Issue 32

CALDER VALLEY FELL RUNNERS

RAMPAGE

Winter 1994/5



"Come on, lads. If Bob Horne can win the club veterans' prize, we can fly."

CALDER VALLEY FELL RUNNERS

RAMPAGE

COMMITTEE 1995.

Chairman	TREVOR REDMOND	01422 372848
Secretary	TONY BRADLEY	01422 360999
Treasurer	ALISTAIR SOWDEN	01422 884860
Club Captain	JEFF WINDER	01422 376111
Members Sec.	RICHARD KELLETT	01422 202923
Statistician	IAN HARTMAN	01274546549
Publicity Officer	DUNCAN THOMPSON	01282 613559
Race Co-ordinator	MICK WARDLE	01422 885497
Rampage Editors	ALLAN GREENWOOD	01274 731195
	BOB HORNE	01422 201269
Social Secretary	JIMMY SHEARD	01422 884764

EDITOR'S RAMBLINGS

Welcome to the first Rampage of 1995. Included in this edition are the championship standings for 1994 and results of the final races of the year. We also have the club championship races for the new year. The 73 paid-up members of Calder Valley ran a total of only 147 championship races in 1994. This represents two races each out of a possible twenty one. Can we make a plea for club members to make the effort to take part in the championship this year? If you're injured you could go along as a spectator and drinker. If it's a long race then you could take food and water out on the course for clubmates who are fortunate enough to be fit to run. (End of sermon.)

On a lighter note, here are some editorial predictions for 1995:

JANUARY: Russell starts 1995 training programme by walking across to Mick Wardle's house for coffee and chocolate digestives. Sprains ankle on kerb. Likely to miss Three Peaks again.

FEBRUARY: Jeff takes over organisation of Wadsworth Trog. Decides to 'improve' course by adding Penyghent.

MARCH: Allan Jones leads club championship ten seconds after start of Edale.

APRIL: Brian Horsley offered post of Poet Laureate. Writes 'Ode to Three Peaks' - 'O my, the race was long,/And now my shoes do pong.'

MAY: Rod arrives for start of Three Peaks to find smallest entry he can remember.

JUNE: Trevor Redmond hops backwards around Bob Graham. He takes only nine and a half hours in fiercest June blizzards in living memory. Makes arrangements for a plaque commemorating the feat to be displayed at every fire station in the country.

JULY: Russell breaks finger writing entry for Ben Nevis Race.

AUGUST: Jimmy Sheard seeks partner for Karrimor (Sumo Class).

SEPTEMBER: Richard Rowlands undergoes major surgery on several broken limbs and damaged muscle groups. Despite predictions that he will never walk again, he wins Three Peaks Cyclo-Cross, celebrating with a lap of honour.

OCTOBER: Graham Spencer's 1995 Borrowdale Race ends when he's picked up by an oil tanker 50 miles north of Cape Wrath. His first words are,"Has the ceilidh finished yet?"

NOVEMBER: Steve Kirkbride, now well past his sell-by date (this should read 50th. birthday - Ed.), makes his come-back in the Shepherd's Skyline, despite violent protests on the start-line by one of the largest clubs in the area, Calder Valley Non-Fellrunners. On completion of the race Steve is banned, sine die, from membership of the club.

DECEMBER: Russell damages back opening Christmas presents. Destroys 1996 training programme and decides instead to offer himself as Calder Valley Fellrunners Ladies' Prize for 1995. Declines Mick Wardle's invitation for coffee.

SATURDAY, 28th. JANUARY.

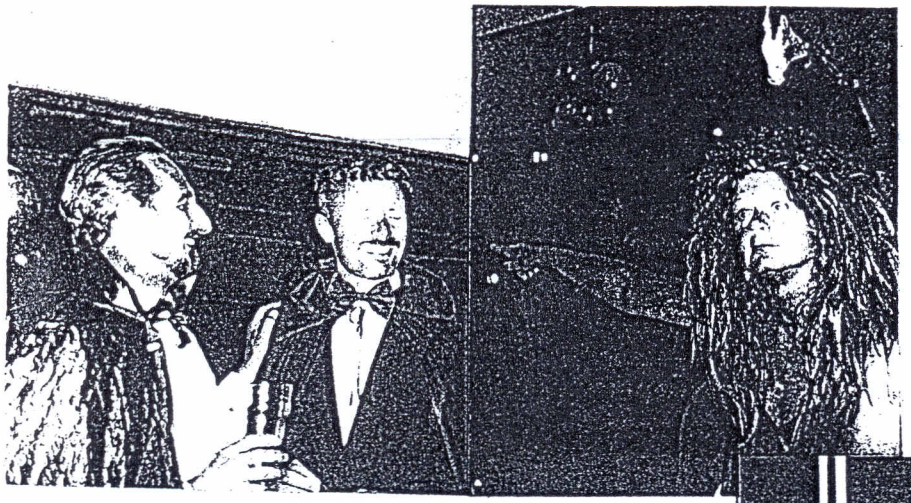
1.00 P.M.: Club Handicap. Please wear club vest and turn up, whether running or not, for official photograph.

EVENING: Club Dinner. You should have details. The dinner is being organised by Jeff Winder. Ring him (number on page 2) if you need information.

EDITOR'S JOKE.

Doctor Rod needed a plumber in the middle of the night, so he rang Brian Horsley. Brian wasn't too pleased because he was working on his epic poem, 'Trevor Redmond Does the Bob Graham on a Pogo Stick'. Anyway, he agreed to come straight away. "What's the problem, Rod?" he asked when he arrived. "Well," said Rod, "Duncan's been round for a few drinks and my toilet's blocked." "That shouldn't be a problem," Brian said, and he dropped an aspirin into the bowl. "If it's no better in the morning, give me a ring."

HALLOWEEN PARTY Photo ~ Special.



Left;

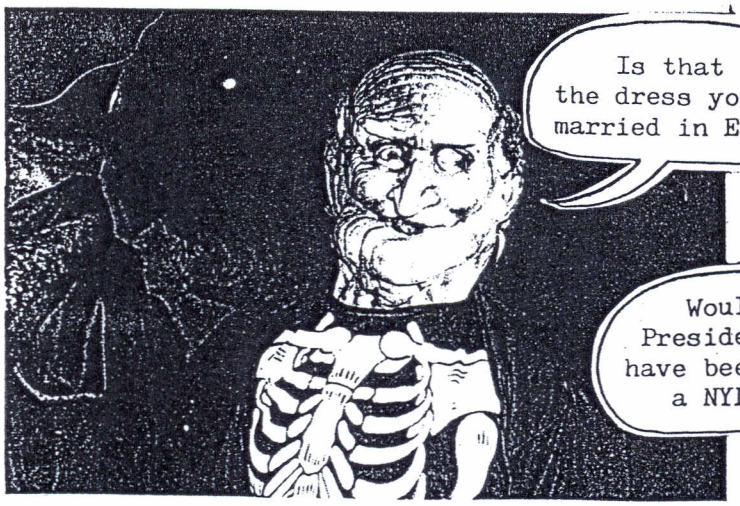
Julie shows the waiter WITCH customer wanted a rare STAKE.

Below;

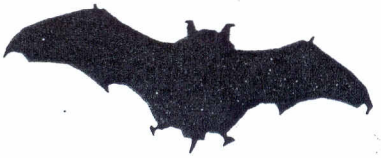
It was a Halloween party so there were Vampires, Witches Skeletons and, of course, the odd German Officer!











Photos kindly sent in by Linda Horsley and Denise Jones.

CAPTAIN'S LOG '94

I wanted to get involved again this year at Committee level since I felt we had lost our competitive edge as a Fell Running Club, the reasons for which we are all well aware. I myself have not given much time or effort over the last couple of years, mainly due to other priorities: my family and work. I feel this year, even though I still have other commitments, I could devote the required efforts to the Club. This is my plea to you all this year: please give a little more, where practical, back to our Club.

I have a number of ideas to assist getting our team spirit and will to race at our own individual peak performance. However, the bottom line is, can you make the effort? This is a question I would like to leave you with. It is not a blasé question, but we all know, to get fit requires the effort. My aim is to make getting fit enjoyable.

The importance I place on all our members in being as fit as practically possible for their own individual personal circumstances, eg. family, work, injuries etc, is paramount to our success as a Club at all areas within the Club.

By this I do not refer just to racing; I also mean Social Events, Club Training Nights, etc. It follows in my view, from past experience, if you are fit you go to races, you train hard, you are a regular Club attender. This will automatically stimulate interest by the natural enthusiasm which being involved generates in all aspects of the Club.

Thus, my main priority is to get you all fit. 'Training can kill', 'no gain without pain' and 'speed kills' will be our bread and butter.

How will we achieve this remarkable achievement: all fit at the same time? By having a common goal and singular mind approach.

1) We need all to have a training programme; preferably the same programme (not the same mileage).

2) We need to get involved with others; training on your own is hard. This will also stimulate competitiveness and Club Spirit.

3) We must work towards some achievable goal, giving ourselves realistic time scales, eg BG, English Champs, Club Champs, etc.

How can we help each other then? I have arranged the training nights to involve a Fell and Road Handicap. This has not materialised exactly as I wanted but we need to get back on track. Please attend where possible. We have planned long days on the BG course each month; make one in where possible.

I have put some time and thought into the races for the Club Championship. Make this your aim next year; let's go as a Club where possible.

I have suggested an exciting project for next year, a Dragon's Back Relay attempt. This challenge is designed to bring us all together in a common aim. If this is too ambitious at this time then let's find one we can aim for. Any suggestions?

I intend to hold a meeting on Tuesday, January 10th at 8.30 p.m. on all the points mentioned within this report. The main drive will be getting training programmed matched to groups and groups training together working towards the end of March to be coming near a fitness bench to enable the foundation for a successful season to be in place.

Have a good Christmas and New Year.

JEFF WINDER.

CALDER VALLEY F.R. CHAMPIONSHIP RACES 1995

DATE	CAT	RACE	ENTRY INFO
March 26	AL	Edale Skyline	pre - 5th March
April 23	AM	Kinder Downfall	pre - 13th April
April 30	AL	Three Peaks	pre - 28th Feb
May 14	AM	Buttermere Sailbeck	pre - 7th May
May 17	AS	Blackstone Edge	On Day
May 28	AS	Saddleworth	On Day
June 3	AL	Duddon	On Day
June 7	AS	Chevin	On Day
June 17	AS	Buckden Pike	On Day
June 25	AL	Holme Moss	On Day
July 8	BM	Mytholmroyd	On Day
July 15	AM	Kinniside	□n Day
July 22	AM	Turnslack	On Day
Aug 5	AL	Borrowdale	On Day
Aug 19	AS	Burnsall	pre - 9 Aug
Aug 26	AS	Mount Skip	On Day
Sept 2	AM	Grisdale Horseshoe	On Day
Sept 17	AS	Dale Head	On Day
Sept 23	AL	Peris Horseshoe	pre 16 Sept
Oct 7	AL	Tour of Pendle	pre 5 Sept
Nov 11	BM	Shepherd's Skyline	On Day

Flat 11F,
Fook Chak House,
17, Po Yan Street,
Sheung Wan,
Hong Kong.

Day before Tomorrow.

Greetings All Ye Sheep Sheeters,

Hail from Little Yorkshire, or on a broader horizon Little England here in the East. Little Yorkshire? I arrived here to find two '94 graduates of Doss A.C. (Leeds Uni X-Country): Phil Peace of Bingley (Andy's brother) andLucy Ramwell (ex junior national winner - O.K. she's from Manchester but so am I and it's still the glorious north) here running around merrily in the sun. And now I've come to join the party.

Unfortunately, the sun has decided we're all very silly running round in circles (or back and forth as is often, groan, the case here) doffed his hat and moved on to warmer climes. We are now, therefore, suffering the ravages of autumnal, going on winter, weather - mid-twenties down to a brass monkey chilling 15-16 deg. C at night. Fortunately, the more hospitable weather is accompanied by the loss of the summer and spring delights of rains and storms.

Running for real, as opposed to the enjoyable vacation running I did here in may, is certainly different. Yesterday I competed in the second race of Hong Kong's X Country League. Alas, 'X Country' refers to the setting, not the surface. For 'X Country' read one hour 'bus ride into the wilderness followed by a ROAD run in a country park. This does not make Babs a happy jogger. Apparently the National, in January, involves off-road running. I'll see it when I believe it (or should that be the other way round?)

Training, likewise, has so far involved a lot of tarmac, though I am slowly finding more earthy and wholesome surfaces to carress underfoot. And shorter, quicker routes of getting to them, avoiding the dust-blown, traffic-laden streets. Lucy Ramwell (now a marathon runner - winner of the Macau '93 - about to re-emerge into the limelight like Singapore-based Danson at the Commonwealths?) has promised to reveal the secrets of running in Hong Kong, away from its avenues and alleyways. She is also threatening me with track sessions - first time in years and years and years.

This week I intend to succumb. The incentive? Pain, of course! (Only joking.) My first few races here were off the back of a few months wandering around the Alps and then Colorado. The benefits of altitude, and the Asian games in Japan, helped me to fourth placed finishes. I was subsequently head-hunted by Watson's (H.K. equivalent of Boot's), who generously support a team here. Unfortunately, by the time I got to run for them all my extra red cells had gone to the big haemoglobin stockpile in the sky, athletes had returned from Japan and my position on results sheets slipped dramatically - tres embarassant. What's more a lot of the races are suited to track puffy speed merchants. So if you can't beat 'em...Woe is me!

There is another, more pertinent, reason for my loss of form. All the Cadbury's chocolate is made in Australia. It tastes of sugar and any other non-cocoa based taste you care to have in your mind while munching. It is in fact crap. What's more all the puddings here are all airy-fairy continental gateaux and mousses and tarts. There's NO chocolate fudge cake. I'm having to eat things like milk and cereal for breakfast and meat and veg and similar pervert health food concoctions for dinner. I've even started frequenting a Falling Down Water Hostel of Irish bent, fighting my way through clouds of cigarette smoke, because they do a good, solid apple pie, served in proper portions.

See you in December for some mega pigging out.

Babs.

7, Old Town Cottages,
Hebden Bridge,
West Yorks.,
HX7 8SP.

18 October 1994.

To TODMORDEN HARRIERS & CALDER VALLEY FELL RUNNERS

Dear Friends,

FRA Relay

This is to say a big thank you to all those club members whose hard work and commitment resulted in the FRA Relay being a huge success.

Last night we were inundated with telephone calls from all runners all over the country expressing their appreciation of a good event and commenting on the efficient organisation and the hard work that must have gone into making the event so successful.

We think these compliments should be passed on to the members of the clubs concerned whose hard work and commitment both on the day and beforehand is something that both clubs should be proud of. In our view it was this that has fully justified the FRA's choice of this area for the event. We may occasionally moan and groan about our members but we believe this event has clearly displayed that when the chips are down there is a real commitment which would be the envy of many other clubs.

With much appreciation we remain

Yours sincerely,

Bernard and Kay Pierce

ATHLETICS

Dash sees MacKay in a hurry

By John Shackleton

JOHN MacKay improved from seventh in 1993 to win yesterday's Abbey Dash 10km road race at Leeds by three seconds.

The 27-year-old Glaswegian was one of four runners left in contention going into the final kilometre and he held off Rotherham's Dave Tune in the sprint.

MacKay's time, however, was almost a minute down on last year's winning run. Fellow Scot Alison Rose won the women's race in 34.03.

ABBEY DASH 10km (Leeds): 1, J MacKay (Shettleston H) 29min 45sec; 2, D Tune (Rotherham) 29.48; 3, J Sherban (Shettesbury) 29-48. **Team:** Rotherham 68pts. **Women:** 1, A Rose (Edinburgh) 34-03; 2, B Bukunola (Calder Valley) 34-17; 3, L Wright (Leeds City) 34-32. **Team:** Leeds City

GENDER BENDER

As you will have gathered, our Babs recently took himself off to Honk Konk for some intense studies and even more intense running. On his return, just before Christmas, he decided to appraise his form with a local 10 km road race. Well, not only did Babs have a cracking run, he got his result in the paper! According to The Daily Telegraph he picked up 2nd prize in one of the categories. What was it Babs, a voucher for Dorothy Perkins perhaps ? →

FIXTURES..... Here are some local race fixtures for 1995. Please try to support them or lend a hand with organising. The main organisers have been listed so that they can be contacted prior to the event.

14 Jan	Boulsworth Hill	Duncan Thompson	0282	613559
4 Feb	Ogden Moors	Allan Greenwood	01274	731195
18 Feb	Wadsworth Trog	Bernard Pierce	01422	842377
11 Mar	Ovenden Fell Race	Allan Greenwood	01274	731195
8 Jul	Mytholmroyd F R	Paul Frechette	01422	882619
26 Jul	Widdop Fell Race	Tony Bradley	01422	360999
9 Aug	Sheepstone Relay	Andy Thompson	01274	676133
13 Aug	Wadsworth Fair	Bernard Pierce	01274	842377
26 Aug	Mount Skip	Tony Bradley	01422	360999
note- Mid June	Coiners 7	Peter White	01422	885728
Late 1995	Calder Valley Race	Jeff Winder	01422	376111

Annual handicap race - 28th January 1995

The annual handicap championship will take place on the above date, starting at 1.00pm. Would all Club members who intend to attend, whether to run, watch or officiate, please wear club colours, (vest,sweatshirt (hat!)). The reason? Well it is high time we had a proper Calder Valley team photograph, both as a momento and for posterity. Please do your best to remember. Snap snap, grin grin, wink wink,say no more!

Allan G.

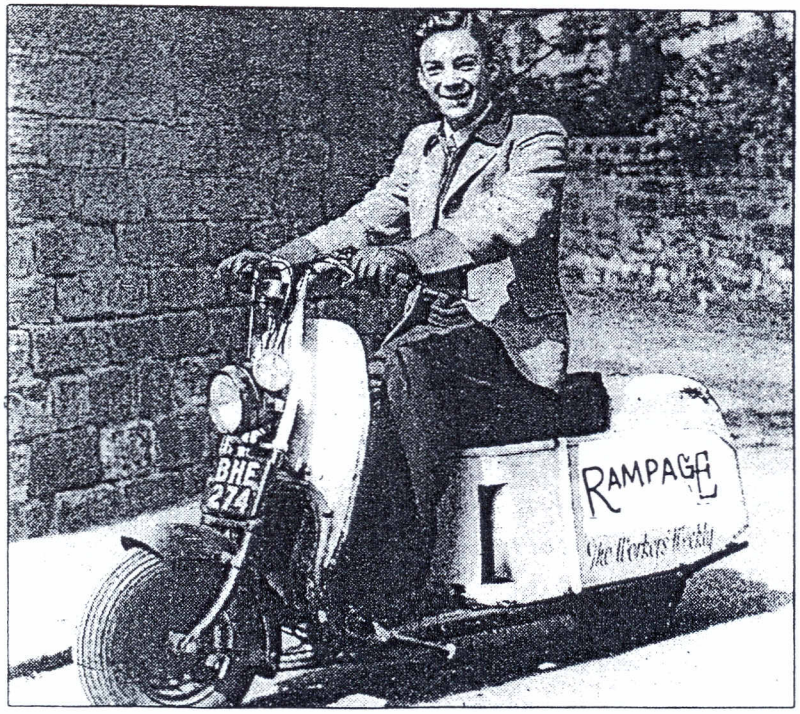
I know i keep going on about it, but we are still not getting results sheets sent in to Rampage. It is really quite important that we, as a club, document our progress. Individual and team results, no matter how good or mediochre need to be recorded in the Club magazine for posterity. Believe it or not, some members actually KEEP thier copies of Rampage and Sheep- sheet, and who knows, with our tenth anniversary just over the horizon, there may be a book in the pipeline. RESULTS, STORIES, ANECDOTES etc to the Rampage address please.

Allan 71 Smiddles Lane West Bowling Bradford
Bob 8 Bramley View Lightcliffe Halifax

MERRY HAPPY
1994 ~ Christmas + New Year ~ 1995



▲ Bob Horne hard at work compiling this issue of Rampage....



◀ ... and [illegible]

KARRIMOR 94 - ST MARY'S LOCH/MANOR VALLEY

ELITE COURSE

The Elite Course is just like every other course on the K.I.M.M. except the pain lasts longer. Come to think of it, the amnesia must be more complete, because Paul (Frechette) and I keep returning to it. This was our eighth.

We thought we were saved this year by our Silver Standard Rule - when we can't complete a course within 150% of the winners' time we'll drop a class. After last year's effort at 152% it was to be the Long Score for us until our entry was rejected and we forgetfully wormed our way back into the "Elite" (I use the word advisedly).

I suppose with fewer entrants and a longer course there is a greater geographical separation of teams, and therefore greater navigational challenge than in the A, B and C classes. In fact, starting last we did not expect to see anyone all day. Navigation was not difficult overall, but with big rounded hills and many valleys the area is complex in parts. It offers frequent "down and up" or "round the ridge" type route choices and it was easy to get on the wrong ridge or down the wrong valley.

Runnability was variable, from good short grass on some ridges to heather and peat hags on flat hilltops and hillsides. Contouring could get you into trouble with gullies, marshes, heather and bracken. The descents were generally easy and fast, but of course the climbs were difficult and slow for old codgers. In fact climbing Taberon Law late on Day 1 was nearly the end of Paul. He disappeared altogether for some time, then reappeared as an apparition at the summit. His face at first just ghostly turned a whiter shade of pale. The empathic feelings were drowned out by the huge sense of relief that it wasn't my turn to

bonk. As usual he responded quickly to resuscitation by mintcake and then proceeded to race off at a pace I had difficulty matching.

We exceeded our expectations on Day 1 and generally amazed ourselves by gaining 17 places with one particular route choice. Although not exactly grinning like Cheshire cats, we were well pleased with our placing at 28th out of 61. With a time of 9hr 05min we even managed to get the tent up before total darkness fell. This is by no means guaranteed on Frechette-Sutcliffe outings.

We have a well practised arrangement at the overnight camp. Paul cooks the food and I eat it. Then I sleep while he listens to the rain and wind. I've had to compromise in recent years by going to get the water while he puts the tent up. I get a weather report in the morning. Apparently there was more than a drop of rain. I could confirm this by conditions inside the tent. Everything weighed twice as much as the day before.

Day 2 was wet, windy and colder than Day 1. Mist added to the navigational challenge. Starting last again (a mini-mass start of one team) we resorted to following Walsh footprints. When these disappeared we unerringly and totally accidentally relocated on the Trig Point on Pykestone Hill. We couldn't have done better if we'd tried and we found we'd overtaken several teams by the first control (which was 8km from the start)

Immediately after this we were spotted by Paul's daughter Abigail and Rosie Kift who were clearly enjoying themselves immensely on the Short Score Course. We know that enjoyment is not what it's all about but there's no accounting for taste. Progress was slow from there on, the terrain being less runnable than the day before, the legs being older and the brain more addled.

In spite of superb navigation on the first day, Paul now insisted ~~the~~ that we accept the majority view of surrounding teams on route choice whether they were on our course or not. Fortunately most of the time they were going our way and the technique served us well enough. Occasionally I persuaded him to accept a minor variation and we gained half a metre at the expense of high stepping through a kilometre of heather.

With a lively finish which belied the distance we had travelled, we reached the refreshment tent to sample the renowned leftovers of last year's pasties and sandwiches. Paul was much dischuffed at having to go looking for a chair. We elite competitiors should be treated better than this. 17hr 03 min overall and probably in the top 25. We were quite pleased really. On trying to stand up at 17hr 13min elapsed time we found that rigor mortis had set in.

The pain wasn't really that bad (amnesia). We could do well in the Veterans' Handicap next year (fantasy). We should move onto the Score Class (realistic). But we achieved the Silver Standard - 147% (the bad news). Shall we do it again (madness)?

Rod Sutcliffe



Doctor Rod says," If Paul and I hadn't used Vaseline Carbolated Petroleum Jelly we wouldn't have enjoyed ourselves half as much as we did on our weekend away!"

KIT REVIEW

I have been trying out a few items of outdoor/ adventure gear over the past few months. As i have been impressed with the equipment, i thought my comments might be of value to other fellrunners and outdoor enthusiasts. May i add that i have no 'axe to grind' for any manufacturers or stockists mentioned in the following review. All items were bought and paid for in full.

Starting at the head and working down...

Mountain Equipment Ultrafleece hat.

Designed for year round use, but mainly for winter wear, Ultrafleece is a strong, lightweight, wind and water proof material. Garments and accesories made from this material are warm and comfortable. The Ultrafleece hat is a tough , stylish reversable peaked cap with all of these characteristics woven into it. The fit is very snug and comfy and, with the "ears" brought down from their 'press-studded' positions, the bitter December and January winds have been kept from my delicate ears! I am particularly fond of the very slight ($\frac{1}{2}$") collar at the back, which can be pulled down to meet the collar of a fleece jacket, keeping the neck warm. The Mountain Equipment Ultrafleece hat is available in a variety of contrasting colour combinations, mine being a sort of British Racing green,(sea green) one way and violet when reversed.

In my opinion this piece of equipment represents excellent value for money as i reckon it will last me a long time even with year long use.

Ultrafleece hat, available from West Riding Camping Halifax Road Hipperholme Tel; 01422 203491, and good outdoor eqipment shops. (price appx £15.50.)

4 - Runners Actionwear Thermal tops. Standard and Superthermal.

I have been using 4 Runners thermal tops all season(1994) after a reccommendation by a club mate. There are basically two types, Standard thermal which is made from 100% Meraklon, a Polypropylene fibre, which has the usual characteristic of most thermal tops nowadays, in the ability to wick moisture away from the body whilst keeping the wearer warm and comfortable. Superthermal is made from the same fibres but has the added characteristic of a 'brushed' fleece-type lining. I found that the Standard performed well, keeping me warm in windy conditions on the fells in winter. In driving rain, i found it quite adequate to slip on a thin cagoule over the thermal to retain body heat, though carrying (as always) a spare thermal, i found that it's services weren't required.

I would say that the Superthermal would only be needed (in my case anyway) on the fells in extreme cold or in Long races with lots of slow going/ exposed terrain. I wore mine for a ten mile club fell handicap race recently and found that even though it was a cool day, whenever i was sheltered from the wind i was rather "overheating". (That was my excuse anyway!) One occasion when i really did benefit from wearing the Superthermal was when i did the 3 Peaks Cyclo- cross race, on a very cold wet day in September. Even on the exposed summit of Whernside with gale force winds, i was kept warm and comfortable.

Finally i would say that for the price these thermalsare very good value for money. They are cheaper than the very similar, famous brand of thermal by about a third, and above all, after 12 months constant running use - THEY DO NOT SMELL !!!

Available from 4 Runners Direct, P.O. Box 89, Derby DE22 2xy.(0332)552990(9 am-7p

☞

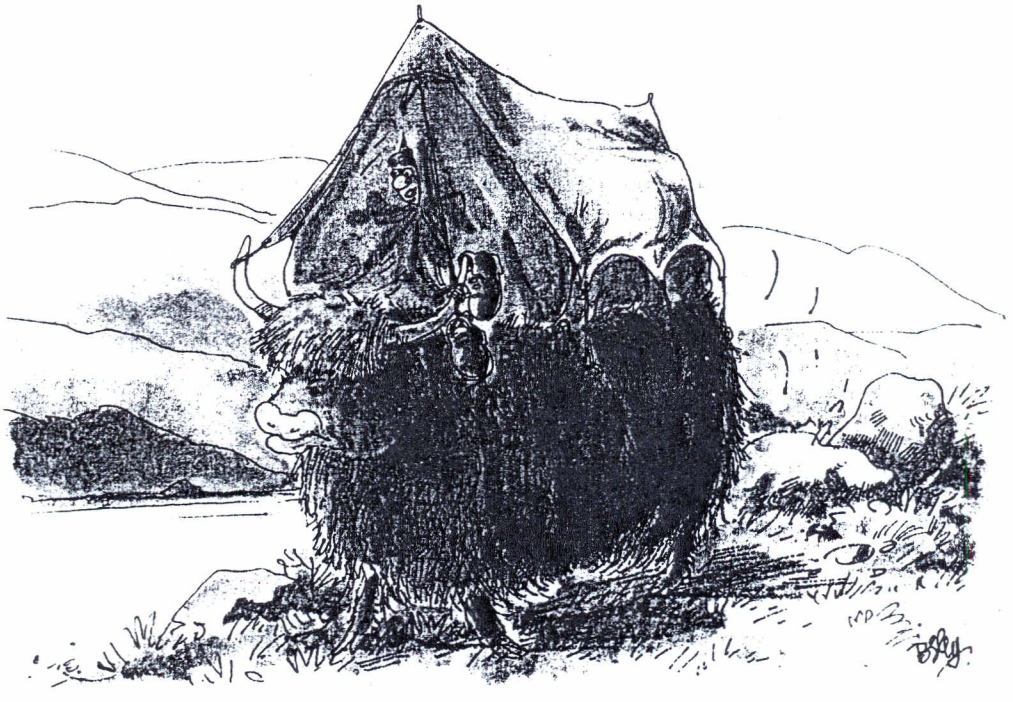
Neoprene Scuba Socks

I first descovered these wonderful items whilst talking to a runner at the prize presentation of the ill- fated Calderdale Way relay 1993. She had been stranded somewhere in the snow and had had to hitch a lift to Greetland. Obviously she had no dry gear so she was soaking wet and frozen,"except" she said,"for my feet which are warm and dry." She wore Neoprene Scuba Socks.
As you may have guessed, these are the socks that Scuba divers wear. They are really comfortable on the feet and perhaps not surprisingly, are completely water-proof. Marshy ground, wet muddy terrain, even stream crossings (shin deep) can be traversed with no water penetration. The only negative comment i have is that some people may find that they need to use a ½ size bigger fell-shoe, as my wife does because the neoprene is a little thicker than ordinary socks, though i have not had this problem with my well used Walshies. The best thing i've found about Scuba Socks is when putting on cold, still damp fell-shoes from the previous days' training run, my feet stay snug and dry inside the Neoprene, which i had been able to wash and dry in minutes the night before.

Neoprene Scuba Socks. £10.95 Available from Alan Austin outdoor gear, Jacob Street Mills, Manchester Road, Bradford West Yorkshire. (01274) 728674

Prices correct at time of writing. Kit review compiled by Allan Greenwood.

KARRIMOR 1994.



'Hey Chris, you know last night, when you put the tent up in the dark...'

(Photo: Jimmy Sheard)

Calder Valley Fell Runners Handicap Race: Saturday November 26th 1994

What better way to spend some time on Saturday morning, (when you could be enjoying some extra sleep), but to partake of a fell race. Through the generosity of Carol and Allan Greenwood, I had the chance not to stay in bed this morning. The day dawned wet and the cloud was down so just the perfect day for a fell race especially if navigation was needed. ?15 hardy souls turned out and, what a surprise, the route took in Stoodley Pike and covered about 9 miles. I have become very fond of this hill on summer evening runs and feel cheated if we don't climb it at least twice (likewise Midgley is also dear to my heart on winter runs!). Being one of the slower runners in the club does have its advantages - I was second to start, following Ted. As I plodded up the gradual climb towards Stoodley Pike I fully expected to be caught by the next starters. As I got to Stoodley I began to think that maybe the FRA navigation course in September could have done me some good as the clag was really down. I must admit I was fooling myself by thinking that, knowing how familiar most of the club runners are with this area! Meeting Ian Hartman on top resiting flags was heartening (inadvertently moved by helpful locals no doubt). As I made my way down to Withens Clough Reservoir I got Ted within my sights. Setting off first is not always a good thing if you are not sure of the route and Ted had to be encouraged that, yes, he was on the right track going up from the reservoir. Still nobody had caught me up - could it be overnight that I had suddenly become a faster runner? No such luck. On to Keelham, Bell House and Erringden Moors. I really thought I'd done it and was on my way to arriving home first. But, as luck would have it, I was passed by the winner on the home straight above Daisy Bank. Everybody arrived home within a few minutes of each other (a well organised handicap), fulfilled and exercised - a great way to spend a Saturday morning especially if you find it hard to find time to train. Thanks to all who were involved in the organisation and here's to the next.

Charlotte Roberts



Photo: Gerry Symes

AN ODE TO DUNCAN

There was a fell runner called Duncan
One Saturday night he really sunk 'em;
By hell he was a drunken,
By midnight he talked a load o' bunkem.

The fancy dress he wore
Made him throw people on the floor,
And occasionally he swore,
But Duncan, apologise no more.

Brian Horsley.



CALDERDALE WAY RELAY 1994

Duncan Thompson and Graeme Barrie leaving Blackshaw Head at the start of leg 4.

CALDER VALLEY FELL RUNNERS 1994 CHAMPIONSHIP

Race Results

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
	RACE 4: KENTMERE HORSESHOE FELL RACE (AM - 12m/3300') - SUNDAY 3rd APRIL							
1.	Jon Broxap	1.51.11						
15.	John Simpson	1.53.11	40			0.871	1.38.35	38
24.	Steve Houghton	1.54.38	39			0.819	1.33.53	39
25.	Andy Wimpenny	1.54.39	38			0.811	1.32.59	40
42.	Bob Horne	2.10.28	37	20		0.766	1.39.56	37
44.	Greg Houghton	2.11.12	36	19		0.838	1.49.57	34
59.	Gerry Symes	2.18.43	35	18		0.791	1.49.43	35
61.	Michael Wardle	2.19.10	34			0.797	1.50.54	33
141.	Graham Spencer	2.30.18	33			0.691	1.43.51	36
161.	Allan Greenwood	2.55.40	32			0.672	1.58.03	32
	RACE 6: BUTTERMERE SAILBECK HORSESHOE FELL RACE (AM - 9.4m/4250') - SUNDAY 8th MAY							
1.	Ian Holmes	1.24.59						
96.	Duncan Thompson	1.46.36	40			0.897	1.35.37	40
154.	David Hyde	1.57.41	39	20		1.000	1.57.41	38
186.	Denis Gildea	2.04.51	38			1.000	2.04.51	37
195.	Carl Greenwood	2.06.36	37			1.000	2.06.36	36
202.	Bob Horne	2.08.06	36	19		0.766	1.38.07	39
	RACE 10: HOLME MOSS FELL RACE (AL - 16m/4000') - SUNDAY 19th JUNE							
1.	Paul Sheard	2.02.57						
15.	Gary Webb	2.13.16	40			0.912	2.01.32	40
169.	V Smith	3.06.06	**		**	1.000	3.06.06	**
176.	Louise Atkin	3.08.49	39		10	1.000	3.08.49	39
195.	Babs Bakunola	3.24.53	38			1.000	3.24.53	38
	RACE 13: BORROWDALE FELL RACE (AL - 17m/6500') - SATURDAY 6th AUGUST							
1.	Ian Holmes	2.42.22						
9.	Gary Webb	3.08.07	40			0.912	2.51.34	38
10.	Steve Houghton	3.08.56	39			0.876	2.45.30	39
53.	Michael Wardle	3.36.51	38			0.763	2.45.27	40
65.	Chris Peart-Binns	3.43.27	37			0.802	2.59.12	37
68.	Denis Gildea	3.43.44	36			1.000	3.43.44	31
101.	Rod Sutcliffe	3.58.33	35	20		0.778	3.05.36	35
139.	Paul Frechette	4.12.02	34	19		0.786	3.18.05	34
141.	Geoff Bell	4.12.53	33	18		0.733	3.05.22	36
152.	Greg Houghton	4.17.24	32	17		0.782	3.21.17	33
226.	Bob Horne	4.57.07	31	16		0.682	3.22.38	32
	RACE 14: SEDBERGH HILLS RACE (AL -14m/6000') - SUNDAY 14th AUGUST							
1.	R. Jamieson	2.06.36						
31.	Duncan Thompson	2.26.33	40			0.870	2.07.30	37
63.	Brian Horsley	2.36.35	39	20		0.807	2.06.22	38
67.	Rod Sutcliffe	2.38.09	38	19		0.778	2.03.02	39
68.	David Hyde	2.38.41	37	18		1.000	2.38.41	33
99.	Geoff Bell	2.47.26	36	17		0.733	2.02.43	40
105.	Paul Frechette	2.49.03	35	16		0.786	2.12.52	34
108.	Michael Wardle	2.50.45	34			0.763	2.10.17	35
127.	Allan Jones	2.56.56	33	15		0.726	2.08.27	36
130.	Denis Gildea	2.58.48	32			1.000	2.58.48	32
	RACE 15: GATEGILL FELL RACE (AS - 4m/1600') - SUNDAY 21st AUGUST							
1.	Jon Broxap							
.	Gary Webb		40					40

CALDER VALLEY FELL RUNNERS -1994 CHAMPIONSHIP

placings after 21 races

	RACE	1 (M)	2 (M)	3 (L)	4 (M)	5 (M)	6 (M)	7 (S)	8 (S)	9 (L)	10 (L)	11 (S)	12 (M)	13 (L)	14 (L)	15 (S)	16 (S)	17 (S)	18 (L)	19 (L)	20 (M)	21 (S)	TOTA POINT
1	Gary Webb	39	40					40	40	40	40	40	40	40		40	(40)				(39)		39
2	Steve Houghton	40			39	40		38	38	39		38		39						40	40		39
3	Denis Gildea	(32)	(34)			34	38	30	28	35				36	(32)				40	38	38		31
4	Michael Wardle			40	34	37		34	33					38	34							38	28
5	Bob Horne	(25)	35	38	37	32	36	31	27					31									26
6	Duncan Thompson	38					40	39	39			39					39						23
7	Andy Wimpenny	37			38	38		37	37	37													22
8	Greg Houghton				36					36				32					38	39	37		21
8	Rod Sutcliffe		39			35		33						35	38		38						21
10	Damian Whitehead	36						36	34				39					40					18
11	David Hyde					36	39								37				39				15
12	Geoff Bell			39		33								33	36								14
13	Ian Hartman	29										37	36				37						13
14	Allan Greenwood				32			28					34									33	12
15	Carl Greenwood						37	32					37										10
16	Chris Peart-Binns								31					37								37	10
17	Graham Spencer	23			33								33										8
18	Louise Atkin										39											36	7
19	Gerry Symes				35													39					7
20	Pete Round	33	38																				71
21	Jamie Smith								32				38										70
21	Michael Allcock	35							35														70
23	Richard Kellett	34						35															69
23	Paul Frechette													34	35								69
25	Pete Regan	30	37																				67
26	Steve Cavell							29					35										64
27	Trevor Redmond	26	36																				62
28	Pete Horne	31							30														61
29	Jez Wilkinson	28							29														57
30	Charlotte Roberts	22																				34	56
31	Pete White	19																				35	54
32	John Simpson				40																		40
32	Rob Skelton																					40	40
34	Paul Cleary					39																	39
34	Brian Horsley														39								39
34	Graham Barrie																					39	39
37	Babs Bakunola										38												38
37	Jeff Winder									38													38
39	Richard Rowlands								36														36
40	Allan Jones														33								33
41	Dave Gilyeat																					32	32
42	John Riley	27																					27
43	Grahame Fry	21																					21
44	Steve Kirkbride	20																					20

CALDER VALLEY FELL RUNNERS -1994 CHAMPIONSHIP

Handicap - placings after 21 races

	RACE	1 (M)	2 (M)	3 (L)	4 (M)	5 (M)	6 (M)	7 (S)	8 (S)	9 (L)	10 (L)	11 (S)	12 (M)	13 (L)	14 (L)	15 (S)	16 (S)	17 (S)	18 (L)	19 (L)	20 (M)	21 (S)	TOTAL POINTS
1	Gary Webb	(27)	39					(36)	38	39	40	40	37	38		40	40				38		389
2	Steve Houghton	40			39	40		29	29	40		37		39						40	40		373
3	Denis Gildea	(23)	34			32	37	33	31	35				(31)	(32)				39	38	37		316
4	Michael Wardle			40	33	39		39	40					40	35							40	306
5	Bob Horne	(30)	37	38	37	35	39	40	39					32									297
6	Duncan Thompson	29					40	31	34			39			37		38						248
7	Rod Sutcliffe		40			38		38						35	39		39						229
8	Greg Houghton				34					38				33					40	39	39		223
9	Andy Wimpenny	38			40	37		30	36	36													217
10	Damian Whitehead	34						34	37				38					40					183
11	Geoff Bell			39		36								36	40								151
12	Allan Greenwood				32			37					40									38	147
13	Ian Hartman	33										38	35				37						143
14	David Hyde					33	38								33				38				142
15	Graham Spencer	37			36								39										112
16	Chris Peart-Binns								30					37								37	104
17	Carl Greenwood						36	28					33										97
18	Gerry Symes				35													39					74
18	Michael Allcock	39							35														74
20	Louise Atkin										39											34	73
21	Richard Kellett	36						35															71
22	Trevor Redmond	32	38																				70
23	Steve Cavell							32					36										68
23	Paul Frechette													34	34								68
25	Pete White	26																				39	65
26	Jez Wilkinson	31							33														64
27	Jamie Smith								28				34										62
28	Pete Round	24	36																				60
29	Pete Horne	25							32														57
29	Pete Regan	22	35																				57
31	Charlotte Roberts	19																				33	52
32	John Simpson				38																		38
32	Brian Horsley														38								38
32	Babs Bakunola										38												38
35	Jeff Winder									37													37
36	Rob Skelton																					36	36
36	Allan Jones														36								36
38	Grahame Fry	35																					35
38	Graham Barrie																					35	35
40	Paul Cleary					34																	34
41	Dave Gilyeat																					32	32
42	Steve Kirkbride	28																					28
43	Richard Rowlands								27														27
44	John Riley	21																					21

CALDER VALLEY FELL RUNNERS -1994 VETERANS CHAMPIONSHIP
placings after 21 races

	RACE	1 (M)	2 (M)	3 (L)	4 (M)	5 (M)	6 (M)	7 (S)	8 (S)	9 (L)	10 (L)	11 (S)	12 (M)	13 (L)	14 (L)	15 (S)	16 (S)	17 (S)	18 (L)	19 (L)	20 (M)	21 (S)	TOTAL POINTS
1	Bob Horne	17	19	19	20	(17)	19	19	19					16									148
2	Rod Sutcliffe		20			19		20						20	19		20						118
3	Greg Houghton				19					19				17					19	20	20		114
4	Ian Hartman	19										20	20				19						78
4	David Hyde					20	20								18				20				78
6	Geoff Bell			20		18								18	17								73
7	Pete Horne	20							20														40
8	Gerry Symes				18													20					38
9	Paul Frechette													19	16								35
10	Pete White	14																				20	34
11	Jeff Winder									20													20
11	Brian Horsley														20								20
13	Dave Gilyeat																					19	19
14	John Riley	18																					18
15	Grahame Fry	16																					16
16	Steve Kirkbride	15																					15
16	Allan Jones														15								15

CALDER VALLEY FELL RUNNERS -1994 LADIES CHAMPIONSHIP
placings after 21 races

	RACE	1 (M)	2 (M)	3 (L)	4 (M)	5 (M)	6 (M)	7 (S)	8 (S)	9 (L)	10 (L)	11 (S)	12 (M)	13 (L)	14 (L)	15 (S)	16 (S)	17 (S)	18 (L)	19 (L)	20 (M)	21 (S)	TOTAL POINTS
1	Louise Atkin										10											10	20
2	Charlotte Roberts	9																				9	18

AUTUMN LEAVES HANDICAP
Saturday 26th November 1994

Pos'n		Time	H'cap	Act. Time	Act. Pos'n
1	Graeme Barrie	1.33.19	29.00	1.04.19	1
2	Charlotte Roberts	1.34.56	12.00	1.22.56	15
3	Paul Frechette	1.35.33	24.00	1.11.33	4
4	Carol Greenwood	1.36.21	29.00	1.07.21	2
5	Pete White	1.36.38	20.00	1.16.38	9
6	Allan Jones	1.36.55	23.00	1.13.55	5
7	Tony Bradley	1.37.21	22.00	1.15.21	7
8	Richard Kellett	1.37.27	29.00	1.08.27	3
9	Chris Beswick	1.37.27	21.00	1.16.27	8
10	Ted Long	1.38.03	0.00	1.38.03	16
11	Allan Greenwood	1.38.09	18.00	1.20.09	14
12	Louise Atkin	1.38.14	21.00	1.17.14	10
13	John Riley	1.39.46	22.00	1.17.46	11
14	Andy Thompson	1.39.52	25.00	1.14.52	6
15	Pete Regan	1.40.22	21.00	1.19.22	12
16	Kenny Stirrat	2.03.32	47.00	1.19.32	13



THE NORTH'S PREMIER OUTDOOR LEISURE SPECIALISTS

Visit our extensive indoor showroom for the area's largest display of:

- TENTS
- OUTDOOR CLOTHING
- CAMPING ACCESSORIES
- FELL SHOES
- RON HILL
- RUCKSACKS
- SLEEPING BAGS
- BOOTS





Whatever your pursuit, we have experts on hand to give advice.





0422 203491

TAN HOUSE MILLS, HALIFAX RD., HIPPERHOLME, NR. HALIFAX

ALSO AT: CROWN ST., HEBDEN BRIDGE

0422 844500

GOOD DISCOUNT ON PRODUCTION OF CLUB MEMBERSHIP CARD.

Jamie Smith

" A MOUNTAIN TOP WITH FOUR VIRGINS "

(The Bens of Jura a race profile)

No its not the title of another Denis Potter classic , but this was my reaction on having reached the summit of the last Pap to find none of my fellow grovellers (I mean runners) knew the best line off this ferociously rocky hill, all being first timers in the race as well.

In my case it wasn't strictly true as I'd visited the island and the dramatically rugged hills the previous year in The Scottish Highland Peaks yacht race and vowed to return in better shape to take them on in all their full glory.

The Bens of Jura was one of those races that caught my imagination the first time I heard about it in my late teens, from now FRA guru Selwyn Wright who told of a mystical isle up North with magical mountains, knee buckling descents and a rite good crack wi'runners small of brain though big of heart. Once visited it seems crude to refer to the Bens of Jura as just a race as it is much more than a race, it has become more like a festival in part of the islands culture rivalled only by Hogmanay.To many of the runners it is pilgrimage to which they pay yearly homage, even if they are no longer strong in the leg and weak in the head they come to do battle with the famous Jura malt and the post race ceiledh.

The race it's self is an absolute classic amongst classics involving some 6000 feet of climb in some 16 miles, which is made all the more remarkable when you consider the highest summit is only a mere 2500 odd feet high and the last three and a bit miles wanders gently along the flat coast road. "Flat road" I hear you gasp in a classic fell race; some hate it some love it after the pervious 13 miles slog over all manor of terrain including nose scrapping climbs, marsh, bog, bilberry rakes, grass, ankle twisting turks heads,loose fast scree runs and the infamous huge granite boulders which cover much of the three Paps.If you get baking sun or rain and wind, either way places to drink enroute are sparse so the ubiquitous bike bottle comes into its own.

Despite a roll of honour to match the very best of fell races Jura is defiantly a race in which the trier will gain suitable reward for their effort. There is a blown glass whisky goblet to all runners under the magic 4 hour mark to the less fleet of foot there is tea and butties, a warm cheer, sore legs and a glowing pride of satisfaction.

Amongst the excuses I've heard given against going to Jura are its a hassle to get to, hard work, expensive and time consuming. Without a doubt Jura is the complete fell running experience to be encountered at least once in a fell runners lifetime. Go you'll have a great time !!

RACE INFO

Race day is usually the last weekend in May.
Maps to use:
Pathfinders 1:25000 (should be available at store on island ?)
398 Jura Forest (this covers most of the race,but beware if foul weather should strike you'll need 411 as well)
411 Islay and Jura
Landranger 1:50000 : 61 Jura

Race Checkpoints
1. 489 683 Dubh Bheinn
2. 501 699 Glas Bheinn
3. 484 706 Aonach Bheinn
4. 489 735 Beinn a' Chaolais (First Pap)
5. 498 749 Beinn an Oir (Second Pap)
6. 512 748 Beinn Shiantaidh (Third Pap)
7. 527 756 Corra Bheinn
8. 544 721 Three Arch Bridge
Return to Craighouse

FACTS ABOUT JURA

Jura has its own distillery which is opposite the hotel/pub in Craighouse, of which the head distillers office acts as race registration.

Race entry is limited to just 180 so get that entry in quick.

The hotel does good grub.

Their is a well stocked village shop at in Craighouse.

Craighouse also has its own tearoom.

There is an excellent distillery tour the day after the race ?

Jura's main sources of income are salmon farming, malt whisky and deer farming.
The camping is free for the race and on the lawn outside the pub no distance to stager!

The beers poor but the whisky is brilliant.

Whilst living on the most northerly tip of Jura George Orwell wrote amongst other classics 1984 !
How To Get There
Caledonian MacBrayne Kennacraig to Islay approx 2 and half hrs., then a 10 minute crossing to Jura. Ten mile bus ride to Craighouse, walk or better still cycle.
If you've got time or feeling very fit you can take the above route via Arrdrossan - Arran - Mull of Kintyre to Kennacraig then as above.

Consult up to date timetables for sailings and fares.

CALDER VALLEY FELL RUNNERS - LIST OF PAID UP MEMBERS (1994) Date: 23/1

Forename	Surname	Address				Postcode	Home Tel N
Michael	Allcock	85 Swillington Lane	Swillington	Leeds			0532 860443
Russell	Arrandale	25 Carr Field Drive	Luddenden	Halifax	West Yorkshire		0422 883510
Louise	Atkin	1 & 11 Four Gates End	Cragg Vale	Mytholmroyd	West Yorkshire	HX7 1EY	
Bahatunde	Bakunola	30 Astral Ave	Hipperholme	Halifax	West Yorkshire	HX3 8NN	0422 204117
Michael	Banks	13 Prospect Place	Duckworth Lane	Bradford	West Yorkshire		0274 54539
Graeme	Barrie	28 Cleveley Gardens	Mytholmroyd	Hebden Bridge	West Yorkshire	HX7 5JE	0422 885183
Geoff	Bell	11 Arran Drive	Garforth	Leeds			0532 865456
Val	Bell	11 Arran Drive	Garforth	Leeds			0532 865456
Richard	Benn	860 Gt. Horton Road	Bradford		West Yorkshire		0274 507037
Chris	Beswick	Wood Royd, Park Lane	Mytholmroyd	Hebden Bridge	West Yorkshire		0422 882373
Tony	Bradley	12 Vicar Park Drive	Norton Tower	Halifax	West Yorkshire	HX2 0NN	0422 360999
Adrian	Buckle	4 Lowfield Crescent	Silsden		West Yorkshire	BD20 0QE	
Michael	Burns	38 Dean Lane	Sowerby	Sowerby Bridge	West Yorkshire		
Steve	Cavell	1 Shelf Moor Road	Shelf	Halifax	West Yorkshire		0274 601577
Paul	Cleary	10 Albert Road	Halesowen		West Midlands		
Neil	Croasdell	59 Kliffen Place	Halifax		West Yorkshire	HX3 0AL	0422 342808
John	Crummett	18 Westbourne Terrace	Queensbury	Bradford	West Yorkshire		0274 817791
Matthew	Drake	13 Finkle Street	Sowerby Bridge		West Yorkshire	HX6 1NG	0422 882993
Tony	Flint	14 Carr Field Drive	Luddenden	Halifax	West Yorkshire	HX2 6RJ	0422 884265
Paul	Frechette	Spa House	Cragg Road	Mytholmroyd	West Yorkshire	HX7 5SQ	0422 882619
Grahame	Fry	Wharfedale, West St	North Kelsey		Lincolnshire	LN7 6EL	0652 678820
Denis	Gildea	3 Denfield Avenue	Ovenden	Halifax	West Yorkshire		0422 367805
Dave	Gilyeat	81 Yew Tree Cottages, Midgley	Luddendenfoot	Halifax	West Yorkshire		0422 885826
Allan	Greenwood	71 Smiddles Lane	West Bowling	Bradford	West Yorkshire		0274 731195
Carl	Greenwood	17 Hill Crest	Hebden Bridge		West Yorkshire		0422 844101
Peter	Haigh	28 Sapgate Lane	Thornton	Bradford	West Yorkshire		0274 835194
Ian	Hartman	3 Woodland Grove	Bradford		West Yorkshire		0274 546549
Linda	Hayles	59 Kliffen Place	Halifax		West Yorkshire	HX3 0AL	0422 342808
Bob	Horne	8 Bramley View	Lightcliffe	Halifax	West Yorkshire		0422 201269
Pete	Horne	67 The Grove	Hipperholme	Halifax	West Yorkshire		0422 205547
Brian	Horsley	2 Netherlands Avenue	Bradford		West Yorkshire		0274 600651
Greg	Houghton	4 Valley Avenue	Lightcliffe	Halifax	West Yorkshire		
Steve	Houghton	4 Nunlea Royd	Lightcliffe	Halifax	West Yorkshire		0422 203704
David	Hyde	17 Moorlands Crescent	Ovenden	Halifax	West Yorkshire		0422 343736
Thurza	Hyde	17 Moorlands Crescent	Ovenden	Halifax	West Yorkshire		0422 343736
Allan	Jones	The Paddock, Shelf Moor Road	Shelf	Halifax	West Yorkshire		0274 679894
Richard	Kellett	16 Hope Street	Shelf	Halifax	West Yorkshire	HX3 7LG	0422 202923
Steve	Kirkbride	11 Mountfields	Lightcliffe	Halifax	West Yorkshire		0422 203338
Ted	Long	Burntwood	127A St Peters Ave	Sowerby Bridge	West Yorkshire	HX6 1BU	0422 835224
Adrian	Muir	13 Finkle Street	Sowerby Bridge		West Yorkshire	HX6 1NG	0422 882993
Irene	Neville	Lyndene, Browfootgate Lane	Trimmingham	Halifax	West Yorkshire		0422 368955
Chris	Peart-Binns	14 Foster Lane	Hebden Bridge		West Yorkshire		0422 842589
Brian	Peters	4 Jonathan Garth	Addingham	Ilkley	West Yorkshire		0943 830729
Bernard	Pierce	7 Old Town Cottages	Hebden Bridge		West Yorkshire	HX7 8SP	0422 842377
Kay	Pierce	7 Old Town Cottages	Hebden Bridge		West Yorkshire	HX7 8SP	0422 842377
Barry	Price	19 Arberry Close	Banbury		Oxon	OX16 9TE	0295 252203
Eddie	Procter	7 Marlborough Grove	Hebden Bridge		West Yorkshire	HX7 8BS	0422 394774
Trevor	Redmond	126 Ravenstones Drive	Greetland	Halifax	West Yorkshire		0422 372848
Pete	Regan	11 Church Lane	Mount Pellon	Halifax	West Yorkshire		0422 355243
John	Riley	11 Buttress Lane	Luddenden	Halifax	West Yorkshire		0422 885180
Charlotte	Roberts	130 Lane Ends	Oakworth	Keighley	West Yorkshire	BD22 7PR	
Ian	Robertson						
Pete	Round	8 Sowerby Croft Lane	Sowerby Bridge		West Yorkshire		0422 831814
Richard	Rowlands	1 Under Cragg	Charlestown	Luddenden	West Yorkshire		0422 843038
Jimmy	Sheard	10 Carr Field Drive	Luddenden	Halifax	West Yorkshire		0422 884764
John	Simpson	13 Park Grove	Swillington	Leeds		LS26 8UN	0532 872036

MEMBERSHIP FEES (£4) ARE NOW DUE FOR 1995 - PLEASE PAY RICHARD KELLETT

CALDER VALLEY FELL RUNNERS - LIST OF PAID UP MEMBERS (1994)

Date: 23/12/

Forename	Surname	Address				Postcode	Home Tel No
Robin	Skelton						
Jamie	Smith	17 Munby Street	Fairweather Green	Bradford	West Yorkshire		0274 495460
Alastair	Sowden	Rose Cottage	Cragg Road	Mytholmroyd	West Yorkshire	HX7 5EG	0422 884860
Graham	Spencer	26 Ascot Avenue	Horton Bank Top	Bradford	West Yorkshire		0274 570795
Rod	Sutcliffe	Raw End Cottage, Raw End Rd,	Luddendenfoot	Halifax	West Yorkshire	HX2 6LA	0422 882082
Gerry	Symes	33 Station Fields	Garforth	Leeds			0532 863760
~~Andy~~	~~Thompson~~	~~40 Caldene Avenue~~	~~Low Moor~~	~~Bradford~~	~~West Yorkshire~~		~~0274 676133~~
Duncan	Thompson	27 Glenfield Road	Nelson		Lancashire	BB9 8AP	0282 613559
Simon	Towler	74 Poplar Grove	Great Horton	Bradford	West Yorkshire	BD7 4ll	0274 501957
Sandra	Walbran	5 Brecks	Clayton	Bradford	West Yorkshire	BD14 6DY	0274 881340
Michael	Wardle	19 Carr Field Drive	Luddenden	Halifax	West Yorkshire	HX2 6RJ	0422 885497
Gary	Webb	3 Crimsworth Terrace	Hebden Bridge		West Yorkshire		0422 842713
Peter	White	12 Coiners Fold	Mytholmroyd	Hebden Bridge	West Yorkshire		0422 885728
Damian	Whitehead	29 Woodhouse Drive	Keighley		West Yorkshire	BD21 5NR	0535 607660
Jeremy	Wilkinson	Flat 1	4 Regents Park Terr	Leeds		LS6 2AX	0532 302014
Andy	Wimpenny	11 Cross Hill	Greetland	Halifax	West Yorkshire		0422 379542
Jeff	Winder	148 Ravenstone Drive	Greetland	Halifax	West Yorkshire	HX4 8DY	0422 376111

