

Sheep Sheet

October 2011



Max and Brad shine for England



The future of fell running is certainly looking bright in Calderdale after outstanding performances by our junior athletes in the Junior Home internationals race, held in Llanberis, Snowdonia this weekend. Calder Valley's Max Wharton and Halifax Harriers' Bradley Traviss were both making their international junior debuts for the England Under 16 squad. Both athletes were confident of a good result after showing excellent form throughout the season, although it was their England teammate James Hall who began the race as favourite for the win. The route was roughly 4 miles up and down the slope leading to Moel Eilio with a fast start and finish on the high street through Llanberis.

Kristian Edwards of England set the early pace but it was Ireland's Killian Mooney who made

the break on the climb and distanced himself from the rest of the field. As he reached the summit he had established a clear 42 second advantage over nearest rival Wharton with Traviss only 15 seconds behind in 3rd. Hot on his heels was the rest of the main field which included the favourite Hall in 5th. Wharton was now in hot pursuit of Mooney and looking to close the gap as he hurled himself down the hillside at full speed. It was Mooney however who took the gold with Wharton only 43 seconds behind and finishing in an excellent 2nd place on his first international outing. Traviss was also delighted with his debut performance as he crossed the line only 14 seconds behind his teammate to finish 3rd to clinch the bronze. Hall was the 3rd team counter in 4th place which meant the team also finished 1st overall with Ireland in second and Wales in 3rd.

DATES FOR YOUR *Diary*

Sat 12th Nov - Wadsworth Half Trog, followed by FRA Do

Sun 13th Nov - run from Pennine Manor (morning after the FRA dinner)

Sat 19th Nov - Tour of Pendle race (final race in club champs)

Tue 22nd Nov - Club AGM. Good Shepherd Centre. 8pm

Sun 4th Dec - Winter Score Event. Details to follow. See the club website

Sat 10th Dec - 25th Year Run, followed by social and food in the Shoulder of Mutton

Tue 13th Dec - Christmas club run from North Bridge Leisure Centre, followed by drinks at the Three Pigeons

Saturday 7th Jan - Club Do, Presentation and Disco. St Michael's Church Hall, Mytholmroyd

CLUB SUCCESS IN BRITISH AND ENGLISH CHAMPIONSHIPS

It's been another busy but successful season for the club this year in both the British and English championships. Against all the odds with injury blighting the ladies team they came away with the gold medal in the British. This got off to a great start in Ireland with Helen Fines, Clare Kenny and Jackie Scarf taking first team. A strong team was out again at Y Aran with Jo Buckley in fantastic form. She was building up to her Snowdon appearance and with team mates Helen Fines and Helen Lambert again they took top spot. We then had to get a team out at Devils Beeftub and without our captain Helen as she was hoping around with a torn tendon. Anne Johnson was in great form for this and is finding out that the short fast races do suit her as well as the long hard races. She place 4th and could have taken third but for Jackie Lee slipping onto her bum and overtaking Anne as she slid down the slope. Anne then had a spring finish with Jackie who just kept in front. Clare and Sharon were the counters for the team that day. 2nd team was enough on the day to get the medal. It was a great team effort and a big thanks to Sharon Godsmann, Linda Murgatroyd and Linda Crabtree for supporting the team in their success to take gold. The medal winners are Anne Johnson, Clare Kenny, Jo Buckley and Helen Fines. Clare Kenny has also earned herself a bronze medal as LV50. The "Old" lads team have also had success in the British. Taking second place in both Ireland and Y Aran and 3rd at Devils Beeftub ensured bronze and only by a higher aggregate score did they miss out on silver. Devils Beef Tub proved to be abit of a tester with some of the lads taking a wrong turning and this did alter

the lads finishing positions on the day. Again they had injury problems and had to pull together as a team and they did. Great work. The medal winners are James Logue, Gavin Mulholland, Mark Goldie, Karl Gray and Jason Stevens. Steve Oldfield has again shown his true pedigree with a silver as a V50. He had a sore knee before Devils and had a really, really sore knee by the finish. Well done Steve.

Helen Fines ran well to get a silver in the English and only missed out on gold by the slimmest of margins. She will come back stronger I'm sure with the lay off due to injury. We struggled as a team in the English but did take 1st team at both Loughrigg and Whittle. We weren't so good in the long races but have shown we've still got it when we can get our girls out there. The mens vets team again performed well to take bronze with good team spirit and different lads making up the teams. The medal winners are Karl Gray, Gavin Mulholland, Steve Oldfield, Stephen Smithies, Bill Johnson, James Logue and Andrew Thorpe. Steve Oldfield will have been our most successful athlete with silver in both the V50 and V55 categories as well. He'll need a big bag to carry all his swag on the night!!!!

Some of the lads like Shaun, Ben and Alex have worked hard as a team to try and get a medal just narrowly missing out by 1 point to take a British Bronze. Just abit of luck and perhaps it will happen next year. Good luck all. The races look a good selection for next year. See last page for next years champs. Thirza

16th October *British Relay*

Calder Valley Fell Runners' Jo Waites was in Kettlewell for her 40th birthday party and the former ladies club captain had double reason to celebrate as she was part of a Calder Valley ladies team that picked up a bronze medal in the national fell relays. The relays was the second event of the weekend to attract Calder Valley's fellrunners to Kettlewell with 182 competing teams from all over Britain sending their best off-road runners to do battle. The event was organised by Bingley Harriers and it was fitting that their team collected a gold medal in the ladies competition. With three of the top ten mountain runners in Europe in their ranks they started out as strong favourites, but the quality of the Calder performance was demonstrated by the fact that Bingley only edged past Calder Valley on the final leg.

First off for Calder was their new recruit Trudi Entwistle who got the ladies off to a solid start handing over to long distance veterans Anne Johnson and Sally Newman for the paired second leg. These 2 were instrumental in the Calder medal as they overtook other ladies teams to put the girls in 4th place after leg 2. Then Waites and club mate Jo Buckley took the baton for the navigation leg, putting the ladies in a great position for Gayle Sugden on the glory leg to bring home a well deserved team bronze. Gayle was a nervous wreck before her run as it was anticipated that the ladies wouldn't win a medal this time at the relay. When her team mates passed the baton over in 2nd place she was certainly feeling the pressure. It was with relief that she crossed the line with all her team mates cheering her on. We were told that we were rather loud. Bit sad if you can't cheer your team mates after such a great performance. In very wet underfoot conditions the appropriately named Edinburgh based club Hunters Bog Trotters were second ladies team. In the men's race there were also no surprises as Dark Peak were at full strength to take team gold. Backed up by some of the country's fastest fell men and international orienteers they were five minutes ahead of perennial challengers

Borrowdale Fell Runners. Last year's winners Shettlestone Harriers had former world long distance mountain champion Jethro Lennox and new fell supremo Thomas Owens in their line up, but this year they had to settle for third. With Ben Mounsey missing, Calder Valley finished in a fantastic sixth place, with Tim Black on leg 1; Karl Gray and Shaun Godsman on leg 2; Gavin Mulholland and James Logue the star performers on leg 3 and Alex Whittem on leg 4. Borrowdale's wily vets once again proved to be unstoppable in their category, claiming a gold medal once again. Calder Valley had another three teams in the events who all ran well at a superbly organised event on a bright sunny day for running on the Yorkshire fells.



England!!!!

by Ben Mounsey

Selection

Monday 6th June 2011 at 8:32pm.

I can remember exactly when and where I was when Mark Croasdale had told me I'd made the England team. Representing your country is the greatest honour anyone can have and it's something I've always been motivated to achieve. I thought it might be possible to do over the next few years but it's happened much sooner than I imagined after an intense and action packed season consisting of 23 races from January 1st-June 6th 2011. The highlight was obviously a strong performance in Scotland running for Yorkshire and quite a number of Lakeland races which have helped me to improve my climbing.

Preparation

As soon as I knew I was in the team with Andi Jones, Ian Holmes and Danny Hope I began training very hard, leaving nothing to chance. I took lots of advice from everyone I could, including my coach Trevor Murgatroyd, Graham Woodward, Karl Gray and anyone who has done the race before. I am relatively inexperienced when it comes to planning sessions and I have little very scientific knowledge in terms of how the body works and benefits from structured training. I basically tried to replicate the race in training by doing most of my sessions on the road and hard surfaces, increasing my hill reps to 3-4 sessions a week and trying to include longer and more runnable climbs. During the last couple of weeks before the race I actually drove down to Llanberis twice to run the mountain and familiarize myself with the route and more importantly prepare my body for the climb and descent. Snowdon is 5 miles up (3065ft) and 5 miles back down so there's nowhere around here that is even remotely close to the route in terms of continuous ascent and descent. I also made sure that every week I ran above 10 miles during at least 1 session so that my body was used to being pushed at that distance. The most important thing for me was choosing the right pair of shoes. The race is nothing like the type of fell running I'm used to because the route follows the tourist path to the Summit and never touches grass, mud or bog! I knew it would be very fast running, especially on the descent so I chose a pair of lightweight Adidas road shoes to give me more cushioning and comfort. I ran the race a few years ago and was totally unprepared! I blistered badly on the way back down and practically crawled through the finish so I needed to make sure that it wouldn't happen again.

I'm also lucky enough to be sponsored by Back To Fitness Physiotherapists who have 4 clinics around the local area. Charlotte and her team helped me to prepare for Snowdon by giving me the all important



sports massages and I have them to thank for feeling refreshed after those hard training sessions! (I would seriously recommend to anyone who has never had one before to book in and immediately feel the benefit!)

The big day!!!

What a race and what a weekend!! My girlfriend, mum, sister, uncle and loads of friends came to support me and they all helped to make it such a special day! I was immensely proud to represent England and there is no better feeling than pulling on that white vest! Something I hope to do again and again now that my international career has finally started. I had high hopes going into the race, my aim was a top ten finish and a sub 70 minute run. In the end I managed 12th and 71 minutes but I'm still very pleased considering the standard of the international and open field this year. I would have been 7th last year with the same time!

The winner was once again my England team mate Andi Jones who was in his usual impeccable form. He outsprinted Scotland's Murray Strain to claim his 5th win! What an athlete! Serious respect!!!

I was pleased more than anything with my climbing, I reached the summit in 7th place and 45 mins, an excellent time! I flew down the steep descent

England Report cont.

towards the foot of Snowdon and it wasn't until the final mile and a half where I eventually started to suffer! The transition between the steep and flat gradient made my legs cramp badly and what was looking like a sub 69 min run ended being 2 mins slower. I was also past by 5 other runners so I was obviously disappointed!

That aside I'm pleased with my performance and proud to be part of the England team that took silver behind a dominant Scotland. Shame I didn't get on Welsh TV either, the highlights of the race on S4C weren't the best! Unless you were Andi Jones or you worked in a Welsh bakery! Haha!

SNOWDON RACE

Report

by Jason Stevens

With international runners packing the field, race favourite Andi Jones made it a fifth win, although this year he really felt "the strain", as elite orienteer and mountain runner Murray Strain pushed Jones to record his second fastest time ever in the event.

As usual, Jones was first to the summit, but a fantastic battle ensued with the pair of them swapping the lead five times on the descent. Jones, the marathon runner was able to pull clear on the straighter sections with Strain, the Scottish orienteer and mountain man, able to overtake Jones on the steeper, more technical sections. Strain finished ahead of fellow compatriots Robbie Simpson, last year's winner and Jethro Lennox to make it a really dominant day for the Scots. Similarly, current British fell running champion Pippa Maddams outlined her true mountain pedigree with a victory to make it a double victory for England, but international team mates Catriona Buchanan, who pipped Maddams to the victory last year, Christian Rankin and Fiona Maxwell finished in second, third and sixth to emulate the men with a fine team victory for the Scots.

Ben Mounsey had a terrific run, and reached the summit in seventh place and he also had a trademark rapid descent, but the transition to flat running on the road back in caused Mounsey to suffer cramp in the hot conditions and he lost five places, but still finished in a classy twelfth place overall. Mounsey's team mate Jo Buckley had a fine run to finish in tenth place for the ladies. Calder Valley's Alex Whitem ran well to the summit, but the wheels came off on the descent

and he will be disappointed to have lost a few places. The ever consistent Kevin Hoult and the less consistent Stephen Smithies were only seconds apart at the finish.

Men's Results:

Andi Jones (England): 1:05:57; Murray Strain(Scotland): 1:06:04;
Robbie Simpson (Scotland): 1:07:36;
Ben Mousey (England): 1:11:18;
Alex Whitem: 1:20:02;
Stephen Smithies: 1:25:14;
Kevin Hoult: 1:25:21]

Ladies Results:

Pippa Maddams (England): 1:20:53;
Catriona Buchanan(Scotland): 1:22:12;
Christina Rankin (Scotland): 1:22:42;
Jo Buckley (England): 1:30:47]

AND TURNSLACK RACE REPORT

Calder Valley's club championships continued on Saturday at Turnslack Fell Race near Littleborough. Helm Hill's under 23 international Tom Addison and another rising star Dionne Allen, of Leigh Harriers, were first in the mens and ladies race. Shaun Godsman, Andy Thorpe and Joanna Porter were the pick of the Calder Valley runners as they managed to scoop maximum points in the mens, Veterans and Ladies categories. Rob Dobson also had a fine run, finishing in fifth place and scoring highly in the handicap championships.

And now GB!!!!!!

by Ben Mounsey



It's official! 2011 has literally been the best year of my life and certainly the best of my very short running career.

As if the Yorkshire and England vest weren't enough, I got a late call to run for Great Britain...in Italy...all expenses paid...for a downhill only stage of an Alpine relay (my speciality!) I actually thought I was dreaming until I stepped onto the plane to Venice and had one of the best weekends of my life! What made it even more special for the club is that I was joining our very own GB superstar Helen Fines who was running for a remarkable third year in a row!

The race we'd been selected for was the prestigious 3 Refugi relay in tiny mountain village of Collina, in the Carnic Alps in Italy. The relay, now in its 49th year, consists of 3 very different stages and as well as the intense heat and altitude (starting at 1250m) there was lots of steep, challenging and dangerous terrain. The race is famous for attracting the very best athletes around the globe including legends of mountain running and former world champions Jonathan Wyatt of New Zealand and Marco De Gasperi of Italy. Both

men have set long standing records for stages 1 and 2 which many (including myself) believe will never be broken.

Both Great Britain teams were amongst the favourites for the win with the women previously winning the title for the last two years. The men's team were competing in the event for the first time and we were equally confident of a top place finish. However, both teams faced stiff competition, most notably from an extremely talented Slovenia who boasted current world champion Mitja Kosovelj and his sister Mateja amongst their ranks.

Running on the opening stage were Leeds City's Adam Osbourne and Bingley's Mary Wilkinson who had the arduous task of climbing over 1000m in only 6.5km. They set both teams off to an excellent start by finishing 4th and 2nd respectfully. Adam is a regular in the Great Britain team and Mary is one of the finest runners in the country, recently gaining GB selection for the Commonwealth and World Championships. They then handed over to Dark Peak's Belgian-based Es Tressider and Kendal's Natalie White for the second leg which consisted of a mixture of climbing and descending over

GB Report cont.



4.5km and over more challenging terrain including some via ferrata. This leg is regarded as the most dangerous of the 3 legs as there is a greater risk of injury due to the extreme amount of exposure of the climbs. The experienced pair safely reached checkpoint 2, despite dropping one place each. It was now time for me and Helen to tackle a hair raising mountain descent of 1000m all the way to the finish, ending the leg with a 2km on the road. I set off down the mountain like a man possessed knowing I was a number of minutes behind 4th with much work still to do. The route was absolutely breathtaking and it really suited my style of running (in short it was steep, tough and most importantly downhill!!!!) I made excellent time through the technical and challenging part of the course before my old enemy 'Mr big f**k off foot blister' paid a visit to both feet. As I approached the road, my feet were in agony and I struggled to hold onto 5th position. I eventually finished in 6th place and Adam had to help carry me to the medics after I hobbled across the finishing line. I sat in a fountain across from our hotel and it took me about 20 minutes just to get my Inov8's off because my foot was literally stuck to my shoe! Ouch!!! The rest of the team found it quite amusing and also disgusting as half my foot was still floating in the water until I eventually fished it out!



Helen also had a battle with injury as she struggled through the leg with a swollen ankle. She bravely managed to hold onto 3rd place overall for the women and remarkably recorded the fastest time of the day for the women on stage 3. The trophy she won was literally the most impressive that I've ever seen in my life!!!! It was this massive silver eagle that weighed almost as much as us both put together! The ladies also won a big 'magic mushroom' trophy, 150 Euros, some bags, t-shirts and Mary and Helen got some really nice glasses for recording 2 of the fastest legs of the day. We bagged 160 Euros for finishing 6th and also got the bags and t-shirts to match the ladies. All in all a bloody good day! Apart from the blisters, a bruised ankle and Slovenia winning both the male and female team prizes!

It was all made extra special for me at the end when the organizers kept bringing us vast amounts of free beer and wine which obviously I had to drink as not to let Great Britain down ;-). It also gave me chance to practice my Yorkshire-Italian on the locals, which as Helen will confirm was about as successful as the last mile of my leg on the road! Still I managed to blag us all some free engraved pen knives so it can't have been all bad! An experience I'll never forget and one I hope to repeat next year! Just need to get these bloody feet sorted now!.....

Meet your

Team Mate

Dave Culpan

How did you get into running?

I've been a member of the club 10 years now, before joining, a couple of years before, I started road running, competing in 10k's and half marathons basically to get some fitness back and lose some weight. The job I had at the time in retail didn't allow for much leisure time.

I read a few race reports in the Courier and thought I would like to run off road, it seemed fun and since then I've enjoyed every minute of it and the club has gone from strength to strength.

What are the highlights of your fell running career so far?

Completing the entire Calder Way unsupported in 2007 in 11 hours.

I've come close to winning the Club Handicap Championship a couple of times, but this year at the Three Peaks Race I completed my 250th fell race, which I was pleased about and also the following month I got round arguably the toughest race in the calendar, Jura, in the north western isles of Scotland.

What is your favourite fell races and why?

I think my favourite short races are Great Whernside and Midgley Moor.

Great Whernside is quite a tough short race with a steep climb but has one of the most exhilarating descents of any fell race off the top with great views of the dales also.

Midgley Moor has been a favourite of mine for the last 10 years as it was my first fell race on my 40th birthday, its also got a bit of everything, a steep climb, open moorland, tussocks and a few route choices over the moor to make things interesting.

My favourite medium races are Kentmere and Ovenden

Kentmere is a fantastic 12 miler in the lakes, its tough, its been an English Championship race a few times.

Ovenden is a local medium run in January, you never know what the weather is going to hold for this one, I've done it in deep snow, heavy rain and really dry conditions. I used to train around the route when I lived in Wainstalls so know the route well.

My favourite long races are Sedbergh and Holme Moss.

Sedbergh is probably my favourite race of all, its grassy, pretty runnable apart from the first climb up Winder and has no rock which I don't like in long



races and has some great views of the Howgills. Holme Moss follows close behind, its a great route over some pretty rough moorland with a really hard finish now its been moved to the cricket club.

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

I'm not going to set any records, but would like to complete the Lakeland Classics Trophy next year, and complete as many different fell races as possible.

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

Most of all just enjoy it, but you need to have a reasonable level of fitness to complete some of the longer races, so don't just run, cross train i.e. cycle, row do some gym work etc., I believe this helps to avoid injury also.

Who is your fell running hero and why?

Ian Holmes, he's a great all round fell runner, both in short and long races, he can still beat the top lads 10 years younger than him and he's got brilliant descending skills.

What do you do with your chill out time when you are not running?

Don't get much chill out time at the moment, but I like gardening, watching sport and spending time with Logan, my grandson.

Summer *Handicap*

12th July 2011

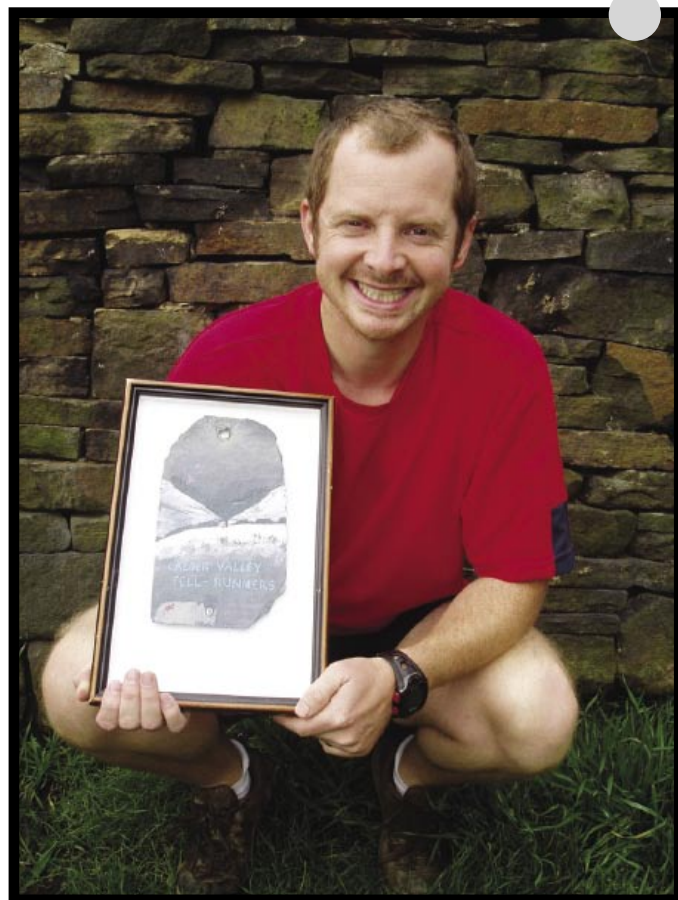
A bright and sunny, but rather chilly, summer's evening saw 43 members warming up under the Ovenden windmills to tackle the club's annual summer handicap.

Not having enjoyed the race before, I was a little apprehensive and not too clear about the route. The general feeling from the more experienced runners seemed to be that it was quite a fast, well marked route with a steep incline after crossing Rocking Stones Moor.

Starting at 7.08.pm with last year's winner, Tony Bradley, seemed like a good omen. Although his detailed description of the discomfort he experienced following last year's victory didn't instil me with confidence. We trotted off at a swiftish pace and within two minutes I found myself waist deep in peat bog as my inexperience caused a comical misjudgement of the terrain.

After the painful walk up Dimmin Dale steps we began to ascend towards High Brown Knoll. This afforded the opportunity to observe the runners ahead and try to judge the possibilities of catching them. As I returned from circling the trig point I could see the onrush of faster runners hurtling towards me so I tried to go a little faster hoping there wasn't too much ascent remaining. I was right. The route followed the conduit down to Warley Reservoir and again gave the opportunity to see those ahead.

I managed to pass a few people as I approached the reservoir, but the leaders seemed too far away to catch. The path parallel to the reservoir, however, proved deceptively long and towards the end I was within striking distance of Toby, the leader. I managed to catch him on the sneaky little incline coming up to the road, and he gave a jovial four letter outburst as I passed. Blair, who I had passed next to the reservoir, must have sensed I was lacking a little energy and began to gain on me. Given another two hundred yards he would comfortably overtake, but he ran out of road and I managed to complete the 6.6 miles seconds ahead.



Rik Robinson with his trophy

As I enjoyed watching the other runners come in (usually I just see people making their way home or warming down when I get to cross the line) I was informed that I'd managed to come in first. Hannah also told me there was a trophy to be presented in the pub. An amazing trophy, the best the club has to offer which is now sitting proudly in my living room.

Winning a race isn't something I've done before and doubt I'll do again, but what struck me most was the feeling of warmth and friendliness emanating from everyone in the pub afterwards. After struggling with injury, work and family commitments for the last few years it's been difficult attend training as much as I would have liked. Despite this, the hard work and commitment put in to this event (and others) by a group of hard working individuals is hard not to recognise. We hear it often, but it truly is a special club created by a special group of people.

RACE *Report*

by Jason Stevens

Stoodley Pike - Tuesday 5th July

Calder Valley's Max Wharton emerged at Tuesday's Stoodley Pike Fell Race as a force to be reckoned with, and he proved himself to be a valuable asset to the flourishing Calder club, when the young protégé ran brilliantly to finish in second place at this classic up-and-down fell race. Last year Wharton collected a national gold medal in the under 14's and now, a year older, he is able to compete in short senior races. Within the junior ranks, Wharton has a reputation for being a determined climber as well as a fearless descender and the track sessions he regularly puts in at Spring Hall in Halifax have sharpened his flat speed too. It should have come as no surprise, then, to see him up at the sharp end for the duration of the race, but to see him finish ahead of one of Calder's elite men Alex Whitem, who finished third, was beyond expectation. In fact, the healthy state of fell running was reflected in the overall results with five of the top ten seniors coming from the under 18's, including fine runs from Halifax Harrier's Bradley Travis and Joseph Crossfield. Experienced Ilkley man Tom Adams won the prestigious race for the first time. Host club Todmorden took the team prizes with Jon Wright (6th), Sean Carey (8th), Dwane Dixon (10th) and John Lloyd (11th) packing well. Lauren Jeska, also of Todmorden Harriers, won the ladies race although she was only seconds clear of Tara Kryzwicki of Accrington. Calder Valley's Anne Johnson was third overall and first Calder Valley lady and first lady veteran to boot. New recruit Trudi Entwistle showed great promise to finish behind Johnson, with the improving Joanna Stevens coming in as third Calder lady.

Yr Aran - Saturday July 9th

Morgan Donnelly made a dramatic return to racing, following a long injury lay-off, in Saturday's Yr Aran race in Wales. The Borrowdale man went out hard to the summit and was able to extend that lead on the long descent to the finish to take the win in a new course record. The old holder of that record, Tim Davies of Mercia was second, with brother Andy Davies, in fourth. Bingley's Rob Jebb was third man. With Ben Mounsey and Alex Whitem unable to run, the Calder men had a below par day as a team, with Karl Gray in 15th, Shaun Godsman in 18th and Gavin Mulholland in 20th the pick of the Calder men. The men are still on track for a British medal, if they can out-perform the Manchester City of the fell running world, Dark Peak. The ladies had a much more fruitful day with Jo Buckley having a superb run to take second place, behind the imperious Pippa Maddams of Keswick. The relatively unknown Melanie Price, of Mercia was third, with Todmorden's Lauren Jeska in fourth. Helen Fines came in fifth and with Helen Lambert in 16th the Calder ladies won the team prizes and moved closer to a British championship gold medal.



[Calder Valley Runners Results : Karl Gray: 1:28:22; Shaun Godsman: 1:29:46; Gavin Mulholland: 1:30:06; James Logue: 1:37:57; Steve Oldfield: 1:38:23; Jo Buckley: 1:42:24; Jonathan Emberton: 1:44:14; Helen Fines: 1:47:07; Brian Horsley: 2:03:38; Helen Lambert: 2:05:37; Rod Sutcliffe: 2:08:15; Sharon Godsman: 2:11:08; Jimmy Oldfield: 2:17:59; Linda Murgatroyd 2:19:08; Clare Kenny: 2:20:20]

Heptonstall - by Steve Grimley (Sat July 9th)

Another bumper Heptonstall turnout saw Todmorden Harriers take local honours in the first ever Heptonstall Festival Fell Race on Saturday. The 6 mile race was conceived by local runners Heptonstall Harriers to support the Heptonstall village festival and was the result of a tremendous community effort as friends, neighbours, and families pulled together to act as marshals, time keepers, and race officials. An informal running group comprised of local Tod Harriers and Calder Valley members, the Harriers were delighted at the success of the race having planned the event only 4 weeks earlier. Featuring 1500 feet of ascent the race was specifically designed to qualify for Fell Running's "Category A" status, the highest difficulty level in the sport. The challenging route helped to attract a field of 93 runners from across the region, with many runners travelling from as far afield as Kent and Leicestershire to swell ranks at the White Lion start.

Stephen Heath took the prize for the furthest flung entrant; travelling from Azerbaijan as the only representative of Baku Hash House Harriers he finished in a creditable 63rd place. The BP employee used to running through the arid badlands of Baku oil fields,

in temperatures topping 40°C, noticed the Heptonstall Fell Race website and decided to include the race in his preparations for the ultra marathon in the High Caucasus Mountains in Georgia. The Hash House Harrier, based in Baku since 2004, was full of praise for the event, "I was back in the UK for a week or two for the birth of my daughter and thought it would be a great opportunity to have a go at my first fell race – the whole village festival-fell race format made it a great day out, the route was pretty formidable, but the village and local landscape made it a memorable run. The Calder Valley is a wonderful place with warm and generous people". Stephen's wife Rebecca gave birth to their daughter Georgia 5 days before the race, both were on hand to cheer him on as he finished the race in 71 min. The much travelled Hash House Harrier promised he would spread the word of Heptonstall's new race across the hills and mountains of Central Asia.

Both Calder Valley and Todmorden Harriers were well represented to add friendly local rivalry to the event. Calder Valley had previously dominated proceedings at the inaugural 15 mile Heptonstall Fell Race in March, but Todmorden Harriers turned the tables on their local rivals to take the Festival Honours. As torrential rain gave way to bright sunshine, 17 year old Todmorden Harriers Sean Carey ran a dazzling race to finish in 1st place ahead of Calder Valley's Andy Thorpe. Leading the field from Heptonstall on the "white knuckle" descent to the Blue Pig, before a 1000 foot ascent to High Brown Knoll, Carey showed he had stamina in his young legs as he skipped up the daunting 500 foot ascent to the finish line, setting a new race record of 53.01mins. The up and coming Todmorden runner has recently won a host of short races, and his victory helped secure team honours for Todmorden as Paul Hobbs and Ben Crowther finished 8th and 9th respectively to out score Calder Valley's 3 highest placed runners. Some pride was restored for Calder Valley, as Anne Johnson, Gayle Sugden, and Trudi Entwistle took the ladies team prize. But Calder ladies didn't have it all their own way as highly talented Holmfirth Harrier Katie Walslow set a stunning pace to finish first lady beating off many of the stronger male runners to take 7th place overall in the ladies course record of 55.42min. A number of beginners and none attached runners from the village also ran including new Harrier Sam Swindells who lent a pair of fell-trainers to run his first ever fell race. The Manchester University student finished in an impressive 15th place winning the honour of fastest Heptonstall Harrier (of 10 running either as Harriers or official clubs).

Runners and motorists may have been surprised to be confronted by a troop of clowns marshaling the Draper Corner road crossing as the village volunteers were dressed for their later roles in the Festival fun; not to be out done, a bunch of leading (but unnamed) Calder Valley clowns were heard to have completely missed the well flagged route to find themselves wading through brambles and nettles to emerge 100 yards short of the official road crossing on Lee Road.

Whittle pike fell race – Saturday 30th July

Calder Valley fell runners were out in force at the Whittle Pike fell race. It was an English championship race so points were needed to keep the Calder club in contention for the medals at the end of the season.

The 5.1 mile course starts at Cowpe Village, near Rossendale and takes in 1400 ft of climbing with 3 steep climbs, the last climb you are actually on your hands and knees. The weather was very hot and sunny so plenty of sun cream was the order of the day.

The men's race started at 1pm with just over 200 runners. First back was Lloyd Taggart of Dark Peak Fell runners in a time of 37 minutes 30 seconds. Times were slower due to the heat. First back for the Calder club with an impressive 9th place was Karl Gray also 2nd Veteran 40 in a time of 39.40. Gavin Mulholland was 23rd in 41.39, 29th was Steve Oldfield who also was the 1st veteran over 55 in 42.39, Adam Breaks 53rd in 45.15 and Steve Smithies in 64th 46.06. The men - Gray, Mulholland, Oldfield and Smithies also won the 3rd over 40 team prize.

In the ladies race which started at 2pm the winner was 26year old Katie Walshaw of Holmfirth Harriers in 45 minutes 47 seconds. A great run by Calder's Helen Fines for 2nd place in 46.43, 14th place was Trudi Entwistle in 53.11 and 20th Gayle Sugden 54.19 who lost 6 places on the way in by going the wrong way (think Gayle could be in contention for wally of the year!) but they still managed to secure the Ladies 1st team prize. Also running in the ladies race was Linda Crabtree in 45th in 59.35. 87 ladies ran.

Other men's results:-

74th Mark Goldie 47.08, 77th, Bill Johnson 47.15, 133rd Brian Horsley 54.42, 137th Rod Sutcliffe 54.55, 139 Martin Whitehead 55.38, 140 Andy Thorpe 56.15, 143rd Darren Sugden 56.42, 144 Dave Culpan 56.48, 160th Jimmy oldfield 59.28



RACE REPORTS continued by Jason Stevens



Sedbergh Uphill - Saturday 16th July

Having surprised many of the senior runners at last week's Stoodley Pike race, Calder Valley's Max Wharton ran out winner at the English championship under 16's uphill only race in Sedbergh. This was a brilliant performance by Calder's rising star as well as being a sweet victory for Wharton, who beat his main rival James Hall of Wharfedale, along with a number of older, stronger runners.

Kentmere Horseshoe - Sunday 17th July

Calder Valley Fell Runners continued with their club championships on Sunday at the Kentmere horseshoe race. The race is a classic horseshoe race, with over 3000 feet of climbing in a twelve mile circuit. Two of Britain's best fell runners, Morgan Donnelly of Borrowdale Fell Runners and Bingley Harriers' Rob Jebb battled it out at the front, with Jebb prevailing by only twenty seconds. Fiona Hughes of Cambridge University was first lady, from the improving Lou Roberts of Kendal. There were maximum points for Shaun Godsmen in the open category, who returned to form with an excellent fourth place in the race. Andy Thorpe collected first place in Calder's Veteran category and Mike Wardle was able to do the same in the new Vet 50 championship category. With no other ladies running, Sharon Godsmen took maximum advantage in the ladies open category.

Ingleborough - Saturday 16th July

While Jebb and Donnelly were battling for supremacy around Kentmere, Lloyd Taggart of Dark Peak Fell Runners was three minutes clear of the next runner at Ingleborough, although there was a fabulous second place for the much improved Mark McGoldrick of Wharfedale Harriers.



First lady was Lizzie Adams

of Hallamshire, who was five minutes clear of Calder's Sally Newman who easily won both the Vet50 and Vet 40 categories. Trudi Entwistle and Linda Crabtree also ran well for the Calder club.



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Miscellaneous

Calder Valley Club Buffs ...

the must have bit of club kit for running only £8.00.

Really handy as you can put it round your neck,
stick it on your head in
various stunningly attractive styles,
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bum bag as a hat for most races. Very versatile bit
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I reckon I've seen everything now that I've seen
competitors taking walking poles on a 4-mile race,
as we saw at Creag Dhubb!!

We did the race during our fortnight holiday in
Scotland. Didn't rate the race much (an awkward
narrow trail and poorly marked so we both kept
losing the way on the way back). There was a good
field of 98 with Math Roberts of Eryri the winner.
Bill was 24th, and Anne second lady behind Fiona
Hughes of Cambridge University who seems to
be someone to look out for (she won Kentmere as
well). Anne won £40 as her prize!

The Newtonmore Highland Games that the race
was part of were good though. All the Johnson clan
competed, with Gemma winning £7 in the U13 girls
200m, and Adam first in the U13 boys 100m (no
cash prize for the 100m though!) I was tempted to
take part in the North of Scotland haggis eating
championship, but would have been half the size of
the other competitors! Bill

"The Crowhill Reverse Race" by Jason Stevens

The last to depart hand in bottles of wine
Everyone claps as they bask in the sun
We check the results that clearly define
Precisely how long we'll be out for our run

I take off dry clothes, I cannot resist
The mud and the sweat that cling to my vest!
I unfold the soggy lump in my fist
And pin flattened number onto my chest

Then into the stream for the water to dry
The longer I bathe the thicker the mud
Silver skinned fish in reverse they go by
The cold water slowly warming my blood

A sign displays "Finish" just to confuse
For it marks the commencement of this odd race
An egalitarian contest ensues
Where starting is staggered according to pace

The official removes the names from his chart
Of runners who start with pain in their face
Some prefer to lie down before they depart
Then spring to their feet and backwards they race

I feel elated, but then comes the fall
Lungs start to heave to the beat of my heart
My watch shows the time that was pinned to the wall
The seconds diminish as off I depart

I feel the cut that changes my gait
Blood flowing up from the ground to the gash
I look for a rock to throw down my weight
The granite repairs me as quick as a flash!

Bogs swallow the mud and dry out my feet
Sweat pouring in, the insatiable pores!
Saliva is sculpted to sugary sweet
To hand to the marshall alone on the moors

I fill up my bottle from water expelled
The longer I go, the stronger I run
Mountains and moorland in which I now meld
The cramp and the effort dissolve in the sun

Lapwings hide worms in the dark peaty mound
Leaves flutter upwards, a tree is redressed
The clouds pull the shimmering rain from the ground
Sun moves in an arc to the east from the west

The race nearly done, the minutes tick back
The quick close behind, just in front, looking fine
A colourful swarm in reverse down the track
To finish together by the starting line

My number and pins are returned to the desk
From where I collect my small racing fee
A form I receive which I carefully check
With a pen to erase the facts about me

The course of the race, this year in reverse
It's made it quite different, of that I am sure
I've enjoyed it a lot, if a little perverse
And hope that last year it's the same as before

RACE REPORT by Ben Mounsey

Sunday saw over one hundred runners line up for the re-designed Norland Moor trail race. Runners faced an initial climb from Old Rishworthians Rugby Club in Copley, zig-zagging up through North Dean wood towards Norland Moor. Calder-vet Gavin Mulholland set the early pace closely followed by Andy Whitworth of Meltham and Chris Loftus of Keighley and Craven. Autumn was definitely calling as the field battled harsh crosswinds as they ran up and onto Turbury Lane. A lap of Norland Moor saw the experienced Loftus move into second place, closing the gap for first. Exiting the moor the runners returned via the Calderdale Way with Mulholland skirting the top of the woods and shaking off the threat of Loftus as he dropped down to St Andrews Church with a final run along the Calder river back to the grounds of the cricket club. 'Mad Legs' Mulholland claimed the third win of his career and set the first record of the new course. The new ladies record went to another Calder Valley runner, Jo Waites, who less than 3 minutes off Mulholland's winning time. She beat Stainland's Mag's Beever and Julie Field into second and third respectively. The team prize went to the Calder men comprising of Mulholland, Steve Smithies and James Williams. The Stainland Lions ladies took the womens team prize with Beever and Field joined by Aileen Baldwin, who was also the V55 winner. The new route was very well marshalled and a big thanks goes to the Halifax Harriers and Heath Reilly for excellent organisation.



One to make you laugh

BANKING CRISIS EXPLAINED

Young Paddy bought a donkey from a farmer for £100.

The farmer agreed to deliver the donkey the next day.

The next day he drove up and said, 'Sorry son, but I have some bad news. The donkey's died.'

Paddy replied,
'Well then just give me my money back.'

The farmer said, 'Can't do that. I've already spent it.'

Paddy said, 'OK, then, just bring me the dead donkey.'

The farmer asked,
'What are you going to do with him?'

Paddy said, 'I'm going to raffle him off.'

The farmer said, 'You can't raffle a dead donkey!'

Paddy said, 'Sure I can. Watch me. I just won't tell anybody he's dead.'

A month later, the farmer met up with Paddy and asked, 'What happened with that dead donkey?'

Paddy said, 'I raffled him off. I sold 500 tickets at two pounds a piece and made a profit of £898'

The farmer said, 'Didn't anyone complain?'

Paddy said, 'Just the guy who won. So I gave him his two pounds back.'

Paddy now works for the Royal Bank of Scotland



Cnicht 2011

Matt Flanagan

Shame only 4 Calder runners made it to this club champs race. Understandable, as it's some distance to travel for a short one, but you missed a great race, and quite a change from slogging across boggy W. Yorks moorland. The first thing that hits you as approach Croesor is the unfeasibly pointy shape of the Cnicht hill:



Shouldn't be a problem then, just straight up and straight down...the race starts with a steep bit of tarmac, then some steep woodland shale track, followed by some steep rocky and grassy bits, then a long section up to the summit of this madness:

All good fun going up, but at the time all I remember was trying not to think about how the hell I was going to descend this section! Wet rocks + X-Talons are not a great combination, so it was a case of arms and backside to the rescue. Then at last with the steep rocky bit out of the way a chance to open up and blast it down to the finish.

Post-race sore legs were soothed with a dip in ice-cold open-air pool in Croesor, followed by a free pint and chat with the friendly Welsh runners in the pub. Top stuff.



Beca- 5 miles, 1050ft - 27 August 11

I went down to South Wales to do this race because it is in the Welsh Open Championship Series, which is even open to English runners. It is near to Cardigan and the end/start of the Pembrokeshire Coastal Path, in lovely countryside. It was part of a double-header for me because I planned to do Cnicht in North Wales on the way back. Although the route is now a loop it was traditionally a linear race over the hill from the next valley. Apparently the finish line was not a tape, but a gate which the leading runner had to break down to finish. This tradition followed the history of the local toll gate breakers of two hundred years ago who would go out at night dressed as women and break down the toll gates in protest against the local road tolls. When arrested they would always give their name as Rebecca.

There are junior races before the senior race so I had time to appreciate that it was not as easy as it looked. Virtually the whole route is visible from the registration/parking field. It is a clockwise loop, starting across a flat plain for over a mile before climbing gradually onto a ridge, eventually reaching the rocky outcrop of Beca, and then descending and back across the plain. Although the whole route is runnable there is a catch. The first half mile is in and out of knee deep bog and the rest of the flat section is somewhat tussocky with only a narrow, rutted muddy path, runnable, but hard going. You pass through similar terrain coming back. No other Calder Valley members were there, so I had a tussle all the way from the summit with another V60 from Croft Ambrey Runners, beating him by 9 seconds, but only by jumping over a young woman from Sarn Helen Club who fell in the mud just before the finish (as a result I beat her too). On to Cnicht.....

Cnicht - 4.5 miles, 1850 ft - 28 August 11

This was a Club Championship race so it was disappointing to find only four of us there, though admittedly it is a long way for a short race. For £3 we got the race entry plus a token for a free pint of beer. I certainly had not recovered from the Beca race the day before so I was tempted to go straight to the pub until I realised I could walk the race and still get nearly maximum points. I opted for the latter, but of course I got drawn into competing and set off with the best of intentions, at least for the first two hundred yards by which time my legs realised they were already knackered. The climbing was slow after that and I soon found



myself out of sight at the back. I had managed to pass a lad who looked even older and more knackered than me but that was it. This is an out and back race up a ridge that becomes steeper and more scrubby near the top. It was not good to see the leaders screaming down past me when I was still only half way up. They didn't seem to have noticed that the rocks were hard, sharp and very slippery. On the way back down I tried to emulate them but it was probably a laugh to watch. However to some extent my descending skills have survived and I managed to pass a few more on the descent, including Graham, who was a lot more unhappy with the grip on his shoes than I was. Job done, and actually a good race. I'd like to do it again.



Tales from *Hash House Harriers*

Maylasia by Rod Sutcliffe

EXPLETIVES DELETED

After doing three weekly runs in succession with a Hash House Harriers chapter you are entitled to apply for membership of the chapter. This entitles you to a club teeshirt and to pay the members fee for the food and beer (half price) but you are expected to organise a hash run occasionally. There is also an initiation ceremony that involves a certain element of ritual humiliation.

I duly applied for membership of the chapters I was running with. After introducing yourself you are baptised with water, then have to down a bottle of beer quick time. Following this you are serenaded with a song:

"Why was he born so beautiful?

Why was he born at all?

He's no f***ing use to anyone

He's no f***ing use at all."

Emblazoned on the front of the teeshirt was the message "I'M NO F***ING USE AT ALL". The expletives were not deleted. I claimed as my hash name 'Mr Bean'.

The third chapter I joined was like a marriage ceremony. "Say after me" I was instructed. With right hand raised and beer in the left: "I, Rod Sutcliffe being mentally incompetent and not of sound mind hereby accept NS Wednesday as my Mother Hash". They wouldn't accept Mr Bean as my hash name so I became Iron Rod. The rest of the evening was brilliant, with guitar and bongo drum accompaniment to songs ranging from Country and Western to Tamil love songs and including English Rugby songs that I haven't heard for 40 years (and can't repeat). I came home drunk, happy and covered in mosquito bites.

I am now familiar with two Malay words, kampung and gunung, and can sometimes even remember which is which, so I can almost speak Malay.

If I want the route up the hill, I ask "gunung?" (mountain) and if I want to get home I ask "kampung?" (village). Or the other way around.

Malay is a simple language. If you are talking about more than one mountain you just say gunung gunung. Maria and I have attempted two gunung gunung recently. Gunung Datuk is 844m high and is steep and jungly all the way to the top (they all seem to be like this). Half way up a hell of a racket started from a crowd of monkeys, and it went on for half an hour, though we never saw them. There are two common species of monkey here - macaque and dusky langor. It was either a council meeting or a football match. At the top

there are three metal ladders to help you onto the final rocky summit, which offers fine views all around.

Gunung Datuk is one of a north-south range of mountains that splits the peninsula of Malaysia between east and west, a bit like the Pennines. The highest, in the Cameron Highlands, is well over 2000m. These do not compete, of course, with the part of Malaysia that is on the island of Borneo and includes Gunung Kinabalu at 4101m. Gunung Angsi is just north of Gunung Datuk and a little lower at 825m. It can be reached from a pass, or from a recreational centre lower down that involves a 45 minutes riverside walk to start with. We chose the second, but after 50 minutes we came to what seemed like the end of the trail at a run down hut. I tried up a path into the jungle, but it was very indistinct, went up, then down into a slippery gully, across a stream, up again and then disappeared. I went across the river to check the other side, and there was a path, but there was no sign of it climbing. There are no maps of these areas, and no signposts, so when you are in there you are reliant on your sense of direction (useless) and remembering where you've been (unreliable). Even if you have a compass and know the direction, you can't go because it is impenetrable jungle.

On my return, Maria called "I want to check you for leeches" "Aargh!" We both had about six leeches on our socks and she had felt one bite. They are right little suckers and I ended up with two leech marks on my feet and no greater liking for leeches. We also lost interest in reaching the summit and returned down the river path. We'll try the route from the pass another day.

LOST IN PLANTATION

Everybody in Malaysia seems to be obsessed with making sure you have enough food. Since food is plentiful, cheap and delicious here, I'm unlikely to starve, though the family always remark that I've lost weight when I arrive. This is probably a veiled criticism of Maria for not feeding me enough. Sometimes the hash runs end up in a Chinese restaurant and sometimes takeaway or home-cooked food near the plantation. There's always a fuss to make sure there is vegetarian food available for me.

On a recent hash I was introduced to toddy, or coconut wine. I was told a long story about its

Hash House Harriers continued by Rod Sutcliffe

production, involving climbing up coconut trees, but I'm not sure I believed all of this. It came in a plastic carrier bag inside a cardboard box. I don't know the percentage but it definitely contains alcohol on the evidence of the immediate effect on my palette and the later effect on my nervous system. I also learnt a tip for those race/camping weekends or treks when you've brought the wine and beer but forgotten the crystal glasses. Take a 500ml plastic water bottle (Evian is best but Ben Shaws Pennine Spring Water is a good choice) and cut it across two thirds of the way up. Then in your right hand you have a 330ml Tiger Beer glass and in your left hand, if you turn it upside down, you have a 175ml wineglass. Remember to screw the top back on or the wine will pour through the bottom.

I'm used to getting lost in the plantations now. As long as I have a compass I can find my way out. I just make sure I have a safety bearing and I head generally in that direction until I find a track I recognise. I try to avoid the situation though because it can still be scary, especially if it's dusk. It is cooler under the trees and it can

be quite pleasant running in the evening (also early morning, I'm told). I quite often hear, and see, macaque monkeys. I've also seen squirrels, iguanas, various smaller lizards, one small snake and numerous types of birds. There are fish farms around, so herons are common. Maria and I had a pleasant surprise when we set off up a track which turned out to be quite a climb. At the top was a Chinese temple in the middle of nowhere and beautiful views all around (a contrast to the usual greenery of palm, rubber or jungle trees). Next to the temple was a squirrel having a go at a whole orange left over from Chinese New Year. You have to keep moving, at least at the two ends of the day, otherwise the mosquitos get you. I've tried with great success a concoction I learnt about in Scotland. Mix Dettol and Johnsons Baby Oil in equal amounts, shake and apply (I did find that you have to put it on your skin, not just carry it in your bum bag). You smell like a toilet cleaner, but your skin feels like a baby's.

Iron Rod

NEXT YEARS RACES

British

Med	Coledale	Sat. 14th April
Short	Slieve Bernagh	Sat. 12th May
Long	Arrochar Alps	Sat. 7th July
Short	Moel Wnion	Sat. 8th September

English

Short	Lad's Leap	Sat. 17th March
Med	Coledale	Sat. 14th April
Long	Great Lakes	Sat. 16th June
Long	Borrowdale	Sat. 4th August
Med	Weasdale	Sat. 18th August
Short	Kielder Blast	Sat. 29th September

British Relays, Shropshire
Sunday 14th October.

CLUB STATS

We are going to publish the club stats on the website along with the club championships so that they are up to date. You can then see how you are performing.

