



## CVFR Fell Runners

# Sheep Sheet

May 2007



*Dave Culpan at Paddys Pole*

### The Stoop 5m/800' 17-Dec-2006

			short	rating	improv't
1	Rob Hope	P&B	0:30:12		
2	Andi Jones	Salford	0:30:31		
3	Ian Holmes	Bingley	0:31:01		
17	Andy Clarke	CVFR	0:35:34	1.12	0%
20	Jason Stevens	CVFR	0:35:58	1.13	-1%
28	Natalie White	Bingley	0:37:06	1st lady	
					new record
29	Gaz Pemberton	CVFR	0:37:12	1.17	0%
32	Jo Buckley	CVFR	0:38:04	1.20	2%

36	Adrian Muir	CVFR	0:38:21	1.21	2%
48	Rob Sharratt	CVFR	0:39:03	1.23	1%
57	Ben Frechette	CVFR	0:39:36	1.25	
103	Jez Wilkinson	CVFR	0:42:21	1.33	1%
107	Clive Greatorex	CVFR	0:42:28	1.34	3% best yet!
108	Kerry Jenkin	CVFR	0:42:34	1.34	-4%
118	William Stiegeler	CVFR	0:43:13	1.36	-5%
151	Johnnie Watson	CVFR	0:45:14	1.42	-3%
164	Robert Gray	CVFR	0:46:20	1.46	7%
219	Mick Banks	CVFR	0:49:48	1.57	-4%
240	Linda Hayles	CVFR	0:50:52	1.60	-3%
250	Neil Croasdell	CVFR	0:51:59	1.63	-5%
251	Philip Jones	CVFR	0:52:20	1.65	-10%
196 men, 52 ladies					

### Coley Canter 30-Dec-2006

			Medium	rating	improv't
1	Ben Mounsey	CVFR	0:45:33	1.10	
2	Owen Beilby	Whfdale	0:46:14		
3	Mark Brown	Whfdale	0:47:28		
4	Andy Clarke	CVFR	0:47:52	1.15	-3%
7	Adrian Muir	CVFR	0:50:21	1.21	1%
19	Anne Johnson	CVFR	0:54:41	1.31	1st lady
20	Jon Underwood	CVFR	0:54:58	1.32	-9%
21	William Stiegeler	CVFR	0:55:13	1.33	-3%
22	Mike Wardle	CVFR	0:56:12	1.35	0%
29	Richard Kellett	CVFR	0:58:51	1.42	-4%
30	Allan Greenwood	CVFR	0:59:05	1.42	0%
31	Dave Culpán	CVFR	0:59:14	1.42	2%
38	Brian Horsley	CVFR	1:00:44	1.46	-3%
40	Thirza Hyde	CVFR	1:00:11	1.45	0%
43	Johnnie Watson	CVFR	1:01:38	1.48	-4%
56	Philip Jones	CVFR	1:07:40	1.63	-5%
73	Rose Carnochan	CVFR	1:13:43	1.77	

84 Runners

Well this is a good race to do as it falls between Xmas and New Year and let's you make some space for stuffing in more food and drink!!! And just think how fast it makes you go with all them sprouts inside you!!!! But actually the WIND was a problem as it was blowing in the wrong direction making it hard work. Going was better than on some years but still gloopy muddy fields that sap your energy. Great run on a track

through the trees towards the finish and then a steep final climb and then the end. This was Ben Mouncey's first run in red and white and he won the race .. And that was after getting a wee bit lost on route. Great idea to have the prize giving in the hall with food and drink available. People tend to hang around longer chatting when this happens. **Thirza**

### Auld Lang Syne 6m/900' 31-Dec-2006

			Medium	rating	improv't
1	Simon Bailey	Mercia	0:40:55		
2	Ian Holmes	Bingley	0:41:29		
3	Tim Werrett	Mercia	0:43:12		
28	Jason Stevens	CVFR	0:47:16	1.13	1%
50	Olivia Walwyn	Altrincham	0:49:52	1st Lady	
New Record					
57	James Williams	CVFR	0:49:52	1.19	6%
104	John Bottomley	CVFR	0:53:29	1.28	
115	Ben Frechette	CVFR	0:53:53	1.29	
141	Andy Carnochan	CVFR	0:55:35	1.33	-2%
176	Jon Hairsine	CVFR	0:57:17	1.37	
178	G Woodward	CVFR	0:57:27	1.37	
224	Stephen Grimley	CVFR	1:00:04	1.44	
229	Dave Beston	CVFR	1:00:11	1.44	1%
257	Jackie Scarf	CVFR	1:01:36	1.47	-3%
262	Jenny Holt	CVFR	1:02:01	1.48	
283	Gerry Symes	CVFR	1:03:23	1.52	24%
290	John Nunn	CVFR	1:03:38	1.52	0%
316	Gail Tombs	CVFR	1:05:04	1.56	LV50 -
New Record					
343	Sophie Whyte	CVFR	1:06:34	1.59	
366	Adam Baker	CVFR	1:08:38	1.64	

452 Runners

### Giants Tooth 3m/400' 1-Jan-2007

			Short	rating	improv't
1	Jonathon Hare	Halifax	0:16:41	New Record	
2	Karl Gray	CVFR	0:16:55	1.04	0%
3	Ben Mounsey	CVFR	0:17:16	1.06	
16	Lisa Lacon	H'mfirth	0:19:52	1.22	1st lady
17	Adrian Muir	CVFR	0:19:54	1.22	0%
21	Ian Cooke	CVFR	0:20:50	1.28	-7%
24	Jon Underwood	CVFR	0:21:16	1.31	-10%
29	Andy Carnochan	CVFR	0:21:36	1.33	
31	Anne Johnson	CVFR	0:21:49	1.34	
39	William Stiegeler	CVFR	0:22:32	1.38	-4%
50	John Nunn	CVFR	0:24:17	1.49	
53	Robert Gray	CVFR	0:24:38	1.51	-1%
55	Mick Banks	CVFR	0:24:43	1.52	0%
56	Philip Jones	CVFR	0:24:47	1.52	4%
59	Linda Hayles	CVFR	0:25:18	1.55	1%
64	Neil Croasdell	CVFR	0:25:26	1.56	1%
77	Rose Carnochan	CVFR	0:28:23	1.74	

93 Runners

### Ovenden 8m/1200' 6-Jan-2007

			Medium	rating	improv't
1	Nick Leigh	P&B	0:54:29	1.03	
2	Karl Gray	CVFR	0:54:36	1.03	-1%
3	Adam Breaks	CVFR	0:54:37	1.03	-3%
11	Andy Clarke	CVFR	0:59:58	1.13	0%
12	Jason Stevens	CVFR	1:00:08	1.13	1%
30	Adrian Muir	CVFR	1:04:29	1.21	1%
36	Aly Raw	Bingley	1:05:30	1.23	1st Lady
38	Brian Horsfall	CVFR	1:06:08	1.24	
40	Steve Smithies	CVFR	1:06:18	1.25	-3%
42	Ben Frechette	CVFR	1:06:38	1.25	3%
43	Graham Hill	CVFR	1:06:42	1.25	-2%
44	Rob Sharratt	CVFR	1:06:43	1.26	-1%
49	Ian Cooke	CVFR	1:07:49	1.28	-3%
58	Anne Johnson	CVFR	1:09:48	1.31	0%
62	William Stiegeler	CVFR	1:10:48	1.33	-2%
65	Rob Rawlinson	CVFR	1:11:30	1.35	
66	Nick Murphy	CVFR	1:11:41	1.35	1%
71	Ben Davies	CVFR	1:12:58	1.37	-1%
81	Dave Beston	CVFR	1:15:59	1.43	1%
82	Dave Culpan	CVFR	1:16:38	1.44	1%
84	Cerys Davies	CVFR	1:16:56	1.45	3%
107	John Nunn	CVFR	1:19:52	1.50	2%
116	Mick Banks	CVFR	1:22:06	1.54	-1%
124	Gail Tombs	CVFR	1:23:14	1.57	-1%
129	Philip Jones	CVFR	1:24:37	1.59	-2%
136	Neil Croasdell	CVFR	1:27:15	1.64	0%

160 Runners

20-odd rams and ewes (or gimmers and tups, I do know my sheep, I used to work for DEFRA, foot & mouth year 2001) gathered at Ogden on a cold and murky Saturday morning, the weather could have been worse, I have seen it MUCH worse around here. Fortunately all the runners were well clad and equipped, not wishing to incur the wrath of Mr.G  
Myself, Dave Culpan and Cerys all set off together up the stoney bridleway alongside the golf course, by the time we turned right onto the moors we had lost Cerys and it was to turn into a "race within a race" between the two Daves.

We had equal turns at leading and then dropping back a bit, on the steep stone steps over the stream on the inbound section of the race I faltered a bit and thought I wouldn't be able to catch up but in a carbon copy of last years race just overhauled him on the last half mile of the descent to the finish. It was good fun racing against one another as we are usually pretty much the same standard.

Next year this race will be of special significance to the CVFR Leeds sub-section (Dave Beston and Gerry Symes) on the day of the race Dave will celebrate his 50th birthday and Gerry his 60th. We may crack open a bottle of champagne on the start line and maybe Allan will let us start the race and even have a few yards start on everyone else!!

Hopefully, just like this year, plenty of people in the pub afterwards to help us celebrate some more!!

### Lamb's Longer Leg 3m/950' 14-Jan-2007

			Short	rating	improv't
1	Lloyd Taggart	DPFR	0:24:36	0.94	
2	Ricky Graham	Horwich	0:26:10	1.00	
3	Tim Austin	DPFR	0:26:20	1.01	
26	Jackie Lee	Eryri	0:31:22	1.20	1st Lady
44	Anne Johnson	CVFR	0:33:11	1.27	5% best this year
67	Tim Hayles	CVFR	0:35:23	1.36	
69	Allan Greenwood	CVFR	0:35:36	1.36	3%
113	Robert Gray	CVFR	0:39:37	1.52	-1%
125	Linda Hayles	CVFR	0:41:37	1.60	-2%
128	Neil Croasdell	CVFR	0:41:47	1.60	-2%
133	Claire Hanson	CVFR	0:42:18	1.62	

#### 155 Runners

After getting back into some kind of training routine following the heavy cold season after Christmas, I decided to go to this race having not run it before. I rang round and offered a lift to whoever wanted, but no-one did as they were either playing out on the Trog route, packing in miles doing some long distance training or off on holiday skiing. Then, on Saturday afternoon I had a call from Rob Gray who fancied the race so, not being sure how long the drive would take I agreed to pick him up at 8am, for the 11-00am start just to be on the safe side. Into Huddersfield, Holmfirth, over Holme Moss and over the road to Glossop the quiet roads took us less time than I thought, so we got the The Lamb Inn just after 9am, the first ones in the carpark! We chatted for a bit then decided to wander up the hill for a look at the last mile or so. The sun was shining even though it was a bit nippy with a biting wind. When we got up the hill the views of Mount Famine and South Hill, and Lantern Pike the other side of the valley, were pretty spectacular. Back in the car park we met Linda Hayles and Neil Croasdell, arriving with new recruits Claire Hanson and Tim Hayles, pinning on their number for their first event as Calder members.

The route starts about five minutes jog along the road on a lane. We jogged a short way up the lane for a bit of a warm-up and then as I turn back, Rob said he'd be two minutes as he needed a pee. I stood with the other one hundred and odd and at eleven Brian (a CVFR member who lives over here) set us on our way.

A gradual climb at first took us up a wide farm track, getting steeper until the conversation stopped. Two minutes running and Anne came past with a cheery "Hello", and as she shot off ahead I observed that

I'd just lost another club champs point! After a few minutes we queued at a stile, but only for a second – just enough time to catch my breath, though one guy up ahead was shouted at by a few people as he pushed in, taking about six places.

Over the stile and up again, steeper now on grass. Only one or two folk could run it. Not me, I was feeling tired now so settled for walking as quickly as possible. Up, up and eventually we came to a wall stile, which was the start of a big loop. Through and turning right, I started wondering where Rob was. I strained to look ahead and then glanced behind me, over the wall but I couldn't see him. I reasoned that he was probably well in front. Along the muddy grass track and I spied Tim in his black shirt but - as yet - no club vest. Quickly, I put a spurt in and blast past him, then find that I'm deep in oxygen debt for the next few minutes, gamely holding on to the lead. Flags take us down a rough descent, (and I do mean rough!) first swinging left on tussocky grass, then along a sheep path in a big wide arc to the right, around the foot of the fell. After about a mile, a marshal standing on the path, sent us 90 degrees to the right, and straight up the steepest part of the fell. It was a bent-over-double job, hands on knees and I was gasping for breath. I tried a little jog, really steady, gentle jogging and began to pass people. However, soon my lungs were fit to burst and I had to resume the wisened old man style. In fact come to mention it, that's about how I felt and probably looked!

Following flags over the top on the hill, the low sun was dazzling, right in the eyes. Soon, we reached the summit and picked up a little track along a wall to the right, then sharp left and down to the wall stile again. As I turned along the wall, I allowed myself a quick glance behind and Tim was RIGHT THERE, two places back. I put an almighty effort in now but after about half a minute I could feel the batteries fading, allowing Tim to draw alongside. I suggested that he got a move on to catch Anne. He quickly caught and passes a Pennine lady. Now we were flying down steep wet grass and I knew how far we had to go. This was where Rob and me had walked to. We turned right and skirted round a little hill towards the fields above the pub, instead of back down the initial farm lane, and I was still just two places behind Tim. Through a small kissing gate and Tim had put a burst in. Now I could hear someone catching me so I dug in and the pace increased rapidly. How come I couldn't do this earlier? Flying down a narrow rutted track towards the last field I was watching every step so as not to twist an ankle. The other runner was breathing down my neck inches away, just as I passed a spectator who was struggling to control her dog and it jumps right in front of me! I avoided a calamity and shot into the finish field at full tilt, only to realise that

they have marked out a big loop. We have to run down to the bottom end, round some tapes, then it's an uphill finish! Sweat pouring, arms pumping, legs dying and I fling myself across the line. Tim says well done, but he was probably on his second drink of squash by then. I search for Rob, who came in just behind, then Linda and Neil three places apart, then Claire another half minute later. We're all in, safe and sound, in less than 43 minutes. Anne was second among the women and first female veteran, while Linda got the over 50's prize. Lager – and she doesn't drink!

Good little race, lovely weather and off for a nice pint after. Cheers for picking it as a champs race Andy.  
**Allan Greenwood**

### Stanbury Splash 7m/1200' 28-Jan-2007

Medium					Rating
					improv't
1	Ian Holmes	Bingley	0:44:29	1.02	
2	Ricky Graham	Horwich	0:45:01	1.03	
3	S Carmichael	Hull	0:47:05	1.08	
48	Graham Hill	CVFR	0:56:50	1.30	-5%
64	Helen Glover	K&C	0:58:36	1.34	1st lady
83	Kerry Jenkin	CVFR	1:00:01	1.37	-3%
176	Mick Banks	CVFR	1:09:39	1.59	-3%
178	Adam Baker	CVFR	1:09:50	1.60	3%

245 Runners

### 28mile Tandem

Got up at 4.30am to set off for Goathland, my god, are we crazy?!?!?!? Especially when I don't even run over 15miles!!!! Anyway, Andy Clarke arrived nice and prompt and we all set off, Paul driving just in case I can't walk after!!! Met up with Sal, Steve and Jeff at some silly hour, with the plan being for me to run the east route with Jeff and Sal run the west route with Andy, without getting lost!!!!

Jeff set off at a bit of a pace with Paul and I running on behind.....

Roll on the 25miles until I met Sal..... luckily a great run with not too much climbing and Jeff to keep me going.

Yipeeeee.....Sal and I came in at exactly the same time, she did have the harder leg!!! Andy had been there about 2 hours and Paul had found someone else to run with rather than Jeff and I.

5 mile to go and they were the hardest. I got cramp, Sally fell over followed shortly by me, but nearly there, just one more drink from Steve without Sally shouting at him because the wind

blew it away!!!! And there we go....Goathland Village Hall in sight...4hrs 15mins later....what a fab day :) Thanks Sally. **Jo W**

### White Holme Circular 12m/1200' 28-Jan-2007

Long				Rating
				improv't
1	A Wrench	Tod	1:18:01	1.10
2	B Bolland	Horwich	1:21:29	1.14
3	Jon Cordingley	Bingley	1:23:17	1.17
16	Helen Ilsley	Ilkley	1:32:01	1.29 1st Lady
38	Jackie Scarf	CVFR	1:48:19	1.52 0%
42	Martin Whitehead	CVFR	1:50:48	1.56
43	Dave Beston	CVFR	1:51:02	1.56 -3%
47	John Nunn	CVFR	1:55:05	1.62 -7%
55	Philip Jones	CVFR	1:57:06	1.64 9%

62 Runners

White Holme Circular was very dry, flat and fast. Numbers were small but all profits were going to Linda Crabtrees' nominated charity for 2007 Guide Dogs for the Blind. I found the route fairly straight forward yet great training because there was no respite... you had to run hard. Very few Calder runners though. Thanks Allan and Linda  
**Jackie**

### Mickleden Straddle 13.8m/1980' 4-Feb-2007

Long				Rating
				improv't
1	E Tresidder	Carnethy	1:45:03	1.06
2	Alan Kirk	Pennine	1:46:29	1.08
3	Bryan Winskill	DPFR	1:47:50	1.09
40	Jackie Lee	Eryri	2:06:59	1.28 1st Lady
74	Keelan Sarjeant	CVFR	2:20:12	1.42
90	Martin Whitehead	CVFR	2:28:33	1.50
107	John Nunn	CVFR	2:34:40	1.56 -1%

143 Runners

This was only my third ever fell race and my first in the colours of CVFR, so I was hoping for a good showing. The Mickleden Straddle was run in near perfect conditions as you could hope (if a little too warm). No wind and near perfect visibility with reports saying that you could spot Snowdon from the top of Bleaklow. This race has a fast start through the conifer plantation and down across the stream, the field opened up as runners tackled the four and a half kilometre, often-stony climb up along Mickleden Edge to the ridge. It's a fast climb to

the ridge, which was made slightly annoying by two male runners who kept on over taking me and then stopping for a rest, this happened three times but I soon left them behind on the downhill to Howden Reservoir. The race then becomes a hard stony track along the reservoirs edge. It then takes a sharp left up through a small plantation to long grass and tussocky climb back up to the ridge. Then it's a fast stoney descent and back to the finish through the conifer plantation. There was a lot of support on the descent back to the finish which spurred me on to the finish. I was pleased with my final position and first home of the CVFR runners, although there was only two of us. One of the major highlights of the day was the post-race spread put on at race registration, with enough food for twice as many competitors. **Keelan Sarjent**

### Ilkley Moor 5m/1250' 25-Feb-2007

Short				Rating	improv't
1	Joe Symonds	Kendal	0:37:46	0.94	
2	Alex Whitem	Tod	0:39:47	0.99	
3	Graham Pearce	Ilkley	0:40:09	1.00	
33	Steve Smithies	CVFR	0:45:31	1.14	7% best yet!
44	Jo Waites	CVFR	0:46:08	1.15	2% 1st lady
78	Steve Hunter	CVFR	0:49:09	1.23	
112	Gary Hodgkinson	CVFR	0:51:39	1.29	-2%
172	Dave Beston	CVFR	0:57:26	1.43	-1%
174	Dave Culpan	CVFR	0:57:28	1.43	-1% best this year
189	Robert Gray	CVFR	0:58:17	1.45	3% best yet!
212	Gerry Symes	CVFR	0:59:51	1.49	-2%
228	John Nunn	CVFR	1:01:11	1.53	-2%
230	Mick Banks	CVFR	1:01:35	1.54	-1%
240	Philip Jones	CVFR	1:02:53	1.57	-1%

294 Runners

### Longmynd Valleys 11m/5000'

A sunlit frosty morning greeted us, the CVFR Import team of Paul Atkinson, Craig Walker and myself for the Longmynd Valleys Race. The Longmynd is a great start to the season with three serious climbs, technical decending and some poetic running alongside the valley streams. As this is our local race being only 70 miles away we were fortunate to be able to do some winter reccying. Needless to say i still missed some short cuts but managed a better time than last year! **Celia**

Pete Vale	Merica	1.38
Anna Bartlett	Shrewsbury	2.00
Craig Walker	CVFR	2.16
Celia Mills	CVFR	2.22
Paul Atkinson	CVFR	2.20

166 ran

### Noon Stone 9m/2300' 3-Mar-2007

Medium				Rating	improv't
1	Lloyd Taggart	DPFR	1:09:11	0.99	
2	Nick Leigh	P&B	1:10:40	1.01	
3	Karl Gray	CVFR	1:11:18	1.02	0% best this year
6	Ben Mounsey	CVFR	1:11:47	1.03	6%
21	Janet Mclver	DPFR	1:18:23	1.12	1st Lady
23	Jason Stevens	CVFR	1:18:39	1.13	1%
33	Steve Smithies	CVFR	1:22:16	1.18	3%
38	Sally Newman	CVFR	1:23:16	1.19	-1%
39	Adrian Muir	CVFR	1:23:31	1.20	2% best this year
43	G Pemberton	CVFR	1:24:13	1.21	0%
65	Dave Beels	CVFR	1:28:03	1.26	-3%
72	Rob Rawlinson	CVFR	1:29:20	1.28	7%
73	Steve Hunter	CVFR	1:29:28	1.28	
74	Graham Hill	CVFR	1:29:40	1.29	-4%
84	Gary Hodgkinson	CVFR	1:31:12	1.31	-6%
110	Nick Murphy	CVFR	1:36:03	1.38	-1%
138	Dave Culpan	CVFR	1:42:04	1.46	-1%
139	Jackie Scarf	CVFR	1:42:07	1.46	-2%
145	Dave Beston	CVFR	1:43:41	1.49	-3%
155	John Nunn	CVFR	1:47:51	1.55	-2%
170	Martin Whitehead	CVFR	1:51:00	1.59	
175	Philip Jones	CVFR	1:53:04	1.62	-3%
192	Mark Everington	CVFR	2:16:19	1.95	-12%

194 Finishers

Noonstone was fun. Rained earlier but stopped in time for the race. Quite soft underfoot across the peaty moor but runnable. Had forgotten that double climb right at the start....like doing Stoodley twice! Several runners absent as they were doing the High Peak Marathon from Edale. Great start and finish as usual although unfortunately results were really delayed because of a lost runner. Moorland rescue were called out and the runner was found safe and well wandering lost along the road! Pity no CVFR ladies team as it's a good local race.

**Jackie**

### Windmills Whizz 7m/800' 10-Mar-2007

				Medium	rating	improv't
1	G Pearce	Ilkley	0:39:18	1.10		
2	Chris Miller	Harrogate	0:39:25	1.10		
3	Chris Smale	Tod	0:40:03	1.12		
5	Jason Stevens	CVFR	0:40:36	1.14	0%	
8	Steve Smithies	CVFR	0:41:56	1.17	4%	
15	Lisa Lacon	Holmfirth	0:43:14	1.21	1st Lady	
16	G Pemberton	CVFR	0:43:29	1.22	-1%	
38	G Hodgkinson	CVFR	0:46:06	1.29	-4%	
39	Jackie Scarf	CVFR	0:52:09	1.46	-2%	
43	Charlie Boyce	CVFR	0:52:41	1.47		
46	Jenny Holt	CVFR	0:53:29	1.50	-1%	
66	Joanna Porter	CVFR	1:07:40	1.89		

69 Runners

### Wuthering Hike 31m/4400' 10-Mar-2007

				Long	rating	Improv't
1	Adam Breaks	CVFR	3:43:24	1.00	3%	
2	Allen Smalls	C'chester	4:12:16	1.13		
3	Matt Giles	St'bridge	4:12:16	1.13		
43	H Whitaker					
	Cath Worth	Ilkley	4:53:24	1.31	1st Ladies	
59	Adrian Muir	CVFR	5:08:47	1.38	-12%	
77	Johnnie Watson	CVFR	5:16:08	1.42		
89	Rob & Naomi					
	Sharratt	CVFR	5:24:06	1.45	-3%	
102	Ben Davies	CVFR	5:29:10	1.47	1%	

234 Finishers

*[I came in seconds in front of Rob and Naomi, but the results showed otherwise?? **Ben**]*

As a race to push the distance on, the Howarth Hobble/Wuthering Hike is a great race. All on good track and footpath, the climbs are not too severe, the majority of the route will be known to CVFR members and there are regular feed stops. I was due to run with Alex, but he crooked his calf just before so it became a solo entry. My strategy for running further than I ever had before – keep on running, however slowly. If you're running then you can drop to a walk. If you're walking then there is only stopped which you can slow down to. Stopping doesn't get you closer to the end. So I took heed of the advice from the Elite Adventure Racers in the club – keep moving!.

At the other end of the speed spectrum Adam took a phenomenal 16 minutes off the previous record. **Ben Davies**

### Half Tour of Pendle 9m/2250' 10-Mar-2007

				Medium	rating	Improve't
1	Lloyd Taggart	DPFR	1:06:03	1.00		
2	Darren Kay	P & B	1:07:14	1.02		
3	Dave Taylor	DPFR	1:08:42	1.04		
25	Candice Leah	C-le-M	1:16:44	1.17	1st Lady	
33	Sally Newman	CVFR	1:19:02	1.20	-2%	
34	Jo Waites	CVFR	1:19:06	1.20	-3%	
46	Graham Hill	CVFR	1:21:27	1.24	0%	
					best this year	
88	Clive Greatorex	CVFR	1:26:13	1.31	3%	
90	Ben Frechette	CVFR	1:26:26	1.31	-3%	
129	Clare Kenny	CVFR	1:30:12	1.37	2%	
130	Tim Hayles	CVFR	1:30:16	1.37		
131	W Stiegeler	CVFR	1:30:35	1.38	-4%	
160	Thirza Hyde	CVFR	1:35:12	1.45	0%	
194	Adam Baker	CVFR	1:41:14	1.54	4%	
209	Neil Croasdell	CVFR	1:43:27	1.57	4%	
216	Linda Hayles	CVFR	1:44:31	1.59	-1%	

243 Finishers

As a warm up for Edale (little did I know how much warming I would need at Edale!!!) I decided to have a go at the Half Tour. Basically it's the first half of the full and when you come down that really steep descent to the stream instead of turning left after the stream you go straight on to the finish near where the track is that you climb at the start. Excellent race and we followed a blood trail all the way round. I don't mean just a little bit either. Every time we came to stile it was reddish!!!! Yuk. His picture was on show at Edale before they took him to the hospital with a hole in his head. In true Fellrunning fashion he finished the race!!! Funny thing about the day was as Sal and Jo were sitting having a drink after the races they nearly choked on it when Steve said and "who was the lady that was first". Sal and Jo thought they were in first and second place!!!! Both couldn't stop laughing.

### Edale Skyline 21m/4500' 18-Mar-2007

				Long	rating	Improv't
1	Lloyd Taggart	DPFR	2:44:29	0.88		
2	Simon Bailey	Mercia	2:49:52	0.91		
3	Rob Jebb	Bingley	2:52:51	0.92		
8	Karl Gray	CVFR	2:59:58	0.96	5%	
					best this year	
17	Adam Breaks	CVFR	3:08:53	1.01	3%	
33	Janet McIver	DPFR	3:21:53	1.08	1st Lady	
65	Sally Newman	CVFR	3:33:52	1.14	1%	

70	Jason Stevens	CVFR	3:34:41	1.14	-1%	best this year
99	Jonny Moore	CVFR	3:42:03	1.18		
119	Andy Clarke	CVFR	3:49:05	1.22	-5%	
120	Jeff Winder	CVFR	3:49:22	1.22	1%	
177	Ian Wood	CVFR	4:08:06	1.32	-1%	
191	Ben Davies	CVFR	4:10:08	1.33	10%	best this year
197	Steve Smithies	CVFR	4:11:26	1.34	5%	
199	R Greenwood	CVFR	4:11:34	1.34	-17%	
260	Tim Hayles	CVFR	4:26:12	1.42		
283	Dave Culpán	CVFR	4:42:07	1.50	4%	
286	Dave Beston	CVFR	4:42:44	1.51	2%	
290	Jamie Dewick	CVFR	4:44:42	1.52	-8%	
303	A Greenwood	CVFR	4:48:20	1.53		
322	Fiona Dewick	CVFR	4:47:56	1.54	3%	

Forgot to put my jelly babies in my bum bag, left my tub of vaseline on the car roof, got to the top of Ringing Roger and my hat blew away! I loved that hat too!!

Ran the last three mile with Celia, glad of her company as we encouraged each other to the finish line, glad of her sweeties too seeing mine were back in the car !!

really pleased to get round in a half decent time (well for me anyway!) and still feel strong at the end.

**Dave Beston**



The Skyline proved to be one of the toughest race I have run. Checking the Mountain Weather forecast on Saturday night gave some cause for concern – *45mph gusting 65mph winds, wind chill -18C, blizzards becoming continuous for periods of time.* It was enough for Cerys to see sense and decide not run (sorry to all those Fantasy fell running league teams that have bought her drinks!) At the line up for the start there was a slight sense of delirium, are we really going to run 21 miles in these conditions? Even Sharon Taylor was observed wearing more than shorts and a vest. As we climbed up to Ringing Roger the side wind hit you and pushed you against the slope, it was a relief to turn to the east and have the wind at the back for a few miles. The first major

hail hit me as I ran down from Win Hill to the Hope road. My eyes decided enough was enough and refused to open – slightly worrying coming down a tussocky hillside! A quick Hi5 refuel at the road then the climb up to Lose Hill for the ridge along to Mam Nick and beyond. The elephant in the room no-one had really talked about was that this ridge runs westward, directly into the 45mph winds. The next 7 miles to Brown Knoll alternated between beautiful blue skies with great views across a snowy Peak District to hail in the face purgatory. Running with hood and hand shielding the windward eye takes away all depth perception, so the peat bogs and stone flagged sections were more challenging than usual. Eventually the circle was turned and the wind was on our backs again, the last two checks at Grindlow Knoll and Ringing Roger again passed relatively quickly and then the fast descent to the finish.

Karl had a great run although said he hated every minute of it and for Adam to come 17th after his record breaking Hobble a week previously was amazing.

Others had less of a good day, over 20% of the start line up did not finish, either being timed out at Mam Nick or just deciding that there was no fun in continuing. There was an enforced kit check before the start, but still a large number of runners were suffering from the early effects of hypothermia when they got back to the valley. Edale Mountain Rescue had a busy day. Thank god global warming will soon put paid to such experiences! **Ben**



*Jason at the finish of Edale*



The announcements section continues to grow!. Congratulations to Gaz Pemberton and Emma on the birth of their son, Noah



**Midgley Moor 5m/1250'**  
**31-Mar-2007**

			Short	rating	Improv't
1	Shaun Godsman	Tod	0:38:33	1.03	
2	Owen Beilby	Wharfdale	0:40:10	1.08	
3	Steve Oldfield	Bradford	0:40:19	1.08	
6	Adam Breaks	CVFR	0:41:37	1.12	-6%
8	Jason Stevens	CVFR	0:42:40	1.14	-2%
10	Andy Clarke	CVFR	0:43:12	1.16	-4%
14	Janet McIver	DPFR	0:43:20	1.16	1st Lady
16	Steve Smithies	CVFR	0:43:51	1.18	4%
24	Ben Frechette	CVFR	0:46:33	1.25	0%
			best this year		
27	Rob Sharratt	CVFR	0:47:57	1.29	-3%
29	G Hodgkinson	CVFR	0:48:07	1.29	-2%
31	Dave Beels	CVFR	0:48:19	1.30	-2%
32	Andy Carnochan	CVFR	0:48:35	1.30	3%
37	William Stiegeler	CVFR	0:49:15	1.32	2%
			best this year		
41	Steve Hunter	CVFR	0:50:34	1.36	
49	Johnnie Watson	CVFR	0:53:32	1.44	-2%
57	Dave Culpan	CVFR	0:53:53	1.44	-2%
62	Charlie Boyce	CVFR	0:55:24	1.49	
63	Clare Hanson	CVFR	0:55:26	1.49	
66	Graham Lloyd	CVFR	0:55:46	1.50	
74	Paul Frechette	CVFR	0:57:24	1.54	
77	Martin Whitehead	CVFR	0:58:12	1.56	
83	Neil Croasdell	CVFR	0:59:27	1.59	-1%
92	M Everington	CVFR	1:08:09	1.83	-9%
94	Joanna Porter	CVFR	1:09:46	1.87	

It was a fine day with a cooling breeze – perfect. A great run by Janet McIver gave her the women's record, beating Sally Newman's record by a minute. The moor is changing as the heather grows, and areas are burnt off, so maybe what used to be the best route now isn't. Let's see what next year brings. There are prizes for five year age groups up to 105. Dennis Clutterbuck (V75) is maturing nicely, with young upstart Lawrence Sullivan also prominent. The men's and women's team prizes went to local clubs CVFR and Todmorden respectively. **Rod**

**Donard Commedagh 6.8m/3300'**  
**31-Mar-2007**

			Medium	rating	Improve't
1	Rob Hope	P&B	1:02:01	0.93	
2	Rob Jebb	Bingley	1:02:41	0.94	
3	Danny Hope	P&B	1:03:30	0.95	
11	Karl Gray	CVFR	1:06:07	0.99	3%
			best this year		
39	Angela Mudge	Carnethy	1:11:28	1.07	1st Lady
79	Sally Newman	CVFR	1:17:47	1.17	1%
			best this year		
98	James Williams	CVFR	1:20:11	1.20	3%
106	Jo Waites	CVFR	1:21:01	1.21	
153	Ben Davies	CVFR	1:28:22	1.32	3%
			best this year		
166	Clare Kenny	CVFR	1:32:15	1.38	1%
169	Bill Johnson	CVFR	1:33:02	1.39	-14%
177	Alex Cornish	CVFR	1:35:00	1.42	-7%
187	Cerys Davies	CVFR	1:37:25	1.46	1%
191	Jez Wilkinson	CVFR	1:38:00	1.47	-12%
197	Dave Beston	CVFR	1:40:04	1.50	-4%
199	Thirza Hyde	CVFR	1:40:32	1.51	-4%

240 Finishers

Another FAB Irish trip – thanks to Thriza for having enough impetuous in her to get us all going! As ever we took over the local YHA with a little help from Dark Peak and Tod. I must say DP are a funny crew, I've never seen so much spandex in one night!?! The race was well supported by CVFR and I'm pleased to say Megan and Imogen, two of our newest and smallest members made it across the waters too. After breaking into a sweat whilst warming up the majority of the field striped off at the start line – you really don't need an extra layer when you're climbing 3300 ft from sea level. The climb was full on but thankfully easy under foot. I put my head down and just kept on stomping to take a number of places on the climb, to then loose them on the steep descent and regain them on the climb - there's something wrong here. CVFR were well supported at the col, the cheery words and water worked a treat, thanks. Lucky me the final descent was just my cup of tea so I bounded my way through the woods to finish just in front of Jez (Megan didn't let him have much sleep the night before but you've got to claim your victories where you can!), Thriza and Dave B. All in all a great weekend with plenty of laughs, very little snoring (in our dorm anyway) and lots of adrenalin rushes – especially on Sunday when we were 15 miles from the airport with 13 minutes until Sally and Steve's check-in closed. Oh the tension was palpable. Well done again to all who ran,



supported, cooked, drove and got us organised.  
**Cerys**

Another great weekend with lots of entertainment..... mostly from Ben Mounsey and Jo Braithwaite!!!! They cheered us on all the way in such a horrible race, for me anyway!!!! Arghhh, Steven Smithies panicking about losing his bets due to poor performance - sorry Steve!

Thirza as always was life and soul apart from Sunday morning when the drunkeds were suffering slightly and woke up with sand in their hand from rolling around on the beach!

Well done to Ben for keeping his cool when driving back to the airport, a slight stress attack when Sal and Steve nearly missed their flight.... 2 mins to go! As for the rest of us we were sat in Belfast airport for over 3 hours arghhhh and then got home at 10pm!

A great weekend and lots more to follow :) **Jo**

### **The Meanwood Valley Trail Race Saturday 14th April**

356 runners were entered for this ever popular race (and my own local race here in Leeds). I told Jo beforehand she had every chance of winning the ladies race, not sure she appreciated me for putting the pressure on ! Anyway, she stormed home in 1st place and also 25th overall in 48.32. Just a supporting role for the rest of us:

Andy Carnochan	52.02 and 53rd place
Dave Beston	54.26 and 79th place
Alex Cornish	57.59 and 129th place



## **FRA Committee - Future Options**

The FRA Committee met on Sunday 15 April and the most important item was the question of whether the FRA should disaffiliate from UK Athletics.

At the FRA AGM in 2005 the members authorised the committee to disassociate the FRA from UKA and establish the FRA as an independent organisation whenever it deemed it to be appropriate. Following a turbulent meeting last September, which resulted in resignation of two committee members, the committee had set up a Future Options Subcommittee to gather information and consider the relative merits of remaining part of UK Athletics or disaffiliating. At the FRA AGM in November the FRA Chairman agreed to hold a ballot of members on the question.

The agreed process was that articles and opinions would be published in the February Fellrunner to inform members and promote debate; the subcommittee would report in March; the FRA committee would consider the subcommittee's report at its April meeting and agree a recommendation to the membership; the recommendation would be put to the membership in a ballot as soon as possible after the meeting.

The report of the subcommittee was wide-ranging, but came to no definite conclusion, saying that some questions could not be answered until we tested them by actually disaffiliating:

- Who would select England/GB teams and who would be eligible?
- Who would select for the Junior Home Internationals and who would be eligible?
- Would the FRA still manage the British Championships?
- From where would the FRA get funding, and who would be responsible?
- Which organisation would be recognised as the governing body for England or the UK
- Would insurance costs remain stable and would non-members need to be charged extra?

When asked what their personal views were, each of the five members of the subcommittee said they were in favour of remaining with UKA

at the moment. There were three main reasons for this.

1. The UKA committee relating to fell running had changed, and for the better, and communications had improved
2. There was a lot of uncertainty about what would happen if we disaffiliate
3. The FRA would have to find about £15000 additional funding per year.

After a lot of discussion the committee voted to recommend to members that the FRA should remain part of UKA by 12 votes to 5. Of the five members voting to disaffiliate, three came from pure fell running clubs (including me) and two from a Welsh Club.

The decision was a pragmatic one, made in good faith. However, fell running is a unique sport with a special culture. It is not an Olympic sport. I do not expect UK Athletics to act in the best interests of fell running. I think we will have recurring problems, the current funding flush will not continue forever, and we can find other sources of funding. Under UKA the sport of fell running has become more divided, both between and within the home countries. As a separate organisation we would be in good position to deal with all the uncertainties. There is no reason why we should not work equally well with UKA as a separate body. I think our interests can be best served by independence from mainstream athletics and closer integration of fell and hill running across England, Scotland, Wales and Ireland.

The decision is now in the hands of the members of the FRA. All members will receive a voting form with a short summary of the reasons for the recommendation. The full report of the Future Options Subcommittee will be posted on the FRA website and will be available by post on request. I will be happy to continue to contribute to the work of the committee, whichever way the decision goes. There will be plenty to do. **Rod Sutcliffe**

### **NOVICE LADIES Challenge**

Prizes will be given to novice/runners like Anne T, Julie, Liz, Eileen, Amanda, Jo, Rose, Kay, Jo, Jane, Helen, Sarah, etc You know who you are!!!

[Prize for winning novice in each race and overall prizes if you compete in all 3]

CVFR need you to turn out and compete at the following races!

**Cragg Vale** Weds 4 July 7.30 *4 miles*  
**Stoodley Pike** Tues 10 July 7.30 *3.7 miles*

**Widdop** Weds 18 July 7.15 *7 miles*  
Come and join us It's fun, friendly and keeps you fit...

Phone Jackie Scarf if you need transport or information  
01422 882555

### **East Pennine Orienteering Club**

EPOC are putting on a series of informal events each Wednesday evening throughout May. These events are aimed primarily at newcomers, although there will be courses for the more adventurous/experienced. The first of these is at Far Isle Farm which is on the B6141 between Denholme and Oxenhope. Details of this and the other informals can be found on [www.eastpennineoc.org.uk](http://www.eastpennineoc.org.uk) These events are open to anyone who fancies having a go, so don't be frightened of trying it.

If you are unsure or need some help, please contact me by phone (01422) 241126, e-mail [nl@croahay.fsnet.co.uk](mailto:nl@croahay.fsnet.co.uk) or just speak to me mano-a-mano (or something like that!)

Look forward to seeing you there.

**Neil Croasdell**

### **Open 5 Adventure Race Series**

The **Open 5** in Calderdale reminded me what it can be like in winter. The run was great, but the biking was warmer if you ran along side your bike!! Overall it was great fun and really well organised. I'd recommend these events to anyone who wants to practice making navigational decisions on the move...but don't expect your hands or pen to work!!... and their

prizes are very generous too. It makes me laugh to see all these serious adventure racers with all their frilly kit and fancy bikes, but you don't go any faster with a super special power enhanced science bar than you do with a good old cheese booty you know!! **JBS**

The first race of the Open 5 series began in January at Mytholmroyd Community Centre. A great venue and enough to tempt me to do my first solo 5 Hour race. Jonathan E with Phil's help had produced an excellent map with really interesting route choices. Like most competitors I set off running from the start field by Dauber Bridge. Initially I tailed Jo BS but she soon lost me [She won the female solo!] and headed off towards Stoodley [control half way up], Withens Clough etc. Local knowledge helped, mainly because it boosted my confidence.

After 2 hours running I returned for the bike to collect more points on the Sowerby hillside. The weather had been sunny and warm up to this point but it was about to change dramatically, suffice to say 2 hours later I returned early in a Hailstorm, wondering if I'd got hypothermia!

I was amazed to find I got 420 points and 2nd solo female place. I even won a goodie bag and Mt Hardware fleece. And no I hadn't seen the map beforehand so sleeping with one of the planners didn't give me advantage either!

To improve I need to look more carefully at my route choices and reduce my swop over time [Phil says 25 mins is enough time for a 3 course lunch let alone a snack]. My navigation is good and I'm reasonably fit so maybe I'll give it another go this year. Have a look at the Open Adventure website for more details-

<http://www.openadventure.com/>

You might fancy a go! **Jackie S**

## Food and Football

As new Social Secretary, I have two immediate ideas:

A meal out at **Sabroso** in Mytholmroyd, after training on either May 22nd or June 5th. They do a set £10 menu for two courses.

Also an evening of **football and cricket** in our field on Saturday 12th May. Bring beer, food etc

Please let me know if you want to come asap!

**Jackie Scarf: 01422 882555**

**thescarfs@hotmail.com**

## Running in the cold

I'm a definitely of the ethos that fell runners should be self reliant and able to deal with all conditions that race day or a training run may present them with.

Edale had a compulsory kit check but even then there were a number of people who came down with the effects of mild hypothermia.

Heat production **less than** heat loss = hypothermia

Heat production = Heat loss = Good running

Heat production **more than** heat loss = hyperthermia

Reading Mike Strouds book on human performance *Survival of the Fittest*, its clear that we have many evolutionary developments for managing the effects of heat. We don't have the same innate ability to deal with cold. The effects that loss of core temperature have on cognitive function and thinking means that a descent into hypothermia is often coupled with a loss of ability to plan and execute an escape to warmth.

So kit has to have 2 roles:

1. provide a close micro climate that insulates the body and makes use of the heat generated by the muscles
2. protect this climate from the heat stripping effects of wind

Make sure that extremities are warm with good hat and gloves. **Good kit is worth every penny.**

The other part of the equation is heat production. Keep eating to ensure you have fuel to burn. Keep moving to generate heat and if you feel you are not warming up, keep moving down hill. Forget finishing, forget the race just get down and keep warm. It will be run again next year.

Days like Edale show that winter fell running has more in common with winter hill walking than winter road running. So experience which will enable you to read maps quickly and accurately is invaluable. On the Edale route you could turn right at any point (into the circle) and drop through fields and gardens to safety.

Run with a number of questions turning over in your head:

*Do I know where I am?*

*Am I happy to continue?*

*If I m not continuing how will I get off the fell?*

# CVFR Committee Members



**Bill Johnson**  
**Chairman**



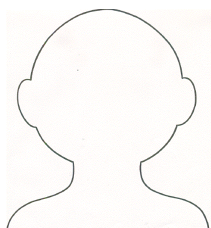
**Al Whitelaw**  
**Junior team**  
**Coordinator**



**Ben Davies**  
**Sheep Sheet**  
**Editor**



**Andy Clarke**  
**Club**  
**Captain**



**Jackie Scarf**  
**Social**  
**Secretary**



**Richard Greenwood**  
**Equipment**  
**Officer**



**Jo Waites**  
**Ladies Team**  
**Captain**



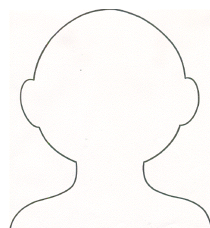
**Thirza Hyde**  
**Membership**  
**Secretary**



**Karl Gray**  
**Co-opted**  
**member**



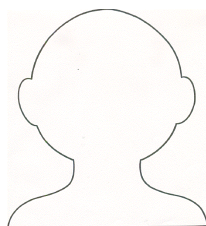
**Cerys Davies**  
**Treasurer**



**Graeme Woodward**  
**Coaching**  
**Coordinator**



**Jon Underwood**  
**Co-opted**  
**member**



**Julie Underwood**  
**Secretary**



**Allan Greenwood**  
**Press Officer**

The CVFR committee was elected at the AGM held on 14th November.

The club is run by and for the benefit of its members, so now you know who to speak to with ideas, compliments and complaints!



**Alistair Morris**  
**Web Officer**



**Jason Stevens**  
**Statistician**