calder valley fell runners

SHEEP SHEET

PLEASE NOTE - CHANGES TO CVFR CLUB CHAMPIONSHIPS THIS YEAR.....
SEE PAGE 4 FOR DETAILS



SOUP RUN

Dear all,
We discussed the fact today that John's run is on the same day but all the people at the run decided they would like a longer run. We will be having a collection on the day for anybody that wants to contribute to the John Taylor foundation.

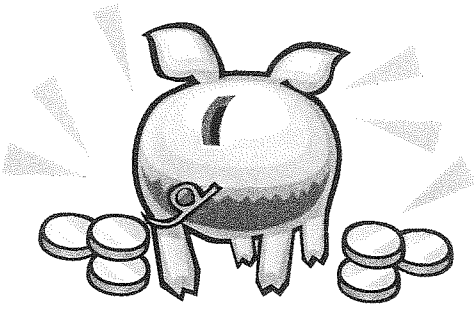
So Sunday 9th Feb 10.00am from our house:-

Jez and Helen Wilkinson
2 Stable Cottages, Hallas Lane, Cullingworth,
BD13 5BU. Tel 01535 274738

Directions:-
Travelling through Cullingworth on the B6429 Bingley/Halifax road (the main street) look out for the cenotaph (war memorial). Turn right (left if coming from Bingley) down Greenside Lane past the spar shop. Follow this for about 0.5 mile until it ends at a track and some stables. Turn left down the track (Hallas Lane) and follow this until the very bottom and you see a large pile of gravel. Turn left into the courtyard and immediately right into a gravel parking area next to a garage.

Do not try to join Hallas Lane from the very top off Bradford Road as it is very rough.

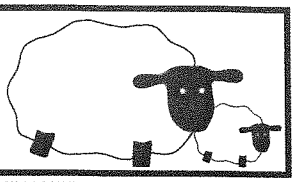
If poss please reply to tell us if you are coming. Cheers, Jez.



* Club Subs *

Apologies to all who have paid, ignore this but if you haven't can you please pay your subs as soon as possible. We had to hassle last year and we aren't going to do it this time. IT'S UP TO YOU TO PAY AS SOON AS POSSIBLE PLEASE • £7.00 to Dave Hyde, 17 Moorlands Crescent, Ovenden, Halifax

ANY ARTICLES FOR NEWSLETTER PLEASE
email:- thirza.dave@virgin.net or tel 01422 343736
ANY COMMENTS OF INFO FOR WEBSITE
email:- carlgreenwood@hotmail.com



YOUR CLUB OFFICERS

CHAIRPERSON
Rod Sutcliffe
01422 882082

TREASURER
Steve Cavell
01274 576733

SECRETARY
Jon Underwood
01422 249195

CLUB CAPTAIN
Tony Bradley
01422 360999

MEMBERSHIP SEC
Dave Hyde
01422 343736

SHEEP SHEET ED
Thirza Hyde
01422 343736

PUBLICITY OFFICER
Allan Greenwood
01422 375682

WEB OFFICER
Carl Greenwood
01422 886587

EQUIPMENT OFFICER
Dave Beels
01422 881568

SOCIAL SECRETARY
Anne Johnson
01422 881312



January 2003

RESULTS ... Results ...



The Stoop - Sun 22nd December 02 - 5mls/800"

1.	Rob Hope	P & B	28.51
2.	Ian Holmes	Bingley	28.55
3.	George Ehrhardt	Tod	31.02
10.	Andy Clarke	CVFR	32.22
11.	Karl Gray	CVFR	32.27
43	Trish Sloan	Salford	36.59
87.	Rod Sutcliffe	CVFR	39.51
89.	Jon Wilkinson	CVFR	39.55
107	Graeme Woodward	CVFR	41.08
110	Lee Shimwell	CVFR	41.23
113	Jez Wilkinson	CVFR	41.34
124	Steve Coey	CVFR	42.32
159	Thirza Hyde	CVFR	44.17
180	Richard Henderson	CVFR	46.07
192	Helen Wilkinson	CVFR	47.10
197	Andy Carnochan	CVFR	48.03
200	Dave Culpan	CVFR	48.32
220	Steve Cavell	CVFR	49.51
230	Eddie Proctor	CVFR	51.28

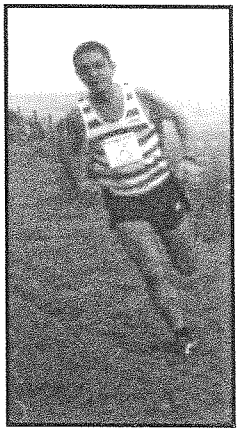
272 ran

Another excellent battle between Andy and Karl with Andy taking advantage of a fall in the mud from Karl to pip him to the post. A good turn up from the club for the battle of the peat bogs and another counter for the Winter League. ..... Thirza

Coley Canter - Sat 28th December 02 - 7mls/1000"

1.	Karl Gray	CVFR	44.19
2.	Steve Oldfield	Brad Aired'le	44.22
3.	Chris Loftus	Keigh & Craven	44.42
4	Andy Clarke	CVFR	45.02
10	Richard Allen	CVFR	51.54
14	Jon Underwood	CVFR	52.14
15	Andrea Dennison	Brad Aired'le	52.17
21	Rod Sutcliffe	CVFR	53.05
23	Bob Davies	CVFR	54.15
24	Graeme Woodward	CVFR	56.05
27	Tony Bradley	CVFR	57.02
33	Allan Greenwood	CVFR	58.24
34.	Steve Coey	CVFR	58.38
41	Thirza Hyde	CVFR	61.04
44	Dave Culpan	CVFR	65.22
45	Steve Cavell	CVFR	65.23
53	Rose Carnochan	CVFR	73.29

58 ran



What a cracking day for this fast race which goes through fields, woods, across stiles, through a stream - a bit of all sorts really with most of the climbing in the last few miles. The front 4 had a cracking race tussling all the way with Steve Oldfield leading up to last few yards which involves a short steep climb where Karl overtook him and sprinted for the line. Andy took a bit of a tumble at a greasy wooden bridge but hung on in there for 4th place. Well done to everyone and an excellent turn out for the club to run off a few christmas excesses and get some Winter League points. Thirza

Auld Lang Syne - Tues 31st December 02- 6mls/900"

1.	Ian Holmes	Bingley	35.26
2.	Rob Hope	P & B	36.52
3.	Andy Peace	Bingley	37.35
8.	Andy Clarke	CVFR	40.49
63.	Dave Beels	CVFR	46.13
71.	Richard Allen	CVFR	46.42
86.	Dennis Gildea	CVFR	47.26
114.	Jon Underwood	CVFR	49.14
116.	Rod Sutcliffe	CVFR	49.18
121.	Graeme Woodward	CVFR	49.41
174	Steve Coey	CVFR	52.54
320	Eddie Proctor	CVFR	64.18
324	Julie Underwood	CVFR	64.47

336 ran

As ever I felt rather nervous at the start of the race, partly because I seemed to have more clothing on than anyone else! (I am a soft southerner after all!) As we ran down towards the road crossing a bloke I didn't recognise started talking and asking after Thirza & Dave, reminding me what a friendly sport fell running is *(here you were supposed to be racing not gassing!!!! Ed)*. After a run along the track we descended through the start of the mud and it soon became apparent that getting muddy was going to be unavoidable. Amazingly a lot of people tried detours through the heather to stay clean. Coming down from the Stoop Stone I thought I'd push it a bit, overtook a lady, then disappeared up to my knees in mud for the second time. At this point I also realised I had a big smile on my face so it can't have been that bad! I just hope the washing machine can cope with two lots of muddy running kit at a time.Julie

Giants Tooth - Wed 1st January 03 - 3mls/400"

1.	Tim Austen	Dark Peak	17.13
2.	Duncan Burgess	Otley AC	10.08
3.	Rob Sturgess	Halifax H	18.54
7.	Ant Mayer	CVFR	19.53
11.	Richard Allen	CVFR	20.10
13.	Sally Newman	CVFR	20.14
16.	Jon Underwood	CVFR	20.22
22.	Bob Davies	CVFR	21.13
23.	Sue Becconsall	Bingley	21.22
24.	Rod Sutcliffe	CVFR	21.26
25.	Graeme Woodward	CVFR	21.51
27.	Rob Acheson	CVFR	22.03
29.	Tony Bradley	CVFR	22.25
32.	Jez Wilkinson	CVFR	22.43
38.	Steve Coey	CVFR	23.30
39.	Paul Gallagher	CVFR	23.39
40.	Thirza Hyde	CVFR	23.40
48.	Dave Culpan	CVFR	24.19
49.	Helen Wilkinson	CVFR	24.51
53.	Linda Hayles	CVFR	25.02
58.	Steve Cavell	CVFR	26.04
61.	Julie Underwood	CVFR	27.01
63.	Rose Carnochan	CVFR	28.21

76 ran

It was a murky day at Ogden but it didn't dampen the spirits of 76 runners in the Giants Tooth Race with both the men's and the women's records being broken. We had one of the biggest contingents out from the club - what has happened to going out and having a good old session for New Year. Are we becoming serious, athletes or old ..... Certainly can't say this about Paul Gallagher who had obviously given it a good go - when we were neck and neck towards the finish - Oh Boy it was like running beside a brewery. Did you run with a hang over or had that pleasure still to come Paul? Thirza .....

Ovenden Fell Race - Sat 4th January 03 - 8mls/1200'

1.	Karl Gray	CVFR	61.59
2.	Paul Dobson	Spen	62.33
3.	Steve Oldfield	Brad Aired'le	63.33
12	Ant Mayer	CVFR	67.38
20	Keith Cadby	CVFR	69.43
21	Denis Gildea	CVFR	69.51
26	Bill Johnson	CVFR	70.46
36	Jo Smith	Dark Peak	72.21
39	Andy Wardman	CVFR	72.54
40	Rob Acheson	CVFR	73.19
47	Rod Sutcliffe	CVFR	75.21
71	Andy Carnochan	CVFR	79.24
92	Linda Hayles	CVFR	85.30
106	Dave Culpan	CVFR	91.58

122 ran

What a fantastic day for this race! Ogden water was beautiful and the scenery throughout the route was of dazzling white snow against a clear blue sky. It was not a day for fast times, but it did produce some very good performances by the club, and another excellent win by Karl, beating Steve Oldfield for the second time in a week. The terrain tested even Walshes to the limit, with an icy, but gradual climb up the track towards the Withens,then miles of deep snow, relieved occasionally by thick clinging peat bog. Surprisingly tough, but a great day to be running. Rod

Boulsworth Hill Race - Sat 11th January 03 - 6.5mls/1200'

1.	Ian Holmes	Bingley	52.47
23.	Sally Newman	CVFR	61.13
62.	Jez Wilkinson	CVFR	66.54
80.	Paul Gallagher	CVFR	70.15
109.	Shaun Birtwell	CVFR	75.28
124.	Allan Greenwood	CVFR	78.58
139.	Rose Carnochan	CVFR	89.18
141.	Julie Underwood	CVFR	92.07

147 ran

I must have misheard Thirza when she asked if I was doing Boulsworth hill race, ***I thought she said racing not skating***!. We arrived, Steve and I in good time, it was a glorious day, the sun was shining, the snow glistening. I was surprised but not thrilled to see just how much snow was still about. I have to say I was enticed by Thirza to do the race for the finish alone "oh it's so steep you have to hang over the edge to watch people coming up. It sounded suitably insane, my sort of race! So there we were 140 odd of us, vaguely lined up ready to skate. I stood with team-mates Julie and Rose, on one side (a clump of solidarity.) and the opposition Sharon T. (from the blue and white striped club) on the other. Sharon was very generous with her local knowledge, and pointed out a clear stretch of running down to the brook. But as everyone knows when you start a race your brain falls out!. We were off, I found myself stumbling through reeds, solid lumps of iced fields, stones, out of the brook, up the bank to the first climb. (I wondered where Sharon's clear path had gone) then I remembered to breath! I was in oxygen debt experiencing the wobbly leg feeling, not a tremendous start. The going from here on was steady a single icy track over the moors, and then we hit tarmac, magic, solid stuff under your feet. The climb up to the top of Boulsworth hill was a bit gruelling really, especially if your legs don't extend above 2 feet. The snow was past my knees but not up to my bum! We reached the summit, ran



along the top a short way then started our descent. I kept coaxing myself to be brave and go for it, but I am afraid I am a complete "mardi arse" when it comes to running in the snow and ice. I adopt a very strange running position! My bum sticks out, and my hands wave around - a sort of semi sitting position - but still sort of running. I reached the bottom and knew I was nearly home, back over the brook to the bottom of the mega climb. It was a hands and knees job, brilliant. The best bit no snow or ice. I finished in one piece. Ian Holmes finished 9mins before me, obviously remembered his ice boots. Every one enjoyed themselves, and we won the first girlie team . Nah, nah na na na. Sally

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C.V.F.R. —2003 - Club Championship Races

Main Championships

Short:	*Lads Leap*	*5.5m/1700'*	*A.S. Sun Mar 16th*
	Blackstone Edge	*3.5m/1200'*	*A.S. Wed May 7th*
	Pen Y Ghent	*5.5m/1650'*	*A.S. Sat June 7th*
	Dalehead	*4.5m/2210'*	*A.S. Sun Sept 21st*
Medium:	*Long Mynd*	*10.5m/4500'*	*A.M. Sun Feb 23rd*
	Hutton Roof	*7m/1300'*	*B.M. Sat May 24th*
	Kentmere	*11.9m/3300'*	*A.M. Sun July 20th*
	Chipping Show	*8m/2000'*	*A.M. Sat Aug 23rd*
Long:	*Mickleden Straddle*	*12.5m/1880'*	*B.L. Sun Feb 2nd*
	Kinder Trog	*18m/3490'*	*B.L. Sun Jun 22nd*
	Langdale	*14m/4000'*	*A.L. Sat Oct 11th*
	Tour of Pendle	*17m/4250*	*A.L. Sat Nov 15th*

Pre – Entry on the following races; Mickleden Straddle by 25/01/03, Lads Leap by 10/03/03 or on the day, Langdale by 04/10/03, Tour of Pendle by 11/11/03

The best 2 races from each distance.

Grand Prix Races

Lads Leap	*5.5m/1700'*	*A.S*	*Sun. Mar 16th*
Blackstone Edge	*3.5m/1200'*	*A.S*	*Wed. May 5th*
Jack Bloor Races	*5.2m/1150'*	*B.S*	*Tues. May 13th*
Stoodley Pike	*3.5m/700'*	*B.S*	*Tues. July 8th*
Crow Hill	*5m/1000'*	*B.S*	*Tues. Aug 5th*
Ragley Run	*5m/750'*	*B.S*	*Sat. Aug 30th*

Winter League

Erringden Moor	*8mls/1900'*	*B.M Sat Sept 13th*
Withens Skyline	*7mls/1000'*	*B.M Sat Oct 25th*
Bolton by Bowland	*8mls/800'*	*C.M Sun Dec 7th*
Coley Canter	*7mls/1000'*	*C.M Sat Dec 27th*
Giants Tooth	*3mls/400'*	*C.S Thur Jan 1st*
Club Handicap		*Sat Jan 26th*

Grand Prix and Winter League Championships are the best 4 from 6 to count, the Club Handicap has to be completed to complete the Winter League.

PLEASE NOTE THAT THERE HAS BEEN TWO CHANGES TO THE CLUB CHAMPIONSHIPS SINCE THE PRINTING OF THE MEMBERSHIP CARDS, FIENDSDALE AND BUCKDEN PIKE ARE NO LONGER ON THE CHAMPIONSHIPS DUE TO DATE CHANGES

Club Championship Changes

The Committee has decided to reduce the number of races in the Club Championship this year. The aim is to enable more members to complete the full number of qualifying races and to ensure that members race against each other in Club Championship races.

The championship has always included 21 races, with a requirement to complete at least ten for maximum points. Very few members complete the ten races, and occasionally only one or two club members turn up to a race. Also, we have more competitions now, including the Grand Prix and Winter League as well as an interest in the English and British Championships and several relays. This year the championship will be based on a set of twelve races: four long, four medium, and four short. **You must complete at least six races to gain as many points as possible**. Your best two results in each of the three categories will count for points. The points system will be as before, and the Handicap Championship will be based on the same races. The Grand Prix will be based on four out of six short races, and the Winter League on four out of seven. A separate leaflet explaining the rules in more detail is available.

We hope everybody will try to complete six races this year. There should even be one or two long races that everybody is capable of doing. Remember that everyone has a chance of winning the Handicap Championship and it should be interesting!

THE FIRST RACE IS THE MICKLEDEN STRADDLE ON SUNDAY 2 FEBRUARY AND YOU MUST ENTER BY 25 JANUARY TO SECURE A PLACE.

Racing levels and improvement

We have been looking for a system of standards that will encourage new and improving members in races. We are introducing a system of racing levels (numbered 0 to 10), based on race times of 10%, 20%, 30%, etc. above the average of the first three in each race. Using the average of the first three runners evens out the variability due to an unusually good performance by a single runner.

This is not a competition between Club members, but helps people to set targets and monitor improvement. You will receive a point from any fell race as long as we know the times of the first three runners, plus your own time. For instance, in order to get a point at level 4 in a race, you need to complete it within 40% above the leaders' times. If the average time of the first three runners is 60 minutes and you complete the race in 83 minutes, your ratio (83/60) is 1.38 (38% above), counting as a point at level 4. If you stop to tie a shoelace and take 85 minutes you will have a ratio of 1.42 (42% above'– within 50%, but not 40%), giving a point at level 5. We will publish the levels for each race against people's times in Sheepsheet.

At the end of the year you will have achieved level 4 if you have gained four points at this level with two points coming from short races, and two from medium or long races.

With this system:

- Everybody has the challenge of improving or at least maintaining their level each year.
- The ratios can be used for determining people's handicaps for the handicap races and the Handicap Championships.
- The levels will be a useful guide to pairing people up for relays.

We've had this letter of complaint .... please read on

Dear Editor,

I have heard that the races for the club championship are going to be reduced to 12. I am writing to protest about this. It is completely wrong. The championship was designed many, many years ago to be a great challenge and to select the best fell runner. This watered down version just shows how the country is going soft. In my day, you would have to run at least twice a day with a 30lb Karrimor pack to get anywhere near the championship, including 18 hill reps up to Sheepstones trig twice a week before breakfast.

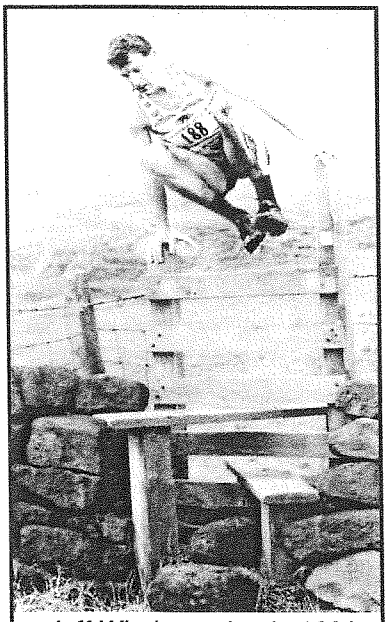
I propose an alternative. The championship should be run with 26 races, all compulsory. This gives one race a fortnight, with six days training a week and a day off every second weekend. I never had this luxury. You need to keep mogging on, run as you feel, listen to your body, leave your brain behind and get that training in. You've got to make your body expect it every day. When those little legs won't go any further, remember the vital question: "are you glad you came now?"

The championship races must include the Ennerdale, Wasdale and every other dale, and should incorporate swimming a flooded river, leaping off a 100ft crag and rolling down 500 feet of scree. We can build up by running once a day in January, twice a day in February (with bit of luck through knee high snow, otherwise heather; no paths), and three times a day in March. One day off before the Trog (remember, rest is just as important as training).

I hope the committee will discuss and decide on this option. It's good to talk and you know it makes sense.

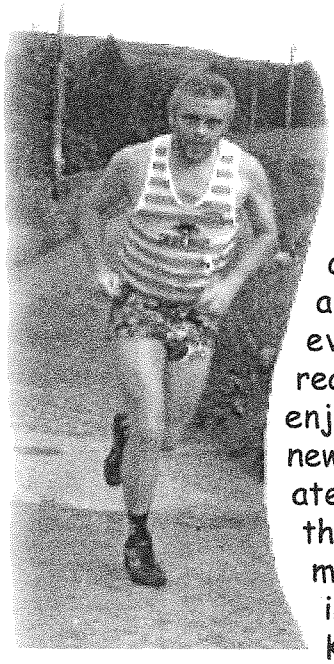
Signed,

Disgusted of Scarborough.



Jeff Winder racing in 1991

Captain's Corner

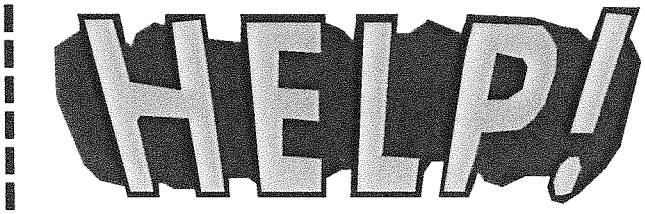


Here we are again, a new year, a new championship looming, and a new copy of everybody's favourite read. I hope you all had an enjoyable Christmas and new year and that you all ate and drank to excess, then there will be hope for me beating a few of you in the early season races. Karl has had a cracking start to the year winning both the Coley Canter and Ovenden races well done to you sir! It has been really good to see so many red and white vests at races lately, and an excellent turnout from the ladies section at the Giants Tooth race on New Years Day. The new races for this years club championships are now fixed and are in the page before, this year we have changed the format slightly with only two races from four at each distance to count towards the championship.

Hopefully this will mean a better turnout at each race instead of one or two of us turning out at some obscure race. Where possible the races are fairly local as well so that should help a little. Many thanks to you all for the way you have returned your dinner menus and payments it has made life a little easier this year, don't forget this is the time you need to be putting your thoughts together to come up with nominations for the Wally of the year and navigational cockup awards, from my memories of the last year it could be a hotly contested competition this time. We had a good turnout at the recent reccee of the Mickleden route, the hills were covered in snow and ice and Sally kept our spirits up with her impressions of bambi all the way round! Rumour has it that Rose has been offered a new job with B.T., following her superb performance at Anne and Bill's new years party of the talking clock, well done Rose. That's about all for this issue, hope to see you all soon,
Good Running, Tony

BEN NEVIS

Ben Nevis has clashed with Mytholmroyd Gala yet again. This has only started to occur due to the Gala Committee deciding that it is more popular on this weekend than the bank holiday weekend. The last thing I want to do is to take away any helpers from Steve Cavell who organises it but I will be going up to do the Ben and have entry forms at home for anyone interested in going. Please ring me or email me if you want one forwarding on to you. Thanks Thirza.



REQUIRED FOR THE TROG AND HALF TROG

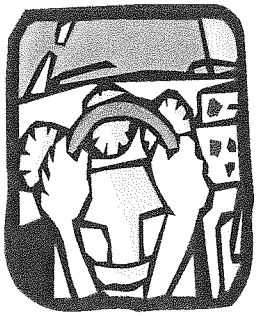
PLEASE RING JON UNDERWOOD ON 01422 249195 OR ALLAN GREENWOOD 0N 01422 375682 IF YOU HELP OUT.



Hi folks,

Just a quick note to ask you to convey my thanks for all the offers of help with marshalling etc at Boulsworth. It reflects well on the state of the club when you don't have to to ring round to try and get help and actually have to tell people that they can have a run because you have a surplus of marshals.....

See you next Saturday. All being well
Duncan



SHARING TRANSPORT

If you are off to any races and want to share transport please let me know by phone or email and we'll make arrangements for people to travel together. It makes sense and is much more fun. Thirza