

# CALDER VALLEY FELLRUNNERS

# Sheep Sheet

January 97

## WHAT'S NEXT.....

*To keep you upto date on what's happening and where*

## DEADLINE FOR NEXT ISSUE

**Early April**

A bumper issue for you this time with articles, results and new club championships among the items. The new club cards with all the Club Championship and the Grand Prix races will be printed soon and you will get this IF YOU CAUGHT UP YOUR MONEY FOR YOUR SUBS. You will see from these cards a good variety for both Club Championship Races and the Grand Prix Championship. The Club Championships will be decided in a similar fashion as in the past with the exception that we've gone back to 3 races at the 3 distances and only one other of your best results to stand instead of 2 like last year. The Grand Prix, which is being run by Andy Thompson, will be decided on the person with the highest total at the end of the seven races. Some of these have also been incorporated into the Championships.

Chris Godridge is now your Club Captain and he has, with enthusiasm, put together the training runs for Tuesday Nights. A lot of the runs are tough hill courses which we all need but he has also incorporated hill rep sessions and speed work to get us fit for the racing session. Let's give him our support and get to these races. Don't forget if you've raced get in touch with Tony Bradley and let him know as he's now the new Publicity Officer. This is important to let potential new members know that we are a club out there doing it so get to it.

Cheers Thirza

*Monthly Newsletter to keep you in the running*



**MARK  
THIS  
DATE**

## VOLUNTEERS NEEDED

**TO HELP OUT AT THE TROG  
ON SATURDAY 22 FEBRUARY**

**Please ring Jess Palmer on 01535 646742  
if you can help out.**



**Calder Valley Members receiving their well earned Bob Graham Certificates at the BG Dinner at the back end of last year.**

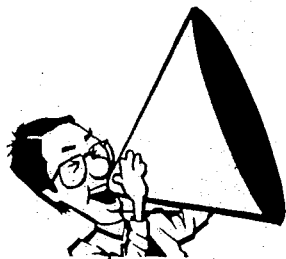
**Jess is just wondering " Geoff is yours bigger than mine"!!!!**



## SUBS

**PLEASE HURRY AND PAY UP  
as these are due from  
1st January '97. Still only £5.00**

# CAPTAINS CORNER



## CLUB CHAMPIONSHIPS AND GRAND PRIX RACES

FEB	15	Noon Stone	CV	(AM)	JULY	1	Mytholmroyd	GP	(BM)
MARCH	9	Black Combe	CV/E	(AM)		12	Wasdale	CV/E	(AL)
	23	Edale Skyline	CV	(AL)		15	Stoodley Pike	GP	(BS)
	29	Rivington Pike	CV	(BS)		26	Turnslack	CV	(AM)
APRIL	1	Bunny Run One	CV/GP	(CS)	AUG	10	Sedburgh	CV	(AL)
	15	Bunny Run Three	GP	(CS)		20	Pilgrims Cross	CV	(BM)
MAY	3	Stuc A Croin	CV/B	(AL)	SEPT	7	Stretton Skyline	CV	(BL)
	7	Flower Scar	CV/GP	(AS)		27	Thieveley Pike	CV	(AS)
	14	Blackstone Edge	CV/GP	(AS)	OCT	11	Langdale Horseshoe	CV	(AL)
JUNE	7	Pen-Y-Ghent	CV/B/E	(AS)	NOV	2	Jubilee Tower	CV	(AM)
	22	Caarneddau	CV/B	(AM)		15	Tour of Pendle	CV	(AL)
	26	Gaddings	CV/GP	(BS)	DEC	7	Cardington Cracker	CV	(AM)

## TRAINING 1997

It was decided at the last committee meeting that the club would start a **Quality Training Session**, this being Hill-reps and Sprint Training. This will take place on the last Tuesday of every month and will consist of a steady run out to wherever the sessions will take place, breaking down into teams of two and doing either 8 x reps of either hills or 800mt sprints and then a (very) steady run back. Yes the club has tried this before but for some reason not carried it on. It will do each and everyone of us good and will also make a change to Tuesday nights. If anyone has any ideas as to locations and training they will be greatly appreciated as this is for all out benefits.

Also there are a few people who fancy the idea of starting down the MCC on a weekend for 2 - 3 hour runs either Saturday or Sunday morning. Obviously feedback is needed to make sure the interests is there, but if people are keen then obviously we can meet at certain places and get a good run in. All the best for 1997.

## CALDERDALE WAY RELAY

Well done to all those who proudly flew the club colours during the local relay and especially those who managed to stay flexible, right up until the point of changeover (Richard, Denis etc.) After eventually getting an "A" team together two day prior to the race, the lads (half of which were actually the "B" team) did the club proud in coming an exceptional 16th place. This considering that a few of our better runners couldn't make it for one reason or another.

Thanks must also go to Jez for sorting his "B" team out around the "A" team, which, by the way had a knock on effect with the "C" team. (You wouldn't think a club of at least 85 fully paid members would be that stretched for 3 teams.)

Anyway the club pulled together well on the relay and hopefully people will be more willing to support their team and club in the future ie Rossendale Relay on the 9th February. Names of any volunteers to do the relay will be taken via myself and hopefully we can get at least two teams together (only one team is being entered Ed), after all that why we do the training on a Tuesday night, to do the races at the weekend.

PS Any donations will be greatly appreciated to buy Pete a decent alarm clock

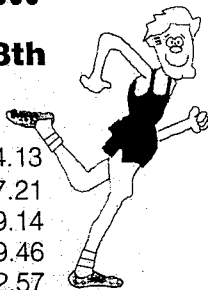


*Chris Godridge*

# CLUB RESULTS .....

## Kentmere Horseshoe - July 28th (11.9m/3300')

1.	Mark Roberts	Borrowdale	1.24.13
63.	Brian Horsley	CVFR	1.47.21
123.	Carl Greenwood	CVFR	1.59.14
129.	Jez Wilkinson	CVFR	1.59.46
143.	Dave Gilyeat	CVFR	2.02.57
180.	Paul Coughlan	CVFR	2.17.39
194.	Helen Taylor	CVFR	2.39.43



It was an overcast but warm and muggy sort of day that greeted 6 Calder Valley runners (easy points here!). The field of runners was smaller than usual but quality made up for the lack of quantity. Borrowdale's Mark Roberts took the honours but Pudsey walked off with the team prize. Brian showed the rest of the club a clean set of studs for yet more points in the club championships. (is this Brians Year I wonder)(yes it was Ed). But one gripe I have about this race, why is it not run in the anti-clockwise direction of the original race. Many people expressed this opinion also, but nevertheless its still a tough one.

Carl Greenwood

(my apologies to Carl I forgot to include this in the last newsletter. Ed)

## Reebok Mountain Trial - 15 September 1996

### MENS RACE

1.	Phil Clarke	4.28.20
50.	Mike Wardle	6.03.56
53	Joss Naylor	6.05.05
(a Sunday Stroll for the over 60s)		
86.	Rod Sutcliffe	7.01.15

### WOMENS RACE

1.	Angela Brand-Barker	3.38.19
10.	Charlotte Roberts	4.45.11

This as the names suggests is a real challenge! A must for anyone who likes big courses, big fells and total loss of control! Rod and I decided to incorporate this in our KIMM Training. The course is different every year and requires a high degree of navigational skills (or local knowledge) especially in bad weather. The course started at Stool End Farm in Langdale and went on a grand tour of Hardknott Fell, Brown Tongue in Wasdale, Eskpike, a stream overlooking Langstrath, across to Langdale Combe, then the "sting in the tail". The last check point was high on this Band. The route choice was a long traverse round upper Langdale or down Stake Pass and a grind up Grunting Gill. The weather was a perfect September day. Rod and I started a few minutes apart and remained so for much of the race. At Langdale Combe Rod opted for the traverse, I headed down then up. Unfortunately Rods route took him onto loose steep ground above Rossett Gill where his shattered nerves

forced him to make one of those decisions you can only make at the end of a long, hard fell race. He headed up Rossett Gill, then over Bowfell and down to the Band. As time passed at the finish I began to think I should make enquiries about him but a few minutes later Rod appeared. Another "Rod" story to add to the many! Charlotte also took part in the mountain trial. The race still has its own separate womens race. Yes its old fashioned but there are the wind of change blowing!

Mike Wardle

## Langdale Horseshoe - Oct 12th (14mls/4000')

1.	Ian Holmes	Bingley	2.09.09
6.	Mark Horrocks	CVFR	2.12.03
48.	Duncan Thompson	CVFR	2.39.02
146.	Brian Horsley	CVFR	3.01.11
165	Jess Palmer	CVFR	3.08.33
195	Andy Thompson	CVFR	3.13.06
201.	Charlotte Roberts	CVFR	3.13.56
228.	Allan Jones	CVFR	3.18.54
257.	Geoff Bell	CVFR	3.29.29
(364 finished)			

## Loggerheads - November 3rd (10mls/3100')

1.	Dave Neill	Mercia	1.14.47
7.	Steve Houghton	CVFR	1.23.16
14.	Chris Godridge	CVFR	1.26.50
15	Denis Gildea	CVFR	1.27.07
34	Greg Houghton	CVFR	1.34.42

Good conditions on this tough medium race except for strong winds occasionally stopping you in your tracks - which always seems to happen when you are going up steep hills! Steve put in a good effort to lead us home again. Chris and I were having a good old ding dong for virtually the whole race, but he eventually got the better of me in the last half mile - the swine!! Gregs old bones were playing up again, probably because he has raced every weekend since something like 1987, but never mind Greg it serves you right for giving me a good hiding at the Ian Hodgson two weeks earlier!!

Denis Gildea

## Tour of Pendle - November 16th (17mls/4200')

1.	Mark Horrocks	CVFR	2.22.35
11	Duncan Thompson	CVFR	2.35.26
45.	Mike Wardle	CVFR	2.56.33
68	Allan Jones	CVFR	3.15.35

This years race had been moved back a month. The day dawned very damp and misty. The locals all seemed very happy! The start time was changed several times but hopefully everyone made it. Mark ran an outstanding race despite getting lost early and won by 8 minutes. Duncan lost touch with the leaders when nature called. Allan put in a sterling effort to count as 4th team member giving Calder 2nd team prize behind Clayton. A very satisfying day for Calder Valley. Well done Lads

Mike Wardle

# MORE RESULTS .....



## Lordstones - Nov 17th (10mIs/2800')

1.	R. Berstrand	Mandale	82.43
7	Chris Godridge	CVFR	95.55
13.	Denis Gildea	CVFR	99.41
36.	Geoff Bell	CVFR	112.20
54	Greg Houghton	CVFR	115.08
(94 finished)			

The race was run in the most severe weather conditions which resulted in nearly all athletes suffering from mild hypothermia. A good effort by Our Captain Chris in coming a well place seventh.

## Rivock Edge - Nov 24th (10mIs/1500')

1.	K. Stirrat	Halifax	67.20
3	Mark Horrocks	CVFR	68.39
74	Carl Greenwood	CVFR	86.01
81.	Graham Woodward	CVFR	87.28
89.	Mick Banks	CVFR	89.21
100	Jez Wilkinson	CVFR	89.39
101.	Richard Henderson	CVFR	90.32

Quite heavy going on this flattish course with loads of good running except for the infamous wooded area where you were up to your knees in mud and snow which was a good laugh if nothing else.

Denis Gildea

## Cardington Cracker - Dec. 1st (9mIs/2600')

1.	Andy Trigg	Glossop	73.24
7	Steve Houghton	CVFR	77.56
16	Chris Godridge	CVFR	80.51
???	Denis Gildea	CVFR	???
177.	Greg Houghton	CVFR	107.07

One of Steves favourite races and a good placing to show for it. He must be getting fit again!! Denis did run but never appeared on the results. According to him he had a crap race so its just as well we don't know his time. He tells me that he stayed sober the night before. It obviously doesn't work so I'd go back to a racing seven pints Den. Ed

## Chase Trig - January 4th (15mIs/a500')

1.	Dave Trowmer	???	??
7	Steve Houghton	CVFR	??
30	Chris Godridge	CVFR	??
39	Denis Gildea	CVFR	??
102.	Chris Godridge	CVFR	??

Well what can I say, except, that for this time of year there's not much else on in the way of a decent race and doing this one only strengthened that thought. As usual Steve, Greg, Denis and myself decided we'd have a plod down there and have a good 'blowout' (I think that's what they said, or was it 'blow-up"). The race itself is actually a good road runners race and very fast indeed with the majority of the race running on tracks and forestry tracks and touching a few trig points on the way. After getting lost for the eighth time, I decided enough was enough so I thought I'd take a leisurely stroll. (BONKED). I got my waterproofs on and enjoyed (went dizzy and started feeling major hunger) the woodland scenery. Steve had a brilliant run and showed that he's getting his fine form back. Greg beat Denis (mind you Denis didn't get in while 7.45am the same morning from the night before. Not like Denis is it). Definately not one for my calendar but if you want to kick the year off as you mean to go on it's the one to go for (so I don't know how I'll do in my next race)

Chris Godridge

*(Isn't it funny that Chris didn't manage to get the times for this race - I wonder why. Ed)*

## Ogden Moors - February 1st (6mIs/700')

1.	Merv Keys	Rossen'dle	31.12
16	Chris Godridge	CVFR	34.48
23	Robin Skelton	CVFR	35.34
26	Duncan Thompson	CVFR	36.06
30.	Jeff Winder	CVFR	36.24
32.	Denis Gildea	CVFR	36.35
43.	Babs Bakunola	CVFR	38.02
71	Kevin Barker	CVFR	40.54
87	Richard Henderson	CVFR	41.47
88	Jess Palmer	CVFR	41.51
99	Mick Banks	CVFR	43.03
101	Graham Spencer	CVFR	43.21
116	Steve Cavell	CVFR	45.15
(152 finished)			

Well I think that Chris has laid to rest the ghosts of the Chase Trig Race with this fine performance in coming in sixteenth place. An excellent turn out for the club. Is this a sign of things to come this year. I hope so. Ed



# Halifax Harriers A.C.

## The 13th Open

# Calderdale Way Relay

# RESULTS 1996

Near perfect conditions had the records tumbling at this year's event. Pudsey and Bramley took the initiative on the first three legs, building up a lead of over four minutes. But with fourth leg record holder and British Fell champion Ian Holmes on leg 4 partnered by former British Fell champion Mark Kinch, the tables were set to turn. Ian breaking his own record by nearly 2 minutes gave Bingley a healthy lead at the change-over. From then on it was Bingley all the way and with the pairing of Three Peaks winner Andy Peace and International Keith Anderson on the last leg, they took the course record by just 34 seconds. Pudsey and Bramley finished 8 minutes behind, and were followed by Clayton a further 8 minutes down. Over half an hour separated the first four teams, the largest spread since the first race in 1984.

In the other categories, Rossendale wrestled with Veterans record holders Clayton-Le-Moors to clinch the title in the third fastest vets time ever, an impressive record run on leg 3 by Pete Lyons and Ray Rawlinson effectively sealed their victory. In the Ladies section the opening pair of Lucy Wright and Laura Wolfenden gave Leeds the dream start they wanted with the second fastest time ever recorded on this leg of 1 hour 22 minutes (28th overall). They held onto their lead until the finish with a creditable 49th position overall. Pudsey and Bramley finished second with a last leg record run by Sarah Rowell and Anne Buckley, even having time to chat with Kenny Stirrat (Halifax H) who was running his second 10 mile leg of the day, this time for Brighouse High School.

Every team must be commended for finishing what is the biggest relay event in the country over some arduous terrain. With excellent sponsors in Calderline and Yorkshire Television filming every move (did you see yourself on Calendar Sport on Monday 9th) the Calderdale Way was once again a great success. Finally a big thank you must go to all the officials who gave their time and effort both out on the course and in the kitchens, providing much needed sustenance at the end of the race.

Have an injury free and healthy 1997 and we hope to see you all again next December.

Course Record		Bingley Harriers		5.34.16	1996
Leg 1	Rossendale	R Ashworth/S Livesay	1.06.22	1986	
Leg 2	Rossendale	R Ashworth/R Rawlinson	0.53.31	1989	
Leg 3	Halifax	S Halliday/K Stirrat	0.32.23	1992	
Leg 4	Bingley	I Holmes/M Kinch	0.57.51	1996	
Leg 5	Bingley	M Speight/G Watkins	0.47.56	1989	
Leg 6	Halifax	S Halliday/R Whalley	0.59.37	1989	
Ladies Record		Clayton-le-Moors		7.02.41	1989
Leg 1	Clayton-le-Moors	M Hurst/V Brindle	1.20.29	1986	
Leg 2	Clayton-le-Moors	V Brindle/K Gott	1.08.31	1991	
Leg 3	Clayton-le-Moors	K Thompson/L Bostock	0.44.27	1991	
Leg 4	Clayton-le-Moors	V Brindle/C Cook	1.19.17	1989	
Leg 5	Clayton-le-Moors	M Speight/G Watkins	0.47.56	1989	
Leg 6	Pudsey & Bramley	S Rowell/A Buckley	1.11.17	1996	
Vets Record with 7th place		Clayton-le-Moors		5.55.35	1991
Leg 1	Clayton-le-Moors	R Hargreaves/J West	1.12.15	1987	
Leg 2	Clayton-le-Moors	M Targett/J Nuttall	0.58.30	1989	
Leg 3	Rossendale	P Lyons/R Rawlinson	0.35.50	1996	
Leg 4	Bingley	B Whitfield/B Padgett	1.03.56	1991	
Leg 5	Clayton-le-Moors	J Holt/I Perrow	0.51.21	1989	
Leg 6	Clayton-le-Moors	L Hutchinson/K Boyle	1.06.45	1989	

## The 13th Calderdale Way Relay Results for 8th December 1996

1	Bingley A	1.12.28 ( 5)	2.10.17 ( 3)	2.45.39 ( 2)	3.43.30 ( 1)	4.33.21 ( 1)	5.34.16 ( 1)	
	Leg Time	1.12.28 ( 5)	0.57.49 ( 3)	0.35.22 ( 2)	0.57.51 ( 1)	0.49.51 ( 1)	1.00.55 ( 1)	
		R Jebb	C Moses	J Brooks	I Holmes	S Watkins	A Peace	
		M Peace	B Whitfield	M McGlinchy	M Kinch	R Lawrence	K Anderson	
2	Pud & Bram A	1.10.21 ( 1)	2.05.52 ( 1)	2.40.55 ( 1)	3.45.11 ( 2)	4.36.40 ( 2)	5.42.33 ( 2)	
	Leg Time	1.10.21 ( 1)	0.55.31 ( 1)	0.35.03 ( 1)	1.04.16 ( 2)	0.51.29 ( 2)	1.05.53 ( 4)	
		P Sheard	J Maitland	A Illingworth	G Devine	P Stevenson	M Hill	
		P Sheard	B Whalley	J Deegan	S Green	P Davis	P Briscoe	
3	Clayton A	1.12.25 ( 3)	2.09.17 ( 2)	2.45.40 ( 3)	3.52.46 ( 3)	4.45.17 ( 3)	5.50.35 ( 3)	
	Leg Time	1.12.25 ( 3)	0.56.52 ( 2)	0.36.23 ( 5)	1.07.06 ( 3)	0.52.31 ( 3)	1.05.18 ( 3)	
		S Livesey	I Greenwood	P Brannon	G Wilkinson	M Wallis	M Aspinall	
		S Sweeney	T Hobbs	J Roche	G Huddleston	S Murgatroyd	S Thompson	
4	Dark Peak A	1.16.09 ( 13)	2.16.12 ( 9)	2.57.09 ( 11)	4.09.20 ( 9)	5.04.02 ( 9)	6.08.29 ( 4)	
	Leg Time	1.16.09 ( 13)	1.00.03 ( 7)	0.40.57 ( 22)	1.12.11 ( 15)	0.54.42 ( 8)	1.04.27 ( 2)	
		N Conway	D Peel	J Howlett	M Nolan	S Bourne	M Jubb	
		M Hayman	S Patton	R Hutton	P Crowson	D Farquar	B Stocks	
5	Rochdale A	1.14.49 ( 11)	2.16.18 ( 10)	2.54.54 ( 6)	4.07.16 ( 6)	5.02.22 ( 6)	6.10.01 ( 5)	
	Leg Time	1.14.49 ( 11)	1.01.29 ( 15)	0.38.36 ( 10)	1.12.22 ( 16)	0.55.06 ( 10)	1.07.39 ( 6)	
		D Wilkinson	I Aitchison	G Read	J Barker	D Beels	S Woods	
		A Maloney	J Dore	A Baker	M Moran	M Groom	K Robinson	
6	Horwich A	1.12.24 ( 2)	2.10.33 ( 4)	2.48.59 ( 5)	4.02.39 ( 4)	4.56.50 ( 4)	6.10.47 ( 6)	
	Leg Time	1.12.24 ( 2)	0.58.09 ( 4)	0.38.26 ( 9)	1.13.40 ( 20)	0.54.11 ( 7)	1.13.57 ( 23)	
		D Flatley	D Woodhead	C Leigh	A Sunter	T Hesketh	D Hayes	
		A Selby	G Finch	K Tyrer	S Barlow	S Culshaw	P Houghton	
7	Rossen Vets A	1.14.20 ( 10)	2.20.20 ( 15)	2.56.10 ( 9)	4.06.53 ( 5)	5.02.42 ( 7)	6.13.36 ( 7)	
	Leg Time	1.14.20 ( 10)	1.06.00 ( 33)	0.35.50 ( 3)	1.10.43 ( 11)	0.55.49 ( 14)	1.10.54 ( 10)	
		S Duxbury	T Spicer	P Lyons	P Irwin	J Eaton	N Gotts	
		T Taylor	B Rawlinson	R Rawlinson	J Mitchell	D Caldwell	T Higginson	
8	Bolton A	1.12.39 ( 6)	2.12.39 ( 5)	2.48.47 ( 4)	4.07.58 ( 8)	5.03.59 ( 8)	6.16.41 ( 8)	
	Leg Time	1.12.39 ( 6)	1.00.00 ( 6)	0.36.08 ( 4)	1.19.11 ( 35)	0.56.01 ( 16)	1.12.42 ( 18)	
		P Freary	J Hales	N Hatchard	P Pollitt	P Turner	I Kelly	
		S Stokes	P Smith	T Hatchard	C Caldwell	J Bentley	S Doney	
9	Clayton Vet A	1.16.04 ( 12)	2.20.20 ( 16)	3.00.42 ( 14)	4.13.13 ( 12)	5.08.55 ( 11)	6.18.11 ( 9)	
	Leg Time	1.16.04 ( 12)	1.04.16 ( 25)	0.40.22 ( 18)	1.12.31 ( 17)	0.55.42 ( 12)	1.09.16 ( 8)	
		R Brewster	P Lambert	M O'Connor	S Taylor	P Butterworth	R Hargreaves	
		G Cunliffe	K Carr	D Scott	J Holt	M Green	B Mitchell	
10	Preston A	1.23.26 ( 35)	2.25.23 ( 19)	3.02.33 ( 17)	4.18.20 ( 17)	5.13.09 ( 15)	6.19.11 ( 10)	
	Leg Time	1.23.26 ( 35)	1.01.57 ( 16)	0.37.10 ( 7)	1.15.47 ( 26)	0.54.49 ( 9)	1.06.02 ( 5)	
		S Bamber	C Shuttleworth	R Kenny	P Orr	J Parker	S Smith	
		A Nixon	A Metcalf	C Livesey	K Partington	K Brophy	B Burns	
11	Keigh Road A	1.13.29 ( 9)	2.14.43 ( 8)	2.56.52 ( 10)	4.11.11 ( 11)	5.09.55 ( 12)	6.20.25 ( 11)	
	Leg Time	1.13.29 ( 9)	1.01.14 ( 14)	0.42.09 ( 30)	1.14.19 ( 23)	0.58.44 ( 26)	1.10.30 ( 9)	
		A Jones	D Brame	D Needham	T Knowles	R Nelson	P Carr	
		D Woolley	L Spencer	L Brixton	A Summersgill	P Wakefield	M Horbury	
12	Todmorden A	1.17.46 ( 16)	2.19.58 ( 14)	3.00.17 ( 13)	4.09.45 ( 10)	5.06.54 ( 10)	6.21.20 ( 12)	
	Leg Time	1.17.46 ( 16)	1.02.12 ( 18)	0.40.19 ( 15)	1.09.28 ( 7)	0.57.09 ( 18)	1.14.26 ( 24)	
		J Cordingley	J Kuterescz	M Aiderton	A Horsfall	S Brandwood	F Parkinson	
		S Anderton	M Hernandez	L McClusky	D Cole	D Ashton	D Brannigan	
13	Keigh Hill A	1.13.24 ( 8)	2.13.41 ( 7)	2.56.09 ( 7)	4.07.30 ( 7)	5.01.27 ( 5)	6.24.05 ( 13)	
	Leg Time	1.13.24 ( 8)	1.00.17 ( 9)	0.42.28 ( 32)	1.11.21 ( 12)	0.53.57 ( 6)	1.22.38 ( 53)	
		J Emmott	R Hudson	C Wolsey	A Thomas	S Bradsworth	M Wycherley	
		A Smith	R Waddington	R Slater	J Thadsworth	M Brindle	M Barrett	
14	Clayton B	1.20.22 ( 22)	2.21.06 ( 17)	3.00.50 ( 15)	4.17.36 ( 16)	5.13.33 ( 16)	6.24.48 ( 14)	
	Leg Time	1.20.22 ( 22)	1.00.44 ( 11)	0.39.44 ( 12)	1.16.46 ( 30)	0.55.57 ( 15)	1.11.15 ( 14)	
		M Brown	M Addison	S Whittaker	D Nuttall	B Horrocks	A Orr	
		J Hickie	S Addison	I Campbell	M Carr	D Horrocks	A Life	
15	Pud & Bram B	1.24.31 ( 36)	2.29.13 ( 33)	3.11.53 ( 34)	4.22.25 ( 23)	5.15.09 ( 17)	6.28.59 ( 15)	
	Leg Time	1.24.31 ( 36)	1.04.42 ( 29)	0.42.40 ( 36)	1.10.32 ( 10)	0.52.44 ( 4)	1.13.50 ( 22)	
		M Bowler	B Hainsworth	A Brear	G Kirkbright	C Oliphant	R Pallister	
		M Falgate	I Marshall	A Hauser	J Noon	B Stevenson	N Monaghan	
16	Brad Aire A	1.12.52 ( 7)	2.13.40 ( 6)	2.56.09 ( 8)	4.14.24 ( 14)	5.10.07 ( 13)	6.29.58 ( 16)	
	Leg Time	1.12.52 ( 7)	1.00.48 ( 12)	0.42.29 ( 35)	1.18.15 ( 33)	0.55.43 ( 13)	1.19.51 ( 44)	
		S Oldfield	S Shoemsmith	A Dennison	R Crossland	J Hoffman	T Parkinson	
		G Oldfield	M Bottomley	A Green	G Mills	R Grillo	D Smith	
17	Kendal Vets	1.22.44 ( 31)	2.22.51 ( 18)	3.11.23 ( 33)	4.20.54 ( 20)	5.19.22 ( 19)	6.30.20 ( 17)	
	Leg Time	1.22.44 ( 31)	1.00.07 ( 8)	0.48.32 ( 68)	1.09.31 ( 8)	0.58.28 ( 24)	1.10.58 ( 13)	
		S Varney	H Symonds	M Hambray	P Clark	K Dacre	C Lumb	
		D Bland	A Beck	J Broxap	B Procter	R Graves	S Kirkbride	
18	Calder Val A	1.21.20 ( 26)	2.25.32 ( 21)	3.05.25 ( 19)	4.19.31 ( 19)	5.12.47 ( 14)	6.31.48 ( 18)	
	Leg Time	1.21.20 ( 26)	1.04.12 ( 24)	0.39.53 ( 13)	1.14.06* ( 22)	0.53.16 ( 5)	1.19.01 ( 41)	
		D Whitehead	G Houghton	J Winder	S Houghton	G Godridge	J Coulson	
		C Greenwood	W Brown	R Skalton	D Thompson	D Gildea	D Partridge	
19	Bowland FR	1.23.06 ( 33)	2.27.01 ( 25)	3.08.10 ( 22)	4.27.20 ( 27)	5.23.24 ( 21)	6.35.36 ( 19)	
	Leg Time	1.23.06 ( 33)	1.03.55 ( 22)	0.41.09 ( 23)	1.19.10 ( 34)	0.56.04 ( 17)	1.12.12 ( 17)	
		T Houston	L Warburton	A Griffiths	S Sarginson	L Dowthwaite	C Reade	
		L Orr	A Livesey	S Brown	R Ensor	C Whittaker	R Wynne	
20	Spenboro' A	1.23.12 ( 34)	2.27.53 ( 28)	3.07.28 ( 20)	4.27.12 ( 26)	5.22.24 ( 20)	6.38.11 ( 20)	
	Leg Time	1.23.12 ( 34)	1.04.41 ( 28)	0.39.35 ( 11)	1.19.44 ( 36)	0.55.12 ( 11)	1.15.47 ( 27)	
		No team names declared						
21	Horwich Vets A	1.20.44 ( 23)	2.27.57 ( 29)	3.08.18 ( 23)	4.16.03 ( 15)	5.15.53 ( 18)	6.40.03 ( 21)	
	Leg Time	1.20.44 ( 23)	1.07.13 ( 40)	0.40.21 ( 17)	1.07.45 ( 4)	0.59.50 ( 30)	1.24.10 ( 57)	
		C Lyon	F Loftus	C Leigh	S Jackson	A Sweatman	C Mathews	
		B Walton	B Jackson	S Moran	G Schofield	M Crook	J Holloway	
22	Ilkley Harr A	1.20.05 ( 19)	2.30.31 ( 38)	3.11.17 ( 32)	4.21.22 ( 22)	5.24.16 ( 22)	6.41.31 ( 22)	
	Leg Time	1.20.05 ( 19)	1.10.26 ( 54)	0.40.46 ( 21)	1.10.05 ( 9)	1.02.54 ( 36)	1.17.15 ( 32)	
		N Pearce	R Pawson	G Howard	M Pickering	K Souyave	M Rhodes	
		D Goldsborough	P Wood	M Lieber	J Helmsley	J Oldham	T Thornley	

Sponsored by **Calderline**

## The 13th Calderdale Way Relay Results for 8th December 1996

23	Bingley B Leg Time	1.25.41 (39) 1.25.41 (39)	2.28.30 (32) 1.02.49 (20)	3.09.54 (28) 0.41.24 (25)	4.21.17 (21) 1.11.23 (13)	5.26.18 (25) 1.05.01 (42)	6.42.46 (23) 1.16.28 (30)
		A Rushworth S Little	A Thornber I Ferguson	D Sugden M Smith	J Feeney P Mitchell	M Coffey M Westman	P Whelan D Stephenson
24	SKYRAC Leg Time	1.20.21 (21) 1.20.21 (21)	2.28.01 (30) 1.07.40 (42)	3.08.43 (24) 0.40.42 (20)	4.22.49 (24) 1.14.06 (21)	5.24.46 (23) 1.01.57 (34)	6.43.19 (24) 1.18.33 (37)
		D Asquith D Young	N Hawkins A Cook	M Coles G Breeze	H Sawyer R Warman	I Scuffins P Rawnsley	N Clayton N Kirkbright
25	Dark Peak Vets Leg Time	1.21.01 (25) 1.21.01 (25)	2.27.05 (26) 1.06.04 (34)	3.08.51 (26) 0.41.46 (28)	4.29.15 (29) 1.20.24 (37)	5.27.50 (27) 0.58.35 (25)	6.43.45 (25) 1.15.55 (28)
		G Berry G Clegg	N Goldsmith D Tait	C Hird B Wilson	C Barber J Lawrenson	N Boler J Soady	M Wynn D Fothergill
26	St Bedas A Leg Time	1.38.56 (73) 1.38.56 (73)	2.42.25 (50) 1.03.29 (21)	3.22.56 (42) 0.40.31 (19)	4.32.04 (33) 1.09.08 (5)	5.30.58 (31) 0.58.54 (28)	6.50.11 (26) 1.19.13 (42)
		S Galsthorpe W Kerr	D Wilson M Firth	P Pyrah M Love	J Callaghan J Verity	A Hoyle G Eastall	J Carr D Goodwin
27	Horsforth FD Leg Time	1.25.10 (37) 1.25.10 (37)	2.29.30 (34) 1.04.20 (26)	3.13.22 (37) 0.43.52 (46)	4.26.11 (25) 1.12.49 (18)	5.28.04 (28) 1.01.53 (33)	6.50.36 (27) 1.22.32 (51)
		A Judd A Priestly	P Reynard D Dennison	D Hodgson D Hainsworth	R Falls D Britton	M Scott I Wilson	C Prendergast P Brayson
28	Rosendale A Leg Time	1.31.13 (48) 1.31.13 (48)	2.31.32 (39) 1.00.19 (10)	3.08.45 (25) 0.37.13 (8)	4.30.50 (32) 1.22.05 (40)	5.29.13 (30) 0.58.23 (23)	6.51.58 (28) 1.22.45 (54)
		J Bibby N Law	M Corbett G Summer	D Hebden S Molloy	B Trickett P Nuttall	R Sutcliffe R Stott	J Sumner J Cooper
29	Halifax Harr Leg Time	1.16.45 (14) 1.16.45 (14)	2.18.50 (11) 1.02.05 (17)	2.58.57 (12) 0.40.07 (14)	4.19.23 (18) 1.20.26 (38)	5.34.06 (32) 1.14.43 (76)	6.52.04 (29) 1.17.58 (35)
		K Stirrat S Keighley	D Cole M Ayrton	R Corney M Hoey	N Crossdell P Caotes	M Haigh D O'Keefe	D Flynn A Camm
30	Holmfirth Vets Leg Time	1.26.59 (41) 1.26.59 (41)	2.35.33 (42) 1.08.34 (45)	3.24.20 (44) 0.48.47 (71)	4.39.27 (39) 1.15.07 (25)	5.41.46 (35) 1.02.19 (35)	6.52.41 (30) 1.10.55 (11)
		R Futrell J Philpott	N Berry R Griffiths	J Adair D Gaskell	A Bradley D Overend	S Crowther A Smith	J Ewart B Harbisher
31	Bolton B Leg Time	1.20.19 (20) 1.20.19 (20)	2.29.59 (36) 1.09.40 (48)	3.12.56 (35) 0.42.57 (37)	4.30.41 (31) 1.17.45 (32)	5.28.18 (29) 0.57.37 (20)	6.52.48 (31) 1.24.30 (60)
		D Clamp M Kay	I Hales M Cafferty	D Grady B Little	A Fielding J Atwood	D Kearns S Ellis	I Smith P Swainson
32	Holme P'pont A Leg Time	1.17.20 (15) 1.17.20 (15)	2.27.40 (27) 1.10.20 (53)	3.10.56 (31) 0.43.16 (41)	4.33.11 (34) 1.22.15 (42)	5.41.06 (33) 1.07.55 (54)	6.53.55 (32) 1.12.49 (20)
		S Gregory A Green	B Jarvis D Bland	W Cranton M Mills	N Marshall W Alves	B Hirston I Hardstaff	M Moore P Fooks
33	JOK Orient Leg Time	1.27.13 (42) 1.27.13 (42)	2.41.54 (48) 1.14.41 (66)	3.27.45 (50) 0.45.51 (52)	4.37.10 (37) 1.09.25 (6)	5.41.52 (36) 1.04.42 (40)	6.54.40 (33) 1.12.48 (19)
		S Wilson J Emeleus	P Warren D Phillips	A van Gulik N Silk	R Hart G Ackland	S Cunnane T Allman	R Thetford N Barrable
34	Clayton Vet B Leg Time	1.29.03 (44) 1.29.03 (44)	2.34.06 (40) 1.05.03 (30)	3.16.20 (39) 0.42.14 (31)	4.29.47 (30) 1.13.27 (19)	5.27.30 (26) 0.57.43 (21)	6.55.44 (34) 1.28.14 (71)
		P Booth S White	M Targett J Nuttall	I Beverly G Thompson	A Turner K Tompson	K Lewis D Hargreaves	J Blackall G Murray
35	Rowntree Leg Time	1.20.04 (18) 1.20.04 (18)	2.19.37 (12) 0.59.33 (5)	3.01.09 (16) 0.41.32 (27)	4.27.25 (28) 1.26.16 (55)	5.24.48 (24) 0.57.23 (19)	6.57.16 (35) 1.32.28 (79)
		A Normandale A Beavers	J Pavis B Duncan	P Woollons S Thompson	S Mummery T Janaway	M Nice D Leaf	P Atkinson J McDonough
36	Longwood H Leg Time	1.12.27 (4) 1.12.27 (4)	2.19.40 (13) 1.07.13 (41)	3.10.54 (30) 0.51.14 (78)	4.34.30 (35) 1.23.36 (48)	5.46.25 (41) 1.11.55 (64)	6.57.21 (36) 1.10.56 (12)
		M Farran D Hincliffe	T White M Lawson	J Pickup J McCormack	A Miller F Labault	A Miller D Gallagher	A Norgate C Wright
37	Settle Harr Leg Time	1.22.54 (32) 1.22.54 (32)	2.25.28 (20) 1.02.34 (19)	3.13.47 (38) 0.48.19 (65)	4.35.54 (36) 1.22.07 (41)	5.41.24 (34) 1.05.30* (45)	6.57.52 (37) 1.16.28 (29)
		C Hirst C Norris	A Hassell A Shepherd	I Wood J Crossland	S Oxley S Hallell	T Metcalfe M Davy	J Mitcham T Wright
38	Harrogate Leg Time	1.34.57 (61) 1.34.57 (61)	2.47.09 (56) 1.12.12 (60)	3.30.38 (53) 0.43.29 (44)	4.46.43 (45) 1.16.05 (28)	5.45.02 (39) 0.58.19 (22)	6.58.13 (38) 1.13.11 (21)
		G Mallett C Todd	G Morgan M Drogden	P Loker S Forge	T Inglehearn M Thompson	M Lister J Hutton	D Askew B Miller
39	Denby Dale A Leg Time	1.22.42 (30) 1.22.42 (30)	2.28.07 (31) 1.05.25 (31)	3.10.03 (29) 0.41.56 (29)	4.38.24 (38) 1.28.21 (65)	5.43.34 (38) 1.05.10 (43)	6.59.15 (39) 1.15.41 (26)
		R Barker T Weston	J Bell S Bowlby	M Horsfall C Town	M Egner M Holroyd	S Robinson M Collinson	P Belsey R Wallage
40	Holmfirth A Leg Time	1.19.54 (17) 1.19.54 (17)	2.25.45 (22) 1.05.51 (32)	3.02.35 (18) 0.36.50 (6)	4.14.10 (13) 1.11.35 (14)	5.43.09 (37) 1.28.59 (96)	7.07.05 (40) 1.23.56 (56)
		A Taylor J Rank	P Hadin S Lightowler	G Hall K Goulding	K Wild P Dolan	A Shaw S Winspear	J Krol J Pierson
41	Bingley Vets Leg Time	1.20.59 (24) 1.20.59 (24)	2.29.46 (35) 1.08.47 (46)	3.13.20 (36) 0.43.34 (45)	4.42.00 (40) 1.28.40 (66)	5.45.50 (40) 1.03.50 (39)	7.10.03 (41) 1.24.13 (58)
		L Haynes K Dobson	B Dover G Bell	I Goodyear B Hardgreaves	R Conlon F Wheeler	F Gibbs C Tordoff	D Oldham H Sudall
42	Keigh Hill B Leg Time	1.32.54 (56) 1.32.54 (56)	2.43.34 (51) 1.10.40 (56)	3.23.54 (43) 0.40.20 (16)	4.48.15 (46) 1.24.21 (50)	5.47.46 (42) 0.59.31 (29)	7.10.08 (42) 1.22.22 (49)
		S Hartley M Greenwood	R Ashdown K Bogg	O Beilby G Hird	M Berry B Weedan	R Aguila J Keighley	K Wright T Scholes
43	Valley Str A Leg Time	1.40.17 (80) 1.40.17 (80)	2.46.37 (54) 1.06.20 (37)	3.30.02 (52) 0.43.25 (42)	4.46.00 (43) 1.15.58 (27)	5.52.36 (44) 1.06.36 (49)	7.12.07 (43) 1.19.31 (43)
		G Black M Evans	H Bates S Thirkell	M Wrench M Midgley	S Webb P Webster	P Furnell J Willingham	S O'Callaghan K Cluderay
44	EPOC 1 Leg Time	1.22.17 (29) 1.22.17 (29)	2.26.24 (23) 1.04.07 (23)	3.07.40 (21) 0.41.16 (24)	4.46.33 (44) 1.38.53 (91)	5.52.16 (43) 1.05.43 (46)	7.14.28 (44) 1.22.12 (48)
		J Emberton A Simpson	J Hyde C Bourne	B Parkinson D Foster	C Markham W Hunter	G Lloyd P Boyd	D Owen R Shaw



## The 13th Calderdale Way Relay Results for 8th December 1996

45	Keigh Hill Vet	1.28.54 (43)	2.39.31 (45)	3.21.02 (40)	4.48.42 (47)	5.55.23 (46)	7.15.24 (45)
	Leg Time	1.28.54 (43)	1.10.37 (55)	0.41.31 (26)	1.27.40 (63)	1.06.41 (50)	1.20.01 (45)
	K Slater		D Hird	P Moris	L Sands	K Hopkinson	M Bland
	B Slater		P Webber	P Rogan	B Dunn	S Budimir	T French
46	Clayton Claret	2.00.35 (101)	3.06.53 (90)	3.55.00 (81)	5.10.00 (65)	6.10.31 (56)	7.19.08 (46)
	Leg Time	2.00.35 (101)	1.06.18 (35)	0.48.07 (62)	1.15.00 (24)	1.00.31 (31)	1.08.37 (7)
	B Slater		R Bellaries	R Hirst	R Lee	J Windle	M Procter
	S Windle		D Rushton	D Roberts	S Clarke	J Sharples	L Thompson
47	Calder Val B	1.35.31 (62)	2.41.51 (47)	3.25.56 (46)	4.49.40 (48)	5.55.44 (47)	7.20.08 (47)
	Leg Time	1.35.31 (62)	1.06.20 (36)	0.44.05 (47)	1.23.44 (49)	1.06.04 (48)	1.24.24 (59)
	T Bradley		B Horsley	A Jones	P Frechette	G Bell	R Kellett
	R Sutcliffe		A Thompson	P Round	D Wilkinson	R Brewster	R Allan
48	Keigh Road B	1.29.42 (45)	2.39.02 (44)	3.24.56 (45)	4.42.08 (41)	5.53.50 (45)	7.20.13 (48)
	Leg Time	1.29.42 (45)	1.09.20 (47)	0.45.54 (54)	1.17.12 (31)	1.11.42 (63)	1.26.23 (66)
	C Marshall		R Chatburn	F Cannon	T Clegg	K Waddingham	C Fawcett
	D Tate		M Bateson	A Drew	A Bevan	M Sumpter	T Minnikin
49	Leeds Ladies	1.22.00 (27)	2.34.51 (41)	3.34.40 (58)	4.57.22 (52)	6.03.09 (51)	7.21.52 (49)
	Leg Time	1.22.00 (27)	1.12.51 (62)	0.59.49 (97)	1.22.42 (44)	1.05.47 (47)	1.18.43 (40)
	L Wright		M Hart	L Lee	V Marot	T Barton	L Leavesley
	L Woffenden		J Harrison	P Childs	L Sellars	J Tonkins	A O'Shea
50	Baildon A	1.32.15 (51)	2.42.05 (49)	3.27.04 (49)	4.54.04 (50)	5.59.31 (49)	7.27.16 (50)
	Leg Time	1.32.15 (51)	1.09.50 (50)	0.44.59 (48)	1.27.00 (61)	1.05.27 (44)	1.27.45 (67)
	D Shone		Q Lewis	B Willard	P Smith	J Dickinson	J Holdsworth
	G Allison		S Pickard	J Blyth	G Hey	G Moorhouse	A Towriss
51	Todmorden Vets	1.36.33 (66)	2.46.25 (53)	3.33.59 (56)	4.56.28 (51)	6.05.07 (52)	7.28.09 (51)
	Leg Time	1.36.33 (66)	1.09.52 (51)	0.47.34 (60)	1.22.29 (43)	1.08.39 (56)	1.23.02 (55)
	A Mellor		P Hodgson	B Chapman	R Blakeley	P Southwell	T Shear
	R Poulter		G Davy-Day	P Marshall	D Collins	F Richardson	D Rawlinson
52	Brad Aire Mix	1.36.43 (67)	2.54.51 (70)	3.37.53 (61)	5.02.33 (58)	6.07.28 (53)	7.28.40 (52)
	Leg Time	1.36.43 (67)	1.18.08 (75)	0.43.02 (40)	1.24.40 (52)	1.04.55 (41)	1.21.12 (46)
	R Cunliffe		K Barraclough	D Rhodes	J Oldfield	J Emmett	L Green
	D Illingworth		J Sanderson	M Speed	P Oldfield	G Reilly	S Watson
53	Rochdale B	1.31.11 (47)	2.41.15 (46)	3.26.49 (48)	4.52.31 (49)	5.59.44 (50)	7.29.52 (53)
	Leg Time	1.31.11 (47)	1.10.04 (52)	0.45.34 (50)	1.25.42 (53)	1.07.13 (52)	1.30.08 (74)
	K Fox		J Cook	M Catherall	N Shaw	J Armstrong	G Palmer
	M Sadula		P Roberts	R Dalby	M Hobson	T Hirst	N Mathews
54	Rossen Vets B	1.25.38 (38)	2.26.35 (24)	3.09.04 (27)	5.09.04 (64)	6.12.36 (58)	7.30.49 (54)
	Leg Time	1.25.38 (38)	1.00.57 (13)	0.42.29 (33)	2.00.00 (102)	1.03.32 (37)	1.18.13 (36)
	E Duffy		K Masser	P Jepson	P Warner	R Fell	T McCoy
	C Trickett		B Ashworth	N Harris	G Wright	J Connolly	D Ratcliffe
55	St Bedes Vets	1.39.09 (76)	2.48.59 (58)	3.34.53 (59)	5.01.40 (56)	6.13.38 (60)	7.31.31 (55)
	Leg Time	1.39.09 (76)	1.09.50 (49)	0.45.54 (53)	1.26.47 (60)	1.11.58 (66)	1.17.53 (34)
	M Long		D Armstrong	K Abson	M Chambers	R Wilks	M Moss
	P Turner		M Lee	M Mahoney	K Pratchett	T Wimbush	H McGill
56	Saddlew'th Vet	1.32.18 (52)	2.36.42 (43)	3.21.52 (41)	4.45.12 (42)	5.57.38 (48)	7.32.07 (56)
	Leg Time	1.32.18 (52)	1.04.24 (27)	0.45.10 (49)	1.23.20 (47)	1.12.26 (68)	1.34.29 (83)
	B Bridgestock		C Davies	D Gibson	K Whittaker	B Waterhouse	P Blagbrough
	P Sydney		H Waterhouse	D Nolan	J Barrott	D Powell	T Eckersley
57	SMOC	1.30.23 (46)	2.49.19 (59)	3.36.44 (60)	5.02.44 (60)	6.15.49 (61)	7.34.32 (57)
	Leg Time	1.30.23 (46)	1.18.56 (78)	0.47.25 (58)	1.26.00 (54)	1.13.05 (72)	1.18.43 (39)
	N Cole		A Sutton	M Jones	R Harris	S Hardy	R Pomall
	R Williams		K Downing	G Dimmock	B Layton	R Owen	J Knights
58	Dark Peak B	1.38.46 (72)	2.56.02 (71)	3.39.04 (63)	4.59.55 (54)	6.12.40 (59)	7.38.56 (58)
	Leg Time	1.38.46 (72)	1.17.16 (72)	0.43.02 (39)	1.20.51 (39)	1.12.45 (69)	1.26.16 (65)
	P Dyke		K Saville	J Herbert	R Davison	W McLewin	J Harrison
	D Pasley		R Woods	M Fox	G Williams	B Thackery	H Mathieson
59	Holmfirth B	1.34.16 (60)	2.46.58 (55)	3.33.29 (55)	5.02.28 (57)	6.09.13 (54)	7.39.03 (59)
	Leg Time	1.34.16 (60)	1.12.42 (61)	0.46.31 (55)	1.28.59 (67)	1.06.45 (51)	1.29.50 (73)
	R Thompson		A Bywaters	T Crowther	K Wild	T Cock	R Kneeshaw
	R Stevenson		C Humphries	L Lacon	P Dolan	P Bates	S Castell
60	Pud & B Ladies	1.31.33 (49)	3.00.39 (76)	3.55.53 (83)	5.18.38 (74)	6.28.08 (73)	7.39.25 (60)
	Leg Time	1.31.33 (49)	1.29.06 (99)	0.55.14 (87)	1.22.45 (45)	1.09.30 (59)	1.11.17 (15)
	J Shotter		J Dyas	C Orr	H Purdy	A Srivastava	S Rowell
	J Clark		F Minaldi	C Harding	P Gibb	H Young	A Buckley
61	Valley Str Vet	1.36.06 (65)	2.47.33 (57)	3.34.04 (57)	5.00.26 (55)	6.09.37 (55)	7.40.12 (61)
	Leg Time	1.36.06 (65)	1.11.27 (58)	0.46.31 (56)	1.26.22 (57)	1.09.11 (57)	1.30.35 (76)
	P Lambert		S Watson	T Haygarth	K Kaiser	I Place	B Wilkes
	A Hutchinson		G Webster	S Wilde	K Kaiser	G Kendrew	J Whalley
62	Nidd Valley	1.57.57 (98)	3.08.50 (93)	3.51.49 (78)	5.08.17 (62)	6.18.17 (63)	7.40.53 (62)
	Leg Time	1.57.57 (98)	1.10.53 (57)	0.42.59 (38)	1.16.28 (29)	1.10.00 (60)	1.22.36 (52)
	R Lumb		H Dowdell	P Robinson	T Massey	J Tiffany	B Healey
	E Morley		A Robb	C Towse	I Galdert	S Lutrey	J Towers
63	St Bedes B	1.45.00 (86)	3.06.33 (87)	3.52.18 (79)	5.23.09 (77)	6.26.44 (71)	7.41.41 (63)
	Leg Time	1.45.00 (86)	1.21.33 (85)	0.45.45 (51)	1.30.51 (71)	1.03.35 (38)	1.14.57 (25)
	M Jones		A Lloyd	I Howdin	C Harris	P May	N Lloyd
	C Parkin		F Bates	R Safranauskas	T Heptinstall	M Brearley	P Hughes
64	Dark Peak C	1.44.14 (85)	2.50.37 (62)	3.39.05 (64)	5.11.48 (70)	6.24.09 (69)	7.42.50 (64)
	Leg Time	1.44.14 (85)	1.06.23 (38)	0.48.28 (67)	1.32.43 (77)	1.12.21 (67)	1.18.41 (38)
	W Gibbons		W McKullan	N Palizon	D Markam	R ??	T Westgate
	A McShane		D Green	N Hay	J Straker	M Hamblin	R Hakes
65	Spenboro' Mix	1.38.36 (71)	2.50.41 (63)	3.38.53 (62)	5.11.04 (69)	6.18.25 (64)	7.43.16 (65)
	Leg Time	1.38.36 (71)	1.12.05 (59)	0.48.12 (63)	1.32.11 (75)	1.07.21 (53)	1.24.51 (62)
	T Holden		E Drake	D Robinson	M Schofield	T Bolland	G Walsh
	D Sugden		C Stoney	A Bodel	J Graham	D Dean	D Johnson
66	Huddersfield RR1	1.32.20 (53)	2.49.57 (61)	3.33.25 (54)	5.02.36 (59)	6.12.01 (57)	7.43.39 (66)
	Leg Time	1.32.20 (53)	1.17.37 (73)	0.43.28 (43)	1.29.11 (68)	1.09.25 (58)	1.31.38 (78)
	P Grimes		G Lyons	M Heneghan	T Hudson	N Roper	M Booth
	M Sunderland		V Padden	P Addy	J Wardon	J Harley	N O'Connor

Sponsored by Calderline



## The 13th Calderdale Way Relay Results for 8th December 1996

67	Preston B Leg Time	1.54.06 (95) J Holland P Carter	3.01.18 (80) D Simpson A Appleby	3.49.38 (77) B Mapp B Higginson	5.23.23 (78) J Howard B Dearnaley	6.22.08 (67) I McDonald K Hesketh	7.49.58 (67) D Nicholson M Simon
68	WYLDWA Leg Time	1.32.46 (54) B McDermott M Wood	2.49.41 (60) J Belt G Barras	3.41.52 (66) A West C Davis	5.05.10 (61) C Ainsworth A Hicks	6.22.27 (68) D Hill R Dawson	7.51.43 (68) I Martin D Bath
69	Hx Runners Leg Time	1.26.43 (40) G Dodd R Rowlands	2.43.41 (52) M Engberg S Pitcher	3.26.10 (47) J Hairstone R Aked	4.59.17 (53) R Henderson P Costello	6.16.15 (62) H Barber J Preston	7.53.10 (69) J Taylor R Williams
70	Clayton Z Leg Time	1.42.09 (82) L Sullivan J Lenahan	2.56.12 (72) I Mitchell P Hindle	3.45.53 (71) W Wilkinson D Barton	5.10.18 (66) A Howarth T Peacock	6.21.51 (66) J Serjant R Orr	7.54.41 (70) J.32.50 (80) K Mackinson
71	Brighouse HS Leg Time	1.47.35 (90) S Harrington S Bagnall	3.02.03 (82) J Horne J Riley	3.53.16 (80) R Horne W May	5.32.13 (86) J Smith P Cosgrove	6.47.17 (83) R Clark J Ablett	7.59.19 (71) 1.12.02 (16) K Stirrat P Newsome
72	Clay Ladies A Leg Time	1.35.47 (63) V Peacock K Thompson	2.54.15 (69) L Lord C Spain	3.43.26 (69) S Middleton L Bostock	5.13.02 (71) J Hindle W Dodds	6.26.04 (70) J Lee C Dewhurst	8.00.45 (72) 1.34.41 (84) T Lewis G Brewin
73	Howgill Harr Leg Time	1.22.08 (28) G Moffatt P Brittleton	2.30.18 (37) M Moss M Calvert	3.28.17 (51) E Cowan A Shadden	5.08.38 (63) J Douglas I Shadden	6.39.15 (76) H Moffat K Finn	8.03.52 (73) 1.24.37 (61) P Finn S Moffat
74	Saddleworth A Leg Time	1.32.51 (55) M Buin J Dutton	1.19.57 (81) J Kiveal S Docherty	0.48.38 (70) S Ratcliffe F Sykes	1.31.51 (73) D Franklin J Comyn-Platt	1.08.09 (55) L Whittaker M Hodgson	1.43.45 (98) J Hodgson C Etherden
75	Todmorden B Leg Time	1.32.00 (50) D Donohue S Beconsall	2.53.08 (68) M Grice J Sutcliffe	3.42.34 (67) P Ehrhardt J Dowling	5.14.27 (73) D O'Neill C Sanson	6.27.40 (72) M Coth H Wilson	8.06.17 (75) 1.38.37 (93) E Blamire K Dawson
76	Rochdale D Leg Time	1.41.12 (81) J Fox C Keogh	2.59.16 (75) J Sherlock D Burrows	3.47.02 (73) P Geldart J Lee	5.26.38 (80) G Farr J Wilson	6.40.19 (79) G Allison P Sutton	8.06.33 (76) 1.26.14 (64) B Poole B Sandilands
77	Stainland L Leg Time	1.38.26 (70) K Barker C Hughes	3.00.45 (78) D Connolly M Hirst	4.02.26 (93) A Pitts P Pitts	5.37.13 (90) R Swires D Provis	6.50.05 (88) S Knight K Barker	8.06.36 (77) 1.16.31 (31) C Hughes J Bottomley
78	Dark P Ladies Leg Time	1.39.34 (77) K Bryan-Jones L Bland	3.02.51 (84) H Bloor J James	3.55.30 (82) W Smallwood R Hambleton	5.26.56 (81) A Watmore J Smith	6.49.05 (87) J Wilson H Bramwell	8.06.46 (78) 1.17.41 (33) C Forthergill J Smith
79	Brooksbank Leg Time	1.37.52 (69) M Roberts M Roberts	3.02.00 (81) R Barrett J Earnshaw	4.01.00 (87) B Campsall M Brant	5.27.29 (82) P Wyton P Scott	6.43.32 (81) F Murray I Booth	8.08.42 (79) 1.25.10 (63) J Smith R Needham
80	Rossendale B Leg Time	1.40.02 (78) J Cooper S Howard	2.57.12 (74) T Gotts P Hannah	3.49.20 (75) D Dickson D Dickson	5.28.52 (85) K Talbot V Seal	6.40.48 (80) A McGuinness J Kempson	8.08.44 (80) 1.27.56 (70) J Kershaw G Navan
81	Elvet Stride A Leg Time	1.47.57 (91) A Sehault R Layton	2.56.14 (73) T Young K Greenwell	3.44.30 (70) B Evans T Daniell	5.11.02 (68) D Shipman A Scaife	6.47.48 (84) P Sedgwick P Sedgwick	8.09.34 (81) 1.21.46 (47) N Starling K Wesson
82	Cald Val Mix Leg Time	1.58.58 (99) No team names declared	3.12.39 (96) 1.13.41 (63)	4.01.12 (89) 0.48.33 (69)	5.28.20 (84) 1.27.08 (62)	6.39.25 (77) 1.11.05 (61)	8.13.40 (82) 1.34.15 (82)
83	Bing Ladies Leg Time	1.35.56 (64) S Cariss S Walsh	2.51.54 (64) H Mayho J Smith	3.42.38 (68) J Vasey J Teague	5.10.39 (67) M Green R Whitehead	6.37.16 (74) J Wiseman H Morrell	8.13.45 (83) 1.36.29 (86) P Granton M Dunn
84	Halifax Ladies Leg Time	1.42.55 (84) C Willgoose G Leary	3.02.08 (83) S Billam S Gaskell	3.48.41 (74) S Smith T Briggs	5.18.47 (75) L Hayles L Crabtree	6.38.31 (75) S Whitwam P Taylor	8.13.52 (84) 1.35.21 (85) M Ransley L Spence
85	Old Rishworth Leg Time	1.32.57 (57) R Wadsworth J Plant	2.52.11 (65) J Hopkinson G Cockcroft	3.49.24 (76) S Cockcroft D Burrell	5.22.24 (76) M Payne D McKenzie	6.40.16 (78) M Cockcroft S Patterson	8.17.29 (85) 1.37.13 (89) M Jardine G Pendelbury
86	Denby Dale B Leg Time	1.48.08 (92) B Barton J Shore	3.08.57 (94) P Buckley D Maddox	4.01.49 (91) A Kinly D Stockdale	5.28.08 (83) M Hirst N Denby	6.48.27 (85) D Wyatt 6.46.25 (82)	8.18.52 (86) 1.30.25 (75) D Gill S Walton
87	Clayton Dream Leg Time	1.39.05 (74) M Brady D Coll	3.00.45 (77) M Frost B Leathley	4.07.25 (97) P Hughes L Jackson	5.45.00 (96) 1.37.35 (88) F Gee	6.46.25 (82) 1.01.25 (32) P Brady	8.23.09 (87) 1.36.44 (87) K Ashworth D Bailey
88	Ilkley Harr B Leg Time	1.45.37 (88) B Connor P Cooke	3.06.35 (89) 1.20.58 (83) N Blackburn R Gooch	4.01.09 (88) 0.54.34 (85) B Sweet A Sarah	5.37.19 (91) 1.36.10 (87) P Chappell P Heiby	6.52.46 (89) 1.15.27 (78) T Ambler B ???	8.25.47 (88) 1.33.01 (81) Paul Styles D Ibbotson

## The 13th Calderdale Way Relay Results for 8th December 1996

89	Holme P'pont B	1.39.06 (75)	3.04.49 (86)	4.02.16 (92)	5.34.57 (89)	6.48.43 (86)	8.33.15 (89)
	Leg Time	1.39.06 (75)	1.25.43 (94)	0.57.27 (92)	1.32.41 (76)	1.13.46 (75)	1.44.32 (99)
		D Hughes	D Dent	C Bland	D Wells	B Gunn	B Stone
		M Swords	L Cliff	C ??	T Barry	V Brookwall	J Hutchison
90	Clayton X	1.50.59 (94)	3.14.13 (97)	4.06.25 (96)	5.54.38 (97)	7.13.23 (95)	8.35.51 (90)
	Leg Time	1.50.59 (94)	1.23.14 (90)	0.52.12 (81)	1.48.13 (99)	1.18.45 (85)	1.22.28 (50)
		V Brodrick	P Thornber	A Macauley	N Whalley	G Leyland	R Martin
		A Exton	G Laycock	P Costello	T Aspin	P Chippendale	J O'Connor
91	EPOC 2	1.42.51 (83)	3.08.39 (91)	3.56.05 (84)	5.42.27 (95)	7.08.18 (93)	8.36.05 (91)
	Leg Time	1.42.51 (83)	1.25.48 (95)	0.47.26 (59)	1.46.22 (98)	1.25.51 (94)	1.27.47 (68)
		R Page	J Scarf	G Kennedy	R Kift	D Harrop	H Tooby
		J Bugler	S Noot	A Kennedy	T Taylor	N Devlin	M Pownall
92	Clay Ladies B	1.47.07 (89)	3.10.21 (95)	4.06.19 (95)	5.41.58 (94)	6.58.27 (91)	8.45.34 (92)
	Leg Time	1.47.07 (89)	1.23.14 (89)	0.55.58 (88)	1.35.39 (86)	1.16.29 (80)	1.47.07 (100)
		K Brady	C Ashton	K Goss	M Ashton	L Maxlow	C Leathley
		J Rawlinson	G Brierley	E Burnip	L Platt	A Smith	M Plumbley
93	Baildon B	1.40.12 (79)	3.06.33 (88)	4.01.18 (90)	5.39.17 (92)	7.04.24 (92)	8.46.50 (93)
	Leg Time	1.40.12 (79)	1.26.21 (96)	0.54.45 (86)	1.37.59 (90)	1.25.07 (93)	1.42.26 (96)
		J Greenwood	K Earl	G Shaw	R Firth	G Watson	M Sharp
		K Ward	A Clements	N Russell	R Borrett	C Ridger	K Mistry
94	Denby D Ladies	1.34.02 (59)	2.52.50 (67)	3.46.32 (72)	5.25.37 (79)	6.56.13 (90)	8.47.46 (94)
	Leg Time	1.34.02 (59)	1.18.48 (77)	0.53.42 (84)	1.39.05 (93)	1.30.36 (97)	1.51.33 (101)
		B Cumber	E Denby	G Egner	S Kay	S Barker	D Fuller
		L Robertson	L Smith	S Glover	J Town	P Hislop	M Robinson
95	Middle Ladies	2.01.03 (102)	3.23.51 (100)	4.20.03 (100)	5.57.45 (98)	7.14.19 (96)	8.51.44 (95)
	Leg Time	2.01.03 (102)	1.22.48 (88)	0.56.12 (89)	1.37.42 (89)	1.16.34 (81)	1.37.25 (90)
		C Lawton	J Poole	V Ashworth	K Molyneux	C Bowness	P Turton
		J Greenwood	M Horford	R Hare	J Haworth	C Brooks	L Tynan
96	Roch Ladies	1.45.00 (87)	3.01.12 (79)	4.00.00 (86)	5.33.00 (87)	7.22.43 (98)	8.53.31 (96)
	Leg Time	1.45.00 (87)	1.16.12 (68)	0.58.48 (95)	1.33.00 (78)	1.49.43 (102)	1.30.48 (77)
		G Cook	N Carey	S Geldeart	P Dore	K Allison	C Leigh
		J Needham	F Murphy	C Whatmough	J Sandilands	K Leigh	W McCrae
97	Rossen Ladies	1.37.14 (68)	3.04.08 (85)	4.04.40 (94)	5.39.46 (93)	7.17.04 (97)	8.55.56 (97)
	Leg Time	1.37.14 (68)	1.26.54 (97)	1.00.32 (99)	1.35.06 (84)	1.37.18 (101)	1.38.52 (94)
		V Hamlet	S German	C Tibke	J Wood	G Dickson	J Feeney
		D Flemming	C Adlum	E Warner	J Keys	L Hannah	S Fell
98	Elvet Stride B	2.00.22 (100)	3.31.08 (102)	4.27.57 (101)	6.02.59 (100)	7.25.06 (100)	9.02.59 (98)
	Leg Time	2.00.22 (100)	1.30.46 (100)	0.56.49 (90)	1.35.02 (83)	1.22.07 (90)	1.37.53 (91)
		J Young	A James	J Webb	D Ritson	J Redfearn	C Farnsworth
		Y Jones	G Fisher	R Jackson	K Owens	D Bevan	J Battersby
99	Baildon C	1.50.00 (93)	3.17.47 (98)	4.16.17 (98)	6.01.17 (99)	7.23.47 (99)	9.05.17 (99)
	Leg Time	1.50.00 (93)	1.27.47 (98)	0.58.30 (94)	1.45.00 (97)	1.22.30 (92)	1.41.30 (95)
		???	L Barrett	J Spencer	J Jennison	J Greenwood	B Jennings
		???	P Grundy	P Borrett	D Noble	L Rossendale	D Turpin
100	EPOC 3	1.54.33 (96)	3.18.18 (99)	4.18.33 (99)	6.13.12 (101)	7.35.09 (101)	9.13.43 (100)
	Leg Time	1.54.33 (96)	1.23.45 (92)	1.00.15 (98)	1.54.39 (100)	1.21.57 (89)	1.38.34 (92)
		G Booth	K Sykes	V Pownall	F O'Brien	R Kift	G Markham
		R Simcock	A Greenwood	M Kift	D Wakerford	D Morgan	J Knight
101	Bingley Mix	1.33.44 (58)	3.08.50 (92)	3.57.44 (85)	5.33.21 (88)	7.10.06 (94)	9.17.21 (101)
	Leg Time	1.33.44 (58)	1.35.06 (102)	0.48.54 (72)	1.35.37 (85)	1.36.45 (99)	2.07.15 (102)
		G Little	T Marshall	A Greenwood	K Moore	A Jebb	S Green
		D Ball	M Green	B Duncan	M Watson	P Smith	S James
102	Middleton Mix	1.54.43 (97)	3.27.03 (101)	4.30.38 (102)	6.28.39 (102)	7.48.15 (102)	9.31.36 (102)
	Leg Time	1.54.43 (97)	1.32.20 (101)	1.03.35 (101)	1.58.01 (101)	1.19.36 (86)	1.43.21 (97)
		W Grundy	C Baxendale	A Lamb	R Lee	R Williams	S Brooks
		C Grundy	P Williams	A Pike	P Gilligan	J Sharples	E Crossley

Just a few comments about this years results. It was pleasing that there was a distinct lack of complaints regarding short cutting and incomplete or no kit this year. I have however penalised the two clubs for which complaints of short cutting were made by 2 minutes. These are Calder Valley 'A' on leg 4 and Settle Harriers on leg 5. As I say every year, in the interest of the events future it is essential that the correct route is followed and the country code adhered to.

Baildon 'C' had no leg 1 and leg 4 runners, Rochdale Ladies were also missed on leg 1 and Rossendale 'B' leg 4 runners retired. All have been given fictitious times for these legs.

14 teams left early for leg 2 at a cut off time of 1.45.00

22 teams left early for leg 3 at a cut off time of 3.00.00

8 teams left early for leg 4 at a cut off time of 3.58.30

44 teams left early for leg 5 at a cut off time of 5.00.00

60 teams left early for leg 6 at a cut off time of 5.48.00

One team left 5 minutes late for leg 6. All times have hopefully been adjusted accordingly.

Many runners still leave there partners instead of running in pairs. It is not only outside the rules and spirit of the competition but it makes life very difficult for the time recorders when partners do not finish together.

Sponsored by **Calderline**

# Sorry to hear....



*...that Denis is off to the Marines on the 17th February. Who are we going to the Mickey out of? We would like to wish him all the best for the future and when's the farewell party !!!!!*

*...that Mark Horrocks and Juliet have resigned from the club to go and run for Clayton. It makes sense for them to be involved with a club more local for them. All the best to them.*

*...that Steve Houghton has slipped a disc in his back. Hope you'll be back on your feet soon.*

## **ANYONE INTERESTED IN RUNNING THE MANX MARATHON AT EASTER??**

RING VAL OR GEOFF BELL AS THEY ARE PLANNING TO GO AND HAVE INFO ON IT.

**The club dinner was a brill night - so if you didn't go you missed a belter with special guests -**

**Jeff Winder - rockin' and a rollin'**

**Denis Gildea - was a bopping and a body popping and nearly everybody was drunk trying to dance like the punks.**

**The venue may be changed next year as the only complaint that most people had was the price of the booze so get yourself to it next year and have a good, social night out.**

## **APOLOGIES**

For getting some of you excited about a mountain bike duathlon, only for it to be cancelled at the last minute. The problem was I couldn't get satisfactory basic safety cover for winter conditions. So, I hope to run the event around May time, when there is a quiet weekend in the fell running calendar. Having recently completed the bike section three times, it looks like being a full mornings event with the run as well.

Don't forget the Studley-Cragg biathlon in June. This will be the last in the series, if you haven't already done it beg borrow or hire a bike for the event, and give it a go. As soon as I can organise dates they will be published in the Sheep Sheet.

## Paddy Buckley Round - 1997 attempt

We are planning a Calder Valley attempt on the Paddy Buckley Round (the 'Welsh Bob Graham') next June. Anyone who feels capable of doing it is welcome to join the attempt. So far Jess Palmer, Rod Sutcliffe, Mike Wardle, Peter White and Jeff Winder have expressed interest and Paul Frechette is also closely involved. We hope that others who do not want to do the whole round will make it a great club weekend by going and doing a leg or two with us.

The following ground rules have been agreed.

- 1 Aim: to get all members of the attempt round in 24 hours.
- 2 All members must be familiar with the whole route before the attempt.
- 3 Schedule must have a reasonable cushion (estimated time not more than 23-30).
- 4 Runners to keep to schedule but not run ahead of it if that would mean dropping a member.
- 5 Must have at least two pacers on legs 3, 4, 5 to allow two groups if one or more members drops behind the pace.

### Dates and details

The planned date is **7-8 June** with 14-15 June as a back up date. A decision will be made by the evening of Thursday 5th June whether to go on the 7th depending on the weather forecast. A telephone tree will be set up to inform all concerned. We have agreed to start from Llyn Ogwen at about 9.00 am and run clockwise. This is the opposite direction from Tony Wimbush's successful 1986 attempt, which was completed in 23-56! However, using his times and correcting to 23-30, the section times look (very roughly) like this:

Leg	Depart		Arrive		Run time	Pacers
1	0900	Ogwen	1220	Capel Curig	3-20	Not essential
2	1230	Capel Curig	1810	Aber Glaslyn	5-40	At least one
3	1825	Aber Glaslyn	2215	Pont Caergor	3-50	At least two
4	2230	Pont Caergor	0345	Llanberis	5-15	At least two
5	0400	Llanberis	0830	Ogwen	4-30	At least two

Full details of the peaks and planned schedule are available from Paul Frechette or Rod Sutcliffe.

### Receeing weekends

It is proposed to do at least two weekend overnight trips to do legs 3/4 and 5/1 respectively. Leg 2 is the longest and is better done later when there are more hours of daylight. The following weekends have been pencilled in for two day, or possibly one day trips, weather allowing.

Jan 11-12    Jan 25-26    Feb 8-9    Mar 15-16    April 5-6    May 3-4

### Anyone interested?

If you would like to do the Round, back up or otherwise take part in the weekend, please let Paul or Rod know and we will keep you fully informed. We will have a short planning meeting on Tuesday 17 Dec, 9.00pm at the Shoulder (provisional).

Rod Sutcliffe

## K.I.M.M. 1996, Galloway Forest Park and Hills, Scotland

For those of you who don't normally do the KIMM this report of the 1996 event may not encourage you, but for those who thrive when the going gets tough you might be persuaded!

Well, it boiled down to the weather, as always. The forecast hadn't been great all that week and with the promise of atlantic fronts coming into the west side of Scotland we knew we were in for some bad stuff! This year I managed to find a female partner in the form of Inken Blunk, the other half of Mike Cudahy, the ultra-long distance runner; you can imagine then what standard Inken is in fell running. I did think, because of this, that I might be about to suffer, having had a slower partner the last two years... but then I like a challenge! We did have a bit of an advantage in that Inken had, only a few weeks back, done a 40 odd mile fell race around the same area so she knew something of the terrain (very useful).

We met at the venue on Friday and I was treated to the comforts of the Blunk/Cudahy huge van, complete with wood/peat burning stove! I was glad of this because it rained that night and in the morning (very heavy), but it was fine when we actually set off. I like the Long Score class because it gives you the challenge of navigating, devising your own route and making sure you don't go beyond the time limit i.e. knowing your own abilities. The time limit on Saturday was 7 hours and on Sunday 6 hours. Inken had never done this class before, usually choosing the Elite Class, but she was willing to give it a go. It wasn't long before we were in the murk on the first day with the joy of intermittent rain and, at times, a very cold wind. We got a reasonable route over the day and got 140 points, putting us 80th overall (and first ladies' team) overnight out of 273 starting teams; in retrospect we could have stayed out of some of the bog/deep heather areas but we didn't, so there! In better circumstances the overnight camp would have been pleasant but it rained heavily that night and our tent leaked (but, damn it, it was very light!). I took far too much food and had to throw some away, and I felt terribly guilty about taking my (lightweight) metallic spoon rather than a plastic one (Inken's). You know I have this great fear of starving on these events - better to have too much food than too little I say!

Sunday was fine when we set off but after a couple of hours the clag was down, the rain and wind came and I had all my clothes on to keep warm - at some point here I saw Graeme Woodward, both of us barely recognising each other peeking out of our cag hoods. We planned a very good route I think for Sunday, taking in some extra checks towards the end due to availability of time and energy **but** we nearly came in late, having got lost in the forest down to the last (compulsory) check - oh how lucky we were! Sunday had been spent in the midst of foul weather and I think we were glad to finish....but we won the women's prize with 310 points (140 on the first day and 170 on the second), and came 46th overall out of 221 teams finishing. I said at the beginning that if you do better when the going gets tough (like I do) then this was the ideal KIMM! I hope that Inken enjoyed it because we were quite well matched (unless she slowed up just for me!).... a good way to end the 1996 season for me. Here's to the KIMM 1997.

Charlotte Roberts

# up a hill, down a mountain

THE EPITOME OF NORTHERN GRIT, THE OLD SCHOOL OF FELL RUNNERS THINK NOTHING OF TRAVERSING BEN NEVIS, SCAFELL PIKE AND SNOWDON – IN UNDER 24 HOURS.

ONE MORE INTAKE OF BREATH AND I WILL SURELY be sick. My lungs seem to have climbed into my throat, and they are as incapable of drawing air as a fluff-clogged Hoover bag. "There is the hill," snapped Harry Andrews's sergeant major to Sean Connery in the grim film classic, *The Hill*, waving his stick at the sun-hammered punishment mound to be toiled up in a suffocating gas mask: "I think you'll be getting quite well-acquainted with it..." I am on that hill. Still only halfway up, as I incline my dazed gaze to the sheer heather-and-scrree slope, the leading runners are already stampeding back down in great galumphing strides. Within minutes, the first competitor, distant and tiny below me, is opening the gate at the foot of the fell for the final stretch down to the finish.

I can't say I wasn't warned. Before the start, local runners had offered friendly encouragements, such as: "Last lads we had up from London'd trained by runnin' round Hyde Park bags o' sand on their backs." I have not done this. I tried a spot of jogging the week before I turned up outside the Horse and Ferrier pub in Threlkeld, just east of Keswick in the Lake District, and paid two-quid entry fee for the Category A fell race up and down the forbidding black bulk of Gategill Fell. It's 1,600 feet of appallingly steep ascent, and the record time is just 25 minutes. The midday start is immaculately timed to catch the overhead sun in an 85-degree heatwave, but also – get this – for the pub to be open when you finish. Perhaps I could write a feature about flushing my head down the toilet next, and then I could have a go at that, too... But now get a bloody move on, because you can't come down 'til you've been all the way to the top.

This is, of course, one of the easier ones: a mere four miles. Let us join the Keswick Athletic Club race marshalls a couple of weeks earlier at Honister Hause, penultimate checkpoint on the Borrowdale fell race at the head of Derwentwater, south of Keswick. Seventeen miles. Five high summits, including Great Gable and Scafell Pike, two of the tallest mountains in England, and five times as much climbing as the Gategill. Another pitilessly

blazing day and, after fourteen miles, the leading runners, stripped to the waist and nut-brown, are slithering and hurtling down the lower slopes to the mountain pass. Eyes vacant with fatigue, they gain the checkpoint; no sponge stations awaiting; no personally-tailored isotonic potions laid out on trestle tables: have a plastic cup of water, dash of orange squash in it if you prefer – and by the time the backmarkers come through, four hours out, and the water bucket now unattended, they're dipping their cups into an appetising brown precipitation of dirt, blood and snot. One competitor's daughter trots up with a packet of Fruit Pastilles; another's wife hands over a bottle of Coke. "Nice day for it," mutters one runner. "Aye, we're suffering here in this heat," says marshal Dean Gibbon. "It must be murder," comes the gritted reply. "You fell in a bog?" enquires Gibbon of a brown-stained figure. The spattered face opens in a wistful smile: "It was cold water." Quasimodo-hunched, he bends his back into the last, wicked haul up Dale Head. And at the finish, no shell-suited maiden to envelop the dog-tired athlete in a shimmering space blanket, just a queue at the refreshment tent for a cup of tea and a jam scone... and then be over at Latrigg tomorrow for the next fell race!

Seek a further challenge, and you might try the 21 miles of the Wasdale race in the western Lakes, or the 23-mile Ennerdale – or the hurly-burly of the race up and down Snowdon where, in the hour it takes the railway train to chug to the top, the best runners knock off the ten miles to the summit and all the way back to Llanberis. Or there's the arduous Ben Nevis race, prey to hellish weather conditions... or the 30-mile Manx Mountain Marathon... "There's no pussyfooters or track fairies in this sport," says Robin Morris, secretary of the Scottish Hill Runners Association.

A village setting with all the local community turning out to watch, scarecrow-clad competitors in flapping checked shirts and



PHOTOGRAPH: PETER HARTLEY



Sheep hell: the punishing slog up the Red Ake. There's no playfootie or track faller in this one. Fell Runners Association

skewwhiff baseball caps, an accompaniment of barbeques and brass bands and barn dances utterly strange to track and field. "You won't see many blue blazers around at a hill run," adds Morris. You'd think such events must be ancient traditions, time-honoured and anachronistic as morris dancing; throwbacks to an age when sporting contest was as viscerally uncomplicated as bare-knuckle fisticuffs. But the Snowdon race has only just celebrated its 20th anniversary. The Borrowdale, like other classic Lakeland fell runs, also only started in the mid-Seventies. The Gategill has only been run since 1983. Page through the substantial calendar mailed annually to the 4,000 members of the Fell Runners Association, however, and you'll find a clutch of races every weekend – Peak District, Brecon Beacons, Yorkshire Dales, Lakes, take your pick. More than 250 lined up to start at Borrowdale; for safety and to prevent erosion, Snowdon's field is limited to 450. These days a lot of people are out there running up a hill and coming helter-skelter down a mountain.

Remarkably, while these last twenty years have seen track and field athletics and rugby union seeking to secure their futures by sliding into professionalism, fell running is probably the only modern sport to establish itself by changing from professional to amateur. There had been a tradition of "guide races" in Britain's mountain regions since the last century. These were short hill races, usually held alongside

sheepdog trials and Cumberland-and-Westmorland-style wrestling at gatherings such as the Grasmere Sports or Braemar's Highland Games, and so named because they were originally run by local guides employed to take the gentry walking in the fells. Cash prizes were the guides' inducements to race (thereby enabling their patrons to bet heavily on the result) and, even into the Seventies, some of the famous names in fell running today were winning 50 quid a time in guide races. But there have always been the occasional allcomers' hill races – the tradition of running up Ben Nevis dates back nearly a century, and whimsical one-offs such as the first Snowdon race soon became annual institutions. Standards rose as athletic clubs like Lancashire's Clayton-le-Moors and Horwich Harriers started to compete in the Lakes and North Wales, and professional guide racing went into decline. When the seasoned guide runners were reinstated as amateurs to swell the fields, modern fell racing had arrived.

To find the man who set the standard for the spirit of fell running you have to drive out over the switchback singletrack Hardknott and Wrynose Passes across to lonely Wasdale in the western Lake District. In the corner of the signpost for the farm tucked away at the foot of Yewbarrow fell, is painted "Joss Naylor". Here lives, if you like, the Ray Reardon of fell running. While the tyros went on to whittle down the big race record times and devise intensive training sessions



# HE get OUT

of ten-times-two-minute dashes up a 600-foot hillside, Naylor was the first to achieve sustained success running the hills. He is probably the only fell runner to have found a kind of celebrity (he was recently surprised to be recognised in a shopping mall in Colorado), and he grew into the sport's ambassadorial role with quiet aplomb.

Now 60, and still farming 1,500 sheep on the fells, the stringy and weatherbeaten Naylor sprawled on his sofa in singlet and shorts, muttering about how he hadn't done any training for three years since he was poisoned by sheep dip. Though he "jogs round" in the 23-mile Ennerdale race just to keep his hand in, and will be competing in the Lake District Mountain Trial (a horribly rough four-hour yomping-and-orienteering challenge he hasn't missed for 35 years), these days Naylor does his own thing, and sets himself his own races.

His relaxed reminiscence of running the entire Pennine Way in 1974 in just over three days, gives you a flavour. "After only three miles on the first day I went into a bog coming off the Cheviot," he recalls, "and pulled all the muscles in my leg. We did 106 miles that day," he continues with morbid relish, "and the next day I was trailing that leg, and I trailed it all the rest of the way, and I finished that run like a crab. I should have done a really fast time, but I only took a day and a half off the record."

Among his many ultra-distance feats, Naylor still holds records for: running the length of Hadrian's Wall (10 hours: 53 minutes); the Three British Tops Challenge, climbing Ben Nevis, Scafell Pike and Snowdon, (most people aim to get inside 24 hours; in 1971, Naylor did it in under twelve, and that was before a new bridge at Glencoe shortened the drive south); and scaling a terrifying 72 Lakeland peaks within 24 hours. In a small book he wrote a few years ago after his most apocalyptic achievement – a traverse of all 214 fells listed in the seven volumes of Wainwright's classic *Pictorial Guide to the Lakeland Fells* (he knocked off a volume's-worth a day for a week until the total distance and climbing, 391 miles and 120,000 feet, was equivalent to running fifteen marathons and four ascents of Everest) – Naylor writes that he's "a man for doing, not saying". But for an answer to the simple question "why?" it's best just to sit back and eavesdrop as he outlines to his colleague Allen Walker plans for his 60th birthday: running the 60 highest peaks in the Lakes. "So you'd get across from Kentmere over the Nan Biold... Yes, you'd have to put Lingmell in... It's a steep climb, aye – well, it's straight up..." To Naylor running the fells is unlocking the landscape to find a pattern in it, writing a book about the mountains, with his legs.

"Joss is a wily old fox," says Pete Bland, manager of the England fell running team. "I call it fellcraft, and you've got to have that – finding a good line. A sheep'll never go over the top of a mountain if it can go round. You follow sheep trods on a mountain and they're beautiful." But while Bland salutes Naylor: "Of the out-and-out fell runners," he says, "Billy Bland was the best." Blands are to fell running what Cowdreys are to cricket: Pete Bland himself may share distant kinship, but the real racing dynasty hails from Borrowdale where, as the last runners are crossing the line at the end of the race, three of its most distinguished members have sought shade under a tree. Billy has won the Borrowdale ten times, and his record of 2 hours: 34 minutes: 38 seconds has stood for fourteen years; nephew Gavin, slaking his thirst with a bottle of local Jennings ale, has won it three times. At



Goodfellers: above and below right, local runners rely on their knowledge of the terrain; far left, Gavin Bland trails his cousin Jonathan; left, Joss Naylor; below left, the most respected Bland, Billy, with Mark Rigby



22, he is one of the top runners in Britain, and came fifth today; his cousin Jonathan took second.

"The longer a race is, and the rougher," Billy Bland, enlarges on the art of fellcraft, "the better we like it." "And the wetter," offers Jonathan. "And the mistier," adds Billy. There is an unavoidable trade-off between the muscle bulk that powers a fell runner up a hill fast, and the rarer-lightness of foot and abandon you need to run a four-minute-mile pace straight down the other side. And Lakeland runners, it seems, excel as "descenders". "Going uphill you can train for," explains Billy.

"Downhill running's in your head – either you're born good at it or you're not." "A good scree run down Scafell" is Jonathan Bland's explanation for the appeal of the Borrowdale. "Notice how he says 'good'," says Billy. "Others would say 'horrendous'. If I was against people who didn't like stones coming down, I'd purposely go through stones." Billy holds the 3 hours: 25 minutes record for the Wasdale race, probably the toughest of them all, and in such long and rough classics, where you navigate your own route between summit checkpoints, the knowledge of every hidden gully and treacherous bog gives a local man a big advantage. But Pete Bland recalls running the Barnsley road marathon with Billy: "He'd cut across people's lawns and say, 'Bugger it, I'm a fell runner – I go for the straightest line!'"

But how come these tough-as-old-boots mountain men aren't all cleaning up a great deal of dosh in the big-money marathons? "I have no interest in running on roads," says Jonathan Bland simply. But Billy points to the misconception in imagining a marathon as, say, the

PHOTOGRAPHS: PETER HARTLEY; JOHN ANGERSON

Ennerdale with the hilly bits and the boggy bits taken out. In Barnsley, the only marathon he's ever done, he ran 2 hours: 33 minutes, or nearly half an hour off world record pace – an excellent first attempt, but symptomatic of the gulf between the disciplines. "I haven't enough speed for marathons," he says, which is why the longer fell races suit him better than short dashes up the Gategill "when it's eyeballs out and puffin' like hell". Joss Naylor's choice for the greatest fell runner he's known did make the transition to marathons, but the unhappy consequence underlines the special character of fell running.

In his garden overlooked by Gategill Fell, Kenny Stuart flicks through the meticulously calligraphed account book he writes all his races in, and runs his finger down

Trophy is, Kinch acknowledges, "more like a fast cross-country": none of the "virgin fell, picking your way over crags and boulders" that Kenny Stuart revelled in on Lakeland races. There are two sharp hill climbs, but the route is flagged throughout, and mostly on wide mountain tracks. The Europeans who'll be racing against Kinch and his team-mates would appreciate our fellsides as much as American golfers, schooled on billiard-table greens, enjoy whacking out of gorse bushes on Scottish links. "Put these Continental lads on the Borrowdale," says Stuart, "and they couldn't handle it." Indeed, every other year, when the World Trophy is staged on the Continent, it's an uphill race only. In Austria and Switzerland, they regard pelting down scree runs and near-vertical sweeps of heather as unthinkably dangerous. "Our tradition is up and down," explains Pete Bland, "and we have small mountains. Germany and Austria, their tradition

## THE WATER BUCKET NOW UNATTENDED, THEY DIP THEIR CUPS INTO A BROWN PRECIPITATION OF DIRT, BLOOD AND SNOT



the list for 1985 when he won 17 top fell races, including Snowdon, the Ennerdale and the Gategill, all with record times that still stand, and the World Trophy, the premier international event, in Italy. Emboldened to try his hand at marathons, Stuart managed times of 2 hours: 11 minutes, ran for the British team, and won in Glasgow – but then went down with ME. Now recovered, he still finds he can't keep his fitness, and a shortlived fell racing comeback recently landed him in bed with a fever after winning the Gategill again. "In marathons you're like a car engine just burning down the road, flat out all the time," he says.

"It blows your mind, the boredom of it – it's a horrible thought, before you start, thinking of maintaining that same pace for 26 miles... and awful, to think of all those six months' training when you have to drop out halfway." Such sober, humbled reflections are far removed from Billy Bland's bluff ebullience.

But the burgeoning popularity of British fell running, in drawing the sport out beyond the insular valleys of the Lakes and Dales, has led to contentious change. The day before the Gategill, the current leader of the qualifying race to select an English team for the World Trophy, perspiration plip-plip-plipping from his chin on the second ascent of Latrigg, is steadily being hauled in by British champion, Mark Kinch. Kinch, whose winning time at Snowdon this year came within half a minute of Stuart's record, is representative of the new breed of fell runner. Where Naylor's habitual racing attire was a frayed pair of women's shorts and toes hanging out of his shoes, Kinch's sponsored kit glows a startling lime-green. Where the Bland cousins were shearing sheep 'til ten every night the week of the Borrowdale, Kinch is a laboratory technician in Warrington whose coach plans his training schedule with heart monitor in hand.

The race Pete Bland devised for today, approximating as closely as possible the kind of course his runners will encounter in the World

runners ("It's fell racing now," emphasises Pete Bland, "not fell running") are good road runners with a decent 10k time.

Attempts to build a national fell running team capable of taking on the all-conquering Italians run counter to the parochial camaraderie of the British fell running scene. "Winning where you live," says Billy Bland, "is always better than going to some far-flung place where nobody'd know if you'd died. I've lived in this valley 48 years and, by winning, you know you've done something nobody else in the valley can do." Nowadays, though, Pete Bland's World Trophy team are selected on one condition: that they don't then go and run the Ben Nevis the week before and knacker themselves. To Billy Bland, for whom "inviting road runners to participate is selling fell running down the river", that's ridiculous: "A fit man can run every three days, in my view." "That's because Billy's a workhorse who started out working in the bloody slate quarries," splutters Kenny Stuart.

Mark Kinch and coach reckon on racing once a fortnight at most, and they plan to go to some of the international races – in Switzerland and Austria they even pay appearance money – and then get two or three more British Championships under the belt before taking a season out to do all the classic long races. But perhaps he'd better not wait too long. Races such as the Ennerdale and Wasdale – the toughest challenges for a fell runner – that ten years ago saw fields of 200, are now down to 70. With 30 people required to maintain a Mountain Rescue and marshalling, "there's a danger of them dying out," says Pete Bland, "which would be a tragedy. But that breed of fell runner isn't around any more – people find it too hard. The guys now'd never break Billy's record at Borrowdale or Wasdale."

And neither will I, slithering and bottom-sliding back down the heathery, shingly, brackeny face of Gategill fell for joint second-last place and a personal record of 1 hour: 22 seconds (more than twice the time of the winner). But already, no doubt light-headed from the post-race pint, and before the next morning finds me tottering downstairs on legs of hundred-year-old-oak, I know it wasn't the people I was racing. If I'd had proper rubber-spiked fell shoes for the grassy lower slopes, and if I'd trained for two weeks in the park instead of one – and if I hadn't followed that sheep trod too far round towards the gill... It was the fell I was running against and, as I look back over my shoulder, it's still there – paths as faint as snail's traces up its black face – and it won't be going away. **GRAHAM COSTER**