



calder valley fell runners

SHEEP SHEET

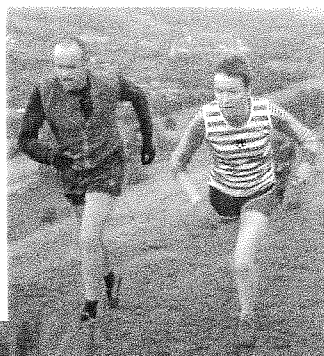
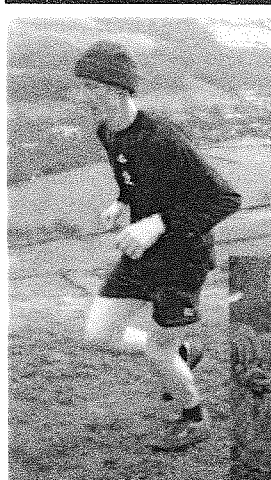
.... February 2004....

Steve gets off to a flying start and never looks back !!!

Winter Handicap Race Results 24th Jan 2004

<u>final position</u>	<u>summit position</u>	<u>start position</u>		<u>finish time</u>	<u>running time</u>	<u>run-time position</u>
1	1	3	Steve Cavell	13:57:49	0:52:34	15
2	3	5	Paul Frechette	14:02:05	0:50:55	11=
3	4	7=	Thirza Hyde	14:03:25	0:51:50	14
4	11	11	Jez Wilkinson	14:03:43	0:47:43	8
5	2	2	Allan Breaks	14:03:44	0:59:14	19
6	9	10	Steve Garner	14:04:36	0:50:46	10
7	12	14	Carl Greenwood	14:04:42	0:44:32	2
8	10	9	Amanda Farrell	14:04:53	0:51:38	13
9	18	20	Richard Greenwood	14:05:02	0:40:42	1
10	13	12	Rod Sutcliffe	14:05:34	0:47:04	7
11	17	16=	Mike Wardle	14:06:26	0:45:01	4
12	16	13	Robin Skelton	14:06:32	0:47:52	9
13	8	4	Jackie Scarf	14:07:00	0:56:10	17
14	14	18	Sally Newman	14:07:05	0:45:00	3
15	15	15	Barry Shaw	14:07:25	0:46:55	6
16	5	7=	Dave Culpan	14:07:30	0:55:55	16
17	7	6	Graeme Woodward	14:07:35	0:56:15	18
18	19	19	Graeme Hill	14:08:39	0:45:14	5
19	6	1	Kay Pierce	14:08:58	1:04:58	20
20	20	16=	Anne Johnson	14:12:20	0:50:55	11=

Richard Greenwood
Fastest Time



Thirza Hyde
1st girlie

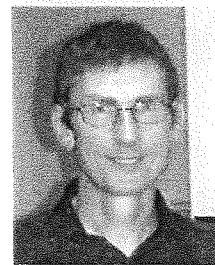


Steve Cavell
Overall winner

Another excellent handicap with Steve Cavell taking the honors for the 2nd time in recent years. The going was a bit soft over Erringden Moor and windy but overall a good day with some light shower but nothing too significant. The wooden stiles were lethal. Linda and Allan did a brilliant job flagging and were there to cheer people on at the top. Thanks - it was very much appreciated. Thanks also to Bill for working out good handicaps (How much did Steve pay you!!!!) with most people getting back in close together.

Thirza

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Rod Sutcliffe



CLUB CAPTAIN

Tony Bradley



SECRETARY

Jon Underwood



TREASURER

Adam Breaks

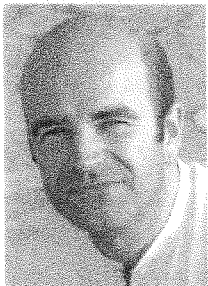


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ON COMMITTEE



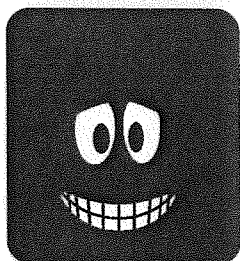
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STATISTICIAN
Bill Johnson

RACE RESULTS

**Clywdian Hills - 10mils/3100' -
Sunday 2nd November 2003**

			Race Time	Race Level	Ratio
1	Malcolm Fowler	Pennine	1.22.34	-	-
2	Tim McGaff	Pennine	1.22.42	-	-
3	Roger Lamb	Mercia	1.25.49	-	-
13	Steve Houghton	CVFR	1.34.18	2	1.13
21	Sally Gillver	Pennine	1.38.27	-	-
48	Brian Shelemerdine...	CVFR	1.38.45	-	-

Haven't done this race since pre foot and mouth didn't know what I'd been missing. Brilliant Race. Arrived at 9.30am in a torrential downpour and got quite a shock (not used to this). Usually hot and sunny. Greg (not running at the moment due to bad back) went out walking to watch (must be madder than us). Luckily we got a break in the weather and it fined up for the race. Had a decent run I thought 6th V40 - top 20 in a race. Fantastic little race this, good venue, good pie and peas at finish. Fab course over Clywdian Hills with run over and off Moel Fammau. Harder that a lot of people think. Malcolm who won was 2nd at Shepherds Skyline the day before (makes you sick doesn't it!!!) Steve



**Penmaenmawr - 11mils/1500' -
Saturday 15 November 2003**

			Race Time	Race Levels	Ratio
1	Colin Donnelly	Eryri	1.13.01	-	-
2	Dylan Jones	Eryri	1.13.18	-	-
3	James McQueen	Eryri	1.15.08	-	-
32	Steve Houghton	CVFR	1.30.07	2	1.22
37	Ruth Isaacs	Pensby	1.32.11	1st lady	
50	Victoria Musgrove	Eryri	1.35.15	1st LV40	

Another race not done since pre foot and mouth. Very fast race - ideal preparation for Calderdale Way Relay. Big climb out from the start then very fast running round the back of Tal Y Fan and across good fell and moorland back onto edge of the quarry overlooking The Carneddts. Then fast undulating paths and fell to finish, 2 weeks after Clywdian Hills, 2 colds and a virus as well. Felt crap from start to finish but got round in a fashion, good race, fantastic venue nestling in hills overlooking Llandudno, Anglesey, Puffin Island and Menai Straits (had more time to enjoy them today. Didn't run as hard) Two lovely pubs at the finish serving up hot soup and rolls for runners. Steve

**Tour of Pendle - 17mils/4250' -
Saturday 16th November 2003**

			Race Time	Level	Ratio
1	Andrew Schofield	Borro'dale	2.23.10	-	-
2	Paul Thompson	Clayton	2.25.06	-	-
3	Jon Wright	Tod	2.29.03	-	-
14	Adam Breaks	CVFR	2:40:10	1	1.10
17	Andy Clarke	CVFR	2:42:58	2	1.12
37	Vanessa Peacock	Clayton	2:54:09	-	1st lady
54	Rod Sutcliffe	CVFR	3:04:34	3	1.27
55	Mike Wardle	CVFR	3:05:07	3	1.27
61	Carl Greenwood	CVFR	3:11:43	4	1.31
88	Thirza Hyde	CVFR	3:31:42	5	1.45
112	Dave Culpán	CVFR	3:57:00	7	1.63
	116 ran				

Tough long race but in ideal racing conditions. Mixture of paths, heather, peak hags, bogs you know the kind of thing. It feels more than it's 4,000 plus feet of climbing and the final climb back towards trig on Pendle is a killer. Wasn't a race that I was ever bothered about running but I enjoyed it alot and on the map it looks really contrived but it doesn't when you're racing - too worried about the pain factor.this was Daves first attempt at such a long race. Well done on getting round. Thirza

Tanky's Trog (Marsden to Edale Race) - 7 December 2003 - 20miles, 3700ft

1.	Andy Shaw	Holmfirth	3hrs 04min
2.	Tim Werrett	Dark Peak	3hrs 08min
3.	Adrian Jones	unattached	3hrs 12min
24.	Jon Underwood	CVFR	3hrs 47min
25.	Rod Sutcliffe (1st V50)	CVFR	3hrs 47min
?	Linda Bland	Dark Peak	4hrs 04min
55.	Richard Allen	CVFR	4hrs 17min
58.	Brian Skelmerdine	CVFR	4hrs 17min

125 runners

This race is named after the organiser, Tanky Stokes, who got his name in the army whilst doing National Service. It was the 31st year of the event, held in unusually good weather. The temperature was around freezing so the ground was semi-frozen, giving quite good running, and visibility was excellent. It was cold, though. The route goes across Wessenden Moor, Black Hill, Bleaklow and Kinder, with checkpoints at Crowden Reservoir and Snake Pass Inn. It's a long hard slog, but was quite fast in the conditions. I was tusselling with Jon all the way. It was mainly me chasing him, though I got in front a couple of times on the descents. I wondered if I should hang in behind him and try to blast past at the finish, but this seemed a bit sneaky after he showed me the way over Bleaklow and Kinder. I decided to show willing by extending him a bit down the final road but I could not sustain it. Swearingly knackered, I just did not have enough to beat him on the run in but there was only a couple of seconds between us. I was pleased to get the prize for the first over 50 – the first time I have managed this in any race. For Brian, Jon and me it was our first outing in this race, but Richard says he has done it 14 times now. That's a bit much if you ask me. Rod

Coley Canter - Saturday 27th December (Previous record 1999 Steve Oldfield 43:41)

1	Adam Breaks	CVFR (new record)	42:58:00
2	Karl Gray	CVFR	43:11:00
3	Mark Brown	Clayton Le Moors V40	44:08:00
4	Andy Clarke	CVFR V40	44:49:00
5	Steve Oldfield	BFD Airedale V45	45:35:00
8	Andy Wardman	CVFR	49:04:00
22	Mike Wardle	CVFR V40	57:27:00
24	Allan Greenwood	CVFR V40	58:07:00
29	Dave Culpan	CVFR V40	60:32:00
31	Silvia Watson	Valley Striders LV55	62:54:00
40	Rose Carnochan	CVFR LV40	70:55:00

51 entered

A much needed break for Christmas provided just the right preparation for the final weekend of racing in 2003. I was apprehensive going into the penultimate winter league championship race as I was intending to run the following day at Todmordens Hot Toddy race (see Bland Trail for further details).

I surprised a number of people including myself by taking my first senior victory in a new record time, over this multi terrain event from Shelf which takes in fields, footpaths and country lanes around Coley and Norwood Green. The intriguing course with its many twist and turns proves susceptible to hopeful pursuers and gaps can be deceptive. Credit has to be given to Karl Gray who helpfully directed me around some tricky parts of the course. Team CVFR fielded a strong team and were only denied a clean sweep, with Karl second and Andy Clarke just being beaten into fourth place by Claytons' para-olympian Mark Brown. Steve Oldfield returning back from long term injury and despite starting brightly faded to fifth place. Dave Culpan strengthen his grasp on the overall winter league by placing a creditable 29th, whilst Rose also proved that turning up to training week in week out pays dividends by collecting the female vet 40 prize- well done. Surprisingly she was the only CVFR female runner; the rest must be saving themselves for bigger things to come. Adam.

Giants Tooth - (amended route) Thursday 1st January 2004

		Short	Rating	improvement rating from 2003	
1	George Ehrhardt	Tod	0:27:44	-	-
2	Chris Smale	Tod	0:27:59	-	-
3	Karl Gray	CVFR	0:28:02	1.04	2%
4	Adam Breaks	CVFR	0:29:03	1.07	5%
16	Ant Mayer	CVFR	0:33:13	1.23	-2%
19	Mike Wardle	CVFR	0:33:59	1.25	5%
21	Barry Shaw	CVFR	0:35:00	1.29	-1%
22	Neil Taylor	CVFR	0:35:10	1.30	
25	Anne Johnson (1st lady)	CVFR	0:36:34	1.35	0%
26	Paul Gallagher	CVFR	0:37:34	1.39	-7%
37	Linda Hayles	CVFR	0:40:00	1.48	0%
38	Dave Culpan	CVFR	0:40:20	1.49	5%
45	Alec Becconsall	CVFR	0:42:12	1.56	5%
49	Mark Everington	CVFR	0:43:06	1.59	12%
54	Rose Carnochan	CVFR	0:45:15	1.67	2%
56	Steve Cavell	CVFR	0:46:16	1.71	-8%
57	Allan Breaks	CVFR	0:46:40	1.72	
63	Anne Taylor	CVFR	0:51:40	1.91	-8%

69 runners

By 11-00am we had been sitting in the car for almost an hour without a single entry. We hung on, wondering if we were the only fools to want to be out on such a snowbound New Year's Day, and to our delight we welcomed around 40 runners by half past 11. By start time, 12 noon sixty nine competitors were lining up for our contingency route. To send you onto the moor with deep snow on the top and a treacherously slippery descent through the wood was never an option. We hope you appreciate that we love to organise these races but your **safety** is **always** paramount. The winner George Ehrhardt took over ten and a half minutes longer than the Giant's Tooth race record, so you certainly had your money's worth!! Well done everyone and good running for 2004. Allan Greenwood and Linda Crabtree

Lambs Longer Leg - Sun 11th January 2004 2.75mils/950'

		Short	Rating	improvement rating from 2003	
1	John Brown	Salford	0:26:05	-	-
2	Chris Leigh	Trafford	0:26:53	-	-
3	Andy Trigg	u/a	0:26:56	-	-
5	Adam Breaks	CVFR	0:27:22	1.06	7%
12	Richard Greenwood	CVFR	0:29:57	1.16	-5%
25	Mike Wardle	CVFR	0:32:32	1.26	5%
29	Mary Edgerton	Pennine	0:33:00	1st lady	
39	Jez Wilkinson	CVFR	0:35:29	1.37	2%
54	Thirza Hyde	CVFR	0:38:47	1.50	-2%

72 runners

What a cracking short race and I'm sure it's more than any 3mils. A right little lung burster, forgot how much it hurts on these short races. Adam had a great race - a well deserved 5th place and not much behind John at all. Richard Greenwood looked like Doctor Death at the finish, ashen white, he just went out abit too fast and completely blew up. That was him out for the count all day. The chip butties were excellent it's just a shame about the attitude of the pub landlady - we filled a gap in the pub before the main Sunday Pub Lunchers arrived and she must have taken over £100 in butties and drinks, never mind miserable cow. We all had a good day - Richard might have been the exception!!!! Thirza

The Bland Trail

Hot Toddy Road Race Sunday 28th December 2003

Calderdale's largest and most popular road races of the calendar took place over the New Year period. Both events were well attended and each had a trio of CVFR members. The Todmorden Harriers promotion is arguably the most popular road event in Calderdale. The race regularly attracts international runners (non other than Salford's John Brown holds the record in 27:59). Former Todmorden resident Alexander Bowden (Milton Keynes AC) headed the field home breaking the illusive 30 minute barrier to clock a time of 29:49, for the tough 5.8 mile race. Todmordens latest signing Christopher Swale finished 3rd (30:46), from recent form on the fells is bound to be an asset to the club in 2004. CVFR were led home by Adam Breaks finishing in 6th place ahead of a brace of regular fell runners, most notably 'Tod' duo of George Ehrhardt 7th (31:46) (who is researching and training hard at the International School of Physics near Verona in Italy), and Sean Willis 8th (32:03). Neil Taylor made an impressive debut in the famous red and white stripes finishing 73rd (38:38). Mark Everington (46:45) completed the CVFR trio finishing 183rd from 254 runners.

Pennine 10K - Sunday 11th January 2004

The 16th running of this event organised by Halifax Harriers is an undulating tester around the outskirts of Brighouse. Andy Clarke finished a commendable 8th place (coming home first V40) in 35:44. Andy was also first local athletics team runner home behind eventual winner M. Scaife of Chester Le Street (31:36) and Mytholmroyd based Bingley Athlete John Cordingley. John who has had a disappointing cross country season also finished first Veteran over 45 for second place in 33:05. Andy Wardman finished well up the field in 19th place (38:54) despite cycling to the event, whilst Richard Henderson completed the team placing 92nd in 46:55. 203 runners ran the race which was largely filled with many unattached locals. Pity Thirza was away helping Richard Greenwood home after busting a gut at Lambs Leg. *(Hell might have to attend this race next time just to pull some new members but then again it is a road race and I'm allergic to them!!!! Thirza)*

News just in

Alec Becconsall made a return to running over the festive period. He began his winter running programme at the Christmas Pud 10K race from Chapel Stile near Ambleside on Sunday 21st December. Each finisher received a large Christmas pudding!

Forthcoming races

Sunday 21st March 2004 - **Its back the in-famous Stainland 7 returns after a year off.** Despite being a low key event, the race still attracts many top international runners. John Taylor is actually the record holder. The 7.2 mile course is famous for its ascent of Dog Lane up to the village of Stainland with less than a mile to go. Unfortunately for CVFR members the race clashes with long club championship race Edale Skyline. If you don't feel up to 21 miles of running over the Peak District but still want a test then this socialable race is a good alternative.

If any members have participated in an interesting event then please don't forget to drop me a line at
Abbrecus@hotmail.com Cheers Adam Breaks

Ovenden Moor - Saturday 3rd January 8mls - 1200'

			Medium	improvement
			Rating	rating
				from 2003
1	Nick Leigh	Salford	0:57:50	
2	Karl Gray	CVFR	0:58:04	1.03 2%
3	Adam Breaks	CVFR	0:58:14	1.03 9%
4	Andy Clarke	CVFR	1:00:01	1.07 3%
27	Graeme Hill	CVFR	1:06:49	1.19
29	Denis Gildea	CVFR	1:07:24	1.20 7%
31	Ant Mayer	CVFR	1:08:13	1.21 -1%
33	Mike Wardle	CVFR	1:08:42	1.22 8%
40	Barry Shaw	CVFR	1:10:17	1.25 3%
57	Robin Skelton	CVFR	1:14:00	1.31
63	Brian Shelmerdine	CVFR	1:15:18	1.34 5%
67	Donna Allan	Bury AC	1:15:49	1st lady
104	Linda Hayles	CVFR	1:22:52	1.47 1%
106	Phil Jones	CVFR	1:24:55	1.51 -1%
112	Dave Culpán	CVFR	1:26:12	1.53 2%
117	Alec Becconsall	CVFR	1:28:25	1.57 4%
135 runners				

Thank you for supporting the Ovenden fell race. Everyone seemed to have a great time, even though the weather was foul. With a biting wind and ice underfoot, things were quite tricky out on those exposed moors. Approximately 100 competitors crossed the line WEARING their cagoule. Kit checks on the finish line revealed that two runners had chosen to ignore the advice about carrying the mandatory kit requirement both on large yellow posters at registration and on the direction sign pointing to the start. What beggars belief is that one of them was lent a windproof micro cag (mine) at registration, then we found it left on the wall near the start / finish area after the race had begun !!! The two runners concerned do not appear on these results.

Well done to Nick and Donna on their fine wins, fittingly on such a bitterly cold day, they were each awarded fleece jackets.

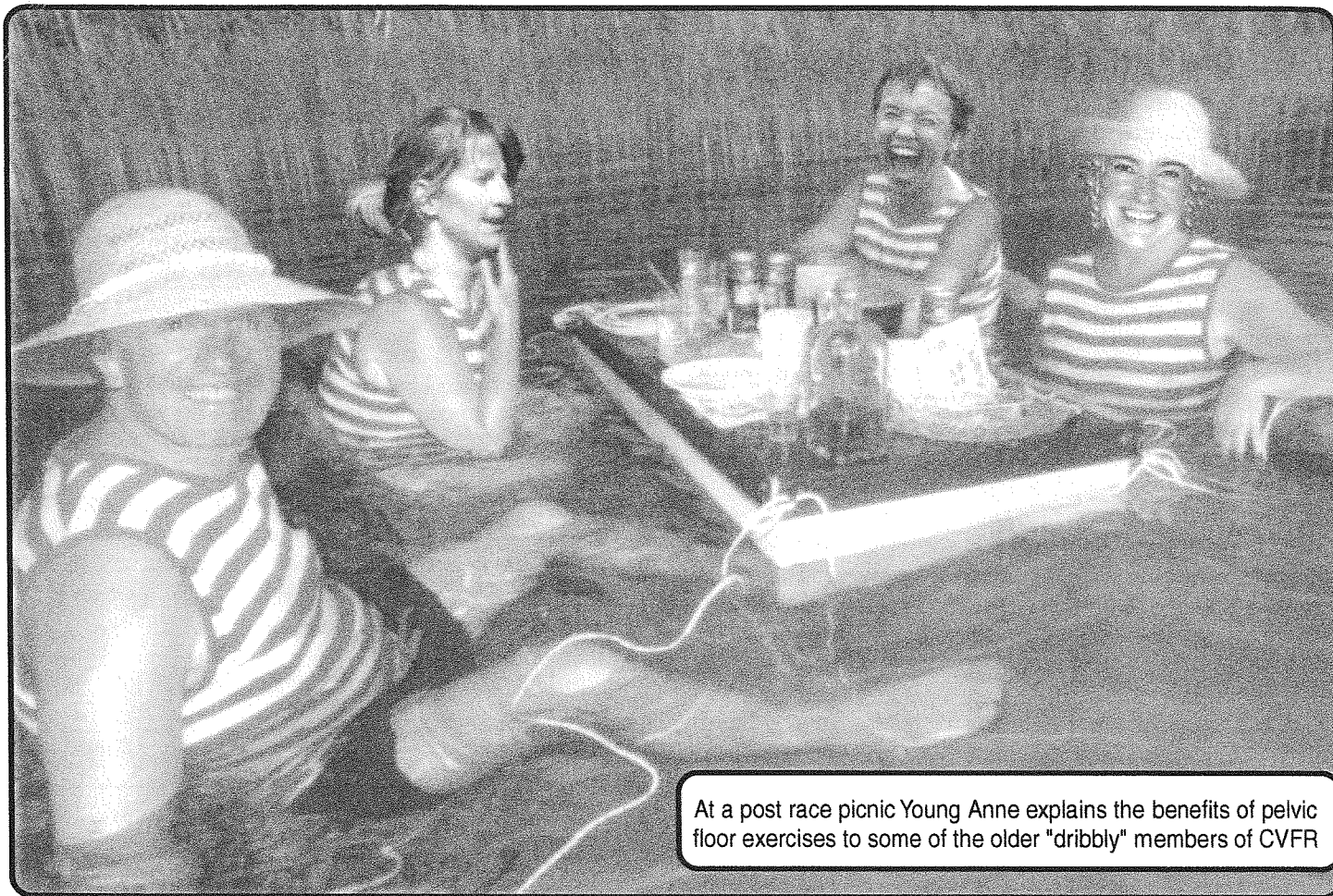
Thanks to all our helpers & marshals, especially Thirza Hyde, & Bill Smith who came all the way from Liverpool to help out on the finish, Brian and Tony who collected the flags and to the staff at the pub. **As a result of the event, we were able to make generous donations to**

Martin House Cancer Hospice and
West Yorkshire Forget Me Not Trust.

Cheers Allan and Linda

CVFRs get around. Sarah Noot at Machu Picchu in Peru - just one of the many places that this vest is going to visit in the next 9 monthsDoesn't she look cool or something!!!!





At a post race picnic Young Anne explains the benefits of pelvic floor exercises to some of the older "dribbly" members of CVFR

Drei Zinnen Alpin Marathon September 2004 12Km | 100M

While on holiday in the Italian Dolomites Helen & I were driving through a village when I spotted a large finish banner. I pulled over and asked in the race registration in broken english/italian/german when the race an whether I could enter. It was tomorrow and E30 to enter, a bit steep, but for that you got a bag of apples and a teeshirt. There were 2 options a 21Km 1500M and the one I went for. The courses were uphill only both finishing at the same place, a mountain hostel. You could leave a bag of clothes at registration and they would be transported up for you. I did ask a stupid question which was how we got back from the finish to which she answered by foot. By the looks of the mass of people and nationalities (italian, german, swiss, french, slovakian, austrian, british) it looked like a very serious event. There was a very fast British guy from Salford who I had never heard of and Ruth Pickvance entered both of whom had won the long race last year. The next morning dawned a bit damp & misty on top but very warm in the valley. I got told off at the start for wearing my electronic timing chip on my wrist and not on my ankle, it seemed



like a more comfortable place to wear it. They started like a 10K road race pace and did a lap around the village with masses of spectators lining the road side. After 3K at this pace I thought I can't keep this up and suddenly the track/road narrowed into a little path and we came to a fork where 60% of the runners went of on the long course and we all went over little pressure sensitive/electronic mats to detect our number and course chosen (what about having those on the Trog eh!). After that it was an absolute killer trying to run 1000M uphill in 9K and breathe and cope with the altitude 1000-2000M. What also made it great fun there was Km markers at the side of the path. I reached the 12K one and thought that's funny I can't see a hut. I came over a little bump and the bloody hut was like a mirage about 400M away. Suddenly a load of runners starting catching me up so I put a final spurt on and sat down feeling very dizzy after the finish. Luckily as part of the race entry the hostel provided an incredible amount of cake, so I had to try and eat some and carry some more to eat on the way down. It was very strange you picked up your bag got changed and then jogged quickly back down as it was only about 4 deg C up there whereas in the bottom it had been about 15. We went to the prize giving to find out the British guy who has won it before had got lost and retired (the route is all flagged) and Ruth Pickvance had won the ladies and picked up a cheque for E1000 and a chocolates, flowers, wine etc. A good deal if you are pretty quick. I really enjoyed it and managed to do alright myself. There are loads of races like this in Europe with similar prize levels so with budget airline prices it could be a good little earner for our faster runners.

1	Mikhail Mamleev	Italy	1.08.08
29	Jeremy Wilkinson	GB	1.38.28 (8th M35)
92 men completed			

Club Handicap Championship

Over the course of the year, I keep track of the club Handicap Championship. Since the workings of this are sometimes regarded as obscure - I know of at least one prominent club member who suspects that the results are derived in some kind of mystical ritual involving tea leaves and goats entrails - I thought I would explain how it works.

At the start of the year, I work out how well each club member has been running during the previous year, based on all race results for the year. From this everyone gets a handicap ratio that is a measure of how far behind the race winners they have been on average over short, medium and long races. (See the Statistics article. In most cases the handicap ratio is similar to the overall 2003 rating shown in that, but it is not necessarily exactly the same.)

For the coming year, your times at the club championship races are divided by this ratio to get a handicapped time. If everyone ran at the same speed in 2004 as they did in 2003, their handicapped times would all be equal (and would all match the race winner's time.)

However if you are running faster in 2004 than you have been in the past, then your handicapped time will be quicker than those who have not improved. Whoever has the fastest handicapped time gets 30 points, the next gets 29 points, etc.

So we all start out with an equal chance to win the Handicap Championship. It will be won by the person who improves the most this year, and runs the hardest during the club championship races.

There is, however, a phenomenon known in statistical circles as the Frechette/Bradley syndrome, whereby a competitor runs poorly for a year and gets an unbeatably good handicap for the next year. In order to stop this cunning abuse (by persons nameless), if someone's performances have been worse in 2003 than in 2002, their handicap will stay at the 2002 level. This is on the basis that they are capable of running as fast as they were in that previous year.

The handicap ratios that I have calculated for 2004 are shown opposite.

Race results

At the AGM, we had a short discussion on racing levels. Basically it has taken a lot of my time over the last year to gather together all the fell race results from across the country in case a CVFR runner was there, in order to calculate racing levels. The racing levels themselves are also flawed, since it is far easier to get a good racing level from a local race than from a higher profile race, even if you run your heart out at the latter.

However, several people have said that they found the levels useful and would like some kind of measure of how well they are doing from race to race, and whether they are improving or not. I agreed to continue to do some kind of race performance measure.

So for this year, I will be doing something that is less time-consuming for me, but hopefully is an even better measure of individual performance than the racing levels were.

In the race results that I send Thirza for the Sheepsheet I will show a "rating" result for each CVFR runner. As already described in the other articles, this is a measure of how far behind an average race winner you were. Race times have been modified to make results for local races the same as for English championship races. So your rating should be the same for any type of race.

Alongside the rating is an "improvement" value. This shows how much your race time has improved, compared with your average race time over the whole of the last year. A negative value means that you ran slower than on average last year.

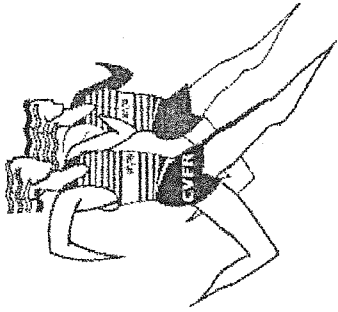
I will only gather results for those races that I know that several CVFR runners will be at, and that I can easily get the results for. However if anyone wants me to calculate these values for other races I'd be happy to - just send me the results.

Feel free to ask me any questions about any of this.

Cheers, Bill

Your Handicaps for 2004

Karl Gray	1.05	Richard Kellett	1.36
Adam Breaks	1.07	Greg Houghton	1.37
Andy Clarke	1.09	Jez Wilkinson	1.38
Jeff Winder	1.11	Steve Coey	1.39
Richard Greenwood	1.12	Paul Frechette	1.39
Andy Wardman	1.17	Steve Garner	1.40
Dave Beels	1.19	John Greenwood	1.40
Graeme Hill	1.20	Brian Shelmerdine	1.40
Sally Newman	1.20	Gerry Symes	1.41
Ant Mayer	1.20	Allan Greenwood	1.41
Wayne Brown	1.20	Tony Bradley	1.42
Jon Underwood	1.22	Pete Horne	1.43
Bill Johnson	1.22	Linda Crabtree	1.44
Steve Houghton	1.22	Amanda Farrell	1.44
Jo Smith	1.23	Duncan Thompson	1.45
Lee Shimwell	1.23	Thirza Hyde	1.47
Richard Allen	1.24	Linda Hayles	1.47
Bob Davies	1.25	Richard Henderson	1.48
Sarah Noot	1.25	Allan Jones	1.51
Denis Gildea	1.26	Phil Jones	1.51
Nigel Fenwick	1.27	Jackie Scarf	1.51
Neil Taylor	1.27	Phil Swaine	1.52
Keith Cadby	1.28	Dave Culpán	1.54
Carl Greenwood	1.28	Alec Becconsall	1.55
Paul Gallagher	1.28	Steve Cavell	1.56
Barry Shaw	1.28	John Riley	1.56
Mike Wardle	1.29	Helen Wilkinson	1.59
Rod Sutcliffe	1.29	Allan Breaks	1.64
Graeme Woodward	1.29	Bernard Pierce	1.66
Robin Skelton	1.30	Rose Carnochan	1.69
Brian Horsley	1.32	Julie Underwood	1.71
Anne Johnson	1.32	Kay Pierce	1.72
Andy Carnochan	1.33	Mark Everington	1.77
Alex Cornish	1.34	Anne Taylor	1.79



Lies, Damn Lies and Statistics - a summary of 2003

I thought it would be interesting to have a statistical summary of how everyone has performed in races during 2003.

Those summary results are shown on the next page. The figures are similar to racing levels, but a little more precise. One of the drawbacks of racing levels was that it was so much easier to get a good racing level in a local race, when say Karl or Adam might be the winner, rather than at an English championship race, when the winning time is that of perhaps Ian Holmes or Rob Jebb. So the performance figures I've calculated have been adjusted to make each race equal, as though each race was won by someone who's pace is somewhere between Karl/Adam and Ian/Rob.

If your overall performance for 2003 was 1.22 (as mine is) it means that in all the races you have done over the year, your race time has averaged 1.22 times the speed of an average race winner.

I've listed the performance ratings for short, medium and long races, so that you can see which distance you've done best at during the year. It is surprising to see that some of the people who I would have expected to do better at longer distances have actually done better at the short races (e.g. Rod and in particular Anne).

For those who had done enough races during 2002 to get an accurate performance rating that year, I've shown your improvement from 2002 to 2003 as a percentage.

Then there's each runner's best and worst races during the year. That should make for interesting consideration as you try to recall quite why you did so badly at a particular race, or so well at another one. Although for Adam and others it won't be too difficult to work out why Langdale Horseshoe was their worst race result...

The final column, after the number of races everyone ran in (or at least that managed to get the results for), is "standard deviation". This shows how consistent your results have been during the year. A low number (say less than 0.060) means that your race results have been fairly consistent. A high number means that your results have varied wildly over the year. The standard deviation has only been calculated for people who have done at least 5 races where there have been 3 or more CVFR runners.

The most consistent runners during the year were Jackie Scarf and me. The most inconsistent runner was Richard Allen followed by Greg Houghton.

If you want to see how your results during 2003 compared with others, on the next page there is a sequenced list of performance ratings.

Out of interest:

There were three results where the runner had performed exceptionally well and their time was much quicker than their expected race time over that distance: Dave Beels at the Cragg Vale race, Karl Gray at Reservoir Bogs and Thirza Hyde at the Half Trog.

The race attended by the most CVFR runners during 2003 was Lads Leap (22 CVFR runners).

The runners attending most races were: Dave Culpán (34), Adam Breaks (3) and Karl Gray (30)

The race that CVFR runners performed at their best in was Kinder Trog, and the race in which CVFR runners struggled the most was Ben Nevis.

Enjoy your running in 2004. Hopefully I will summarise this coming year next January and see how everyone has improved (or not!) over the year.

If anyone has any comments about these statistics, I'd be happy to hear them.

Cheers, Bill

	RATING 2003			Improvement on 2002	WORST RUN		Number of races	Std Dev
	Overall	Short	Medium		Long	Best Run		
Adam Breaks	1.14	1.11	1.08	1.21	Reservoir Bogs	1.02	31	0.073
Alan Jones	1.51	1.51			Bunny Run 1	1.51	2	
Alec Becconsall	1.64	1.64			Cragg Vale	1.64	1	
Alex Cornish	1.35	1.35	1.35		Jack Bloor Race	1.31	4	0.067
Allan Greenwood	1.43	1.40	1.39	1.51	Noonstone	1.29	16	0.069
Andy Carnochan	1.35	1.38	1.31		Mytholmroyd	1.30	6	0.036
Andy Clarke	1.10	1.07	1.08	1.13	Ilkley Moor	1.05	22	0.037
Andy Wardman	1.18	1.15	1.17	1.23	Giants, W & W	1.10	18	0.088
Anne Johnson	1.35	1.28	1.31	1.47	Reservoir Bogs	1.21	20	
Anne Taylor	1.76	1.76			Mount Skip	1.59	2	0.065
Anthony Mayer	1.20	1.19	1.21		Ovenden	1.13	10	0.051
Barry Shaw	1.28	1.23	1.27	1.35	Noonstone	1.22	11	
Bernard Pierce	1.75		1.75		Summer Handicap	1.75	1	0.029
Bill Johnson	1.22	1.24	1.19		Half Trog	1.18	8	
Bob Davies	1.25	1.25			Giants Tooth	1.25	1	
Brian Horsley	1.32	1.32			Bunny Run 2	1.31	4	0.061
Brian Sheldredine	1.41	1.38	1.38	1.48	Withins Skyline	1.33	20	0.071
Carl Greenwood	1.31	1.25	1.30	1.39	Summer Handicap	1.21	9	
Catherine Graham	1.59	1.59			Midgley Moor	1.59	1	0.041
Dave Beels	1.21	1.20	1.21		Cragg Vale	1.14	14	0.064
Dave Culpán	1.57	1.50	1.51	1.69	Giants, W & W	1.43	34	
Denis Gidea	1.29	1.28	1.17	1.41	Ovenden	1.17	5	
Duncan Thompson	1.45		1.45		Summer Handicap	1.45	1	0.038
Gerry Symes	1.41	1.38	1.45		Giants, W & W	1.35	8	
Graeme Woodward	1.29	1.28	1.30		Lad's Leap	1.28	3	0.117
Greg Houghton	1.39	1.35	1.34	1.47	Anniversary Waltz	1.27	17	0.083
Helen Wilkinson	1.59	1.53	1.65		Lad's Leap	1.46	5	0.029
Jackie Scarf	1.51	1.51	1.51		Mount Skip	1.47	7	0.043
Jamie Dore	1.26	1.26	1.25		Noonstone	1.19	18	
Jeff Winder	1.11	1.11			Midgley Moor	1.11	1	0.072
Jez Wilkinson	1.40	1.38	1.34	1.48	Boulsworth	1.25	14	
John Greenwood	1.40	1.40			Giants, W & W	1.39	2	0.042
Jon Underwood	1.22	1.20	1.22	1.25	Ragley Run	1.17	19	0.065
Julie Underwood	1.71	1.67	1.75		Giants Tooth	1.59	11	0.031
Karl Gray	1.06	1.03	1.04	1.10	Reservoir Bogs	0.99	30	
Kay Pierce	1.72	1.73	1.71		Summer Handicap	1.71	2	0.087
Keith Cadby	1.32	1.21	1.26	1.48	Ovenden	1.16	13	0.050
Lee Shimwell	1.26	1.22	1.29		Stoodley Pike	1.19	10	0.055
Linda Crabtree	1.44	1.40	1.41	1.52	Half Trog	1.34	25	0.064
Linda Hayles	1.48	1.43	1.47	1.54	Midgley Moor	1.38	18	
Louis Scott	1.33	1.33			Midgley Moor	1.33	1	

Mark Everington	1.81	1.65	1.96	1.32	-2%	Mount Skip	1.61	Summer Handicap	1.96	3	0.052
Mike Wardle	1.32	1.29	1.35	1.32		Blackstone Edge	1.26	Chipping Show	1.43	14	
Nigel Fenwick	1.28	1.22	1.33			Hades Hill	1.21	Mytholmroyd	1.33	4	
Paul Frechette	1.47	1.47			-1%	Midgley Moor	1.42	Slieve Bearnagh	1.52	2	0.065
Paul Gallagher	1.29	1.36	1.26	1.26	7%	Windmill Whizz	1.17	Giants Tooth	1.39	9	
Pete Horne	1.42	1.42	1.38	1.47		Withins Skyline	1.32	Langdale Horseshoe	1.47	3	
Phil Jones	1.49	1.57	1.40			Fairfield Horseshoe	1.40	Midgley Moor	1.57	4	
Phil Swaine	1.52		1.52		-1%	Reservoir Bogs	1.52	Reservoir Bogs	1.52	1	0.125
Richard Allen	1.32	1.20		1.44	-6%	Giants Tooth	1.19	Langdale Horseshoe	1.50	6	
Richard Greenwood	1.11		1.11			Bolton by Bowland	1.11	Bolton by Bowland	1.11	1	
Richard Henderson	1.48	1.45	1.48	1.50	3%	Bunny Run 2	1.45	Three Peaks	1.50	5	
Richard Kellett	1.36	1.36	1.37			Ragley Run	1.36	Summer Handicap	1.37	2	
Rob Acheson	1.29	1.30	1.29		4%	Ovenden	1.23	Noonstone	1.37	5	
Rod Sutcliffe	1.29	1.28	1.29		0%	Lad's Leap	1.22	Summer Handicap	1.40	27	0.042
Rose Carnochan	1.71	1.72	1.70	1.31	5%	Windmill Whizz	1.64	Reservoir Bogs	1.79	10	0.052
Sally Newman	1.21	1.21	1.19	1.22	0%	Boulsworth	1.14	Holme Moss	1.27	20	0.042
Sarah Noot	1.26	1.26	1.26			Jack Bloor Race	1.23	Lad's Leap	1.33	4	
Shaun Birtwell	1.40		1.40			Summer Handicap	1.39	Boulsworth	1.41	2	
Steve Cavell	1.58	1.58			1%	Giants Tooth	1.54	Stoodley Pike	1.60	4	
Steve Coey	1.39	1.38	1.40	1.38	7%	Mickelden Straddle	1.38	Long Mynd	1.40	6	0.047
Steve Garner	1.39	1.35	1.44			Cragg Vale	1.35	Ravenstones Brow	1.46	9	0.032
Steve Houghton	1.23	1.22	1.21	1.26	-3%	Slieve Bearnagh	1.18	Brecon Beacons	1.30	29	0.062
Thirza Hyde	1.47	1.43	1.44	1.55	2%	Half Trog	1.33	Brecon Beacons	1.57	26	
Tony Bradley	1.42	1.34	1.40	1.51	9%	Reservoir Bogs	1.23	Langdale Horseshoe	1.61	18	0.094
Wayne Brown	1.20		1.20		3%	Noonstone	1.20	Noonstone	1.20	1	

Club Run`s February & March

Feb 3rd; Away run from Sowerby Bridge , meet police station @ 6.45pm for 7.00pm start.

Feb 10th; Hebden Bridge, Pecket Well, old Town, Sandy Gate, Mount Skip, Midgley, M.C.C.

Feb 17th; Midgley Road, Luddenden Foot, Scout Road, Steep Lane, Scout Road, M.C.C.

Feb 24th; Hebden Bridge, Buttress, Heptonstall, Slack, Hebden Bridge, M.C.C.

March 2nd; Stoodley by torchlight, meet @ 7.00pm with Walshies & torchies for moonlight run to Stoodley & back.

March 9th; Midgley Road, Stocks Lane, Stone Chair, Jowler, Midgley, M.C.C.

March 16th; Away Run from North Bridge, Meet 6.45pm for 7.00pm start.

March 23rd; Cragg Road, Turkey Lodge, Steep Lane, Scout Road, M.C.C.

March 30th; Hebden Bridge on Canal Path, Hell Hole Rocks, Hebden Bridge, Mount Skip, Midgley, M.C.C.

After this we will be back on the fells---- Great! ----- Don't forget as well as these runs every Thursday night we are doing speed sessions on Saville Park, if you have`nt yet tried them get down there for 6.45pm, the sessions only take 40 minutes and you WILL feel the benefits.

Handicap Championship 2003

Calder Valley Feil Runners

	S No	R aces	SHORT				MEDIUM				LONG				TOTAL		
			Mar 16	May 7	June 7	Sep 21	TOTAL	Feb 23	May 24	July 20	Aug 23	TOTAL	Feb 2	June 22		Oct 11	Nov 15
1	Tony Bradley	173	6	30	(30)	(30)	60	(29)	30	30	30	(30)	60	30	23	23	53
2	Adam Breaks	165	6	(18)	29	29	58	29	29	29	29	29	58	24	19	30	49
3	Linda Crabtree	158	6	26	26	26	52	28	28	(26)	27	27	55	23	27	28	51
4	Thirza Hyde	156	6	24	(22)	28	52	26	27	(25)	25	(25)	53	25	(21)	28	51
5	Karl Gray	149	6	23	(20)	25	48	28	26	25	25	25	54	(22)	22	28	47
6	Steve Houghton	146	6	(11)	14	29	43	22	(22)	28	28	28	47	27	29	29	56
7	Linda Hayles	133	5	17	17	34	56	20	18	28	22	22	48	29	30	27	29
8	Mike Wardle	131	6	17	(13)	40	34	25	25	28	28	28	40	(26)	25	25	57
9	Dave Culpin	118	5	25	15	20	40	23	23	24	24	24	53	28	20	25	25
10	Brian Shelmerdine	115	5	19	(18)	43	20	19	23	19	24	24	47	26	26	26	48
11	Rod Sutcliffe	114	5	24	21	31	43	23	21	21	21	21	44	26	(24)	26	52
12	Jez Wilkinson	100	5	10	28	28	31	24	24	24	24	24	44	29	25	29	25
13	Carl Greenwood	81	3	25	28	25	28	25	25	27	26	26	24	27	28	28	28
14	Barry Shaw	79	3	25	19	47	25	19	19	19	19	19	26	27	27	27	27
14	Jon Underwood	79	3	28	16	16	0	21	21	21	21	21	26	24	24	24	0
16	Helen Wilkinson	66	3	14	14	14	47	16	16	16	16	16	25	25	25	25	48
17	Andy Clarke	64	3	27	16	27	16	30	30	30	30	30	21	25	25	25	52
18	Greg Houghton	60	3	27	12	32	27	27	27	27	27	27	24	24	24	24	25
18	Paul Gallagher	60	2	20	12	27	0	27	27	27	27	27	30	30	30	30	30
20	Andy Wardman	56	2	20	12	32	27	27	27	27	27	27	24	24	24	24	29
21	Sally Newman	55	3	20	12	32	0	27	27	27	27	27	24	24	24	24	0
21	Steve Coey	55	2	22	28	50	0	27	27	27	27	27	24	24	24	24	28
23	Andy Carnochan	50	2	9	22	31	50	22	22	22	22	22	0	0	0	0	0
24	Anne Johnson	49	3	9	22	31	31	22	22	22	22	22	0	0	0	0	18
25	Allan Greenwood	45	2	16	16	0	0	20	20	20	20	20	24	21	21	21	21
26	Gerry Symes	44	2	16	24	24	24	20	20	20	20	20	24	21	21	21	0
27	Sarah Noot	43	2	16	23	43	24	24	24	24	24	24	20	20	20	20	0
28	Dave Beels	42	2	19	(18)	42	43	24	24	24	24	24	0	0	0	0	0
29	Jamie Dore	41	2	13	17	17	42	24	24	24	24	24	0	0	0	0	0
30	Bill Johnson	40	2	13	27	40	17	24	24	24	24	24	0	0	0	0	0
31	Steve Garner	29	1	26	27	0	40	24	24	24	24	24	0	0	0	0	0
32	Lee Shimwell	26	1	26	26	26	0	24	24	24	24	24	0	0	0	0	0
32	Pete Horne	26	1	23	23	23	0	24	24	24	24	24	0	0	0	0	0
34	Anthony Mayer	23	1	21	21	21	0	24	24	24	24	24	0	0	0	0	0
35	Graeme Woodward	21	1	21	21	21	0	24	24	24	24	24	0	0	0	0	0
35	Nigel Fenwick	21	1	21	21	21	0	24	24	24	24	24	0	0	0	0	0
37	Richard Allen	17	1	16	16	0	0	29	29	29	29	29	0	0	0	0	17
38	Keith Cadby	16	1	15	15	16	0	29	29	29	29	29	0	0	0	0	0
39	Rose Carnochan	15	1	15	15	15	0	29	29	29	29	29	0	0	0	0	0
39	Steve Cavell	15	1	15	15	15	0	29	29	29	29	29	0	0	0	0	0
41	Julie Underwood	12	1	12	12	12	0	29	29	29	29	29	0	0	0	0	0

Tour of Pendle

Langdale

Kinder Trog

Mickleden Straddle

Chipping Show

Kentmere

Hutton Roof

Long Mynd

Dalehead

Pen Y Ghent

Blackstone Edge

Lads Leap

Calder Valley Fell Runners

Veterans Championship 2003

Rank	Name	Start	Score	SHORT					MEDIUM					LONG				TOTAL		
				Mar 16	May 7	June 7	Sep 21	TOTAL	Feb 23	May 24	July 20	Aug 23	TOTAL	Feb 2	June 22	Oct 11	Nov 15			
1	Steve Houghton	118	6	(15)		19	20	39		20	(20)				40	19	(19)	20		39
2=	Mike Wardle	98	6	14	16	(13)		30				14			31		18	19	(18)	37
2=	Tony Bradley	98	6	(12)	15	(14)	19	34	(17)	(16)	19	18			37		15	12		27
4	Thirza Hyde	92	6		13	(9)	18	31	16	13		(13)			29	15		(13)	17	32
5	Rod Sutcliffe	89	5	17	17	(15)		34		18					18	18		(18)	19	37
6	Linda Crabtree	83	6	10		10		20		(14)	17	16			33	16		14		30
7	Brian Shelmerdine	76	5			12		12		15		17			32	17		15		32
8	Linda Hayles	64	5	9		8		17			18				33					14
9	Andy Clarke	60	3		20			20							0					40
10	Dave Culpán	58	5		12	7		19		11		12			23					16
11	Sally Newman	57	3	20	17			37							20					0
12	Barry Shaw	52	3	16				16							19			17		17
13	Greg Houghton	46	3	11				11							19					16
14=	Andy Wardman	39	2	19				19							0	20				20
14=	Dave Beels	39	2	(18)	19			39							0					0
16=	Jamie Dore	35	2			16		16							19					0
16=	Steve Coey	35	2					0							18					0
18	Allan Greenwood	30	2					0							16					14
19	Gerry Symes	23	2			11		11							12					0
20	Andy Carnochan	22	2	8	14			22							0					0
21=	Keith Cadby	18	1			18		18							0					0
21=	Nigel Fenwick	18	1		18			0							0					0
23	Pete Horne	16	1					0							0			16		16
24	Steve Garner	15	1					0				15			15					0
25	Graeme Woodward	13	1	13				13							0					0
26	Steve Cavell	11	1		11			11							0					0
27	Rose Carnochan	7	1	7				7							0					0

Tour of Pendle
Langdale
Kinder Trog
Mickleden Straddle

Chipping Show
Kentmere
Hutton Roof
Long Mynd

Dalehead
Pen Y Ghent
Blackstone Edge
Lads Leap

Calder Valley Fell Runners

Ladies Championship 2003

	S		SHORT					MEDIUM				LONG				TOTAL
	Start	Score	Mar 16	May 7	June 7	Sep 21	Feb 23	May 24	July 20	Aug 23	Feb 2	June 22	Oct 11	Nov 15		
1	Thirza Hyde	86		13	(13)	15		15		(13)	14		15		29	
2	Linda Crabtree	85	12		14			14		(14)	15				30	
3	Linda Hayles	67	11		12			15							15	
4	Sally Newman	45	15		15										0	
5	Anne Johnson	41	13	14									14		14	
6	Helen Wilkinson	34	10		11										0	
7	Sarah Noot	29	14	15											0	
8	Julie Underwood	9	9												0	
9	Rose Carnochan	8	8												0	

- Lads Leap
- Blackstone Edge
- Pen Y Ghent
- Dalehead
- Long Mynd
- Hutton Roof
- Kentmere
- Chipping Show
- Mickleden Straddle
- Kinder Trog
- Langdale
- Tour of Pendle