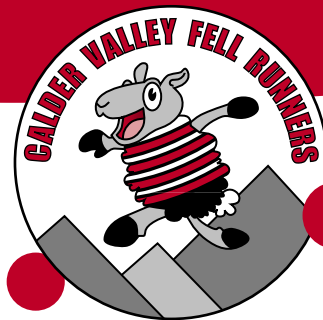


Sheep Sheet

July 2010



Move over seniors junior coming through!

Max Wharton has taken the English Junior Championship by storm this year.

Last year during his first year in the U14 age group he ended the 6 race series in 4th place and just out of the medals however there has been no likelihood of repeating that disappointment this year.

Max finished the first race at Anniversary Wa! Almost a minute ahead of second place and has not looked back having continued in the same vein. He also won our own race at Coiners with an excellent sprint finish down the finishing field to overhaul the leader. From there he won the third race in the series at Shutlingsloe before going on to finish 6th in the senior race on the same day. Having won the first three races and with the best 4 results to count he needed just one more victory to clinch the title however falling twice during the Clougha Pike race meant he only managed 3rd place and the title remained mathematically just out of his grasp. The 5th race in the series was at Patterdale Show and was the Uphill Championship race which Max won whilst breaking the course record to be crowned not only Uphill Champion but also clinching the English Championship as well with one race left.

Its been a great year for Max so far as he also represented Yorkshire in the English Cross country championships and is racing in the English Schools Athletics Champs in July over 1500m having won the Yorkshire title earlier in the season and also the West Yorkshire trials.



Max on his way to uphill victory on Sunday



DATES FOR YOUR *Diary*

Club Biathlon Thursday 8th July
from Mytholmroyd Community Centre
first rider will be away at 6.30pm

Road Bike Ride: 21km
followed by Fell Run: 4.5km



run finishing at Stoodley Pike.
You can do it as a team or on your own. Should be a great night.

Contact Adam Breaks if you need any information
Adam.Breaks@bm-howarth.co.uk

Club Summer
Handicap
Tues 27th July
at 7pm



... Everyone has a chance to win. Starts at Ovenden Wind Farm carpark (GR046307) heads across Rocking Stone, to Bottom Lodge, up the steps, onto High Brown Knoll, then down and around the catch water drain around Warley Moor Reservoir. It's 6.7 miles and 900' of climbing. It will be flagged. Presentation in Crossroads pub afterwards. Ring Jo or Jason on 01422 316194 if you want any more info.

Inter Counties



A "Red Rose" between 2 thorns!!!



These photos courtesy of Dave Woodhead

Calders County Challengers battle it out at the Inter Counties

With Jo Waites in a Yorkshire vest, Shaun Godsman "in the battle of the roses" running for Lancashire and Helen Fines representing Gloucestershire it was a old good tussle that ensued in the Clywidian Hills in North Wales.

With temperature being as hot as a summers day there was mixed fortunes for our runners. The race was won by Martin Cox representing Leicestershire but with Yorkshire getting 3 men in the top 10 they won gold on the day. Shaun was very unlucky just missing out on a medal. Lancashire's top runner Rob Hope, reigning

British Fell Champion, failed to finish due to the scorching heat which dropped the team to 4th instead of 2nd. The sun shone brightly for Jo that day. Victoria Wilkinson was 1st lady with Emma Clayton and Jo helping each other round to finish in the heat and Sophie Lovell only being draughted in on the morning of the race they took a well earned team gold. Helen had a great run to place 9th lady and with some of her team mates running on the fells for the first time it gave them an experience to remember.

Let's get *Eating* .. yum yum

Salmon and Broccoli with Tagliatelle (serves 2)

Ingredients:

2 salmon fillets
2 handfuls of broccoli florettes cut into small pieces
250g tagliatelle Verdi
3 tablespoons half fat creme fraiche
salt and pepper
olive oil



1. Put the salmon fillets into an oven-proof dish. Drizzle with olive oil and season with salt and pepper. Cover with tin foil and bake in the oven for 20 mins at gas mark 5.
2. Meanwhile boil a pan of salted water and add the broccoli. After 5 minutes add the tagliatelle. Boil for another 5 minutes.
3. Drain the pasta and broccoli. Stir through the creme fraiche and season with salt and pepper.
4. Divide between 2 plates and place the salmon fillets on top.

Enjoy! (with a nice bottle of chilled white wine and of course only after a run to work up an appetite!! Ed) Jo Porter

we are your *Committee*

Please don't hesitate to get in touch with any of us if you need information about the club or any events etc that are happening. Meetings generally take place in the Shoulder of Mutton after a pack run, everyone welcome, remember 'this is your club' and your views are welcome.

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Junior Co-ord.	Alistair Whitelaw	bigal@firenet.uk.net	01422 882145

RACE Reports

Silent Valley - Mountains of Mourne April 10th Was it a mountain race or a rocky walk or just a damned hard challenge?

Well depending on who you ask that did the race you will probably get all 3 answers as it was certainly a monster. Starting up on the hill from the reservoir, with no nice warm up, it was straight into the climb up onto Slieve Binnian at 747 mtrs, a nice RUN (remember that word as it's not used often to describe this race) round the edge before a rocky slippery descent all the way back to another reservoir then onto the next climb, then the next then the next ... I think there was about 6 in total that day with ascent of 1256 mtrs. Very mixed terrain with not many paths, a bit of everything really and I certainly got my money's worth from the entry fee. The final bit to the finish was on the flat on the top of the res wall... I had to dig in and overtake someone to sneak some lady vet 50 points. That was all I needed after this race I can tell you. The girls took the team prize much to their surprise as the competition was very stiff, lads got 3rd vets team. Excellent and we won the wine for having the most people there as well!!!! A good night was had by all and the Guinness was superb as usual ... the heads weren't so great the following morning. Some of the lads had a run out on the Mournes and then we all headed home. We did some sight seeing and took a ferry across Strangford Lough on our way to the airport, while the Murgatroyds went to Giants Causeway. This is always a good club weekend away in some lovely scenery ... got the hostel booked for next year already and that pint of Guinness is waiting!!!!

Thirza



Gav and Ben climbing up beside the Mourne Wall heading to the summit of Slieve Muck



Jason negotiates one of the tricky downhills



On the wall not off the wall YET!!!



Helen on the climb up Ben Crom

RACE REPORTS cont....

Highlander Mountain Marathon - Gairloch 2010 April 10th & 11th

The only reasons we could come up with for entering the Highlander were a) we still remain married after the RAB and b) we had to justify laying out big time on a new lightweight tent.

We thought that we were entering a 'proper' mountain marathon until we learned that there was to be a marquee and a meal at overnight camp. There was even a ceilidh planned for the evening.

The event however was much tougher than we expected. We were in the score category.

Day 1 we had a bus ride and then a one kilometre uphill walk to the start in piping hot sunshine. We dibbed to start and collected our maps which were laminated and big enough and tough enough to pitch our tent on if necessary but an absolute nightmare to carry. We had entered the score class so we marked up our maps and set off to attempt some of the higher scoring points. Big mistake. After three points we realised that the going was much tougher than we expected over very tussacky ground so we modified our route to head more directly to the overnight camp. Our navigation was reasonably good but we still managed to arrive at the camp 14 minutes late. We soon realised however that this wasn't too bad an effort compared to many.



Overnight camp was on a lovely flat field next to a loch. We had our meal, pitched our tent and resolved not to be tempted by the plates of chips on sale at the marquee. Unfortunately the smell eventually got the better of us and we bought some to enjoy while we watched the ceilidh.

Day 2 followed much the same format including us once again being late back but only by four minutes this time. Despite all this we managed to achieve 2nd mixed vets. Rod Sutcliffe and Jon Underwood were 3rd overall in the same category. Although the event was tough and made worse by the really hot weather it was a really enjoyable weekend and I would recommend it to anyone.

PS Since writing this article we have completed the LAMM together and after 14 hours ended up with one point!!!

DIVORCE PENDING!

Linda and Neil.

Anniversary Wa!!! April 24th

9 Calder Valley Juniors took the long journey to the first of the English junior championships in the spectacular Newlands Valley in the lake district.

All the juniors there aged between 8-18 performed as cracking as the weather and placed very well within their age category

First race of the day was the under 8s which was won by Olivia Mason of CFR, with Ben Godsman placing in 15th overall.

The under 10s race was won by Joshua Newbold of Wharfdale Harriers and Charley Godsman placed as 3rd girl.

In the Under 12s, first over the finish line in a fantastic time was Elizabeth Green of Blackburn Harriers, close on her tail was Luks Morris in 10th place, Sam Foster in 24th and Ted Fazakerley in 26th.

The under 14th race was won by our very own Max Wharton who proved to be on fine form in a time of 10.25. With Joe Fazakerley in 17th place and Izzy Wharton who started the season off well in a fantastic 7th place in the girls category.

In the Under 18s Tom Thomas had a superb run finishing over all in 14th place



RACE REPORTS cont....

Teenager With Altitude (24th April 2010, 16 miles/7600' ascent)

1.	Simon Booth	Borrowdale	2:45:11
2.	Nick Fish	Borrowdale	2:52:02
3.	Andrew Schofield	Borrowdale	2:52:12
20.	Bill Johnson	CVFR	3:31:47
27.	Anne Johnson	CVFR	3:43:14
(1 st lady)			
28.	Gary Parker	CVFR	3:43:34
56.	Tony Steward	CVFR	5:07:45
57 finishers			

In April 1997, to celebrate their 1st wedding anniversary, Wynn and Steve Cliff set up the Anniversary Waltz race, which has gained a place among the favourite races of many fellrunners.

Steve and Wynn originally wanted to take it on a longer route, but this was not long after the tragic death of Judith Taylor at the Kentmere race (read "Judith's Run" if you haven't already done so) which had also been in April, in poor weather. With that in mind they reined-in their plans, which is why there is a long lane section at the start of the Anniversary Waltz as a short cut to the start of the hills.

With their 13th anniversary it was time to unleash the longer route they had always wanted to use. Unfortunately they ran into problems with the National Trust, who refused permission to run a new race over some of the Lakeland peaks. After a whole year's negotiation, an agreement was reached - the race must be limited in numbers to 75, and would not go over Sail.

So in 2010, the "Teenager With Altitude" was born. It has instantly become my absolute favourite out-and-out race. (I say "out-and-out race" because I would have to reserve top spot for the navigational events like the Saunders MM and Lake District Mountain Trial.)

Where does it go? From the Newlands Valley we climb up to Causey Pike – a good, stiff climb right from the off. Drop down and up to Outerside, then there is a route choice to the col of Coledale Hause on the way to Grasmoor. Some people angle down to the track that leads up to the col, but you lose too much height doing that. Others do a descending contour, passing below a rocky outcrop to join the track, but I think its best to contour above that outcrop and then angle down to the track.

From Coledale Hause ascend to the high plateau of Grasmoor. Does any other race run up here? I can't think of any, but it is such a wonderful place to run. Grassy running on the roof of the Lake District. Stick to the right hand side and don't let the cairns over to the left drag you off course.

Now then. From Grasmoor run back down the plateau to the narrow, high ridge out to Whiteless



Pike. Then drop like a stone to Sail Beck way down below. There are 2 options down: the broad expanse of Whiteless Breast, or the descent to the east of it. Most preferred the eastern descent, and the marshal at the top directed people that way, but I had decided to go the Whiteless Breast way, so that's what I did. Not much in it to be honest.

I think this section, from Grasmoor down to Sail Beck, is my favourite section of any race, anywhere. (Do you get the impression I like this race?!) Fast running, superb descent, spectacular scenery and not too many people around. Karl: you would love the descent. The marshal timed Simon Booth down here at under 4 minutes.

Here is the test. You feel like you've completed a race already, but there is a long climb up from the valley bottom to Robinson, via Newlands Hause (water and a cutoff here) and High Snockrigg. This climb is about the halfway point. If you had time, the views over Buttermere from the far side of High Snockrigg are idyllic, but this is where you (or certainly me anyway!) start to feel it.

There is a route choice up Robinson. The track seems to be the obvious way, but I reckon it is quicker to swing slightly to the right and gain the summit from that direction.

From Robinson, the route is the same as the Anniversary Waltz race: down and up to Hindscarth then on to Dale Head, just like the reverse of the Bob Graham route along here. Descend to Dale Head tarn, trying to find the route with the most grass,

Teenager With Altitude continued

then a long, long ridge run past High Spy to Catbells. There is a good-running deviation on the right along here for those who know it. Definitely worth reccying this section for both the AW and TWA races. If you have strength left you can really push on here. If you don't have the strength it feels like a long way!

Finally, a steep descent from Catbells and a fast track in to the finish.

The race stats claim 15.4 miles and 7600', but Anne's GPS measured it as 17 miles. The truth is probably somewhere in-between (16?)

With a limit of 75 runners allowed, we thought it would fill in a day. I kept checking the website to see when it would open for entries. When it did we got straight in and got an entry for both Anne and me. Great! However, unbelievably, the race did not fill up. Few people wanted to do the Teenager, with most runners preferring the Three Peaks which was on the same day.

So, the day of the race. Just 57 runners started – it had that lovely, low-key, friendly feel of the small field. Anne was the only lady to start the race, although she didn't know that – there had been two other ladies on the entry list but neither turned up. Anne said afterwards she wished she knew that there were no other ladies, so that she could relax and enjoy it rather than wonder if she was about to be overtaken all the way round. But she would have slowed up, so it's just as well she didn't know that!

Despite vowing to save ourselves for the second half, we probably set too fast a pace on the first section. In glorious weather going up Causey Pike, Anne and I made our way past runner after runner. After Outerside, Anne went over on her ankle but was OK to carry on. I went on ahead. We had both been struggling with injuries in the weeks before and neither of us were sure that we would run, but all was mostly OK on the day, which was great news!

We followed our chosen route up to Coledale Hause (gaining several places on the higher traverse) and on to the lovely running on Grasmoor where Yiannis Tridimas was marshalling. Turning here I could see Anne not far behind me.

Wonderful descent down to the river, where I drank copiously and started the long climb up to Robinson, with Colin Valentine following behind. We surprised the marshal on Robinson by appearing from a different direction to the one she was expecting.

With the race never having been run before, we had tried to guess how long it would take, and whether we would meet the Anniversary Waltz runners on Robinson (they set off 90 minutes after us). I had reckoned that I would get to Robinson summit at the same time as the slower runners in the Waltz, but we must

have gone a lot quicker than I'd expected, because as I emerged at the summit, Shaun Godsman appeared at exactly the same time, in the top 6 on the Waltz race!

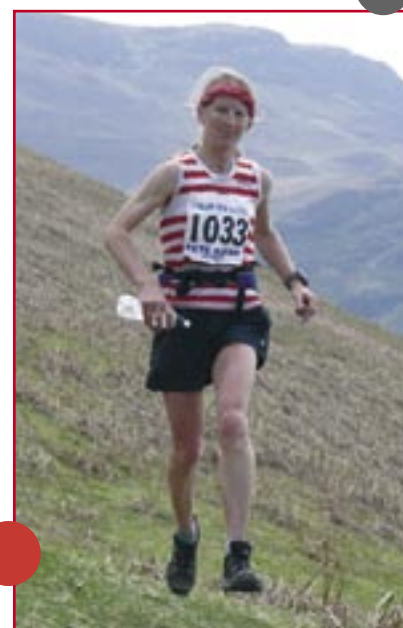
That meant that from there on, I was passed by one fast Waltzer after another. It was obvious who was on the Teenager race, since we did the "long race shuffle" while the Waltzers skipped along like fresh lambs.

My feet had started to feel like they were burning, which meant I gingerly descended down from Catbells, but finally could lie satisfied in the sun in the field at the end. 3½ hours was a lot quicker than the 4½ that I had expected based on the two recce runs I had done.

Anne and Gary came in not long after. As the only lady to have run the race, Anne set the inaugural ladies record. She set a good time, but not unbeatable and she'll be back to try to go quicker next year. Gary had had a good run, but had cramped badly on the way up to Catbells. And Tony completed our Calder Valley quartet of Teenagers.

Simon Booth's time was awe-inspiring. It was always going to be his type of race, but to do that in 2:45, seven minutes ahead of the next runner, is amazing.

So what makes this such a good race? Set in the full majesty of the Lakeland mountains, the Teenager is much more runnable than comparable races – unlike many of the Lake District races there isn't too much rock, it is mostly grass. With good climbs, wonderful descents, some route choice, a long final section that tests how much running you still have in your legs and a small field of like-minded folk, for my money the Teenager with Altitude is a perfect race. Bill



RACE REPORTS cont....



The 3 Peaks ... April 24th you either love it or loath it!!!



The 3 peaks was once again bloody hard with three big bloody hills in the way of what would be a lovely spring time run if there wasn't 3 big bloody hills in the way! Every year the 3 big bloody hills seem to get bigger and every year I vow never again...then 12 months later I am stood on the start line again.....bloody crazy! Anyway ... at least Wendy didn't catch me!!! ha ha ha ha !! On the up side - at least it was sunny!

Paul Biddulph

Sorry no photos - my image is a registered trade mark a bit like Beckham !!

For a few years Jason Stevens has been trying to put the 3 Peaks to rest with a time of under 3 hours 30 mins just like Karl wanted a time under the 3 hour mark. Jason was so disappointed last year as it just didn't go right on race day at all. He had a really bad night's sleep and with things conspiring against him he decided to pack it in at the Hill Inn. He was so disappointed but in true Yorkshire spirit he entered the race yet again and set about training for that elusive time of his ... it's amazing what a difference a year can make. It all went like clockwork on the day and Jason got his time of 3 hours 27min placing a fantastic 17th place. Having a chat with him a few days later and after congratulating him I said "is that it then you've done it on to some newer challenges" "Mmmm maybe a better time is in me yet" was the reply. I sense it's unfinished business for him and for Jo Waites who placed 4th lady (3 hours 49 mins). You see they either go back for more or vow never again!!!! Ed



After winning the 'most improved runner of the year award' last year I decided that a good aim for this year would be to try and get to as many of the club championship races that I could, which would get me out of the habit of doing mainly local races that I know well, and try some new ones.

After finishing the Chew valley skyline feeling quite good I thought the natural progression would be to try the three peaks! It was only after I'd entered that Karl Grey started to tell me such things as 'it's going to hurt' and 'you'd better put the miles in'. In fact, after the club's winter score event, Karl and Mike Wardle started to give me more advice, but the more they had to drink in the shoulder, the worse it began to sound and the more they seemed to be enjoying my discomfort! Up to then the longest race I had done was the good shepherd and I didn't take getting pins and needles in my fingers at the finish as being a good sign that I could manage further.

As it happened I only managed to get about four practice runs in of between 13 and 16 miles, not what I had hoped for, and a planned reccy with Andy Clarke had to be called off due to the April snow preventing us getting up to the dales. Fortunately on race day it was perfect blue skies and sunny but stayed at a decent enough temperature to avoid overheating. There were plenty of other Calder Valley runners, as you would expect with it being a championship race, and I think it was the most people I have ever seen line up for a fell race.

The advice most people had given me was to hold back and to just finish your first three peaks to get a feel for it, and then aim to improve next time (next time! Ha). I think I did this too well going up Pen-y-ghent, but the next long flat section was rock hard and not what I am used to at all. Instead of concentrating on running I seemed to be constantly eating or drinking and was doing just that as someone started to shout my name over a tannoy at Ribbleshead viaduct! Then we were on to Wharfedale and I started to feel good again on the climb up, which is where it all went wrong. I saw Paul Biddulph and Darren Le-Talbot ahead and decide to catch them up. I had just caught

RACE REPORTS cont....

Paul at the summit when he took off without even knowing I was there and my legs started to wobble on the descent. Kevin Hoult had been nearby for most of the time but he took off as well at this point!

The long drag up to Ingleborough turned in to jog/walk and then near the top Rod came 'storming' past showing what experience can do to pace it just right. In fact I heard he carried on like that, sneaking past Paul Biddulph on the finish line. Mike and Karl's main advice to me was that 'you aren't finished when you get to Ingleborough, it is a long way back from there' and how right they were! I virtually crawled back slightly above a walking pace which seemed to take an age but I managed to put in the obligatory sprint(?) through the finishing field before collapsing with cramp. At the sharp end of the race there had been some great Calder Valley performances with Jason Stevens first Calder in 17th and Adam Breaks not far behind in 19th.

Would I do it again? Probably, but with more miles in the legs next time and knowing exactly what to expect! Lee Shimwell



Lords Seat - 28th April/ 5mls/1400'

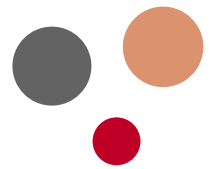
Sometimes I am lucky enough to get to work in different places and recently I have been forced to work up in the Lakes. Having realised the previous time I was there that I had missed a local race I made sure I checked the calendar before I went to Ambleside this time. It turned out there was a race from Whinlatter Visitors Centre on the Weds evening. I reckoned by the time I finished work a quick dash back to the hotel change and some madish driving I could be at the start line in time. So having overestimated the amount of time it would take to drive I arrived before anyone else including the race organisers. Still gave me plenty of time to have a little run around some of the bike trails and as a result I have vowed to return with my bike soon.

Lords Seat is organised by Keswick AC as part of some series they do which I couldn't quite work it out but having checked since it seems that it's run in conjunction with a very short race the previous week which results in the King of the Woods trophy or somesuch.

Anyway it's the first race I have done for months so I decided to take it steady which is not some euphemism for blasting of it really means taking it steady. The race starts with a long uphill pull through forest tracks before eventually climbing above the tree line and up the summit of Barf which provided great views over Bassenthwaite Lake. The further I ran the stronger I seemed to feel and so taking this to be one of those rare good signs within a race I pushed on to catch up with the pack of runners in front all this really meant was that I had abandoned my "steady" plan. From the top of Barf the route drops and crosses open fell before climbing to the other peak from which the race takes its name. This is about 3 miles into the race which leaves a brilliant 2 mile decent initially over the open fells but soon dropping back below the tree line and out of the howling wind following good fast ever broadening forest tracks back to the start at the visitor centre. I had a blast I was happy with my time although you can always think you could have gone faster having not raced for months I can't complain. I still managed to get back to Ambleside for a few beers and a great meal in the Jade Garden.

Al Whitelaw

Junior Coiners



For the second year in succession Calder Valley Fell Runners have played host to one of the 6 races in the English Junior Championship series. The May Day running feast centred around the Coiners Fell Race which is run on the slopes and fells above Mytholmroyd and saw 200 of the country's best young fell running talent arrive to do battle. The opening race of the series took place the week before in the picturesque setting of Newlands Valley in the Lake District. With the combination of some excellent tough challenging routes and dry weather with the odd burst of sunshine to keep the watching crowds just warm enough the Coiners race once again justified its selection in this prestigious national championship.

The hard work had been done behind the scenes in preparing for this event in readiness for the first race to start on time at 10.15 which saw the U8 take on a challenging third of a mile race which brought home success with Rauri Chesworth storming to a fine victory and equalling the course to boot. His club mates Alexei King and Jay Nelson finished 8th and 22nd respectively.

The next race saw the U10 run a mile which includes a long arduous climb up to the woods before a fast descent all the way back to the finish, Thomas Nelson running for the host club continued his excellent form leading from start to finish and setting an impressive new record as well. Gemma Johnson couldn't quite match this success in the girls race but still finished in an excellent 3rd place. The U10 age group proved once again to be the most popular and other Calder Valley finishers were Alex Dawson 9th, Archie Walker 12th, Kieran Smith 13th, Ralph Boggis 16th, Joe Hill 23rd, James Waring 29th, Fergal Myers Hill 35th, Huey Walker 37th, Connor Martin 39th, Rory Stocks 40th, and Keera Nelson Evie Hairsine and Daisy Hunter finished 11th 12th and 13th in the girls race.

Success in the U12 race was harder to come by in the tough 2 mile course which took the runners up the same exhausting climb as the previous race however once at the top the pain continued

with more climbing up onto the open moor side of Erringden Moor despite running faster than last year Luka Morris could only manage 16th place in the boys race with club mates Sam Foster 19th, William Evans 26th, Charlie Webster 27th, and Daniel Safa 30th. The assembled crowd of parents and interested parties didn't have to wait too long though to see further glory for the host club as the U14 race brought a thrilling finish. The 2.5 mile course followed the same route as the previous age group with the extension coming via a circular lap on the top of the moor which took the already tired runners through an energy sapping bog where at times they found themselves in mud above their knees. As they traversed the moor Max Wharton was lying in second place but somewhat behind race leader Will Smith of Wharfedale Harriers who is the current Yorkshire Champion however as they emerged from the woods above the finish field it was clear that Max was gaining and clearly encouraged by the home support he drew level down the final hill to the finish before taking the lead just yards from the finish. Both athletes collapsed over the finish line utterly exhausted. In winning the race Max smashed the old course record. This success followed up Max's victory in the first race and leaves him currently in Gold position. The improving Finlay King took 11th place and recent recruit to Calder Valley Hartley Edmondson was 17th. In the equivalent girls race Issy Wharton was unable to match her own high standards as she bravely battled illness to finish 9th. The final race of the day was the combined U16 and U18 race where Calder's sole representative Tom Thomas finished in a creditable 13th place in what was an exceptionally high quality field due to the race also being used as the selection race to decide the English Junior Fell running team.

Calder Valley Fell Runners once again showed how to organise such a high profile event which was both challenging but perhaps more importantly fun for all those taking part.

The

Fellsman 2010

8th & 9th May

Well were do I begin.....What seemed like an innocent 'oh let's do the Fellsman' chat with Linda Hayles one Tuesday night at the MCC turned into reality on Saturday 8th May. I was very nervous beforehand, fear of the unknown I think but as we set off up to CP 1, Ingleborough I settled down and started to enjoy the steady pace. Once over the top we headed towards Whernside, up and over that one and a long down to Kingsdale, stopped at the refreshment point and headed up a steep hill to Gargareth. You get the picture, lots of long ups to a man in a tent and long downs to refreshment point, that's pretty much how it continued. The weather was near perfect, chilly wind and some sun but we had a northeasterly wind either in our faces or against our sides for most of the day. Anyway we landed in Dent for a pit stop and saw a couple of friends waiting for us which was a lovely surprise, had a cheese pasty, a cup of tea and a well earned rest, all very sociable. The refreshments were second to none at every stop and the people so kind and caring, we were certainly well looked after. We set off up to Blea Moor; we walked up the long slope and ran across the moorland, that was a long stretch of nothingness where we found a couple of men in a tent, dropped back down into Stonehouses where pasta, tomatoes with cheese was waiting for us, it's funny how the simple things in life are so wonderful. We found it very important to eat proper food as we weren't exactly speeding round and could stomach it. After a few more ups and downs and more cups of tea and cake we landed at Fleetmoss, which is notorious for being miles of deep bogs and slop, something I had been dreading. We had to group up in the tent as it had just turned 7.30pm, we got with a nice chap and his son who was 18 and another man so off we set. Because it had been so dry the bogs were solid so we skipped straight over the top of them. The young lad (Matt) had been suffering for a while and had asked his Dad if they could retire many times but we managed to lift his spirits with some friendly chit chat and a wine gum or two and carry on. My lowest point was just before Cray at 44 miles, we'd just done Fleetmoss and another long section of little ups and downs through peat groughs called Middle Tongue and the thought of another 16 miles up Buckden Pike and Great Whernside and possibly another 4 - 5 hours was too much, I wanted my bed. It had turned really cold at this point and we were noticing ice on the stiles, the wind had not let up either, we needed to put more clothes on. After food and drink at Cray we set off in good spirits and with 2 more people in our group which was nice as we had



someone new to talk to. We were slightly unlucky as none of the people in our group had done this before apart from Linda Hayles so naturally we made a few navigational errors including completely missing the path up to Great Whernside and having to go up almost vertical along the wall edge. The last few miles seemed to really drag but we just kept marching on following the little beacons the marshals had put out to guide us eventually meeting some friendly faces at Yarnbury. We had about 2 miles to do along a tarmac road into Grassington and round to the school, dawn was breaking by now but we were all quite chirpy and even managed to jog down the road to Grassington and have a jokey sprint finish in to the school, we eventually landed at 4.38am. The young lad said to me at the end that he was so pleased he hadn't retired, I knew what he meant as I couldn't have forgiven myself if I'd have packed in just because I was 'fed up'. We all helped each other round, which to me is what it's all about.

What an amazing experience and I'm so pleased that I've done but I don't think I'd do it again, it's another one I can tick it off now and I'll just go and find something else daft to do. I can't even imagine what it would be like in the fog and rain.....total nightmare. It didn't hurt as much as I thought it would and I didn't get cramp once and only had one bad patch so I think all in all we did all right. If anything it's my jaw that's aching the most as me and Linda didn't stop talking for nearly 20 hours!! Thanks Linda, you're a pal. Linda Murgatroyd

Other members who completed

6th	Simon Bourne	12hours 12min
38th	Johnnie Watson	14hours 45min
98th	Tim Hayles	17hours 37min
113th	Craig Worley	18hours 30min
134th	Linda and Linda	19hours 31min
214th	Neil Croasdel	22hours 36min

An adventure to the *Jura Fell Race*

After receiving a postcard sent from Steve Smithies when he went to do the Jura Fell Race two years ago, Jason and I were inspired to follow in his footsteps. So, on the 27th May we embarked upon a little adventure that took us to some of the most beautiful sights and places of the Scottish Inner Hebrides. Here's our little diary of events:

Thursday 27th May

Set off at 6:30am! Drove to Ardrossan where we parked the car, loaded up our bikes and caught the 12:30 ferry to Brodick on the Isle of Arran. Had a bite to eat in Brodick before leisurely cycling up the coastline to Lochranza. Stopped a fair few times to take photos and enjoy the awesome scenery. Most of the 15 mile ride was flat, apart from one long pass that took us up and over to beautiful Lochranza. Just been out for tea at the local pub – I had venison pie, Jason had steak and ale. Felt a bit bad though as when we left there was a herd of deer milling about outside L. We're staying in luxury tonight at Kincardine Lodge but up bright and early in the morning to get the ferry on to Kintyre.

Friday 28th May

Just pitched our tent outside the Jura Hotel! Caught the ferry this morning from Lochranza to Claonaig on Kintyre, cycled 5 miles to Kennacraig, then relaxed on a 2 hour ferry crossing to Port Askaig, Islay. From the boat we could see the Paps coming into view – what have I let myself in for!? Met loads of other runners on the boat making their way to Jura so conversation soon turned to race routes, tactics, weather, etc, etc, etc. Docked in Port Askaig, bought some provisions and jumped straight onto the Jura ferry, which only took 10 minutes to make the crossing to Feolin. The final bike ride was 8 miles to Craighouse on another lovely coastal road. Anyway, Jason's just cooking up some pasta, then we're off to the pub for a wee nip before bed.

Saturday 29th May – Race Day!

Saw Ian Page and Colin Moses in the pub last night so it was nice to catch up after spending time with them in Borneo. They got me worried recounting tales of Ian Holmes getting lost before even getting to the first pap so really started to wonder how Jason would get round! He was fine though – Ian Holmes got lost again and so overtook Jason going up the first pap! What a race! It has to be one of the toughest I've done. The visibility was awful but thankfully John Preston from Tod Harriers let me tag

along with him – he knew the route like the back of his hand. 3 gels, 1 flapjack, 6 jelly babies, 1 litre of water, 16 miles, 7500ft, 7 mountain summits and 6 hours later I crossed the line to find Jason sat in the back of an ambulance – just a banged head and knee. He was very annoyed to miss out on the special whiskey glass by 4 minutes but still had an amazing result finishing in 28th place! Don't think I can manage the ceilidh tonight but I might be able to knock back a few more of those whiskies.

Sunday 30th May

How my legs ached this morning! I'm amazed I could even get back on my bike. Still, we have a schedule to keep, albeit a leisurely one. Packed up the tent and set off back to Feolin, calling at Jura House on the way. Tod Harriers always hire the place out for the race and I can see why. It is a massive house set in amazing grounds overlooking the sea, and it even has its own outdoor tea house WITH CAKES! After exploring the grounds we indulged on chocolate brownie and spiced apple cake before retracing our tracks back to Lochranza. Called at the pub for tea then set up camp at the foot of a mountain overlooking Lochranza bay – there was no room in the B&B or youth hostel tonight so we're slumming it J.

Monday 31st May

Packed up early this morning to tackle the hill back over the pass. Kept an eye out for golden eagles on the way but didn't see anything. Called in at Arran Cheese shop to buy gifts for the Godsmans and Arran smoke house to buy some smoked fish – hmmm. Just waiting for the ferry to take us back to Ardrossan, then just the drive home. I'm tired. What a trip!



Jo and Jason on one of the ferries on their trip and the sun is shining in Scotland!!!!

Helvellyn fell race (May 30th)

Mind over matter

I ran this race about 5 years ago, I have the climb and decent etched in my mind. Its been a couple of years since I have done any big races in the Lakes and with this race in the Championship I wanted to get back into them. Climbing and running pretty well up until the turn around on the summit of Helvellyn, it was the return leg of the journey when the wheels came off. And the truth is, the wheels that left me were the mental ones, not the physical ones. Even though I have a lot more running in my legs since 2005 I've been away from the weekly club runs for a few years, and you can't under estimate how those runs make you mentally tougher for race day. Where the brain takes you, the body will follow! So, I came in 93rd percentile at Helvellyn, quite possibly my worst race position ever, but it was great to be back in the Lakes. The great vistas and the odd hail shower work wonders to clear the psyche of the weeks at work. Really shows the value of club runs to make you push your physical and mental strength. Ben Davies

Again, we decided to do the Helvellyn fell race. A fab race, not sure why????? But always one to do and enjoy the cakes after J We arrived to see many red and white vests and lots of friendly faces. Nice to see Daisy too J

We set off with the usual 'GO!' and then along the path and up the first climb, climb, climb and yes it went on forever.....hands and knee's and pulling on tussocks.

Lovely views once again on the tops and not too much wind. Christine Howard walked past me on the climb and as I kept my eye on her I thought it was Natalie White in her red windproof sticking behind Steve Smithies. Some think all the climb is out of the way but a fast race so therefore the climbing seems harder and you know you should be running!!!!

Steve Smithies still in view at the summit, a first for years, and just think I used to beat him :) well done Steve.

The race had great support and all runners cheering others on at the turning point. Half way but lots more pain and hard work to go..... The end descent was dry but still as steep as ever

and when you slide you slide!!!! An enjoyable finish but too far behind Christine Howard, next time.

Well done to all runners, hope you had a great day like I did. The carrot cake was gorgeous.

Paul and I finished with week in the Lakes which was fantastic, gorgeous weather. Buttermere must be voted as the best place for ice cream.

Jo Waites

Hell- vellyn- a runner's perspective!

Trying to find route information for the Helvellyn race proved very tricky. It was 11 miles, and 4000 feet, so at the top end of medium. For me it would be a challenge. I eventually found a thread on the FRA forum from a few years ago, and all the "talk" was about the evil ascent and the kamikaze descent...I was getting worried. Did I really want to do this? What if the weather was really bad? Still I resolved to do it, and roped in the family to be my chauffeurs afterwards as the inevitable cramp would all but stop my legs moving.

The day dawned cloudy, but at least it was off the tops. Arriving in the race field I bought Nunn tabs, and a map. That was the first glimpse of the course. The out and back nature of the race meant navigation was easier, the ascent and descent looked ferocious.

When the due time came we all set off, some at a furious pace, well, everyone else did I just held back a little. I was glad I did as I slowly but surely started to overtake a few people on the ascent, nobody ran, it was so steep, it was hands and feet pretty much all of the way up to the first checkpoint (it wasn't really it just felt that way!) Turning right, (or south for the navigators out there,) I saw the ridge before me, it didn't look that bad. I got into a pleasant rhythm, and enjoyed the views. Shortly after, as I climbed up the edge of one of the Dodds, I caught up Martin W and Mark W, and we pretty much stayed together over the undulations of the other Dodds, Raise, Lower Man and Helvellyn itself. It was very dry, and I was wondering about my choice of footwear, should I have worn my trail shoes, less studs, but more cushioning? My ankles were getting sore and tired.

All the way to summit we kept changing leader in our little group, walking on some of the steep sections, in effect dragging each other round.

RACE REPORTS cont....

I had a romantic notion we'd stick together on the route back, and run into the finish together in equal place! As soon as we rounded the summit, Martin was off, the pace raised a couple of notches, it was all on, I had to keep with him, for the handicap points! Mark was also keeping in touch. Martin, with his new found speed was proving difficult to keep up with. I was in touch on the downhills, but the uphills got harder and harder as the lactic acid sloshed around my legs, I was sipping my Nuun juice to fight the cramps, and so far it was working, but I was now regretting not taking a sugar rush that Mark had offered near the summit!

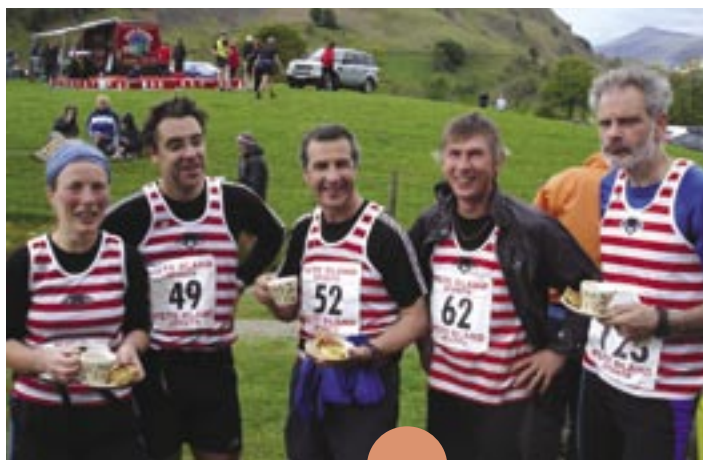
And then...bam...I was at the bottom of Stybarrow Dodd, it could easily have been a vertical rock face. My legs had turned to jelly and lead weights, I had to dig deep if I were not to lose Martin, he was slowly getting away, and others were overtaking me. It was a slow and painful slog up. On cresting the ridge I could see Martin was only about 100m in front, it might as well have been 100 miles.

However there was still the descent to come and I thought I could just jump to the bottom! Instead, I just sat down, and slid virtually to the bottom

and the relative safety of the path. I was again within touching distance of Martin, I overtook loads of others on the descent, but I needed those handicap points, and tried to catch him on the last sprint...but alas it was not to be...again...maybe next time?

So you see even though I doubt I'll ever win a fell race, there are still battles lower down the field, and a friendly rivalry can spur you on... It was a really good race and all my early fears were completely unfounded...11 miles in just less than two and a half hours? That'll do for me.

Graham Lloyd



Saddleworth 3m/950ft 30.05.10

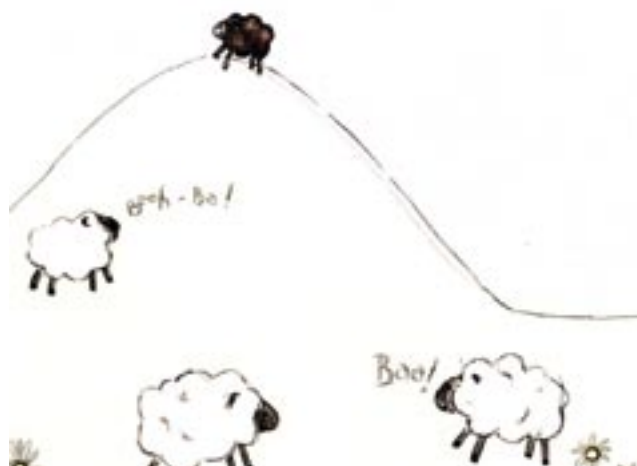
Saddleworth FR is organised by a member of Saddleworth runners and was run this year on a breezy Sunday. The start of the race at Greenfield was delayed due to several runners having to fetch windproof tops which were mandatory. The route was well marshalled and flagged throughout and followed an anticlockwise course over the main road, accross a private golf course and up-wards onto the moor before turning left along a short skyline to a mini Stoodley Pike type obelisk. A drop down a steep grassy bank led to a rough track before rejoining the outward route just above the golf course. This was an enjoyable well organised short sharp race, recommended.

Results

1. Colin Bishop (Saddleworth)	21.51
5. Andy Fleet	23.25
24. Tom Thomas	26.42
27. Charlie Boyce	28.32

54 Runners

Charlie Boyce



Welcome to *New Members*



Maureen Laney
Richard Crossland
Alex Bowden
Lance Parker
Graham Dyson
Chris Mitchell
Jimmy Oldfield
Jason Westwood

Steven Bayton
Gary Muir
Garry Traviss
Graham Davy
Sharon Kinsella
Tim Black
David Almond
Jake Roy

but who are these
old members below?
Probably on
Mytholmroyd Race in
the early 90s



The **"Must Have"** Calder Valley buffs will be on sale mid July. They will be sold on a first come first serve basis. Email will go out when they arrive so watch for it!!!! **£8.00 ... a bargain**



Navigation for Beginners

by Northstar

The following article was originally published in the Halifax Harriers AC Magazine 25 years ago. It was republished by Calder Valley Fell Runners in Rampage No. 4. in November 1987. Navigation is an important skill for fell runners but is sadly lacking in many of us. The ancient wisdom and simple practical tips contained in this article are as relevant and useful today as they were then. After reading it you surely will be in awe of the author whose true identity is revealed in the end.

Following a recent nearby fell race where at least 80% of the field got lost, including the winner, I have decided to list a few navigational aids for future reference.

1. So as not to discourage yourself do not study any map or race description, or listen to any advice prior to a race.
2. Whilst you are not required to study the course map, take careful note of those who do, then when the fork in the path appears you will know who to follow.
3. An aptitude for tracking can be a valuable asset. A few Saturday mornings on the fells studying Walsh markings and animal droppings can make all the difference on race day. The important thing to remember is that the broad end of the footprint is generally regarded as indicating the direction of the race.
4. To further aid point 3 you can place your ear to the ground in an effort to ascertain the number of runners and the direction of the course. Great care should be taken using this method as an unfortunate incident left me with Walsh stud markings on the opposite ear for several weeks.

5. Carry a map to comply with most long fell race requirements. I take the Malham and Upper Wharfedale 2 ½" to the mile

irrespective of where I am running, though this is only a personal preference. Any one will do, although I cannot recommend the 1964 AA Members roadmap; somewhat heavy and I had problems fastening my bumbag.

6. Take a compass – this is essential, especially in mist. Should you not have one, mark the back of your hand with an arrow pointing North. From then on South is in the opposite direction, West is to your left and east on the Right. This is such a simple tip I'm amazed no one else has thought of it.

7. Should you ever be in the enviable position of knowing exactly where you are, under no circumstances follow the strength of your convictions. I generally follow the chap running in the opposite direction.

8. Take a whistle.

9. Should you find yourself alone in mist and lost, try item 8. Failing this comfort may be found in prayer.

10. Carry a heavy object in your left hand and the worst thing that can happen is you will eventually end up where you started.

Well, I hope these few tips will help with your navigational problems. Anyone who knows of my uncanny knack of orientation must be in awe of my powers, and all I can say is that I am a complete natural.

Paul Frechette



Edenfield Fell Race – 7.5m / 1600ft 06.06.10

This race returned to the calendar this year after overcoming some typically bizarre health & safety rulings of previous years. And a welcome return it is too.

The race, which is held from the picturesque Edenfield Cricket Club, close to Ramsbottom in Lancashire, involves a steady climb up to Cowpe Low trig point. From there, the route opens out nicely and you can really get the legs running over well defined moorland trails.

Part of the route joins the Rossendale Way which takes you to the furthest route point at Whittle Hill Cairn. From there, there is an excellent bomb down the moor, across mixed tussock grass and down to the bottom at Scout Moor Brook. As ever, what goes down must go up, and a near vertical hands-and-knees scramble back up the other side to the last check point awaits.

From that point, it's an excellent two mile dash to the finish, along a farm track, down through a wooded copse and then a swift descent towards the finish back at the cricket club.

Ben Frechette led the charge for the CVFR contingent putting in a brilliant run to finish 9th; with Jim Mosley also showing good form to come in 21st. I think I'm right in saying both these being their highest finishing places to date.

As was to be expected, there was a warm Lancashire welcome waiting back at the club house, and a fine array of sarnies and cakes to get stuck into. There was a good bit of Lancs v Yorks banter, with one or two wise owls suggesting that it was too far for the Yorkies to come and spend that money on petrol; but we assured them we'd be back in greater numbers next year! An excellent race and one I'm sure all CVFRers would thoroughly enjoy.

Result:

1st: Brendan Taylor (U/A) 44:34
9th: Ben Frechette (CVFR) 51:15
21st: Jim Mosley (CVFR) 57:14

Knowl Hill Fell Race – 6m/1300ft 13.06.10

A week after Edenfield Fell race there was more Red Rose activity in Norden; a smallish village about four miles out of Rochdale. Local pride is high in this neck of the woods after Rochdale AFC's fantastic promotion up to League One, and this pride was evident in the splendid event hosted by Rochdale Harriers.

The fell race forms day three of the ingeniously titled '3 Day Event' laid on by Rochdale Harriers and attracts a great mix of road, trail and fell devotees. So much so a coach load of thirty four runners from Birstall Running Club of had made the trip up from the Midlands and had partaken in all three events; and evidently imbibed a rake of ale across the piece too.

The race meet is at the Brown Cow pub in the centre of Norden, and the race was well attended by local groups from Rossendale, Horwich and Clayton le Moors. Like Edenfield, this is another great route that combines a steady climb to start with, a good open run in the middle, a comedy steep clamber and then a good run up to the top of Knowl Hill trig point which nestles among the jumbo wind turbines. From there it's a chest-out dash down towards Green Booth reservoir, a nifty slalom through the trees and then a fifth gear descent down towards the finish. Not bad for your three quid. It really is a good course.

Jim Mosley was first CVFR man home - not often you will see that in type; with Tony Steward also putting in a fine race to complete the red and white contingent. There was a real festival atmosphere afterwards in the Brown Cow with prizes galore and some fine ale. Let's see if we can get more there next year guys and gals, you won't be disappointed.

Result:

1st: Phil Bolton (Rossendale) 46:47
34th: Jim Mosley (CVFR) 54:32
71st: Tony Steward (CVFR) 1:01:26

RACE REPORTS cont....

Weets 5.5ml/1800ft 16.06.10

In an effort to do as many evening races as possible this summer Peter Bowles, Steve Grimley and I headed over to Barnoldswick on an idyllic, balmy midsummers evening. Registration was at Letcliff Country Park and interestingly none of the runners had to sign the usual disclaimer. The start of the race was uphill on a tarmac track before turning onto an undulating moorland path straight into the evening sun. There was then a short downhill stretch before the main climb of the evening up to Weets hill trig. At Weets hill we turned back into the glaring sun down and up to a small top before turning back up almost to the summit again up a steep grassy bank. The course then returned to the start by the same route. This race was tough with four ascents and made more so by the evening warmth. It was well organised,

flagged and marshalled throughout. The evening raised £150 for a local cancer charity and the prize giving was well attended in The Greyhound pub. Outstanding result was that of Victoria Wilkinson (Bingley), 3rd overall and just 19 seconds behind the winner. This was an excellent way of spending a very pleasant evening.

Results

1.	Sam Watson	(Wharfedale)	40.12
3.	Victoria Wilkinson	(Bingley)	40.31
41.	Steve Grimley		50.27
55.	Charlie Boyce		52.46
80.	Mick Banks		63.04

87 Runners

Charlie Boyce

English and British Champs updates

With 2 of the British races done and 2 still to go the Calder Valley Vets team are lying in Silver Medal place along with Dark Peak Vets. It's still all to play for at Dollar in Scotland at the end of July and Black Mountains in Wales in September, Mens team are doing well sitting in 4th place and with the teams out in force in the next 2 races should do well overall. Steve Oldfield took maximum points as Sedbergh and could still take gold if he decides to do the other 2 races. Helen Fines is running well and is still in contention for an individual medal (lying 4th at the minute) with one if the races being on her doorstep and her kind of race she should do well. The ladies team is battling for a medal but have been badly hit by injury with Sally, Jo Waites and Anne all being out. The girls have showed their usual grit to field a team and are still in 3rd place. In the English Champs 4 races have been raced and the men are lying in 5th place and the Vets in 4th. We have still got Holme Moss and Shelf Moor to come which should suit the lads well. Helen is again in the mix for a medal lying in second place and the team are again still in with a chance of sneaking a medal. We are in 3rd at the minute. The "old girls" are lying in silver medal place so there's still hope. COME ON BOYS AND GIRLS LET'S SEE OUR RED AND WHITE HOOPS GETTING OUT THERE IN FORCE FOR THESE RACES. We can it ... you know we can.

And as you can see from below these champs races are really, really hard work!!!!



And then there's the animal bonding!!!! Mmmmm!!!!

Mid Summer

Madness

I've never done the Midsummer Madness 3 day event before so thought I'd give it a go. I would definitely recommend it to anyone, I really enjoyed it.

The first race the Whicken Hill Whizz, a blast up and down Whicken Hill. I've done the Mytholmroyd race twice and never managed to run to the top, but this time I managed to run all the way as I was feeling really strong going up. I had a great race so it may be feel confident for the next race.

Reservoir Bogs, which gladly didn't live up to it's name as it was nice and dry, great conditions for racing. Now I'm not the best navigator but I'm good at following. I'm sure this will annoy the good navigators out there and I'm sorry but me and a compass haven't quite got to grips yet, I really need to sort that. At the start a friend said follow him he knows where he's going, it was James Logue, yeah good laugh...ha! Might be able to keep up for a few seconds. Anyway, I was off after Adam Breaks another good laugh, what was I trying to do, kill myself. After a while I settled into a good rhythm and found myself some friendly chaps from Calder and stuck with them for the remainder of the race. There's a great mixture of running in this race, tussacks, tight narrow paths, scrambling and the weather was perfect. I wasn't sure which position I was in as people were all over so when I finished and got 1st lady, I was happy and was hoping to do the same for the TTTT on Sun.

Timothy Taylors Tom Tittiman, 4 miles and 700ft, a nice race to finish off but maybe not when it's hot and you've had a few to many wines the

night before. Then as I'm registering Bill informs me there's competition, Emma Clayton! Well I'll be happy with 2nd I thought, but then I was talking to Emma and she's been injured so was having a steady run. Anyway, we were off and I started to move up through the field and felt good. Then Emma came past but I managed to stay with her, she took a little tumble and I went in front. As we were coming down the last straight we were side by side and there were just a couple of seconds in it. I got 1st Lady...fab! Let's say Emma looked very fresh and I looked a wreck!

A great weekend. Thanks to Bill and everyone who helped organise it, I'll definately do it again. Cheers Gayle.



Mid Summer Madness Cont....

Midsummer Madness article that was published in the Courier

Last weekend saw Calder Valley Fell Runners host its annual "Midsummer Madness" series of fell races, which sees runners compete in three races held over the weekend. The series is Club President Bill Johnson's tour de force and it was great to see numbers swell this year, despite competition with the World Cup.

Those who stayed away to watch England vs Algeria may have wished that they had raced in Friday nights short and sharp Wicken Hill Whizz fell race, the one thousand foot climb from Mytholmoyd to the summit on Midgley Moor and back being less painful than watching England. Leicester Owls Jason Williams comes back to compete every year and the Leicester man stunned elite Pudsey and Bramley man Darren Kay to be first man to reach the Sheepstone trig point, which marks the half-way point in the race. In the end, the combination of an unfortunate stumble and Kay's superior descending skills saw Kay take first place as well as establish a new course record, with Williams following him home 50 seconds behind. Calder Valley's Alex Whitem was third, with Todmorden Harrier's Sean Carey 40 seconds behind Whitem in fourth. Calder Valley's veteran pairing of James Logue (first V40) and Steve Oldfield (first v50) were the next men to finish and with Whitem, they comprised the winning men's team. Calder Valley's Gayle Sugden put in a very strong run to take the ladies title, three minutes ahead of club mate Claire Hanson.

On Saturday, some of those runners returned to race in Saturday's Reservoir Bogs Fell Race, which sets off from the Hare and Hounds in Chiserely, high above Hebden Bridge. With runners only finding out the route when they register to run on race day, it was an entertaining spectacle to see runners disappearing over the moors in different directions as soon as the race started. Calder Valley's expert orienteering pair of James Logue and Jonathan Emberton took completely different lines from the outset, but it was Logue who made it an incredible fifth win in five attempts, just managing to shake off Todmorden's John Wright, who was second. Mark Palmer of South Wales club Myndd Du put in a great performance to take third place in front of some very quick local men, including Andrew Wrench and Andrew Horsfall, who along with Wright, secured first men's team for Todmorden Harriers. Leicester's Jason Williams demonstrated his unfamiliarity with the Calderdale moors when he slipped from fourth place at the penultimate checkpoint to finally make his way to the finish in 46 places further back.

Gayle Sugden made it two wins in two days, with Claire Hanson 13 minutes adrift in second place. Those two ladies were joined by team mate Karen Mather who was returning to racing after a long battle with injury to make it a team first for the Calder Valley ladies, just ahead of Todmorden's Chris Preston (third and first Vet), Jane Leonard (fourth) and Louise Abdy (eighth).

The series finished on Sunday at the Tom Tittiman race, which visits the High Brown Knoll trig point, where Calder's Shaun Godsman triumphed, just ahead of a very strong run from club mate James Logue. Talented youngster Sean Carey was third man with Mark Palmer in fourth. Calder Valley's new star Tim Black completed his second ever fell race to finish fifth ahead of Calder Valley's Steve Bayton (sixth) and Steve Smithies (seventh) and it was Godsman, Logue and Black who won the team prize for the Calder club.

Gayle Sugden made it a third win, which was a brilliant performance, especially considering the fact that she beat one of the best runners in the land, Emma Clayton of Scunthorpe. Sugden just managed to hold off Clayton with a two second margin of victory. With Claire Hanson fourth and Jackie Scarf sixth and first veteran, the Calder Valley ladies won the team prize.

Calder's James Logue and Gayle Sugden were the overall winners of the series, with Sean Carey taking that prize in the juniors category.

Jason Stevens

