarth.co.uk

FREE STUFF !!!!!

OPEN 5 Tickets

We have 3 free entries for the open 5 Adventure Racing series in 2008
You have to prebook - look on the website for dates - we have the 'tickets'
Only eligible if you **haven't** raced in the Open 5 series before. [1 ticket per race]
Jackie and Phil Scarf 882555
[thescarfs@hotmail.com]

My first Karrimor!

Having turned 17 on the Friday we drove up to Scottish borders [Lowther Hills], I must have been one of the youngest competitors.

THE WEEKEND REALLY WAS NOT FOR THE FAINT HEARTED [not really sure what I expected?] The overnight in the Holiday Inn was the [luxury] highlight whereas the overnight sleep at the OMM was.....

well uncomfortable, especially if you are sharing with my Mum.

(SO IF SHE EVER ASKS YOU TO RUN WITH HER MAKE SURE YOU SAY NO AND DON'T LET HER PERSUADE YOU TO CHANGE YOUR MIND).

However, we avoided sleeping in a puddle like my dad, [who also peed into a plastic bag], and didn't wake up until the piper piped his pipes the next morning.

I was worried I might not be fit enough but our slow and steady pace was easy to cope with. Our final result was 'credible' [2nd parent and child] we actually did way better on the second day - when the scenic views were a big improvement on the 1st day, largely due to the disappearance of the sleet, hail, cloud and rain. Big relief to finish! Came about 48 out of 280 competitors on the C class.

Would I do it again next year....maybe? **Ben Scarf**

There are some great weekends away coming up in 2008.....

The **Ireland Trip** to the Mourne Mountains involves the Irish race counter in the British Championship. Accommodation in the Newcastle Hostel if there is space left (bed co-ordination courtesy of Thirza), steep ascents of a number of local hills, followed by even steeper descents. followed by Guinness.

A grand time. Flights from Liverpool or Leeds. Book soon to avoid disappointment.

Also

The **Jura Fell Race** is featuring highly in a number of peoples plans. Jackie Scarf is going and is really keen to get a CVFR team upto the race. There are steep ascents and descents in this one as well. Possibly also Guinness, and almost certainly some Jura malt, of which I would recommend the Superstition for that extra bit of peat in the nose!

TODDIE MOORLAND MARATHON 6TH JAN

This was a great little event run from the pub in Oxenhope by Sue from Tod Harriers and James Logue from Horwich.

Expertly planned so no one could get all the controls - this made route choice more difficult. Lovely weather with sunshine and great views. Plenty of grub on the buffet table back at the pub and lots of prizes. You missed a treat! Over 70 runners made it round the 3 hour course with a notable Calder Valley contingent. Congrats to Jonathan Emberton 1st, Phil Scarf 2nd, Bill Johnson 3rd [and 30 mins late] Rod Sutcliffe [M50] Jackie Scarf [1st lady] See the results on the Tod website.

Jackie

CVFR Presentation Evening

Mytholmroyd Community Centre

23rd February - 7.30 for 8pm

You are all invited!

Tickets are £15 from Jackie Scarf, Cerys Davies or Jo Waites.

Pay on Tues night, Races, or by post
This will be an evening to remember with a large buffet, speeches and prizes.

Music from The Phoenix Ceilidh band
(starring Jasons mum)

It's a large venue with plenty of room for dancing!

We're going to have a big raffle, so please contribute any spare Xmas presents/race prizes that you've doubled up on that would make a good prize!

On the same day we have the **handicap race** in the afternoon and the **Junior Presentation Evening 5-7 pm** at the Community Centre.

So put the 23rd on your calendar and get into running and dancing training!

Jackie - 01422 882555

Cerys - 01422 820498

Jo - 01422 842915

WANSFELL

A windy, wet wet day!!! Urghhhhhh :(Decided to go and do Wansfell after xmas, although driving up to the Lakes in a monsoon at xmas was not that pleasurable. Luckily the rain stopped as we headed up the road out of Ambleside to reach Wansfell. I was feeling ok until I realised a 15year girl was in front of me!!!! Thank god I went past but she was fab and came in just behind me at the end. We trudged up the little steps of Wansfell and then slipped all the way down the short descent, seeing Natalie White in front of me I thought, god I can catch her, well not quite but only 12 seconds behind.

Time Austin fell and cut his leg open and we ended up in Kendal casualty with him, 14 stitches later, but after the coffee and mince pies :) Well done to all runners and our few Calder Valley vests.

A good finish to the day with pizza at the Brewery in Kendal, we should all go! Jo Waites

6 MILES

If you're around in North Wales at New Year, then this is definitely a race to be recommended. The race runs on an individual time trial format, where the runners set off when they wish and are timed using electronic dibbers.

So to the race itself, it set off with fast running up the Miners' path from Pen y Pass to Llyn Llydaw where the track for Lliwedd was taken just like the middle bit of the Peris Horseshoe. Running along here in thick mist, a faint trod in the grass was then followed clockwise around Llyn Llydaw. This was definitely the fun bit, with deep bogs, slippery rocks and a little bit of climbing around cliffs to negotiate.

Once around the lake it was then an 8 minute blast running back down to Pen y Pass.

Results

1	Scott Butterworth	0:45:25	ERYRI
2	Andy Jackson	0:48:01	GORPHWYSFA
3	Ian Cooke	0:48:04	CALDER VALLEY
4	Andrew Cross	0:49:19	FRAYEDNOTTS
5	Dai Bedwell	0:50:38	GORPHWYSFA
6	Ross Powell	0:51:44	WFRA
7	Huw Trainor	0:52:05	
8	Jim Bennell	0:52:35	ERYRI
9	Martin Cciffe	0:52:51	
10	Dan Booth	0:54:50	M.D.C

THE OPEN 5

Don't ask your 17 year old son to compete with you unless you are prepared to pack his butties, fettle his bike for him, lead him to water and wake him up when you get there! Having been let down by his father [who only rides to win and had a better offer] I invited Ben to run/ride as a mixed pair at the 5 hour Open Adventure race at Coniston in November. We'd just done the Karrimor together and I'm a glutton for punishment.... suffice to say we came a very creditable 7th without killing ourselves at all. Ben's ultra competitive father came 2nd in a male pair by 17 seconds (how the mighty are fallen...comes to mind), James Williams came 2nd in the series in his mixed pair with Jannine (Hensman) and our very own Jo Buckley came 2nd (she blobbed at Coniston - she should have won the series!)

Why don't you have a go? We have 3 **free** tickets for this years series. **Jackie Scarf**

GRAVY PUD 5

Torrential rain was the order of the day in this part of the Peak District as those who competed in Tanky's Trog or the Dark & White Peak District MM3 will testify. However, the lads at Northern Boys Love Gravy managed to arrange a 70 minute gap in the weather to coincide with the running of the Gravy Pud Fell Race, much to the delight of the 111 strong field.

A few short, sharp climbs and some sweeping woodland descents made it a testing enough and attractive race made up of a mixture of track, path and road. The race was won by John Brown of Salford who managed to put almost two minutes between himself and the rest of the field.

The post race cake competition was won by Stilton Striders with a magnificent Victoria sponge!

James Horne (43rd home)

Club races and marshals

We are fortunate that there are a lot of fell races in our part of the country. Much of the reason is because of people like Allan Greenwood and others who have set up so many local races and continued to organise them with enthusiasm and panache. And there are local races with slightly older history, like the Wadsworth Trog, set up in the early days of Calder Valley FR by folk like Bernard and Kay Pierce.

Why are some of these events "official Calder Valley races" and some are not? What's the difference?

Well, the reason behind putting on races is to put something back into the sport. So the intention with our club races is that folk from other clubs can come and do them; and in return we go to their races – such as those put on by Tod Harriers and other local clubs for instance.

And profit from our club races goes back into the club to keep our subs down as low as they are.

But that means that we as a club give a sort of guarantee about the CVFR races – we will do our best to continue to put the event on each year. If the organiser stands down, we will aim to find someone else to take it on, and crucially we will provide enough marshals each year for the race.

But hassling folk into marshalling each year is always a tough task.

Because we would all rather run than marshal, we really limit the number of races we have as "club" races. We adopted a new one last year, the Coiners with its junior races. So our CVFR races are now:

- Wadsworth Trog & Half Trog
- Coiners
- Midsummer Madness Series
- Widdop

To stage those races we need over 100 marshals each year, that's equivalent to all the active members in the club marshalling on at least two club races per year.

So my plea is... please help out at two or three of our CVFR races each year.

Some of the newer members in the club might be concerned about marshalling at a race, and not feel experienced or confident enough to do it. Please don't worry about it! Its easy and sociable to marshal, and its also fun to watch other runners race for a change. You can be manning a checkpoint out on the moor if you wish, or on the finish line, or help with registration - whatever you want!

Several of our club also organise their own races, like Rod's Midgley Moor, Allan's many races, etc, etc. Our club aren't responsible for these races, the organiser gets marshals, and decides what to do with the proceeds. Those organisers will also always welcome marshals with open arms.

Enjoy your running and have a great 2008 !!!

Bill Johnson

As the club goes from strength to strength, managing the statistics has got harder. Jason is currently redesigning the system to make it future proof and fit for purpose in the 21st century. They will return in the near future!!

How do International runners plan their training ?

Anne (Jo's sister in law) has been a dominant force in domestic and international road, fell and mountain running since the late 80's / early 90's. This is a breakdown of a typical weeks training from summer and it shows some good practise which you might want to apply to yours. Anne has added some comments at the end to explain how she has structured the week. I've added some more.

Just use the principles not the amounts as it has taken Anne years to get her body to tolerate the volume (miles run and biked) and intensities (speed and speed endurance).

Anne Buckley Training August 2006

Monday	AM 1 hour run (easy-steady) PM 30 mile cycle home from work
Tuesday	AM 40 min easy run PM Track session or threshold run (see notes 1 + 2)
Wednesday	Rest (see note 6)
Thursday	AM 40 min easy run PM 1hr10 run including 50 mins at 5-10 bpm below threshold (see note 3)
Friday	AM 1 hour run (easy-steady) PM 30 miles cycle home from work
Saturday	AM Speed session, hill session or threshold run (see note 4) PM 1 hour easy cycle
Sunday	AM 90 min run (easy-steady) (see note 5) PM 1 hour easy cycle

1. I do threshold runs every 2 weeks. Threshold pace is 10 mile race pace. You need to work out what heart rate you are running at for this pace by using a measured distance on a road or track. You can then do these runs according to heart rate (mine is 172bpm). I always use a decent surface, road or good canal bank. I would do 20 or 25 mins at this pace with a warm up and warm down. Sometimes I'd do 15 mins at this pace, 5 mins a bit slower (5bpm) then a further 10-15 mins. I'd never exceed 30 mins at this pace in a session as it's quite hard. I do threshold runs on either Tuesdays instead of track or on Saturdays.

2. Track session are done at 3km, 5km and 10km pace. I don't do long sessions. Examples: 5x600m at 3km pace with lap jog recovery, 5x800m at 5km pace with 200jog recovery, 6x800m or 5x1000m or 12x400m at 10k race pace with 20-30 secs recovery. You can build up to this by doing them in sets to start with. E.g 3 sets of 2x800m with 30 secs recovery then lap jog between sets.

3. Thursday runs are fun: fast without straining. I run easy for 10 mins then up to 1 hour at a pace 5-10 bpm below threshold run pace i.e. for me 162-167bpm. This works out at 6.30 miling for me at the moment. When I first started these runs I just did 30 mins at pace then built up 5 mins per week. I'm on 50 mins now and I'll stop at 60 but I'd go up to 90 mins if marathon training. If racing on a Saturday I miss out this run and just jog 40 mins. If racing Sunday I may cut down to 30 mins at pace. i.e. 50 min run.

4. Saturdays could be a threshold run, hill session or off-road speed session. Hill sessions could be 8x 40 secs, 6x 1min, 5x75 secs. If training for uphill races I may do a longer, slower session such as 5x5mins or just leg it up Whernside as fast as I can! Off road reps could be 6x3 mins with 90 secs recovery or hill loops where you run uphill for 2, 3 or 4 mins in a loop that allows you to cut a corner to jog down so you don't get too long a recovery.

5. I don't run for longer than 90 mins on a Sunday unless marathon training. It isn't necessary and just makes the rest of the week's training harder and slower.

6. I always have a rest day once a week when I'm working but if I was away training I may reduce it to once every 10 days. Looking back in my training diaries showed I was always very tired on Wednesdays after Tuesday track sessions so it makes sense for me to rest on Wednesdays.

7. I don't do my long run the day after a race. If racing Saturday I'd swap Sunday and Monday's training. If racing Sunday it takes a bit more juggling!

At the moment I'm not cycling as it's too dark and wet so Monday and Friday's cycle rides have been replaced with a 40 min run and then I just run once on Sat/Sunday. I want to start cycling again in the new year as I don't run my best up hills unless I strengthen my legs with cycling.

2006 has been an interesting year as I didn't run at all from last December until May because I twisted my foot badly. I did all my training on the bike including a 125 mile race in Italy, which was fun. When away training in July I did more cycling then I've listed on the schedule above as I had more time (normally I work full time). I find I can get away with a lot of cycling without getting too tired e.g. I did my best track session of the summer the day after cycling 2500m of passes in 4 hours in the Dolomites.

What's good ?

1. Regular rest.
2. Anne alternates easier days and harder ones, letting her body recover from the last session and prepare for the next. She doesn't let harder sessions stack up day after day.
3. She is conscious of the need to change her training to maintain or maximise how much rest she gets.
4. There is a marked difference between the harder and easier sessions.
5. Her easy sessions are easy.
6. Her hard sessions are controlled, they're not flat out, are controlled by using her own heart rate and race pace and not how fast somebody else is running and are done with a purpose. She also does 'speed' work at a variety of paces. Anne also uses flatter surfaces like canals to be able to concentrate on maintaining speed without being compromised by the terrain she is running on.
7. Her speed sessions are done with a purpose to suit an event eg. an uphill race.
8. Anne's gradually increased how much distance she runs at speed over the year and from year to year.
9. She limits how much distance she runs (no more than 90 mins) unless she is training for a marathon..... quote ..'it makes the rest of the weeks training harder and slower'
10. Anne doesn't do much on the hills and not on consecutive days. Uphill training involves concentric muscle action which won't cause any microscopic damage to your muscles, tendons and ligaments. But what goes up must come down and running downhill is an eccentric muscle action which often does cause microscopic damage' Ben legs'. Small scale muscle damage takes time to heal and will worsen if repeated the day after possibly resulting in injury. This will be made worse by running fast downhill on unyielding surfaces like tarmac.
11. Anne builds the overall volume of her training by cycling. This it is managed by using it at specific times of the year and for a specific effect. It is also of a lower intensity, she lives in the Dales and so won't have to stress her muscles and energy systems by having to bike up big hills like in Calderdale.
12. She also strengthens her legs by cycling, a concentric muscle action which won't add any impact damage to her muscles and skeleton. This is specific to events eg. uphill races.

Ask yourself some questions

Do you plan in rest days ?

Do you run at different paces ?

Are your easy runs really easy ?

Are your harder runs done for a purpose ?

Is your faster running done at the pace you want or it is governed by how fast someone else is running (and they might not think its fast !) ?

Do you work on your weak points (uphill, downhill, on the flat, starts, steeps, rocky terrain, running technique) or do you just do what you're good at or enjoy ?

How do you build your muscles and energy systems to allow improved performance ?

Do you do the same running (speed, distance, terrain) every week or does it build with a purpose ?

If your priority is racing, does your training equate to the demands of the most important races ?

Graeme

Sat Jan 26th Navigation training at Cock Hill farm c/o Jackie and Phil Scarf

If you want to learn to orientate a map, thumb the map, run on a bearing and aim off, you are invited to the Scarf School of Navigation.

The official programme is as follows...10-11am skills training on the farm, followed by refreshments, then Manshead Moor from 11.30 for 45 min orienteering course where you have to use your compass! [can be competitive] All welcome. Cost £1. We have spare compasses.

Families especially welcome. No dogs on moor/fields, as sheep about. Let us know if you are coming: 01422 882555 or thescarfs@hotmail.com. by Friday morning 25/1/08

If sheep did not exist, then sheepdogs would become lazy, feckless animals aimlessly wandering the countryside terrorising unsuspecting rabbits. Many sheep already consider this to be the case.

from Sheep for Beginners - A dip into the world of wool

GIANTS TOOTH 1ST JAN 2008

3M/400'

A record turnout for the first local race of 2008, the Giants Tooth, run around the tracks and trails of Ogden Reservoir. The weather was rather damp and drizzly but not too cold as in previous years. One year it had to be shortened due to snow and ice above the reservoir.

Your enjoyment of this race relies quite heavily on how much alcohol you have consumed the previous evening, too much and some of it might end up on the Giants Tooth stone itself, that's at the top of the first and only climb in the race!

It was good to see Chris Godridge (ex para) and current serving Denis Gildea (40 Commando) running for the first time together since last years Burnsall Classic.

Last summer Denis was posted out with his unit to serve in Helmand Province Afghanistan, he was home on Xmas leave.

Both Chris and Denis made their fell running debuts way back in 1986 at the Gale Fell Race (now run from the Summit Inn just up the road), both also ran many races over the years all over England together.

Recently re-signed Chris is currently enjoying a long overdue comeback due to an ankle injury and is looking forward to getting back to full fitness. Both Chris and Denis's times were very respectable considering they had both been on a 12 hour drinking session the night before, I still couldn't catch Denis on the final stretch despite him hardly running since the summer, after the race he had to drive down to Taunton to get ready to fly back to Afghanistan, he hopes to be back home in April. **Dave Culpan**

1	Shaun Dimelow	Penistone	17.33
2	Chris Smale	Todmorden	17.38
3	James Witter	Trafford	17.44
7	Steve Smithies	CVFR	19.19
17	Adian Muir	CVFR	20.28
18	Paul Biddulph	CVFR	20.29
23	Rob Rawlinson	CVFR	21.03
24	Chris Godridge	CVFR	21.07
33	Ruth Whitehead	Bingley	22.01 1st Lady
36	Tim Hayles	CVFR	22.20
41	Claire Hanson	CVFR	22.37
43	Mike Wardle	CVFR	23.10
45	Denis Gildea	CVFR	23.13
46	John Nunn	CVFR	23.24
47	Dave Culpan	CVFR	23.39
56	Phil Jones	CVFR	24.20
98	Ran		

THE 18TH STOOP RACE 5ML/800'

A great turn out from the club at all levels with super runners from the junior section for this end of season blast. Weather; very cold biting wind with hard frozen ground making the climbing easier but the descent scary, typical Stoop weather. All those who dream of beating 10 times winner Ian Holms missed their chance. Ian missed the start by 10 min or so. He thought the start was 12.00. I thought I was descending well when I heard footsteps behind and was overtaken as Ian fly past and disappeared in a flash!! Sorry if I have missed any one. **Mike Wardle**

MARSDEN TO EDALE "TANKY'S TROG"

23 MILES, 5000FT CLIMB

In 2006 this was my first fell race after a lay off of 5 years. This year I had entered hoping to see if I had improved with a years training behind me. The weather at the start was awful rain and mist; I think this put a number of runners off who decided to stay in bed! The climb up to the Isle of Sky road (A635) was not too problematic as it is on a large track, but between here and Crowden things got even worse weather wise. All the streams and rivers were very high and there where streams were there shouldn't have been. The flagstones up to Black Hill were swamped with water and were very slippery due to the conditions. I had to swim across Crowden Little Brook and many other competitors were being swept off there feet in the high waters. I went slightly wrong on Bleaklow which cost me about 5 minutes but I think I managed to make up most of this on the crossing of the Kinder plateau where the weather turned to hail and sleet. Once the Kinder plateau is crossed there is only the steep descent to Edale and the run through the village to the finish. This is a good long winter race with great support from competitor's family and friends. My time of 4hr 51mins was 9 minutes longer on last years effort but I've heard that times were on average up to 20 minutes down on previous years due to the adverse weather conditions. Accordingly my placing was 7 places higher this year, which was the improvement I was hoping for. (55th out of 105 runners)

Keelan Searjeant

Winter Core Programme For Fell Running

Most sports use the off season as a time for getting an athlete strong for the demands of competition. All we tend to do is start racking up big miles before we get our bodies strong enough to stand up to it and then we wonder why we are knackered or injured by early summer or why we always get the same injuries !

What follows is a core programme that is designed to suit the needs of fell running lower body power to continually drive up and absorb impacts coming down and a strong enough core to transmit power and soak up impact thousands of times an hour ...think about the force generated by your weight, compounded by gravity and multiplied by your running speed !

For all the physios in the club (like the Editor !) the aims are

1. Develop core pillar and rotational stiffness under movement.
2. Develop stability to provide base for triple extension.

Its also got the advantages of needing no more kit than a table so you can do it anywhere and only takes about 30 minutes. Be warned though, its quite tough and will take some getting used to and might take a month of 2 to 3 times a week before you hit the targets. Stick at it because you will end up more injury resistant and a better runner.

Always do some sight of light aerobic warm up and dynamic flexibility first and cool down after (Static or PNF stretching).

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 x10 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.

Ankle extensions.

2 legged. Build to 3 x30

Toes on edge of step. Lower slowly to full extension and then burst fast up. Support if needed.

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.

Dorsal Fly

3 x10 with light weight eg. 2 bricks or hand dumbbells..

Stand upright. Lordotic curve and bend at the hips , not lower back, to flex forward. Head up to exaggerate the hollow back. Holding a light weight in each hand out to the side, drop your hands to about 45 degrees and then raise to horizontal and no more. Retract scapula in (squeeze £5 note between shoulder blades) and down. Smooth movement with no jerking to get weight up.

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.

Press up walk over

3 lateral movements there and back.

In press up position, move hands one by one to traverse over a round object like a rugby ball or a wobble board. Add in a press up at various points in the traverse. Keep core stiff.

This will target your Abs.

If any of these hurt, back off and ask one of our physios for a variation.

If you need any help with the exercises or want them extending or individualising, then get in touch.

Graeme Woodward