

calder valley fell runners

# SHEEP SHEET

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**january  
2001**

APOLOGIES TO ANYONE WHO HAD A RED DOT THAT  
HAD ALREADY PAID THEIR LAST YEARS SUBS .....  
but don't forget Richard needs this years  
SUBS NOW - A BARGAIN AT £7

## THE TROG

**YES I'M SORRY BUT IT'S THAT TIME OF YEAR WHEN  
YOUR CLUB NEEDS YOU - ROD NEEDS COMMITMENT  
FROM PEOPLE TO HELP AT THE TROG. IF EVERYONE  
DOES A LITTLE ■ MAKES LIFE MUCH EASIER. NO  
ENTRIES WILL BE ACCEPTED FROM CVFR MEMBERS  
UNTIL ALL THE MARSHALS HAVE BEEN FOUND. SOME  
COME ON - IF YOU HAD A RUN LAST YEAR HELP OUT  
THIS YEAR SOMEONE DID IT FOR YOU LAST YEAR SO  
THAT YOU COULD HAVE A RUN.....**

**TRAINING ON  
THURSDAY NIGHTS  
HORSFALL RUNNING TRACK  
AT 7.00pm**

**NOW RE-OPENED  
RING TONY  
FOR DETAILS**

## CLUB HANDICAP ....

**SATURDAY 27th JANUARY at  
STUBBS FIELD 1.00pm prompt  
(Steve Cavell might need a hand with  
the timing that day)  
ALL WINTER LEAGUE HOPEFULS  
MUST RUN THIS TO QUALIFY**

**PLEASE KEEP AN EYE ON THE NOTICE BOARD AT MYTHOLMROYD AS WE  
ARE DOING RUNS FROM DIFFERENT PLACES AS WELL AS QUALITY  
SESSIONS. HILL REPS, SPEED WORK YES ALL THE THINGS THAT YOU LOVE  
AND TONY DOES LIKE PUTTING US ALL THROUGH TORTURE - SO COME ON  
LET'S ALL BE TORTURED TOGETHER .....  
ANYMORE INFO PLEASE RING THE TASK MASTER 01422 360999**

If you need any changes making to the club telephone list, missing postcodes or if you're now on email please let me know so that I can keep the list as up to date as possible. Thanks.  
(thirza.dave@virgin.net)

# CALDERDALE WAY RELAY

## ( A Losers Tale )

My first job as team captain was to pick two teams that would light up the Calderdale Way Relay as brightly as a pair of my running gear, and after much tooting and froing I managed to pick what I thought would be teams to do just that. All was well until the Friday night before the race. As I sat in the Duke of York on the now famous Bradford lads Christmas night out I actually thought that I was about to become the first club captain to get through the race without any one crying off. After a good night of talk and piss taking I left the pub to find on my arrival home that my masterplan had been sabotaged, Jeff Winder had offered his apologies and decided to miss this get together- sh-- was the first thought to come to mind the second was who was going to run with Andy Clarke and try keep up with him. Carl was pressed into action, running with Bob this made my choice of partners for Andy easy as Robbo had been half killed off whilst showing Andy the way around the last leg a couple of days earlier he could now be completely killed off in the race proper. All that was left now was to completely change the second team around so that at least one runner on each leg knew where he was going. On to the big day, the first leg pairings both struggled thought Rod was out of sorts when I arrived at registration half an hour before the start and found him changed and ready to go, and that proved to be right as he struggled to keep Brian " I haven't done anything for weeks " Horsley in sight, Brian had the chance for a coffee, shower and shave before the finish as he waited for Rod to pull him back ( your revenge comes latter Rod ). Jon finished behind a rather fresh looking Richard looking for an Iron lung and/or somewhere to throw up, so much for my plans. The second leg runners pulled back some places for both teams whilst Bob and Carl had a storming run on leg 3. Now comes my tale of woe- having started with a cold the night before ( I had kept clear of a diseased family all week and thought I had got away with it ) I knew I could not drop out at this late stage, anyway I was looking foreword to the run I had stuffed myself with 2 full slices of toast at 6.30 that morning planning to get something to eat as I followed the race but as my memory is as porous as a sponge I forgot all about it until I arrived at Blackshaw Head with Shaun, never mind I will just have an extra portion of pie and peas at the finish, anyway after the heavens opened as we waited for Richard and Bod to arrive ( we nearly missed them as we sheltered ) we were off. The first part of the leg was going well and we were on for a 1.20 run when somebody took control of my body and decided that I would no longer run without coughing and moaning, all this time Shaun must have been wondering who was this wreck he had been lumbered with anyway I would like to take this opportunity to publicly apologize to him for my poor (crap) performance that day. We got to the changeover point me just, Shaun fresh as a daisy, suppressed that we had missed the cut off time. Dave and Wayne had a cracking run on their leg setting the 5th fastest time of the day - well done, I arrived at the finish, coughed my way through some much needed pie and peas, in time to see Andy trot into the finish with Robbo behind him looking worse than I felt, funny how he always seems to finish relays looking like a vet 60. Anyway enough of my bleating all that is left is to say well done to all those who ran and the effort they put into the event, if you look at the names missing from the teams either through injury other commitments or whatever, it shows just how well we could have gone although the results for both teams show the strength of people we have in the club. Any way once again thanks to all for

running and thanks to Shaun for putting up with me - I cant be that bad again - or can I!, answers to the editor.

Now just to remind you all about Tuesday night training, I am planning various runs including some away runs, hill rep sessions, and some speed work so don't sit at home thinking about it get down to the club and have a run if you haven't been down for a while and you want to know the routes Thirza will be putting them in the sheepsheets or you can give me a call. The club championship races have now been decided, they should be published in this issue I hope the choice of races goes down well, I have tried to keep the short races fairly local and "family friendly" there are some new races in the championship so once again don't sit and look at them get out and do them. Lets have some good turnouts this year and make the championship close. Finally I am trying to get a core of vets names together who are interested in competing in the vets English championship all we have to do is make sure that we have enough vets going to each round to make up a team, this means talking to each other and letting each other know who is going to each round, I really think we can do well in this so I hope we can get it off the ground. Enough of my moaning now ,lets see you on Tuesday night .

Tony

## RESULTS ... Results.. Results.. Results.. Results ...

### The Stoop - 17<sup>th</sup> December 2000 (5mils/500')

1.	Ian Holmes	Bingley	28.47
43.	Dave Beels	CVFR	35.13
45.	Steve Houghton	CVFR	35.21
73.	Carl Greenwood	CVFR	37.47
79.	Mike Wardle	CVFR	38.06
90.	Brian Horsley	CVFR	38.50
113.	Graeme Woodward	CVFR	40.13
119.	Richard Henderson	CVFR	41.03

It was a lovely day for the 11th Stoop with ideal conditions for running . The only problem with the ice breaking underfoot meant cuts to the shins. It was a hard fought contest between myself and Dave culminating in a sprint finish. Steve. PS If this didn't hurt as much I'd do it more often. (Dave Hyde says he'll go halves with you Steve for a hit man. See High Brown Knoll results from last newsletter. First to the Gate Beels -Watch your back. Ed).

### Coley Canter - 30<sup>th</sup> December 2000

1.	Robert Glover	Todmorden	48.59
7.	Dave Beels	CVFR	52.39
8.	Phil Swaine	CVFR	52.45
13.	Richard Kellett	CVFR	54.45
18.	Richard Ben	CVFR	55.35
19.	Chris Robbo	CVFR	55.49
26.	Tony Bradley	CVFR	60.59
27.	Graham Woodward	CVFR	61.52
33.	Bod	CVFR	64.44
37.	Mike Bell	CVFR	83.14

(38 ran)

It sounds as though alot of people got lost on this race as one of the farmer took in the flags. Phil had an excellent run and I believe he's after my blood from Ben Nevis last year - we'll see about that Swaine. Ed.



### Auld Lang Syne - 31<sup>st</sup> December 2000 (6mils/900')

1.	Ian Holmes	Bingley	35.30
21.	Andy Clarke	CVFR	40.02
66.	Steve Houghton	CVFR	43.59
83.	Richard Allen	CVFR	44.51
173.	Jon Underwood	CVFR	50.42
??	Richard Henderson	CVFR	??

(apologies but I didn't have the official results to give you a placing Richard. sed.)

(280 starters)

Absolutely freezing conditions but not bad at all for running but very hard underfoot (but much better than the soft squiggly bogs). I saw Andy for about half a minute before the race and then he was stood at the finish cheering us on. Needless to say I didn't see him much in the race - oh well! at least I ran off the Xmas excesses. Steve.

### Giant's Tooth - 1<sup>st</sup> January 2001 (3mils/400')

1.	Stephan Macina	P & B	19.06
7.	Steve Houghton	CVFR	20.52
11.	Chris Robbo	CVFR	21.37
15.	Richard Ben	CVFR	23.06
22.	Tony Bradley	CVFR	23.46
35.	Bod	CVFR	27.11
39.	Mike Bell	CVFR	29.07

(41 ran)

It was good to see so many club runners without a hangover on New Years Day going for this race as part of the Winter League. It was another nice morning with the going good but fast.

## The 17th Open Calderdale Way Relay Results 10th December 2000

1	Bingley A	1.10.21 ( 2)	2.09.51 ( 1)	2.47.51 ( 1)	3.50.00 ( 1)	4.41.10 ( 1)	5.51.38 ( 1)
	Leg Time	1.10.21 ( 2)	0.59.30 ( 3)	0.38.00 ( 4)	1.02.09 ( 1)	0.51.10 ( 1)	1.10.28 ( 4)
		C Cariss	A Peace	C Moses	R Jebb	M Croasdale	S MacDonald
		R Lawrence	J Mason	J Feeney	I Holmes	J Taylor	J Cordingley
2	Clayton A	1.10.34 ( 3)	2.10.32 ( 2)	2.48.00 ( 2)	3.56.45 ( 3)	4.52.33 ( 2)	6.01.19 ( 2)
	Leg Time	1.10.34 ( 3)	0.59.58 ( 5)	0.37.28 ( 3)	1.08.45 ( 6)	0.55.48 ( 3)	1.08.46 ( 2)
		S Thompson	I Greenwood	A Stubbs	A Black	W Sullivan	G Wilkinson
		D Walker	J Harbour	P Hall	J Weisorek	A Orr	G Fay
3	Pud & Bram A	1.15.11 ( 9)	2.15.07 ( 7)	2.54.18 ( 6)	4.01.01 ( 5)	4.55.51 ( 3)	6.06.45 ( 3)
	Leg Time	1.15.11 ( 9)	0.59.56 ( 4)	0.39.11 ( 7)	1.06.43 ( 2)	0.54.50 ( 2)	1.10.54 ( 5)
		S Bottomley	S Neill	J Maitland	G Devine	P Stevenson	P Briscoe
		J Hemsley	G Oldfield	N Armitage	R Hope	B Whalley	S Green
4	Salford H	1.05.30 ( 1)	2.12.01 ( 3)	2.49.20 ( 3)	3.56.22 ( 2)	4.58.25 ( 5)	6.07.23 ( 4)
	Leg Time	1.05.30 ( 1)	1.06.31 ( 14)	0.37.19 ( 2)	1.07.02 ( 3)	1.02.03 ( 16)	1.08.58 ( 3)
		B Burns	M Moorhouse	T Taylor	N Wilkinson	S Williams	D Mason
		J Brown	J Kovacs	D Milliken	L Dunn	M Higg'bottom	K Chapman
5	Horwich A	1.13.10 ( 6)	2.13.47 ( 5)	2.50.01 ( 4)	3.59.07 ( 4)	4.57.09 ( 4)	6.09.44 ( 5)
	Leg Time	1.13.10 ( 6)	1.00.37 ( 7)	0.36.14 ( 1)	1.09.06 ( 7)	0.58.02 ( 7)	1.12.35 ( 8)
		A Selby	J Logue	C Seddon	G Schofield	P Dewhurst	N Clementson
		K Gaskell	S Culshaw	A McVeigh	S Jackson	M Seddon	D Townsend
6	Dark Peak A	1.17.10 ( 17)	2.17.13 ( 10)	2.56.57 ( 9)	4.05.13 ( 7)	5.01.06 ( 6)	6.09.48 ( 6)
	Leg Time	1.17.10 ( 17)	1.00.03 ( 6)	0.39.44 ( 9)	1.08.16 ( 5)	0.55.53 ( 4)	1.08.42 ( 1)
		T Tett	O Johnson	P Crowson	M Hayman	A Jenkins	M Jubb
		F Austin	D Peel	P Winshill	A Ward	I Smith	M Scutney
7	Rossendale A	1.10.57 ( 4)	2.12.28 ( 4)	2.50.33 ( 5)	4.05.21 ( 8)	5.02.50 ( 7)	6.20.44 ( 7)
	Leg Time	1.10.57 ( 4)	1.01.31 ( 9)	0.38.05 ( 5)	1.14.48 ( 14)	0.57.29 ( 6)	1.17.54 ( 15)
		A Payne	G Sumner	M Rice	S Clawson	M Keys	S Duxbury
		M Lee	T Taylor	R Rawlinson	D Holt	P Taylor	N Hatchard
8	Keigh & C A	1.13.07 ( 5)	2.15.37 ( 8)	2.57.31 ( 10)	4.04.46 ( 6)	5.04.35 ( 8)	6.24.12 ( 8)
	Leg Time	1.13.07 ( 5)	1.02.30 ( 11)	0.41.54 ( 13)	1.07.15 ( 4)	0.59.49 ( 8)	1.19.37 ( 24)
		L Hellawell	I Taylor	P Hindle	A Jones	L Spencer	M Wycherley
		D Brame	W Smith	J Emmott	C Loftus	J Callaghan	R Grillo
9	Kendal Vets A	1.15.22 ( 10)	2.17.09 ( 9)	2.56.47 ( 8)	4.09.57 ( 9)	5.11.09 ( 9)	6.27.42 ( 9)
	Leg Time	1.15.22 ( 10)	1.01.47 ( 10)	0.39.38 ( 8)	1.13.10 ( 11)	1.01.12 ( 13)	1.16.33 ( 13)
		D Overton	B Proctor	S Addison	P Clark	K Dacre	M Walsh
		D Hillsworth	C Speight	A McEad	P Whiting	A Millar	S Varney
10	Holmfirth A	1.16.56 ( 13)	2.27.15 ( 17)	3.08.44 ( 12)	4.20.18 ( 11)	5.16.28 ( 10)	6.30.43 ( 10)
	Leg Time	1.16.56 ( 13)	1.10.19 ( 27)	0.41.29 ( 12)	1.11.34 ( 8)	0.56.10 ( 5)	1.14.15 ( 10)
		A Shaw	M Gibson	P Yates	D Watson	J Rank	J Ewart
		M Mav'hales	M Davis	D Dugden	G Hall	R Griffiths	A Rees
11	Todmorden A	1.17.12 ( 18)	2.14.45 ( 6)	2.55.39 ( 7)	4.12.47 ( 10)	5.17.37 ( 11)	6.40.04 ( 11)
	Leg Time	1.17.12 ( 18)	0.57.33 ( 2)	0.40.54 ( 10)	1.17.08 ( 21)	1.04.50 ( 26)	1.22.27 ( 32)
		R Glover	A Wrench	S Galloway	J Wright	S Alderton	J Kuterescz
		J Brook	S Willis	D Donohue	G Ehrhardt	M Alderton	K Parkinson
12	Preston A	1.13.48 ( 7)	2.18.19 ( 11)	3.05.42 ( 11)	4.27.26 ( 14)	5.29.29 ( 13)	6.41.17 ( 12)
	Leg Time	1.13.48 ( 7)	1.04.31 ( 12)	0.47.23 ( 33)	1.21.44 ( 30)	1.02.03 ( 17)	1.11.48 ( 6)
		A Nixon	S Bamber	J Griffiths	G Thompson	K Hesketh	S Smith
		C Shuttleworth	D Parkington	S Clayton	J Rainford	G Menzies	C Heyes
13	Clayton Vets A	1.20.43 ( 26)	2.27.58 ( 19)	3.10.00 ( 16)	4.23.49 ( 12)	5.26.08 ( 12)	6.44.05 ( 13)
	Leg Time	1.20.43 ( 26)	1.07.15 ( 19)	0.42.02 ( 14)	1.13.49 ( 12)	1.02.19 ( 19)	1.17.57 ( 16)
		P Booth	J Holt	B Horrocks	G Gough	P Brannon	G Cunliffe
		D Hindle	K Carr	M Targett	J Tomkinson	T Brierley	P Butterworth
14	Clayton B	1.20.10 ( 21)	2.28.02 ( 20)	3.16.50 ( 22)	4.28.42 ( 15)	5.30.04 ( 14)	6.46.03 ( 14)
	Leg Time	1.20.10 ( 21)	1.07.52 ( 22)	0.48.48 ( 20)	1.11.52 ( 9)	1.01.22 ( 14)	1.15.59 ( 12)
		M Nutter	A Life	C Wilkinson	S Whitaker	J Roche	N Worswick
		R Lees	L Pasco	D McMullan	D Walker	D Horrocks	C G-Shaw
15	Dark Peak Vets	1.19.12 ( 19)	2.28.58 ( 21)	3.09.53 ( 14)	4.25.53 ( 13)	5.30.51 ( 15)	6.48.13 ( 15)
	Leg Time	1.19.12 ( 19)	1.09.46 ( 25)	0.40.55 ( 11)	1.16.00 ( 17)	1.04.58 ( 28)	1.17.22 ( 14)
		B Toogood	S Oglethorpe	M Pedley	D Tait	D Holmes	M Sachild
		D Allen	B Berzins	M Smith	R Hutton	P Cox	M Wynne
16	Bowland FR	1.23.46 ( 35)	2.24.49 ( 15)	3.09.58 ( 15)	4.39.34 ( 25)	5.39.23 ( 20)	6.51.49 ( 16)
	Leg Time	1.23.46 ( 35)	1.01.03 ( 8)	0.45.09 ( 23)	1.29.36 ( 57)	0.59.49 ( 9)	1.12.26 ( 7)
		C Davis	C Reade	Y Tridimas	J Wade	I Orr	R Wynne
		A Duncan	Q Harding	M Chipp'dale	S Tiptrot	T Houston	I Douthwaite
17	Bingley Vets A	1.24.08 ( 37)	2.33.20 ( 29)	3.19.45 ( 27)	4.34.50 ( 21)	5.38.44 ( 18)	6.53.42 ( 17)
	Leg Time	1.24.08 ( 37)	1.09.12 ( 24)	0.46.25 ( 29)	1.15.05 ( 15)	1.03.54 ( 23)	1.14.58 ( 11)
		G Bell	K Dobson	N Jennings	I Ferguson	B Dover	D Benson
		L Haynes	A Rushworth	A Netherwood	S Robinson	J Young	C Gray
18	Skipton AC	1.17.01 ( 15)	2.24.41 ( 14)	3.10.30 ( 17)	4.35.29 ( 22)	5.43.52 ( 26)	6.56.59 ( 18)
	Leg Time	1.17.01 ( 15)	1.07.40 ( 21)	0.45.49 ( 27)	1.24.59 ( 38)	1.08.23 ( 39)	1.13.07 ( 9)
		R Barrett	G Hawkins	J Stott	R Small	T Falkingham	S Sayer
		L Athersmith	B Braithwaite	P Wilkinson	D Oselton	D Brown	I Magee
19	Harrogate A	1.29.41 ( 55)	2.25.13 ( 16)	3.09.23 ( 13)	4.33.00 ( 18)	5.40.28 ( 23)	7.00.21 ( 19)
	Leg Time	1.29.41 ( 55)	0.55.32 ( 1)	0.44.10 ( 19)	1.23.37 ( 35)	1.07.28 ( 36)	1.19.53 ( 26)
		T Inglehearn	M Harris	P Render	B Miller	A Brook	D Askew
		C Miller	S Dolan I	M Greaves	S Forge	E Robson	I Rowbotham
20	Halifax H A	1.22.09 ( 28)	2.34.34 ( 31)	3.13.18 ( 19)	4.34.01 ( 19)	5.39.17 ( 19)	7.01.22 ( 20)
	Leg Time	1.22.09 ( 28)	1.12.25 ( 34)	0.38.44 ( 6)	1.20.43 ( 29)	1.05.16 ( 30)	1.22.05 ( 29)
		J Greenwood	G Cumber	G Parkinson	M Fryer	W Stewart	A Rose
		P Grimes	D Cole	S Enright	Q Daniel	J Stewart	D Flynn
21	St Bedes A	1.17.10 ( 16)	2.23.54 ( 13)	3.11.00 ( 18)	4.30.54 ( 17)	5.35.51 ( 16)	7.02.08 ( 21)
	Leg Time	1.17.10 ( 16)	1.06.44 ( 15)	0.47.06 ( 32)	1.19.54 ( 26)	1.04.57 ( 27)	1.26.17 ( 40)
		W Kerr	N Lloyd	M Chambers	D Safran'kus	G Eastell	S Forde
		S Gelsthorpe	T Stobart	P Andrews	T Rowlands	H McGill	M Brearley
22	Wharfedale H	1.29.03 ( 52)	2.36.08 ( 33)	3.22.55 ( 31)	4.39.02 ( 23)	5.42.04 ( 24)	7.03.33 ( 22)
	Leg Time	1.29.03 ( 52)	1.07.05 ( 17)	0.46.47 ( 30)	1.16.07 ( 18)	1.03.02 ( 22)	1.21.29 ( 28)
		J Wootton	A Holden	S Hounslow	T Mason	P Rogan	B Hamilton
		A Atkinson	S Houslow	M Hounslow	J Wadsworth	L Sands	S Wadsworth

Assisted by PETE BLAND SPORTS

## The 17th Open Calderdale Way Relay Results 10th December 2000

23	Calder Valley	A1.26.29 (48)	2.40.14 (37)	3.22.26 (30)	4.39.17 (24)	5.39.27 (21)	7.04.40 (23)
	Leg Time	1.26.29 (48)	1.13.45 (37)	0.42.12 (15)	1.16.51 (20)	1.00.10 (10)	1.25.13 (36)
		B Horsley	M Wardle	B Davies	D Hyde	D Beels	A Clarke
		R Sutcliffe	G Houghton	C Greenwood	S Houghton	W Brown	C Robinson
24	Ilkley H A	1.20.30 (23)	2.29.39 (22)	3.15.20 (26)	4.30.49 (16)	5.38.22 (17)	7.05.49 (24)
	Leg Time	1.20.30 (23)	1.09.09 (22)	0.45.41 (20)	1.15.29 (16)	1.07.33 (37)	1.27.27 (41)
		M Baldwin	M Iley	G Howard	C Gale	J Coen	P Atkinson
		N Pearce	D Matthews	P Shields	J Ryder	K Souyave	N Chapman
25	Rossendale B	1.26.08 (46)	2.33.09 (28)	3.16.58 (23)	4.41.20 (27)	5.43.47 (25)	7.06.12 (25)
	Leg Time	1.26.08 (46)	1.07.01 (16)	0.43.49 (18)	1.24.22 (37)	1.02.27 (20)	1.22.25 (31)
		R Sutcliffe	K Masser	A Gotts	A Hewitt	M Purdy	M Nelson
		A Fell	K Masser	D Murphy	A Lee	I Barnes	C White
26	Bolton Vets	1.16.59 (14)	2.34.30 (30)	3.17.43 (24)	4.34.26 (20)	5.40.12 (22)	7.06.27 (26)
	Leg Time	1.16.59 (14)	1.17.31 (48)	0.43.13 (17)	1.16.43 (19)	1.05.46 (31)	1.26.15 (39)
		D Clamp	P Turner	S Ellis	I Shakershaft	J Birchenough	K Fowler
		J Medley	A Higginson	A Fielding	S McMyler	D Kearns	I Halliwell
27	Rossendale C	1.20.40 (25)	2.32.47 (24)	3.20.11 (29)	4.45.49 (33)	5.47.13 (29)	7.06.35 (27)
	Leg Time	1.20.40 (25)	1.12.07 (32)	0.47.24 (34)	1.25.38 (40)	1.01.24 (15)	1.19.22 (22)
		R Scott	G Wright	N Harris	D Hebden	E Richardson	N Gotts
		P Irwin	J Cooper	G McDermott	P Morley	D Schofield	T Higginson
28	Kendal Vets B	1.22.41 (33)	2.32.54 (25)	3.22.59 (32)	4.49.09 (36)	5.49.33 (31)	7.08.47 (28)
	Leg Time	1.22.41 (33)	1.10.13 (26)	0.50.05 (47)	1.26.10 (45)	1.00.24 (11)	1.19.14 (19)
		I Swallow	H Symonds	C Adkins	N Hambray	R Graves	C Lumb
		N Peach	J Dickenson	N Walker	J Mayo	S Kirkbride	G Woolnough
29	Dark Peak B	1.22.01 (27)	2.37.41 (35)	3.27.40 (36)	4.47.26 (34)	5.49.40 (32)	7.09.27 (29)
	Leg Time	1.22.01 (27)	1.15.40 (41)	0.49.59 (46)	1.19.46 (25)	1.02.14 (18)	1.19.47 (25)
		M Robinson	R Hames	M Harvey	C Webster	D Farquar	M Chapman
		C Ledger	A Mayer	N Boler	A Middleditch	D Bradbury	D Harrison
30	Rochdale A	1.16.42 (12)	2.27.25 (18)	3.17.47 (25)	4.43.47 (29)	5.48.27 (30)	7.11.52 (30)
	Leg Time	1.16.42 (12)	1.10.43 (28)	0.50.22 (48)	1.26.00 (44)	1.04.40 (25)	1.23.25 (33)
		P Scarr	J Dore	C Urnston	A Maloney	M Catherall	D Egan
		K Robinson	I Aitchison	M Rowbotham	D Wilkinson	M Moran	I Stainthorpe
31	Keigh & C Vets	1.22.22 (31)	2.35.41 (32)	3.20.04 (28)	4.39.46 (26)	5.46.56 (28)	7.13.02 (31)
	Leg Time	1.22.22 (31)	1.13.19 (36)	0.44.23 (20)	1.19.42 (24)	1.07.10 (34)	1.26.06 (38)
		T Cleg	A Knowles	J Dennis	C Tomes	R Nelson	K Wadd'ham
		P Wakefield	B Weeden	J Emmott	P Bramham	C Marshall	P Carr
32	Spensoro' A	1.22.13 (29)	2.33.02 (27)	3.18.36 (26)	4.44.31 (32)	5.55.57 (35)	7.15.17 (32)
	Leg Time	1.22.13 (29)	1.10.49 (29)	0.45.34 (24)	1.25.55 (42)	1.11.26 (44)	1.19.20 (21)
		S Moss	M Grundy	J Henry	T Collins	C Westley	D Stuart
		A Wolfenden	F Reddington	J Henry	G Patchett	L Fenton	M Dransfield
33	Horwich Vets	1.19.22 (20)	2.30.57 (23)	3.15.44 (21)	4.44.26 (31)	5.50.13 (33)	7.17.42 (33)
	Leg Time	1.19.22 (20)	1.11.35 (30)	0.44.47 (22)	1.28.42 (52)	1.05.47 (32)	1.27.29 (42)
		B Walton	K Tyrer	A Sweatman	G Holloway	J Leyland	T Hesketh
		N Wrigley	P Houghton	F Loftus	I Smith	S Jackson	T Orrell
34	York Acorn	1.16.18 (11)	2.23.26 (12)	3.26.15 (35)	4.43.54 (30)	5.54.08 (34)	7.19.49 (34)
	Leg Time	1.16.18 (11)	1.07.08 (18)	1.02.49 (89)	1.17.39 (22)	1.10.14 (43)	1.25.41 (37)
		S Simpson	M Raynes	N Ford	J Barnes	J Duston	G Orchard
		A Bissell	M Kirby	J Tattersall	C Hawxby	L Burton	A Normandale
35	Fellandale A	1.25.22 (42)	2.32.57 (26)	3.23.21 (33)	4.42.27 (28)	5.45.10 (27)	7.19.54 (35)
	Leg Time	1.25.22 (42)	1.07.35 (20)	0.50.24 (49)	1.19.06 (23)	1.02.43 (21)	1.34.44 (58)
		S Hodgson L	C Hodgson L	P Glover	D Britton	M Speight	K Wilby
		A Judd	P Dennison	P French	R Falls	D Wilby	B Hilton
36	Clayton Vets B	1.24.37 (38)	2.39.45 (36)	3.25.50 (34)	4.48.23 (35)	6.06.20 (40)	7.28.38 (36)
	Leg Time	1.24.37 (38)	1.15.08 (40)	0.46.05 (28)	1.22.33 (32)	1.17.57 (63)	1.22.18 (30)
		S White	G Murray	A Firth	P Browning	D Farnworth	J Pickup
		M Green	R Hargreaves	K Lewis	J Rusius	H Nicholson	B Russell
37	Dewsbury RR	1.33.45 (68)	2.51.31 (59)	3.34.16 (43)	5.03.47 (47)	6.10.02 (42)	7.30.21 (37)
	Leg Time	1.33.45 (68)	1.17.46 (50)	0.42.45 (16)	1.29.31 (56)	1.06.15 (33)	1.20.19 (27)
		J Lusardi	T Carney L	R Tolson	A Parker	P Hill	I Turnbull
		R Thomas	B Disken	A Ridsdale	J Kudelnitsky	C Maguire	G Johnson
38	Bingley B	1.29.28 (53)	2.45.23 (50)	3.30.59 (40)	4.57.42 (41)	5.58.45 (36)	7.30.54 (38)
	Leg Time	1.29.28 (53)	1.15.55 (42)	0.45.36 (25)	1.26.43 (47)	1.01.03 (12)	1.32.09 (51)
		M Scott	A Wood	M Smith	A Thornber	P Whelan	R Eccles
		A Winfield	M Blathorne	S Plunkett	J Egan	P Crabtree	I Hill
39	Pud & Bram Mix	1.23.43 (34)	2.43.44 (45)	3.40.45 (53)	4.53.51 (37)	6.13.27 (44)	7.32.25 (39)
	Leg Time	1.23.43 (34)	1.20.01 (55)	0.57.01 (79)	1.13.06 (10)	1.19.36 (70)	1.18.58 (18)
		A Powell	C Young L	E Brown L	P Srivastava L	A Hauser	N Monaghan
		R Kempley	S Corbin L	H MacVicker L	K Boodyea L	S Macina	S Woods
40	Holme P'P Mix	1.14.52 (8)	2.42.51 (42)	3.39.26 (50)	4.59.26 (43)	6.17.34 (48)	7.36.21 (40)
	Leg Time	1.14.52 (8)	1.27.59 (74)	0.56.35 (76)	1.20.00 (27)	1.18.08 (64)	1.18.47 (17)
		S Reeves	J Rollins L	V Brockwell L	G Moffatt	J Blath'wick L	M Moore
		S Gregory	P Cranton L	F Moffatt L	L Simpson	L Slight L	P McBrearty
41	Kendal A	1.22.18 (30)	2.41.45 (40)	3.28.48 (37)	4.56.39 (38)	6.06.17 (39)	7.36.23 (41)
	Leg Time	1.22.18 (30)	1.19.27 (53)	0.47.03 (31)	1.27.51 (48)	1.09.38 (42)	1.30.06 (50)
		M Addison	J Symonds	D Hewitt	R Jerram	P Simpson	R Stuart
		J Broxap	J Meyfroidt	P Dowker	D Golding	D Mitchell	R Smyth
42	Settle H	1.23.54 (36)	2.41.13 (38)	3.29.19 (39)	4.57.28 (40)	6.02.41 (38)	7.40.38 (42)
	Leg Time	1.23.54 (36)	1.17.19 (47)	0.48.06 (36)	1.28.09 (50)	1.05.13 (29)	1.37.57 (67)
		A Shepherd	A Foster	A Hinde	B Kennedy	S Moor	C Norris
		J Murfin	T Wright	T Metcalfe	G Allsop	J Osborne	J Pilkington L
43	Valley St A Mix	1.35.25 (73)	2.53.00 (63)	3.46.03 (61)	5.00.05 (44)	6.13.56 (45)	7.41.39 (43)
	Leg Time	1.35.25 (73)	1.17.35 (49)	0.53.03 (65)	1.14.02 (13)	1.13.51 (51)	1.27.43 (44)
		P Furness	G Webster	S Watson L	J Watson	M Watson L	J Halloran L
		L Wilyman L	P Webster	N Wilde L	S Webb	J Parkinson L	H Bates
44	SKRAC	1.33.27 (67)	2.49.47 (56)	3.39.39 (51)	5.01.43 (45)	6.09.06 (41)	7.43.06 (44)
	Leg Time	1.33.27 (67)	1.16.20 (43)	0.49.52 (45)	1.22.04 (31)	1.07.23 (35)	1.34.00 (57)
		D Young	G Breeze	D Hill	J Forsyth	G Grinstead	A Brear
		D Emsley	P Rawnsley	M Wood	H Sawyer	R Warman	M Howard

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45	Saddleworth Mix	1.30.54 ( 61)	2.37.11 ( 34)	3.29.17 ( 38)	4.57.14 ( 39)	6.01.42 ( 37)	7.45.36 ( 45)
	Leg Time	1.30.54 ( 61)	1.06.17 ( 13)	0.52.06 ( 59)	1.27.57 ( 49)	1.04.28 ( 24)	1.43.54 ( 78)
		L Whittaker L	C Davies	S Kiveal L	R Green	M Buin	S Ratcliffe L
		K Mather L	D Franklin	J Davies L	H Chambers	B Waterhouse	R Telfer L
46	Dark Peak Lady	1.29.59 ( 56)	2.53.51 ( 64)	3.44.42 ( 59)	5.10.41 ( 52)	6.23.38 ( 51)	7.47.28 ( 46)
	Leg Time	1.29.59 ( 56)	1.23.52 ( 67)	0.50.51 ( 51)	1.25.59 ( 43)	1.12.57 ( 48)	1.23.50 ( 35)
		L Bland L	A Carrington L	H Bloor L	J Stevenson L	H Hargreaves L	C Howard L
		K Dalton L	A Shepherd L	D Pelly L	J James L	K B-Jones L	H Wooton L
47	Bingley Ladies	1.30.22 ( 57)	2.45.21 ( 49)	3.35.07 ( 44)	4.59.13 ( 42)	6.14.57 ( 47)	7.47.29 ( 47)
	Leg Time	1.30.22 ( 57)	1.14.59 ( 39)	0.49.46 ( 44)	1.24.06 ( 36)	1.15.44 ( 58)	1.32.32 ( 54)
		H Jackson L	G Reddie	G Bendle	R Whitehead	J Cox	S Cariss
		H Liv'stone L	R Dorrington	A Gull	S Taylor	K Bailey	M Green
48	Saddleworth A	1.30.24 ( 58)	2.44.21 ( 46)	3.35.20 ( 45)	5.01.54 ( 46)	6.10.53 ( 43)	7.47.47 ( 48)
	Leg Time	1.30.24 ( 58)	1.13.57 ( 38)	0.50.59 ( 53)	1.26.34 ( 46)	1.08.59 ( 41)	1.36.54 ( 64)
		K Whittaker	C Miles	R Bradley	I Barber	P Sydney	G Royle
		T Stanley	T Lord	C Etherden	J Barrott	B Bridgestock	R Saunders
49	Valley St B	1.24.52 ( 40)	2.45.17 ( 47)	3.33.44 ( 42)	5.11.25 ( 54)	6.20.04 ( 50)	7.48.40 ( 49)
	Leg Time	1.24.52 ( 40)	1.20.25 ( 58)	0.48.27 ( 38)	1.37.41 ( 72)	1.08.39 ( 40)	1.28.36 ( 46)
		M Wrench	I Place	B Jackson	E Cusack	N Laustsen	S O'Callaghan
		I Townsley	J Hallas	T Haygarth	A Hutchinson	K Kaiser	K Cluderay
50	Abbey Nat	1.30.24 ( 59)	2.42.18 ( 41)	3.31.44 ( 41)	5.12.51 ( 56)	6.34.41 ( 60)	7.54.09 ( 50)
	Leg Time	1.30.24 ( 59)	1.11.54 ( 31)	0.49.26 ( 43)	1.41.07 ( 78)	1.21.50 ( 77)	1.19.28 ( 23)
		C Wragg	D Emmanuel	R Causton	N Lloyd	M Moss	S Curtis
		M McPheat	R Dowswell	T Natale	S Sullivan	J McPheat L	M Boardman L
51	Keigh & C B	1.28.15 ( 51)	2.52.02 ( 61)	3.40.43 ( 52)	5.08.56 ( 50)	6.32.49 ( 58)	7.56.37 ( 51)
	Leg Time	1.28.15 ( 51)	1.23.47 ( 66)	0.48.41 ( 39)	1.28.13 ( 51)	1.23.53 ( 83)	1.23.48 ( 34)
		M Horbury	P Fisher	P Morris	N Bland	S Miles	G Gill
		R Taylor	M Sumpter	P Goodburn	J Preston	S Weatherall	M Berry
52	S.M.O.C.	1.24.45 ( 39)	2.47.08 ( 53)	3.43.50 ( 58)	5.04.21 ( 48)	6.17.46 ( 49)	7.57.09 ( 52)
	Leg Time	1.24.45 ( 39)	1.22.23 ( 64)	0.56.42 ( 77)	1.20.31 ( 28)	1.13.25 ( 50)	1.39.23 ( 71)
		R Pownall	B Clayton	D Sedgley	D F-Hawkins	M Jones	S Hardy
		S Long	R Williams	K Downing	A Sutton	C Bale	R Owen
53	E.P.O.C.	1.25.23 ( 43)	2.43.25 ( 43)	3.35.35 ( 46)	5.06.17 ( 49)	6.14.34 ( 46)	7.58.21 ( 53)
	Leg Time	1.25.23 ( 43)	1.18.02 ( 51)	0.52.10 ( 60)	1.30.42 ( 60)	1.08.17 ( 38)	1.43.47 ( 77)
		J Emberton	R Payne	M Jagan L	G Williams	I Noot	M Wood
		S Hunter	P Jagan	B Hunter	P Martin	G Fox-Kelly	J Smith
54	Elvet Str A	1.37.53 ( 76)	2.56.04 ( 65)	3.47.42 ( 63)	5.10.46 ( 53)	6.27.40 ( 54)	8.00.20 ( 54)
	Leg Time	1.37.53 ( 76)	1.18.11 ( 52)	0.51.38 ( 56)	1.23.04 ( 33)	1.16.54 ( 60)	1.32.40 ( 55)
		L Laird L	M Bennett	P Gibson	P Dunn	P Ryan	K Wesson
		D Shipman	P O'Hara	D James L	P Layton	P Loftus	F Shenton L
55	Clayton Vets Z	1.31.34 ( 63)	2.52.22 ( 62)	3.44.47 ( 60)	5.18.17 ( 61)	6.31.41 ( 56)	8.00.41 ( 55)
	Leg Time	1.31.34 ( 63)	1.20.48 ( 60)	0.52.25 ( 62)	1.33.30 ( 65)	1.13.24 ( 49)	1.29.00 ( 48)
		A Walmsley	P Hindle	D Munroe	G Newsham	R Wilkinson	K Thompson
		G Fletcher	M Lee	I Mitchell	J Windle	P Taylor	I Beverley
56	St Bedes B	1.29.30 ( 54)	2.49.39 ( 55)	3.48.34 ( 64)	5.12.06 ( 55)	6.27.23 ( 53)	8.00.52 ( 56)
	Leg Time	1.29.30 ( 54)	1.20.09 ( 56)	0.58.55 ( 84)	1.23.32 ( 34)	1.15.17 ( 57)	1.33.29 ( 56)
		M Lee	M Jones	P Turner	R Safran'kus	R Wilks	M Green
		T Wimbush	J Verity	C Huntley	P Maye	K Pratchett	S Wilby
57	Holmfirth Vets	1.26.39 ( 49)	2.50.59 ( 58)	3.38.29 ( 47)	5.21.33 ( 63)	6.33.14 ( 59)	8.01.04 ( 57)
	Leg Time	1.26.39 ( 49)	1.24.20 ( 70)	0.47.30 ( 35)	1.43.04 ( 82)	1.11.41 ( 46)	1.27.50 ( 45)
		P Dolan	N Berry	J Pierson	R Martin	T Cock	P Bates
		K Wild	A Dyson	A Bywaters	K Johns	J Somerville	P Coleman
58	Clayton Lady A	1.22.27 ( 32)	2.46.21 ( 51)	3.42.54 ( 57)	5.13.04 ( 57)	6.28.10 ( 55)	8.05.12 ( 58)
	Leg Time	1.22.27 ( 32)	1.23.54 ( 68)	0.56.33 ( 75)	1.30.10 ( 58)	1.15.06 ( 56)	1.37.02 ( 65)
		V Peacock L	C Life L	L Bostock L	W Dodds L	D Robson L	A Martin L
		M Laney L	M Wilkinson L	C Leathley L	K Wallis L	H Jones L	J Lee L
59	Holmfirth B	1.20.32 ( 24)	2.57.03 ( 68)	3.41.27 ( 55)	5.15.19 ( 58)	6.26.54 ( 52)	8.07.55 ( 59)
	Leg Time	1.20.32 ( 24)	1.36.31 ( 86)	0.44.24 ( 21)	1.33.52 ( 66)	1.11.35 ( 45)	1.41.01 ( 75)
		R Futrell	B Hoyland L	L Lacon L	C Hampshire	B Wade	H Berry L
		R Kersey	H Beever L	J Adair	S Crowther	M Ellis	J Graham L
60	Ilkley H Ladies	1.38.02 ( 77)	3.01.57 ( 71)	3.52.37 ( 69)	5.18.07 ( 60)	6.35.38 ( 61)	8.11.22 ( 60)
	Leg Time	1.38.02 ( 77)	1.23.55 ( 69)	0.50.40 ( 50)	1.25.30 ( 39)	1.17.31 ( 62)	1.35.44 ( 60)
		S Malir L	A Weston L	J Foster L	A Priestley L	R Gooch L	D Kitchen L
		J Marshall L	A Bennett L	C Williams L	E Barclay L	A Luiba L	J Kerr L
61	Denby Dale A	1.25.20 ( 41)	2.41.43 ( 39)	3.39.03 ( 48)	5.34.28 ( 73)	6.46.56 ( 67)	8.14.32 ( 61)
	Leg Time	1.25.20 ( 41)	1.16.23 ( 44)	0.57.20 ( 81)	1.55.25 ( 94)	1.12.28 ( 47)	1.27.36 ( 43)
		R Barker	J Morris	S Robinson	D Maddox	M Baldwin	T Sharpe
		J Bell	S Blackford	I Lockwood	D Gill	G McLoughlin	M Collinson
62	Bingley Mix	1.27.42 ( 50)	3.00.10 ( 69)	3.54.37 ( 70)	5.25.50 ( 66)	6.45.29 ( 66)	8.14.44 ( 62)
	Leg Time	1.27.42 ( 50)	1.32.28 ( 82)	0.54.27 ( 69)	1.31.13 ( 61)	1.19.39 ( 71)	1.29.15 ( 49)
		G Smith	J Vesey L	H Mayo L	A Greenwood	G Whalley L	D Oldham
		D Stephenson	H Hall L	R Whelan L	B Peace	B Carnley L	A Smiddy
63	Preston B	1.25.34 ( 45)	2.45.19 ( 48)	3.41.09 ( 54)	5.10.09 ( 51)	6.32.06 ( 57)	8.18.26 ( 63)
	Leg Time	1.25.34 ( 45)	1.19.45 ( 54)	0.55.50 ( 72)	1.29.00 ( 54)	1.21.57 ( 78)	1.46.20 ( 83)
		P Walsh L	D Simpson	P Benson	J Carberry	P Carter	A Appleby
		S Forster	B Nuttall	B Dearnley	D Holmes	E Stewart	D Stewart
64	Spensboro' Mix	1.30.50 ( 60)	3.07.09 ( 78)	4.01.25 ( 78)	5.32.39 ( 72)	6.51.55 ( 70)	8.20.38 ( 64)
	Leg Time	1.30.50 ( 60)	1.36.19 ( 85)	0.54.16 ( 67)	1.31.14 ( 62)	1.19.16 ( 69)	1.28.43 ( 47)
		C Drake L	J Settle L	J Graham L	C Stoney L	S Milnthorpe L	K Pickles L
		S Carter	M Schofield	T Bolland	K Bentley	C Drake	D Lane
65	Oxford Orient	1.20.11 ( 22)	2.46.41 ( 52)	3.50.57 ( 68)	5.23.09 ( 65)	6.44.25 ( 65)	8.20.59 ( 65)
	Leg Time	1.20.11 ( 22)	1.26.30 ( 73)	1.04.16 ( 92)	1.32.12 ( 64)	1.21.16 ( 76)	1.36.34 ( 63)
		J Emaleus	M Garvin	R Wilson L	J Hall	K Hampshire L	T Allan
		N Wright	J Wright	H Walton L	P Barlett	B Osborn L	J Cross
66	Harrogate B	1.31.20 ( 62)	2.43.32 ( 44)	3.39.08 ( 49)	5.22.08 ( 64)	6.37.01 ( 63)	8.22.15 ( 66)
	Leg Time	1.31.20 ( 62)	1.12.12 ( 33)	0.55.36 ( 70)	1.43.00 ( 81)	1.14.53 ( 53)	1.45.14 ( 80)
		C Todd	M Shaw	J Ackroyd L	G Macf'lane L	S Craven	I Geldart
		P Mason	S Palmer	J Wallace L	S Latty L	I Yapp	Y Skelton L

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67	Calder Valley	B1.36.37 ( 74)	2.49.55 ( 57)	3.41.33 ( 56)	5.16.52 ( 59)	6.35.56 ( 62)	8.24.01 ( 67)
	Leg Time	1.36.37 ( 74)	1.13.18 ( 35)	0.51.38 ( 55)	1.35.19 ( 68)	1.19.04 ( 68)	1.48.05 ( 84)
		R Kellett	J Murray	J Riley	T Bradley	G Spencer	T Hyde L
		J Underwood	P Swain	R Henderson	S Birtwell	R Benn	C Roberts L
68	Bingley Vets B	1.32.00 ( 65)	2.56.45 ( 67)	3.50.44 ( 67)	5.35.48 ( 74)	6.53.16 ( 73)	8.25.44 ( 68)
	Leg Time	1.32.00 ( 65)	1.24.45 ( 71)	0.53.59 ( 66)	1.45.04 ( 86)	1.17.28 ( 61)	1.32.28 ( 53)
		I Goodyear	P Jebb	J Smithurst	K Moore	P Helliwell	G Little
		E Heaton	B Duncan	S Jordan	R Conlon	D Weath'head	S Little
69	Todmorden Vet	1.36.51 ( 75)	3.05.46 ( 77)	3.57.42 ( 74)	5.29.20 ( 69)	6.49.50 ( 68)	8.25.59 ( 69)
	Leg Time	1.36.51 ( 75)	1.28.55 ( 77)	0.51.56 ( 57)	1.31.38 ( 63)	1.20.30 ( 72)	1.36.09 ( 62)
		E Wrathall	D Wilson	K Parkinson	P Hodgson	P Marshall	P Ehrhardt
		J Page	A beconsall	L McCluskey	J Crummitt	F Richardson	P Ankers
70	Rochdale B	1.48.27 ( 90)	3.22.02 ( 88)	4.11.16 ( 82)	5.37.02 ( 75)	6.51.55 ( 71)	8.30.41 ( 70)
	Leg Time	1.48.27 ( 90)	1.33.35 ( 83)	0.49.14 ( 42)	1.25.46 ( 41)	1.14.53 ( 55)	1.38.46 ( 69)
		N Matthews	J Armstrong	I Holloway	B Carey	M Hayes	P Roberts
		M Bird	J Sherlock	J Fox	D Parry	P Geldard	R Dalby
71	Stainland L A	1.25.28 ( 44)	2.48.00 ( 54)	3.50.15 ( 66)	5.28.00 ( 68)	6.52.20 ( 72)	8.31.18 ( 71)
	Leg Time	1.25.28 ( 44)	1.22.32 ( 65)	1.02.15 ( 87)	1.37.45 ( 74)	1.24.20 ( 84)	1.38.58 ( 70)
		C Hughes	G Hodgson	P Pitts L	S Knight	A Pitts	K Barker
		C Woodhouse	G Gray	M Greenwood L	R Ambler	T Fagg	C Hughes
72	Helm Hill	1.26.09 ( 47)	2.51.54 ( 60)	3.49.18 ( 65)	5.19.31 ( 62)	6.40.06 ( 64)	8.31.54 ( 72)
	Leg Time	1.26.09 ( 47)	1.25.45 ( 72)	0.57.24 ( 82)	1.30.13 ( 59)	1.20.35 ( 73)	1.51.48 ( 88)
		A Dunn	J Dunn L	J McKenzie L	S Parkin L	S Johnson	B Scholes
		D Scholes	A Westworth	Y Procter L	R Cannon	K Shuttleworth	L Dixon
73	Todmorden B	1.40.05 ( 82)	2.56.38 ( 66)	3.47.36 ( 62)	5.30.49 ( 70)	6.51.44 ( 69)	8.32.28 ( 73)
	Leg Time	1.40.05 ( 82)	1.16.33 ( 45)	0.50.58 ( 52)	1.43.13 ( 83)	1.20.55 ( 75)	1.40.44 ( 74)
		A Bibby	A Barclay	A Fox-Kelly L	D Rawlinson	K Brierley L	R Blakeley
		J Lee	A Rees L	D O'Neill	M Wilson	M Goth L	R O'Sullivan
74	Halifax H B	1.48.54 ( 91)	3.10.55 ( 81)	4.02.59 ( 79)	5.38.20 ( 76)	7.00.22 ( 76)	8.38.39 ( 74)
	Leg Time	1.48.54 ( 91)	1.22.01 ( 63)	0.52.04 ( 58)	1.35.21 ( 69)	1.22.02 ( 79)	1.38.17 ( 68)
		N Rigg	R Foor	M Hoey	N Crossdell	D O'Keefe	C Barrett
		M Hughes	S Jukes	R Hall	H Reilly	P McCormick	M Metcalfe
75	Rossen D	1.47.29 ( 89)	3.07.54 ( 79)	4.04.00 ( 80)	5.41.45 ( 80)	7.09.27 ( 81)	8.44.25 ( 75)
	Leg Time	1.47.29 ( 89)	1.20.25 ( 57)	0.56.06 ( 74)	1.37.45 ( 73)	1.27.42 ( 86)	1.34.58 ( 59)
		J Connolly	P Hannah	J Kempson	P Nuttal	G Dixon	G Naven
		D Stansfield	T Gotts	A McGinness	B Tricket	C Naven	B Graham
76	Fellandale B	1.43.50 ( 84)	3.05.28 ( 76)	3.56.43 ( 73)	5.40.24 ( 78)	6.58.45 ( 74)	8.44.25 ( 76)
	Leg Time	1.43.50 ( 84)	1.21.38 ( 62)	0.51.15 ( 54)	1.43.41 ( 84)	1.18.21 ( 66)	1.45.40 ( 82)
		D Hainsworth	A Wilson L	D Hickman	M Swale	R Porter	B Gawthorp
		T Hainsworth	M Hodgson	I Wilson	J Escritt	D Hodgson	P Davies
77	Clayton Vets X	1.31.34 ( 64)	3.03.58 ( 75)	3.59.34 ( 76)	5.50.03 ( 82)	7.04.56 ( 79)	8.44.54 ( 77)
	Leg Time	1.31.34 ( 64)	1.32.24 ( 81)	0.55.36 ( 71)	1.50.29 ( 88)	1.14.53 ( 54)	1.39.58 ( 73)
		J Sharples	P Thornber	T Aspin	N Whalley	K O'Brien	P Healey
		M Lee	N Stafford	R Orr	S Duxbury	G Laycock	T Riley
78	Rossen Ladies	1.39.33 ( 81)	3.00.38 ( 70)	3.55.02 ( 71)	5.32.13 ( 71)	7.00.21 ( 75)	8.52.15 ( 78)
	Leg Time	1.39.33 ( 81)	1.21.05 ( 61)	0.54.24 ( 68)	1.37.11 ( 70)	1.28.08 ( 87)	1.51.54 ( 89)
		V Hamlet L	J Rawlinson L	C Winnick L	J Wood L	E Nuttall L	J Feeney L
		D Flemming L	M Dew L	N Murphy L	K Taylor L	L Hannah L	C Watson L
79	Denby Dale Mix	1.32.34 ( 66)	3.15.33 ( 84)	4.04.00 ( 81)	5.41.18 ( 79)	7.04.26 ( 78)	8.54.03 ( 79)
	Leg Time	1.32.34 ( 66)	1.42.59 ( 92)	0.48.27 ( 37)	1.37.18 ( 71)	1.23.08 ( 80)	1.49.37 ( 87)
		L Robertson L	A Kirby	N Denby	J Town L	J Harley L	P Andrews
		B Cumber L	D Stockdale	C Town	L Kent L	M Dunne L	J Shone
80	Ilkley H Mix	1.34.13 ( 69)	3.02.54 ( 72)	3.58.53 ( 75)	5.27.53 ( 67)	7.05.35 ( 80)	8.54.43 ( 80)
	Leg Time	1.34.13 ( 69)	1.28.41 ( 76)	0.55.59 ( 73)	1.29.00 ( 53)	1.37.42 ( 90)	1.49.08 ( 86)
		R Herbert	S Wood L	J Cooke L	C Smith	A Crane L	P Hirst
		J Oldham	J Bebbert L	B Doherty L	T Thornley	C Barjolin L	R Pawson
81	Old Rishworth	1.50.25 ( 92)	3.11.06 ( 82)	4.15.21 ( 85)	5.55.52 ( 84)	7.10.21 ( 82)	8.55.20 ( 81)
	Leg Time	1.50.25 ( 92)	1.20.41 ( 59)	1.04.15 ( 91)	1.40.31 ( 77)	1.14.29 ( 52)	1.44.59 ( 79)
		M Roberts	G Cockroft	K Cockroft L	C Siddall	C Littlewood	A Fearnley
		F Murray	D Hilton	A Higgins L	D McKenzie	P Smith	M Payne
82	Halifax H Lady	1.38.43 ( 78)	3.09.24 ( 80)	4.11.41 ( 83)	5.46.11 ( 81)	7.02.45 ( 77)	8.57.22 ( 82)
	Leg Time	1.38.43 ( 78)	1.30.41 ( 79)	1.02.17 ( 88)	1.34.30 ( 67)	1.16.34 ( 59)	1.54.37 ( 90)
		R Nicholl	L Hayles	A Crabtree	C Waterhouse	G Leary	F Murphy
		H Dinsdale	C Willgoose	R Baines	L Crabtree	N Parsons	S Corney
83	Pudsey Pacers	1.54.44 ( 93)	3.11.32 ( 83)	4.00.31 ( 77)	5.38.34 ( 77)	7.24.08 ( 83)	9.00.07 ( 83)
	Leg Time	1.54.44 ( 93)	1.16.48 ( 46)	0.48.59 ( 41)	1.38.03 ( 75)	1.45.34 ( 93)	1.35.59 ( 61)
		M Lolley	J Addy	S Wigg'sworth	G Tiffany	A Wood	D Johnson L
		R Broadhead	R Samuels	P Knapp	A Thacker	D Stead	M Siddall L
84	Holme P'P B	1.35.15 ( 71)	3.03.22 ( 74)	4.14.28 ( 84)	5.55.58 ( 85)	7.31.18 ( 86)	9.11.03 ( 84)
	Leg Time	1.35.15 ( 71)	1.28.07 ( 75)	1.11.06 ( 95)	1.41.30 ( 79)	1.35.20 ( 88)	1.39.45 ( 72)
		D Wells	N Harrington	P Robinson L	P Swords	J Maye L	T Barry
		W Cranton	F Makin	D Wells	S Harris	B Stone	D Dent
85	Hx Originals V	1.45.35 ( 85)	3.17.02 ( 86)	4.16.48 ( 86)	6.24.49 ( 90)	7.43.01 ( 88)	9.15.22 ( 85)
	Leg Time	1.45.35 ( 85)	1.31.27 ( 80)	0.59.46 ( 85)	2.08.01 ( 95)	1.18.12 ( 65)	1.32.21 ( 52)
		P White	P Frechette	D Smith	M Haigh	P Mason	R Rowlands
		K Midgley	P Lynch	B Burgin	P Hellawell	A Spilsbury	R Holdsworth
86	Brighouse HS	1.35.20 ( 72)	3.37.35 ( 94)	4.30.32 ( 91)	6.08.44 ( 89)	7.27.35 ( 85)	9.24.07 ( 86)
	Leg Time	1.35.20 ( 72)	2.02.15 ( 97)	0.52.57 ( 64)	1.38.12 ( 76)	1.18.51 ( 67)	1.56.32 ( 91)
		J Horne	D Faller L	L Rushworth	P Cosgrove	T Lester	J Smith
		P Horne	A Smithson	S Rippon	C Gummery	N Moorby	S Harrington
87	WYLDWA	1.39.02 ( 79)	3.27.48 ( 92)	4.20.29 ( 88)	6.02.50 ( 86)	7.26.20 ( 84)	9.26.41 ( 87)
	Leg Time	1.39.02 ( 79)	1.48.46 ( 96)	0.52.41 ( 63)	1.42.21 ( 80)	1.23.30 ( 81)	2.00.21 ( 94)
		C Ainsworth	A West	A Hicks	J Kitchen	J Matezbuski	A Bath L
		J Belt	V Bell L	B McDermott	G Scampton	C Gill	C Seddon L
88	Ackworth RR	2.00.31 ( 95)	3.35.36 ( 93)	4.34.09 ( 93)	6.51.16 ( 96)	8.14.24 ( 95)	9.33.42 ( 88)
	Leg Time	2.00.31 ( 95)	1.35.05 ( 84)	0.58.33 ( 83)	2.17.07 ( 96)	2.19.18 ( 97)	1.19.18 ( 20)
		M Jones	J Davis L	C Hall L	R Young	G Tombs L	I Walker
		R Cope	A Wardle	K Bingley	K Barton	D Bancroft	C Scargill

Assisted by PETE BLAND SPORTS

## The 17th Open Calderdale Way Relay Results 10th December 2000

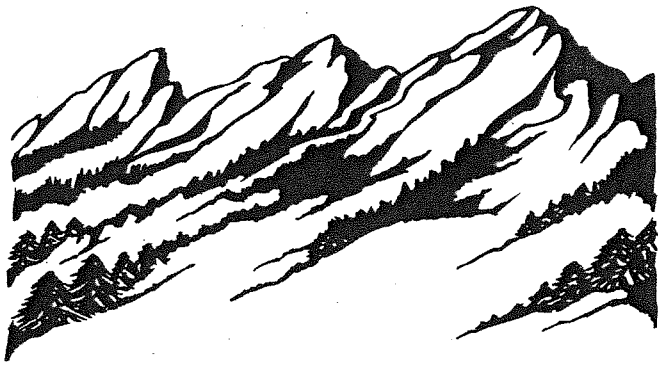
89	Baildon R B	1.46.48 ( 88)	3.26.46 ( 91)	4.23.47 ( 90)	5.53.12 ( 83)	7.34.10 ( 87)	9.34.01 ( 89)
	Leg Time	1.46.48 ( 88)	1.39.58 ( 90)	0.57.01 ( 80)	1.29.25 ( 55)	1.40.58 ( 91)	1.59.51 ( 92)
		C Boothman	L Barratt L	J Dickinson	G Hey	R Firth	N Russell
		D Bishop	K Ward	J Buddle	S Pickard	C Firth L	J Jennison
90	Middleton A	1.34.20 ( 70)	3.03.21 ( 73)	3.55.40 ( 72)	6.33.21 ( 93)	7.56.59 ( 92)	9.34.37 ( 90)
	Leg Time	1.34.20 ( 70)	1.29.01 ( 78)	0.52.19 ( 61)	2.37.41 ( 97)	1.23.38 ( 82)	1.37.38 ( 66)
		M Raqan	R Lee	M Pyle	P Gilligan	M Gill	P Swallow
		G Richards	A Garvey	J O'Toole	B Bowden	K Mumford	A Lowe
91	Lifestyle	1.46.24 ( 86)	3.23.07 ( 89)	4.36.01 ( 94)	6.28.44 ( 92)	7.54.40 ( 91)	9.40.08 ( 91)
	Leg Time	1.46.24 ( 86)	1.36.43 ( 87)	1.12.54 ( 96)	1.52.43 ( 90)	1.25.56 ( 85)	1.45.28 ( 81)
		K Ransley	M Ransley L	R Dorson	D Moody	H Lepin	T Keast
		D Ransley	K Oscroft L	T Willicans	D Williams	A Davies	P Brown
92	Abbey R Ladies	1.40.05 ( 83)	3.16.57 ( 85)	4.21.47 ( 89)	6.06.37 ( 87)	8.06.37 ( 93)	9.47.47 ( 92)
	Leg Time	1.40.05 ( 83)	1.36.52 ( 88)	1.04.50 ( 93)	1.44.50 ( 85)	2.00.00 ( 96)	1.41.10 ( 76)
		V McParland L	J Maycock L	J Blakeney L	H Lane L	L Casey L	S Grant L
		Z Neal L	M Norton L	C Naylor L	A Hall L	S Airlie L	W Toms L
93	Elvet Str B	1.46.32 ( 87)	3.24.50 ( 90)	4.31.59 ( 92)	6.25.42 ( 91)	7.46.23 ( 89)	9.48.15 ( 93)
	Leg Time	1.46.32 ( 87)	1.38.18 ( 89)	1.07.09 ( 94)	1.53.43 ( 93)	1.20.41 ( 74)	2.01.52 ( 96)
		A Scheult	Y Jones L	C Farnsworth L	N Starling	B Evans	L Mann
		R Layton L	J Shipman	D Brown	J Readfearn	G Watson	K Bryden L
94	Keigh & C Lady	1.39.29 ( 80)	3.20.10 ( 87)	4.17.04 ( 87)	6.08.35 ( 88)	7.50.45 ( 90)	9.51.40 ( 94)
	Leg Time	1.39.29 ( 80)	1.40.41 ( 91)	0.56.54 ( 78)	1.51.31 ( 89)	1.42.10 ( 92)	2.00.55 ( 95)
		E Tomes L	C Fawcett L	J Smith L	J Foster L	S Turbitt L	J Simons L
		R Sharples L	A Troth L	H Glover L	C Fleming L	V Ostojic L	C Preston L
95	Clayton Lady B	1.55.14 ( 94)	3.42.19 ( 95)	4.45.29 ( 95)	6.38.41 ( 94)	8.14.24 ( 94)	10.18.00 ( 95)
	Leg Time	1.55.14 ( 94)	1.47.05 ( 93)	1.03.10 ( 90)	1.53.12 ( 92)	1.35.43 ( 89)	2.03.36 ( 97)
		J Pearson L	C Ashton L	M Plumbley L	L Platt L	J Hargreaveds	R Ali L
		G Brierley L	E Irwin L	J Green L	K Goss L	L Lord L	L Maxlow L
96	Middleton Lady	2.09.39 ( 97)	3.56.46 ( 97)	4.57.54 ( 96)	6.46.58 ( 95)	8.35.18 ( 96)	10.35.24 ( 96)
	Leg Time	2.09.39 ( 97)	1.47.07 ( 94)	1.01.08 ( 86)	1.49.04 ( 87)	1.48.20 ( 94)	2.00.06 ( 93)
		C Walton L	P Williams L	C McKenna L	I Limbrick L	J Pugh L	T Hollins L
		K Earnshaw L	K H-Moore L	N Simpson L	R Molyneux L	D Moore L	R Hare L
97	St Bedes Ladies	2.04.43 ( 96)	3.52.05 ( 96)	5.06.12 ( 97)	6.59.03 ( 97)	8.55.50 ( 97)	10.44.25 ( 97)
	Leg Time	2.04.43 ( 96)	1.47.22 ( 95)	1.14.07 ( 97)	1.52.51 ( 91)	1.56.47 ( 95)	1.48.35 ( 85)
		R Jordan L	A Parry L	H O'Hara L	A Lloyd L	E O'Hara L	H Love L
		C Raistrick L	P Murray L	Y Robinson L	J C-Mumby L	S Wylie L	L Parkin L



# Your Performance for Your Team in 2000

Pos	Team	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5	Leg 6	Pos	Team	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5	Leg 6	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5	Leg 6
1	Bingley A	-3.39	-1.16	-0.07	3.55	3.20	-2.13	51	Keigh & C B	2.10	-4.51	2.39	1.20	-10.01	8.43						
2	Clayton A	-2.02	-0.08	1.27	-0.52	0.12	1.22	52	S.M.O.C.	5.46	-3.22	-5.18	9.08	0.32	-6.46						
3	Pud & Bram A	-5.37	0.48	0.19	2.12	2.00	0.18	53	E.P.O.C.	5.21	1.11	-0.38	-0.49	5.51	-10.58						
4	Safford H	4.11	-5.41	2.15	2.00	-5.07	2.21	54	Eivet Str A	-6.46	1.22	0.06	7.11	-2.28	0.34						
5	Horwich A	-3.02	0.37	3.36	0.22	-0.44	-0.49	55	Clayton Vets Z	-0.23	-1.12	-0.38	-3.11	1.05	4.19						
6	Dark Peak A	-7.01	1.11	0.06	1.13	1.25	3.05	56	St Bedes B	1.43	-0.31	-7.07	6.49	-0.46	-0.08						
7	Rosendale A	1.16	1.32	2.56	-3.16	1.31	-4.00	57	Holmfirth Vets	4.36	-4.40	4.19	-12.41	2.52	5.33						
8	Keigh & C A	-0.14	1.08	-0.31	4.56	-0.17	-5.02	58	Clayton Lady A	9.35	-3.33	-4.17	1.00	0.05	-2.51						
9	Kendal Vets A	-1.49	2.25	2.08	-0.19	-1.07	-1.17	59	Holmfirth B	12.01	-15.43	8.09	-2.11	4.02	-6.18						
10	Holmfirth A	-2.49	-5.37	0.36	1.51	4.23	1.36	60	Ilkley H Ladies	-4.49	-2.33	2.16	6.50	-1.22	-0.21						
11	Todmorden A	-1.19	8.42	2.12	-1.58	-2.50	-4.47	61	Denby Dale A	8.29	5.31	-4.04	-22.30	4.10	8.24						
12	Preston A	2.19	1.56	-4.09	-6.20	0.08	6.06	62	Bingley Mix	6.09	-10.32	-1.10	1.44	-2.59	6.47						
13	Clayton Vets A	-4.04	-0.20	1.30	2.06	0.18	0.29	63	Preston B	8.59	2.48	-2.09	4.39	-4.43	-9.35						
14	Clayton B	-3.08	-0.37	-5.04	4.26	1.34	2.50	64	Spensoro' Mix	4.08	-13.25	-0.20	2.50	-1.41	8.28						
15	Dark Peak Vets	-1.46	-2.10	3.03	0.42	-1.42	1.53	65	Oxford Orient	14.51	-3.32	-10.18	1.56	-3.38	0.41						
16	Bowland FR	-5.39	7.09	-0.47	-12.13	4.00	7.30	66	Harrogate B	3.56	10.59	-1.30	-8.38	2.57	-7.44						
17	Bingley Vets A	-5.39	-0.41	-1.51	2.39	0.13	5.20	67	Calder Valley B	-1.00	10.10	2.39	-0.37	-0.58	-10.15						
18	Skipton AC	2.05	1.23	-0.54	-6.38	-3.46	7.50	68	Bingley Vets B	3.56	-1.00	0.30	-10.03	0.54	5.42						
19	Harrogate A	-9.57	14.05	1.07	-4.38	-2.20	1.43	69	Todmorden Vet	-0.52	-5.07	2.34	3.26	-2.05	2.04						
20	Halifax H A	-2.13	-2.38	6.39	-1.33	0.02	-0.17	70	Rochdale B	-11.35	-9.01	5.47	10.11	4.15	0.22						
21	St Bedes A	2.55	3.10	-1.38	-0.35	0.28	-4.20	71	Stainland L A	11.31	2.08	-7.10	-1.41	-5.06	0.17						
22	Wharfedale H	-8.42	3.04	-1.10	3.28	2.36	0.44	72	Heim Hill	10.57	-0.59	-2.16	5.58	-1.15	-12.26						
23	Calder Valley A	-5.56	-3.25	3.33	2.57	5.39	-2.47	73	Todmorden B	-2.52	8.19	4.14	-6.56	-1.30	-1.15						
24	Ilkley H A	0.17	1.22	0.11	4.32	-1.34	-4.47	74	Halifax H B	-10.31	3.52	3.48	2.06	-1.40	2.24						
25	Rosendale B	-5.17	3.34	2.06	-4.17	3.36	0.19	75	Rossen D	-8.00	6.26	0.23	0.47	-6.26	6.50						
26	Bolton Vets	3.55	-6.54	2.43	3.25	0.19	-3.28	76	Fellandale B	-4.21	5.13	5.14	-5.09	2.55	-3.52						
27	Rosendale C	0.15	-1.28	-1.27	-5.29	4.42	3.26	77	Clayton Vets X	8.00	-5.28	0.56	-11.51	6.28	1.56						
28	Kendal Vets B	-1.21	0.48	-3.54	-5.36	6.03	4.00	78	Rossen Ladies	1.25	7.04	2.56	2.49	-5.39	-8.35						
29	Dark Peak B	-0.33	-4.33	-3.43	0.55	4.19	3.35	79	Denby Dale Mix	8.44	-14.32	9.05	3.03	-0.22	-5.57						
30	Rochdale A	5.13	0.48	-3.51	-4.51	2.16	0.25	80	Ilkley H Mix	7.13	-0.08	1.37	11.28	-14.50	-5.20						
31	Keigh & C Vets	-0.13	-1.36	2.16	1.40	-0.04	-2.02	81	Old Rishworth	-8.52	7.58	-6.35	0.04	8.29	-1.04						
32	Spensoro' A	0.21	1.16	1.19	-4.08	-3.59	5.10	82	Halifax H Lady	3.13	-1.42	-4.24	6.28	6.43	-10.18						
33	Horwich Vets	3.40	0.54	2.22	-6.28	2.03	-2.31	83	Pudsey Pacers	-12.17	12.39	9.12	3.26	-21.52	8.52						
34	York Acom	7.08	5.42	-15.26	4.59	-2.05	-0.18			18.97%	16.56%	10.77%	18.79%	15.50%	19.41%						
35	Fellandale A	-1.55	5.16	-3.01	3.33	5.27	-9.20														
36	Clayton Vets B	0.29	-0.50	2.15	1.45	-8.26	4.47														
37	Dewsbury RR	-8.19	-3.11	5.46	-4.54	3.32	7.06														
38	Bingley B	-3.56	-1.15	2.58	-2.00	8.50	-4.37														
39	Pud & Bram Mix	2.06	-5.06	-8.17	11.54	-9.29	8.51														
40	Holme P P Mix	11.42	-12.25	-7.26	5.45	-7.25	9.48														
41	Kendal A	4.16	-3.52	2.07	-2.06	1.06	-1.30														
42	Settle H	3.29	-1.02	1.31	-1.36	6.10	-8.32														
43	Valley St A Mix	-7.51	-1.08	-3.19	12.42	-2.19	1.54														
44	SKRAC	-5.36	0.22	0.01	4.57	4.23	-4.06														
45	Saddleworth Mix	-2.35	10.49	-1.57	-0.28	7.41	-13.31														
46	Dark Peak Lady	-1.18	-6.27	-0.30	1.51	-0.30	6.55														
47	Bingley Ladies	-1.41	2.26	0.35	3.44	-3.17	-1.47														
48	Saddleworth A	-1.40	3.31	-0.36	1.20	3.31	-6.06														
49	Valley St B	4.02	-2.48	2.02	-9.37	3.59	2.23														
50	Abbey Nat	-0.27	6.37	1.38	-12.02	-8.21	12.34														

A negative number is the time in minutes and seconds lost for your team. A positive number is the time gained for your team. This is based on an average of the percentage each leg time is of the total time for each team.  
 Sorry, teams taking more than 9 hours 5 mins are not calculated.



## Whiteman in the Himalayas ....

It's 5am on Friday the 9<sup>th</sup> of November and after a 4am wake up call, Myself and 26 other lucky people are on our way by coach [well a Kathmandu bus] to a place called Jiri, nine and a half hours away, on mostly single track road Where our Everest experience will begin.

We have been in the Hotel Shankar [ yes rhymes with!] for 3 days and are eager to be away from the smog. The Early Birds set off 2 Days ago with "The Arun Birds", two groups with about 28 persons in each plus sirdars and sherpas totalling 58 to each party!! Our group has two leaders and three doctors, so we are well looked after, they are busy from day one, tending to chest infections and the trots!!

Our travel bags have all been weighed [12kg max], our sherpas each carry three of these plus a tent! I don't know how they do it! Some carry in bare feet others in flip flops, the lucky ones have trainers!

We trek for 9 days through the foothills climbing through some high mountain passes [up to 3,500m] but generally always descending to a lower level to camp, our tents are large 3 man tents, I have been lucky my tent buddy arrived in Kathmandu , rang home, turned round and got back on the plane again!! This means that I have the tent to myself all the way to Namchi Bazaar.

The scenery is always dramatic, but the high peaks elude us for most of the time. The trail is alarmingly busy, with both Trekkers and porters & mule trains, which kick up clouds of dust that gets on our throats. We stop along the way at a variety of tea houses [Dos holes!] for lemon tea, it's very tasty just don't look at the cup it's poured into! The sheer poverty of the people is "in your face" although they are always cheerful and friendly towards us.

At Jumbesi we enter a beautiful wide valley with pretty houses and a large Tibetan monastery, this was something from another world, If you saw the film "7 years in Tibet" you will know just what I'm talking about, We spend several hours here learning about the Buddhist culture and are all finally blessed by the head llama [they charge you only 5 rupees for the experience! *(You should have paid him 10 Pete you might have won)*] One of the monks we talk to has just arrived, he has escaped from Lhasa in Tibet and has walked over the mountains for 15 days to reach here, he makes us all feel quite humble.

Two days from Namchi we pass below the village of Lukla, this is where the airport is [and I use the term airport very loosely!] more about that later.

After 8 days I am now beginning to feel quite grotty, a wash would be welcome, but It's only one day to Namchi, we have each been given a tube of "dry wash" anti bacterial soap but everyone is beginning to smell!!!

The day into Namchie is a long one and we are awakened by the sherpas with "bed tea "at 5am, by 6am we're having our porridge and egg omelette breakfast in the mess tent, we have noticed that the morning air is getting cooler as we approach the 3,000m mark. The secret is to eat as quickly as possible before everything goes cold!!

Our team is now beginning to bond and a group of 5 of us are now playing cards regularly each day. There's Trevor from Winslow, David from the Wirral, Malcolm from Holmfirth and Brian from Bristol. Better known as the 5 Trevors as that is the only name I can usually remember!

I am walking with Brian, he goes at a steady pace and the altitude has not started to affect me yet, but I am struggling to shake of this cold and throat infection along with half the others, so steady away is the name of the game!

The trail to Namchi has become very busy since Lukla , it's also become much dustier with the dry mountain air, Yak trains coming up and down the trail are becoming a hazard.

We arrive at Namchi at 3 in the afternoon, after a tough 800m climb through pine trees to just above the tree line.

Diana the tour leader greets us and allocates us with our "hotel" The "Thamserku," a positive oasis, We immediately order a plate of chips and a pizza , which is all cooked by Pemba the hotel owner, on paraffin pressure stoves stood together on the floor of the dining room! The room rate per night is 100 rupees [one pound!] as I now have a room Buddy, Jack, we will share this cost. We have our own honesty book provided by Pemba, every thing we eat , drink, or shower has to be written in, and is paid at the end of our stay. The room has a large bed on which we lay out our sleeping bags, there are no washing or toilet facilities in the hotel! These are outside at the front—2 toilets and 2 shower units.

We have a shower as follows , speak to Alister [from Holland] who fills a large bucket with warm water, which he pours into a small tank on the roof of the shower block. I get inside the shower gratefully and just hope I can get myself clean before the water runs out! It's heaven! I feel like a new man now, I go back inside and order another pizza. Pemba our host is a lovely woman, she cooks for everyone from 7am to 9pm without a break, she is 5 feet tall and was the first Nepali woman to "summit" Mt. Everest. We are all impressed by her charm and enthusiasm for everything.

We have two nights in Namchi [3,500,] to help us acclimatise and this proves to be a welcome break from trekking, I am the first to get my clean laundry back, everyone is envious of my clean appearance!! It's time to visit the flesh pots of Namchi ! The bakery is brilliant, its run by 2 Chinese, they have delicious cakes and cinnamon rolls, not to mention the pizzas! The main bar is across the narrow cobbled street [watch out for the Yak trains!!] it's also the cyber cafe, laundry and shower room. [I didn't drink the beer till after the race] some of the runners were to regret this place later! The streets and market areas are full of Tibetan traders who enter Nepal illegally, Dark red faced people, who usually have a red sash in their hair, some look quite fearsome.

The tiny shops are selling lots of trekking gear and I purchase a fleece liner for my sleeping bag, its getting cold up here! I also hire a pair of bright orange salopettes which become the subject of much amusement!

The weather pattern on route has been much the same each day, blue sky early but cloud building up about 11am. Above Namchi this all changes and its mostly clear skys with matching cooler air temperatures.

After 3 days in town we are all anxious to be on our way, the next time we see this place will be at the end of the race!

### Monday 20th November

Only 6 miles today ,we are heading to the important monastery of Tengboche 3,850m, a mystical place shrouded in mist when we arrived. We Watch the monks perform their religious service again, much banging of gongs and cymbals and blowing of horns. We descend a short distance below the monastery to our camp site at Deboche, it's already getting cold and I put on my Duvet and salopettes for the first time ,fortunately tonight we are eating inside the tea lodge, it's warm and cosy and we soon settle down to some serious card playing. The food whilst on the trek has been generally good—till now, I think the cook's fed up and want's to go home! We have dalbat, rice and curried potatoes, — ok occasionally but we had it every night after Deboche until the start of the race!! We simply had to eat it and not think too much about it. Must mention the Water.

Our Sirdar is well organised and we have been drinking treated water since Kathmandu. The thing is at this altitude you need to drink 4 litres per day at least! The problem is it makes you pee all night long! Our leaders have made things a little easier for us by providing us with "1 litre pee bottles" for use in the tent at night, saves some chilly exits from the tent in the middle of the night! I managed to fill it four times one night!! Camping at altitude is not good for your sleep pattern, After Namchi I did not sleep well at all and had some weird dreams, apparently this is quite normal.

The next day we had some fantastic views of Ama Dablam 6,812m a stunning peak that stands alone from the rest. We moved slowly higher to Dingboch 4,260m where we spent two night acclimatising, all uphill movement is now an effort, We are treated to our first clear views of Everest, Nuptse and Lhotse, I cannot believe such a sight and take lots of photo's, Very cold at night now -8c in the tent, the water bottle froze for the first time, all beginning to look like wild men [and women] again,—I need a shave! And a wash! Our next destination is Lobuche, but first we visit the Himalaya rescue clinic at Pheriche. About a one hour walk away, We are greeted by the senior doctor there Judy Kline who lectures to us for half an hour about the perils of altitude sickness. The clinic has been in operation since 1973 and has saved the lives of hundreds of trekkers. The golden rule is ascend slowly, with lots of rests and for every 300mts of ascent acclimatise for at least 24hrs.

We have arrived at lobuche—the end of the world as we know it, there is a gale force wind blowing and our tent is full of sand [ the sherpas had not closed the door]. It's freezing cold, Jack my buddy is ill and climbs into his sleeping bag, I head over to the tea lodge— a

big mistake, it is the tea lodge from hell!! I am given a lemon tea in the filthiest mug I have ever seen. It's too cold to go back to the tent so I sit looking at the pot for an hour and then retreat to the tent. God its cold! Stewart has just checked his thermometer its  $-14^{\circ}\text{c}$  already!

The visit to the camp toilet defies description, after the first time many refuse to return. We have our meal in the mess tent, everyone is cold, you get frostbite just handling the cups and plates,! It's Dalbat again - what am I doing here?

One of the trip highlights is tomorrow and I am pleased that I am feeling in good shape, the chest and cold feel better and I have no altitude problems. Kala Patar will be the highest point reached on the trip . At 5,545m it is some 345m above the start line at Gorak Shep.

A beautiful clear cold morning see's us on our way up the side of the Khumbu Glacier ,this place is awesome, a chaotic area of boulders and moraine. The glacier itself is covered in debris, and we can see deep crevasses. We arrive at Gorak Shep in 2 hours, it's a short descent to what is the dried up bed of a glacial lake, this will be our final camp area and race start. Today I am moving so slowly that when the others decide to stop at the lodge for tea, I continue alone across the bed of the lake and commence the ascent of Kala Patar. The lack of oxygen makes for really slow progress, there are lots of people on the mountain and up ahead I can see more of our group. Its only 300m to the summit but it takes 2 hours! The rewards far outweigh the effort, I am treated to a 360 degree panorama of peaks, glaciers and lakes, really awesome.

Directly in front is the dark black triangle of Mt Everest [sagarmatha [chomolungma] 8,848m Nupse to the right looks taller but is almost 100m lower, the west cum glacier looks chaotic as it spills into the khumbu, 2 gigantic rivers of ice moving slowly along. This is the place we thought at times we would never reach, in many ways it eclipses the Marathon for me, at least. The others gradually arrive at the summit and it's a real party atmosphere, we take photos and there is laughter and cheers as each new member makes the top!! The sun is quite warm and we are reluctant to leave, but time is pressing and we have to return to Lobuche 3hrs back down the valley. A good day for acclimatising!

It's a cold night in the mess tent once again, it's also dalbat, thank god there's only one more night after this one before the race.

### Saturday 25th November

A warm sunny morning greets us, but during the night it was so cold that Jacks pee bottle actually froze !! obviously not of the same quality as Yorkshire pee ! This is the morning we all have our pre race medical , we are made to walk a straight line, remember our date of birth, what day is it etc. have our chest sounded [that's a laugh]. I have a bit of a thick head this morning, it's been along night. I am informed by Stewart that it was  $-14.5\text{c}$  last night! I make a big effort today, it's clean undies and brushed teeth before we start walking, I feel much better now. It's a 2hr walk in to Gorak Shep and I walk slowly through the thin air. At 12-30 we arrive at the camp which has been set up on the "beach" We head straight into the Tea lodge and order pizza and

chips, delicious so we order the same again!! Outside the lodge we see a large store of aluminium ladders, our host in his wisdom, hires these out to Everest expeditions for crossing the glacier ice field [base camp is 2 hrs away]. After lunch we have a practice start, We call out our race numbers to the starter so he can check we are all there! There are 64 starters which include 9 Nepali's, The race favourite Hari Ra is a professional runner who we have not seen until today! At least 9 people have not made it due to sickness most are down the mountain In Pheroche. I suggest that the ones who have made it to the start should get the medal now! The runners think this a great idea but the organisers look at us with blank stares!! Overnight I have the best sleep in 4 days,

### Sunday 26<sup>th</sup> November

I am awakened by the noisy sherpas at 4-30am, By 5am they are delivering bed tea and hot porridge through the door of the tent. Poor Jack looks miserable he has had a lousy night, coughing and spluttering, unheard by me! We pack our bags and are ready to go to the start at 6.50am. It's been a relatively warm night only-10c! 7am on the start line, words of encouragement all round, I am stood next to Phillipe a guy from France who has done long distance events across the Sahara desert! He looks in good shape, I have him marked along with a few others as one to look out for.! The whistle blows, we're off!! The charge across the beach lasts for 30 seconds then everyone hits an invisible wall! Bang! and start shuffling up the slope of the glacial moraine, This is good because it gives me chance to warm up steadily, It was-8c at the start but almost immediately I feel overdressed! And have to start removing gear. It's a steady jog down to Pheroche, I plod along with Stewart and Brian. It's 14 miles to Tenboche Monastery, where the race will really start, my plan is to run comfortable to there and see what happens! At Tenboche I catch Phillipe and Stewart just in time for hot rice pudding and a warm drink. The food and drink hit the spot, Whiteman is off !! like Popeye the sailor! On the 300m descent to the river we drop Phillipe, Stewart starts taking off gear so I start the 500m climb to Sangnasar alone but feeling ok and going well. About 100m from the top I pass David, Zac and Jed, they have stopped to help Jonathan, one of the runners who has blown up!! At the check point at the summit I am caught by Zac and David, a quick drink of water and I'm off -Zac passes me along with Jed and I hang on to them grimly as we follow a good undulating trail to above Namchi, the next check 3miles away. At Choku we look down into Namchi and the finish, the problem is there are still 6 miles to go!. We set off on what is called the Thamo loop, it's a 3 mile run out and back along the same trail, the problem is, it feels like uphill all the bloody way!

1mile on and we pass Samantha [2<sup>nd</sup> lady] she's from Durango, Colorado USA, she's played cards with us several times along the trail, It's good to see her so well up in the field.

Several runners now start to pass us coming back from Thamo, this gets a bit depressing but we all exchange words of encouragement with each other and give out a few "high fives". The last check at Thamo, The marshals are great, they really pick our flagging spirits up! Jed has by now disappeared and Zac and I decide to run into the finish together.

It's tricky descending into Namchi, the track

becomes a series of steps which seem to go downhill forever, with jelly legs and heaving lungs we run through the finish with arms held high, great, we've survived, 25<sup>th</sup> place in 6.48 - one of the hardest events I've ever taken part in! A cup of tea tastes wonderful, even better when Diana presents me with my gold medal [well, it looks like gold anyway!]I creep back up the steps into the Thamskerku and ask Alister to "prepare my shower" wow! I struggle up the stairs to find some clean gear, this is going to be like heaven!!

We spend Monday eating and relaxing and some of us visit the local barber for a shave, we're beginning to look like normal human beings again! (So what's happened since you've come back Pete. Ed)

### Wednesday 29<sup>th</sup> November

An uneventful trip back to lukla, and the airport, this comprises a 600m runway angled down hill at about 15 degrees and covered in Chipping's, at the end of the runway it's a 700m drop into the river valley below.! Our camp site is right at the side of the runway so we can watch the small aircraft take off and land, what a site! [frightening]

### Thursday 30<sup>th</sup> November

It's 6am and we're in the thick of a mad scramble for seats on the "yeti airways" plane which is taking us back to Kathmandu, we step gingerly over the cans of San Migul which have fallen out of the aircraft and are scattered about the runway! In the distance I can see a lone policeman with a whistle which he keeps blowing, keeping the locals at bay whilst our plane takes off. We grip our seats as we charge down the runway, we cheer as the plane lifts off with the cliff edge in sight, we are on our way home, back to Kathmandu, warm showers and food. The end of the travel experience of a life time.

### Results

1 <sup>st</sup> Hari Roka	Nepal (new record)	3-50-23
<u>1<sup>st</sup> Great Britain and 1<sup>st</sup> vet O/40</u>		
12 <sup>th</sup> place overall	Garry Owens	5-20.00
<u>1<sup>st</sup> lady Great Britain</u>		
20 <sup>th</sup> place overall	Dawn Scott	6-28-46
25 <sup>th</sup> place overall	Pete White	6-48.00

60 Runners, 5 runners were allowed to start from Pheriche, but were not given medals, abit mean by the organisers in my view.

And finally:

From Jiri to Kala Pater,  
We wandered both near and afar,  
From Gorak Shep at the start,  
with a cough and a fart,  
It all ended in Namchi Basaar!!

Pete White

Calder Valley Fell Runners

Name	Handicap 2000	Handicap 2001
<b>WINNER</b>	<b>1</b>	<b>1.00</b>
Gary Webb	1.10	1.18
Andy Clarke	1.11	1.20
Dave Powell	1.16	1.20
Dave Hyde	1.23	1.21
Dave Beeis	1.21	1.21
Bill Johnson	1.12	1.22
Alistair Sherriffs	1.13	1.22
Darren Partridge	1.18	1.22
Jeff Winder	1.15	1.22
Rob Skelton	1.12	1.22
Steve Houghton	1.14	1.27
Duncan Thompson	1.13	1.28
Wayne Brown	1.18	1.28
Brian Horsley	1.22	1.31
Chris Robinson	1.19	1.31
Mike Wardle	1.29	1.34
Rod Sutcliffe	1.26	1.34
Jon Wilkinson	1.25	1.34
Carl Greenwood	1.24	1.35
Jez Wilkinson	1.25	1.35
Dennis Gildea	1.16	1.35
Richard Allen	1.28	1.35
Richard Kellett	1.27	1.35
John Murray	1.26	1.36
John Crummett	1.30	1.36
Steve Hoyle	1.31	1.36
Andy Carnochan	1.34	1.37
Graeme Woodward	1.29	1.37
Frank Mallinson	1.29	1.40
Allan Jones	1.33	1.40
Gerry Symes	1.29	1.40
Andy Thompson	1.34	1.41
Sean Birtwell	1.26	1.42
Richard Henderson	1.28	1.43
Pete White	1.43	1.44
Greg Houghton	1.21	1.46
Ian Law	1.32	1.46
Simon Towler	1.32	1.50
Eddie Proctor	1.46	1.50
Grahame Fry	1.45	1.50

Calder Valley Fell Runners

2000 2001

Paul Frechette	1.43	1.52
Mick Banks	1.52	1.52
John Riley	1.44	1.53
Tony Bradley	1.40	1.55
Phil Swaine	1.34	1.55
Linda Cooper	1.50	1.55
Steve Cavell	1.55	1.55
Kevin Barker	1.55	1.55
Thirza Hyde	1.46	1.59
Helen Wilkinson	1.58	1.60
Graham Spencer	1.43	1.60
Adam Baker	1.30	1.60
Janey Pickles	1.61	1.61
Geoff Bell	1.29	1.66
Steve Coey	1.28	1.66
Stewart Gardner	1.29	1.70
Charlotte Roberts	1.58	1.70
Mike Bell	1.61	1.70
Val Bell	1.90	1.90
Rose Carnochan	1.90	1.90
Bob Davies		
Cath Brierley		
G. Hughes		
Jess Palmer		
John Simpson	1.31	
Paul Cleary		
Pete Horne	1.29	
Pete Regan	1.49	
Pete Round	1.29	
Philip Moorhouse	1.40	
Russell Arrandale		
Chris Godridge	1.18	
Steve Kirkbride		
Sue Palmer		

HANDICAPS  
FOR 2001

# CLUB CHAMPIONSHIP RACES 2001

## SHORT.....

ILKLEY MOOR ..... AS ..... SUNDAY FEBRUARY 29th  
BLACKSTONE EDGE ..... AS ..... WEDNESDAY MAY 9th  
SADDLEWORTH ..... AS ..... SUNDAY MAY 20th ..... ENGLISH Pre-entry by 14th May  
EDALE COUNTY DAY ..... AS ..... SUNDAY JUNE 10th  
BUCKDEN PIKE ..... AS ..... SATURDAY JUNE 16th  
WIDDALE FELL END ..... AS ..... SATURDAY SEPTEMBER 15th  
THIEVLEY PIKE ..... AS ..... SATURDAY SEPTEMBER 29th ..... ENGLISH

## MEDIUM.....

BLACK COMBE ..... AM ..... SUNDAY MARCH 11th  
NOON STONE ..... AM ..... SATURDAY MARCH 3rd  
HALF TOUR OF PENDLE ..... AM ..... SATURDAY MARCH 24th ..... ENGLISH Pre-entry by 17th March  
CONISTON ..... AM ..... SATURDAY MAY 5th ..... BRITISH/ENGLISH  
Pre-entry by 21st April  
INGLEBOROUGH ..... AM ..... SATURDAY JULY 21st  
BEN NEVIS ..... AM ..... SATURDAY 1st SEPTEMBER ..... Pre-entry by 1st July  
LORDSTONE/WAINSTONES ... AM ..... SUNDAY NOVEMBER 18th

## LONG.....

GISBOROUGH MOORS ..... BL ..... SUNDAY APRIL 8th  
DUDDON ..... AL ..... SATURDAY JUNE 2nd ..... BRITISH/ ENGLISH  
KINDER TROG ..... BL ..... SUNDAY JUNE 24th  
HOLME MOSS ..... AL ..... SUNDAY JULY 29th  
SEDBERGH ..... AL ..... SUNDAY AUGUST 19th ..... ENGLISH  
PERIS HORSESHOE ..... AL ..... SATURDAY SEPTEMBER 22nd  
PENTLAND SKYLINE ..... AL ..... SUNDAY OCTOBER 14th

## GRAND PRIX....

BUNNY RUN 1 ..... CS ..... TUESDAY APRIL 3rd  
BUNNY RUN 3 ..... CS ..... TUESDAY APRIL 17th  
FLOWER SCAR ..... AS ..... WEDNESDAY MAY 2nd  
WAUGHS WELL ..... AS ..... TUESDAY JUNE 5th  
STOODLEY PIKE ..... BS ..... TUESDAY JULY 10th  
WHITTLE PIKE ..... AS ..... WEDNESDAY AUGUST 1st  
CROW HILL ..... BS ..... TUESDAY AUGUST 7th  
ARNCLIFFE GALA ..... AS ..... SATURDAY AUGUST 11th ..... BEST 6 RESULTS FROM 8 RACES

## WINTER LEAGUE....

SHEPHERDS SKYLINE ..... BM ..... SATURDAY NOVEMBER 3rd  
LORDSTONE/WAINSTONES ... AM ..... SUNDAY NOVEMBER 18th  
RIVOCK EDGE ..... BM ..... SUNDAY NOVEMBER 25th  
STOOP ..... BS ..... SUNDAY DECEMBER 16th  
COLEY CANTER ..... DATE TO BE CONFIRMED  
AULD LAND SYNE ..... BM ..... MONDAY DECEMBER 31st  
GIANTS TOOTH ..... CS ..... TUESDAY JANUARY 1st 2002  
CLUB HANDICAP ..... BM ..... SATURDAY JANUARY 26th 2002 .... BEST 5 RESULTS FROM 8 RACES

**BOB GRAHAM CELEBRATION WEEKEND - JUNE 30th - 31st 2007**



This is now a definite date so put it in your diary. Pete will be away until early May but if you need anymore info you can ring me or Rod Sutcliffe and if you haven't let us know whether you are coming please give us a bell. We're just trying to get an idea of how many people might be around that weekend.



**CONGRATULATIONS ...**  
to Rose and Andy Carnochan on  
the birth of their baby daughter  
Anna



..... **AND TO BIG KEV**  
**WHO HAS JUST CELEBRATED**  
**HIS 50th BIRTHDAY**  
**QUIETLY!!!!**

**A Big Thank You**

..... to all the CVFR Members who turned out to help Duncan at Boulsworth. The race was a great success again with over 200 people running with the proceeds going to Rossendale Mountain Rescue Team. There will be a detailed report in the next newsletter.

**TUESDAY NIGHT TRAINING AGAIN ....**

Tony is planning to get up to Stoodley by torch light again this year and has suggested that we keep putting our fell shoes in the car along with our head torches and the first bright training night that we have in February we can head up the fell.

He is also planning an away run early March (depending on his shifts) from Huddersfield so please keep looking at the board or give him a ring. He won't be working nights but early and late shifts as he's changed his job.

*(P.S I went to the running track for the first time last week and if you won't abit of advise DON'T GO (only joking Tony) - if you won't to get fit there's is a little man timing you around the track and shouting encouragement at you (well at least I think that's what it was!!). It's really hard work but you are all working together and helping each other (up off the track) and there's some different people from other clubs for you to chase or in my case to keep in sight. So come on give it a try.*

Thirza.



**2001**

**THE MANX MOUNTAIN MARATHON .....**

is on with at least half a dozen of us interested. We are very close to getting the Bed and Breakfast places sorted out and are looking in to the travelling arrangements. Dave and myself are going Friday and coming back either late Monday evening or Tuesday. If you want more info please give us a bell. There's a beer festival and some people are off walking rather than running.

Thirza