



calder valley fell runners

# SHEEP SHEET

.... January 2005....

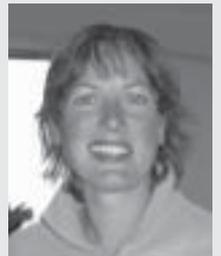
## ON COMMITTEE



**CHAIRPERSON**  
Rod Sutcliffe



**SECRETARY**  
Jo Smith



**TREASURER**  
Cerys Davies



**CLUB CAPTAIN**  
Andy Clarke



**LADIES CAPTAIN**  
Sarah Noot  
(Swoots)

## CVFR Presentation Evening and Dinner



Mount Skip Golf Course  
Saturday 29th January

Menu details and booking form inside this newsletter



## CLUB HANDICAP RACE



Saturday 29th January - approx 6mls

Register at Mytholmroyd Community Centre

Race from Stubbs Field. First runner off at 1.00pm

## SUBS ARE DUE .....



and the reason why we had to put them up

We'll I'm afraid it is that time of year when you have to dig deep into those pockets and fish out a tenner .... A **TENNER** did I hear you right it only used to be seven quid. Ah yes but all things go up in price I'm afraid and we are no exception. The club subs have been seven pounds for a fair few years but the club expenses are going up and here is a break down on where some of your money is getting spent. We have been subsidising club vest by about £2.00 a vest but they have gone up in price again. Our North of England Subs (we can't do without this now as this is the body we use through the FRA to get club races insured) are £3.00 a member now. They only used to

be a £1.00 until last May. The newsletter was over £400 so that work out at approximately £4.00 a member a year (quarter of club now having newsletters electronically so this should come down abit - this newsletter is important for communicating). Calderdale Way at £42 per team (3 teams in), FRA relay at £32 per team (3 teams in). We used to collect the cash from each person that ran in the relays but it was such a ball ache. Some clubs still collect this on top of their subs ... so really it isn't so bad and it should stay this price for a fair bit now. Most of us spend more than a tenner on a night out and you get me taking the piss for a whole year instead. Bargain. Thirza

**ANY ARTICLES FOR NEWSLETTER PLEASE**

email:- [thirza.dave@virgin.net](mailto:thirza.dave@virgin.net) or tel 01 422 343736

**ANY COMMENTS OR INFO FOR WEBSITE**

email:- [carlgreenwood@hotmail.com](mailto:carlgreenwood@hotmail.com)



**WEB OFFICER**  
*Carl Greenwood*



**PUBLICITY OFFICER**  
*Allan Greenwood*



**SOCIAL SECRETARY**  
*Clare Kenny*



**EQUIPMENT OFFICER**  
*Alec Becconsall*



**STATISTICIAN**  
*Bill Johnson*



**MEMBERSHIP/SHEEP SHEET ED**  
*Thirza Hyde*

# RACE RESULTS ....

## Shepherds Skyline - Saturday 6th Nov 2004 6.25mls/1150'

			Medium	Rating	improvement rating from 2003
1	Ian Holmes	Bingley	44:01	-	-
2	Karl Gray	CVFR	45:16	1.04	0%
3	Lloyd Kellet	K& C	45:25	-	-
10	Andy Clarke	CVFR	47:46	1.10	-1%
13	Richard Greenwood	CVFR	48:14	1.11	0%
33	Dave Beels	CVFR	51:54	1.19	2%
34	Bill Johnson	CVFR	51:56	1.19	0%
35	Sally Newman	CVFR	52:03	1.20	0%
(1st lady and new record)					
46	Rob Sharratt	CVFR	52:44	1.21	
74	Rod Sutcliffe	CVFR	56:27	1.30	0%
77	Barry Shaw	CVFR	57:16	1.31	-4%
85	Steve Smithies	CVFR	58:16	1.34	
97	Graeme Woodward	CVFR	59:56	1.38	-6%
102	Allan Greenwood	CVFR	60:25	1.39	0%
107	Ben Davies	CVFR	60:43	1.39	-
133	Jackie Scarf	CVFR	64:25	1.48	2%
145	Ivor Noot	CVFR	65:56	1.51	-
150	Dave Culpan	CVFR	66:23	1.52	-1%
152	Adam Baker	CVFR	66:49	1.53	-
188	Mark Everington	CVFR	72:14	1.66	15%
209 finishers					



This tough local race was run under the usual conditions of a misty day with plenty of "soft" going underfoot. Always a popular race it follows the skyline ridge from the Shepherds Rest pub near Mankinholes along to Stoodley Pike,

down to London Road and then a stiff little climb back up onto the same skyline ridge and back in the same mud. Both of our top runners had an excellent race with Karl just a minute behind top international Ian Holmes and Sally 'Our Top International' had a blinder to break the record in such slippery conditions. With Andy Clarke and Richard Greenwood in hot pursuit the men were second team home. We then went to the pub for a beer and the prize giving. We had to help Sally back to her chair with all the goodies that she won and then of course help her out with a nice box of chocolates!!! Taste a bit funny with beer though!!! Thirza

## Great Whernside - Saturday 13th Nov 2004 4mls/1555'

			Short	Rating	improvement rating from 2003
1	Simon Bailey	Mercia	29:00	-	-
2	Rob Jebb	Bingley	30:44	-	-
3	Danny Hope	P&B	:31:34	-	-
6	Karl Gray	CVFR	32:41	1.02	1%
27	Helene Diamantides	Carnethy	38:35 - 1st lady		-
38	Carl Greenwood	CVFR	40:25	1.26	-1%
39	Rod Sutcliffe	CVFR	40:27	1.27	1%
40	Barry Shaw	CVFR	41:06	1.29	-5%
44	Jo Smith	CVFR	41:25	1.30	-
56	Sarah Noot	CVFR	44:11	1.38	-9%
82	Thirza Hyde	CVFR	50:07	1.57	-10%
92 runners					

This was the first running of this fast race. Well it is fast if you are fit and have the lungs for it!!! I can never understand this I can talk faster and louder and more than the best of them but when it comes to running well hell I just don't know where all the wind goes!!!! Think that might produce a comment or two!!!. The race starts from the camp site in Kettlewell and basically follows the footpath all the way to the top of Great Whernside and straight back down the same route. Very runnable but I am using my lack of fitness after my op as my excuse for the poor performance but I don't know what Sarahs excuse was. I managed to loose all my championships at this one race. Back to the pub for the prize giving only to find that that silly blonde tart Jo Smith had forgotten that she had moved clubs about a year ago and had entered as Dark Peak. Linda Crabtree notice this little mistake and corrected it so that we still won the team prize of a bottle of wine each. Good Race. Thirza



# HELP!

Required please with

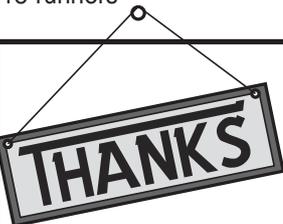
## THE TROG & THE HALF TROG.

SATURDAY FEBRUARY 12TH AT  
OLD TOWN CRICKET CLUB

I'll be sorting out marshals so can you get in touch as soon as possible and let me know if you can do a job for us. It might be that you can only spare an hour - that's fine. An hour is better than none at all. Cheers Thirza (tel 01422 343736 or email thirza.dave@virgin.net)

### Tour of Pendle - Saturday 13th Nov 2004 17mls/4250'

			Long	Rating	improvement rating from 2003
1	Paul Thompson	Clayton	2:20:51	-	-
2	Andrew Schofield	Borro'dale	2:20:54	-	-
3	Gavin Bland	Borro'dale	2:21:05	-	-
6	Adam Breaks	CVFR	2:33:02	1.11	9%
20	Richard Greenwood	CVFR	2:42:46	1.18	-
48	Jeff Winder	CVFR	2:59:09	1.30	-
50	Tricia Sloan	Salford	3:00:56	- 1st lady	-
61	Clare Kenny	CVFR	3:11:09	1.38	-
103	Dave Culpan	CVFR	3:52:03	1.68	1%
118 runners					



..... to all who have contributed to this newsletter by writing me reports on races etc. I can do the newsletter so much quicker as I'm not trying to make up stories and I'm sure it is much more interesting for the readers to read reports from others. Keep up the good work.....

### The Roaches - Sunday 14th Nov 2004 15mls/3700'

			Long	Rating	improvement rating from 2003
1	Malcolm Fowler	Pennine	2:05:09	-	-
2	Mark Hartell	Maccles	2:13:00	-	-
3	Stephen Pyke	Staffs	2:14:42	-	-
18	Jon Underwood	CVFR	2:30:57	1.24	1%
48	Liz Batt	Buxton	2:42:51	- 1st lady	
68	Brian Shelmerdine	CVFR	2:51:14	1.41	5%
79	Greg Houghton	CVFR	2:57:24	1.46	1%
134 runners					

It was very moist underfoot for this out and back race over the Staffordshire moorlands. There was ice in the puddles, but morning was warming up. The race starts in Meerbrook near Leek and begins by ascending Roaches edge and a direct route to Wildboarclough, turning at Shutlingsloe hill, with two visits to the valley floor each way. One of the visits takes you across a notorious river crossing, which was very tame, compared to some years. I was surprised to see Greg and Brian at this out of the way race, Brian arrived with only minutes to spare. My plan was to take the out easily, but not to slow too much on the hills, and then give it everything on the way back. On the turn there were miles between Malcolm Fowler and the rest of the field, but thick mud would keep him 10 minutes outside John Taylor's record. I did think for an instance that the rest of the front runners had got lost. I turned in 29<sup>th</sup> place. During the descent of Shutlingsloe I saw Brian who was climbing well. A bit later I saw Greg who was tiring (not exactly his words). I ran the two major climbs well taking places, losing one or two on the flat. I gave it a last blast through two fields of knee-deep mud and slurry, which left a lot floundering to take 18<sup>th</sup> place. Brian had a good run back but was slowed on Roaches edge and in the slurry by a sore knee. During the race the field was buzzed by rescue helicopters, it turned out that a boulder had detached itself from the top of the Roaches gritstone edge, hitting a climber. Mountain rescue, who were monitoring the race were soon in attendance. The climber only suffered bruising and shock.

Jon Underwood

## WELSH 3000'ers

I was also asked to arrange a return journey to the Welsh 3000ers, this has been delayed until June 18/19th due to Easter being early this year and clashes with other events such as Jura and Spelga. Again I think this is a good day out, and will give plenty of runners that endurance required for Wasdale three weeks later! I would encourage all runners to come and join in. But again communication and co-ordination is required as this is a point to point challenge with the possibility of splitting it up into shorter legs therefore you don't have to do all. Adam Breaks

# CALDER VALLEY SCORE EVENT - SUNDAY 21ST NOVEMBER 2004

Position		Total	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Control Points	Time
1	Mike Wardle	V40	199		25	20	25		15	20	20	20		20			40	205	3:03
2	Phil Scarf	V40	199		25	20	25	10	15	20	20	20	10	20		10	20	215	3:08
3	Karl Gray	M	171			20		10	15	20	20	20		20	20	10	20	175	3:02
4	Mark Hartell	V40	155		25	20	25	10	15	20	20	20						155	2:04
5	Rod Sutcliffe	V50	109		25	20	25	10	15	20	20	10						125	3:08
6	John Preston	V40	106	5		20		10	15	20	20	20						110	3:02
7	Barry Shaw	V40	105		25	20				20	20	20	10					115	3:05
8	Phil Cheek	V50	105		25	20	25	10	15		20							115	3:05
9	Richard Greenwood	M	104		25	20	25				20						40	130	3:13
10	Ben Davies	M	95		25	20	25		15			10	20			10		125	3:15
11	Richard Henderson	V40	92		25	20	25	10			20	10						110	3:09
12	Annette Morris	LV40	90	5				10	15	20	20		20					90	3:00
13	Trevor Smith	V60	67		25	20					20	10						75	3:04
14	Adrian Greenwood	M	62		25	20		10	15									70	3:04
15	Gerry Symes	V50	50	5				10	15	20								50	2:26
16	Ivor Noot	V60	50	5				10	15	20								50	2:39
17	Nick Harris	V50	50	5				10	15	20								50	2:49
18	Sarah Noot	L	45					10	15	20								45	1:58
19	Mark Everington	V50	45					10	15	20								45	2:31
20	Jo Smith	L	45					10	15	20								45	2:39
21	Chris Smale	V40	35				25	10		20	20	20	10					105	3:32
22	Keith Cadby	V40	34		25	20	25											70	3:18
23	Rose Carnochan	LV40	30	5				10	15									30	2:40
24	Peter Ehrhardt	V50	25		25													25	2:54
25	Andy Carnochan	V40	20	5				10	15	20								50	3:15
26	Cerys Davies	L	0															0	1:56
27	Adam Breaks	M	0															0	2:40
28	Andy Addis	V40	-5					10	15	20	20							65	3:32
29	Allan Greenwood	V40	-75		25	20	25		15	20	20	10						135	4:00
30	Andy Wardman	V40	-75		25	20	25		15	20	20	10						135	4:00
31	Clare Kenny	LV40	-125					10			20		20		10	20		80	3:59
No. of visitors:				7	15	16	12	20	21	16	11	15	9	5	2	4	3	2	

The second annual score event from Trough Farm was made significantly tougher than the previous year by melting snow on the ground, and hill fog reducing visibility to 20 yards. There were many exasperated voices in the kitchen afterwards, bemoaning between mouthfuls of chilli or cake the small number of controls that they had managed to find. On reflection, though, the difficulty on the day only made it more of an interesting challenge (he says hopefully, from the comfort of his chair!)

I used a slightly different part of the moors this year: putting controls in the area between Castle Carr and Warley Reservoir that had previously been considered out-of-bounds, and taking the more adventurous souls as far as Hambleton Top and the north end of Oxenhope Moor.

At first glance of the map for a competitor it would seem that planning which way to go would be easy: there were two lines of controls leading out to the further, scattered controls and then back again. I made these access routes on the moor relatively high value in order to reward those who did not take to the roads.

However selecting the best route in practice would not have been so simple. There was a choice of routes between almost every pair of controls, often involving a decision between the direct route or a longer but simpler route. The experienced navigators would be able to make the best decisions in the shortest time.

I spent many enjoyable days running over all this ground, looking for good control features. When the controls were all finalised, I ran the entire route, visiting all the controls. It took me 3:25, but I had the advantage of knowing where they all were and not having to think too hard about navigation, so I reckoned that it would

be a good enough challenge even for the top runners. I had spent a lot of time deciding on points for each control, to encourage a choice of routes. Even if the low-scoring #10 (the knoll below Warley Reservoir) was missed out, at least one other control would probably have to be left unpunched in order to get back in 3 hours. That was my theory anyway - the weather made it all a bit different.

The day before the event the sky was wonderfully clear, but there was a lot of snow on the ground. As a result it took me a long time to put the controls out. I went over each one several times in order to make sure that they were in exactly the right place. The dikes around #12 were mostly hidden under the snow, making it a lot harder to pinpoint than it had been in my training runs. The snow also slowed me down considerably, and I couldn't help thinking as I put out the furthest control, #15 on the far side of Oxenhope Moor, that no-one is likely to get out this far and was there any point putting this control out?

As it got dark on Saturday I still hadn't managed to get all the controls out. My car was almost locked in at Ovenden wind farm car park and I had to apologise profusely to the lady there before she would open the gate and let me drive home. When I got home I called Jon Underwood who wasn't running in the event but had said he would help me out. He kindly agreed to meet me at a far too early hour the next morning and help me put the last two controls out before getting back for registration. Jon then helped all day with registration and results. Thanks Jon - I couldn't have done it without you! Thanks also to Allan and Barry who had both volunteered to help, and arrived early to do so, but were not needed on the day.

And then the weather on Sunday. As the first stragglers - Sarah, Gerry, Cerys-- returned back from their runs we started to hear the stories of cold runners wandering blindly in the mist on Warley Moor. It sounded like there was a whole pack of folk looking for #8 (the stream gully). Controls like this one that were merely "tricky" in good weather became "fiendish" in the mist and snow. Cerys handed in a completely empty control card, and Adam just refused to hand his in! Sarah reckoned that Ivor would happily spend hours wandering around in the mist, so we might not see him for a while...

Then, despite all the difficult conditions and ignorant of those wandering lost, there were three tremendous displays of navigational ability. Karl Gray, in only his second navigational event, managed to get round the majority of the circuit of controls without too much difficulty, scoring 171 points (the average on the day was just 58 points). We knew he was fast, but it seems he can read a map, too!

About half an hour after Karl, first Mike Wardle and then Phil Scarf returned. Mike had got further than Karl, and had even visited the #15 that I thought would be untouched (Richard Greenwood also got there, but then found he had no time left to pick up many other controls on the way back.) Mike scored 205 points in controls, which was reduced to a final score of 199 after his time penalty for being 3 minutes over the 3 hours.

Phil Scarf, a top orienteer with EPOC, had incredibly managed to visit all but 3 of the controls, scoring 215 points. His time of 3:08 meant that penalty points brought his final score down to 199. Exactly the same as Mike's. The rules are that whoever has taken the shortest time wins - and so Mike was victorious. It couldn't have been closer. If Phil has been just a minute quicker he would have won. Perhaps the time it took him to get to the knoll of control #10 and away cost him the victory?

A tremendous performance from all three, with the added boost of finishing ahead of Mark Hartell, who is a frequent mountain marathon winner, runner of the 2<sup>nd</sup> fastest ever Bob Graham round (14hrs 50mins), holder of the lake district 24hr record, etc, etc. Admittedly Mark was only out for 2hours, but that's just a technicality.

The food (thanks to Anne) and company afterwards was excellent, as usual. I hope that after getting warm and rested again everyone could say they enjoyed the day. It was entertaining for me to hear the tales from the competitors of their experiences out on the moor.

Finally, has Andy Carnochan yet recovered from the embarrassment of being out-scored by his pregnant wife? He wasn't alone: several folk put down good foundations for winning the "most improved performance" at next years event. Cheers, Bill

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## Lords of the 'O' rings

I fancied having a go at Bill Johnson's navigation event, a low key three hour score from Bill and Anne's house, near Wainstalls. I mentioned it to Andy Wardman during lunch at work who said he'd like to tag on and learn to navigate. I told him there might be someone there who could teach him. After a fairly heavy snowfall on the Friday and subsequent freeze, conditions on the moors

would be tricky. Added to this, thick fog high up on the tops would make it doubly testing. .... Andy and myself arrived at Bill's very early as I'd been asked to help out with registration. As we walked across the yard, a hand was waving from an upstairs window. They say every Englishman's home is his castle so we reckoned the king was on his throne. As it happened it was Jon Underwood. A while later Jon came out of the kitchen with a steaming pot of tea. He was nursing an injury so had kindly offered to step in and help allowing me and Andy to get an early start. Karl Gray arrived as we were getting ready but we warned him against following our tracks in the snow! By 9-20am, as lots of other competitors were arriving in cars, we were handed our punch cards and course map - with checkpoints, or "controls" marked by red circles together with a description - and we set off down the road towards the Luddenden valley in search of a control. Leaving the road by a gap in the wall I very nearly earned an early bath as I stepped on an ice covered paving slab, performing a twist with a pike worth 8.2 which I put down to my wearing Tuf Pathfinders with the compass in the insole. The air was bitterly cold causing our breath to form as steam on the climb to Booth. Have you ever wondered what "It is cold enough to freeze the balls off a brass monkey" means? \* A long drag over muddy farmland took us to a stile onto the Calderdale Way path at the edge of a mist shrouded, Midgley Moor where the snow lay deep and crisp and even.

According to the description, control number 2 (we'd left no.1 for later) was sited in a gully. "Right Andy" said I, "I know exactly where it is; there's a gully up here". Onto the snow covered moor we bounded right up the length of a deep sided gully. No marker here so we decided to split up and search other gullies in the vicinity. Soon we gave up and retraced our steps to the stile. I took a bearing, pausing to let Andy see how I'd done it, then we were off again, up a gully much further to the right (or North). We thrashed around in the thick, snow covered heather for a few minutes, then I started panicking. According to the map, we were just about right (or was it North?) though the control seemed to have gone west. Andy was getting a bit down in the north and south so I gave in and set off toward the Calderdale Way path to go and find no.3. "It's there!" shouted Andy excitedly, as he pointed to a ghostly figure 200 yards away through the fog in the distance. "He just bent over into a ditch". We ran pell mell towards where the grey man had just took off from and, picking up his footprints in the snow, found the clip with ease. We punched our cards and shot back to the wallside path. Piece of piss this. If we can't navigate, we can follow snowtracks. Trapper John and Bingo that's us. Lucky thing I was wearing my raccoon skin hat with tail. Away we went in search of control 3, dragging juniper bushes behind to cover our own tracks. Along the wall to Garnett Edge where the icy fog was thicker then, following some studmarks, ran round in a great circle to Garnett Edge. Up Dimming Dale we went towards Hough Dean where we saw a dead Kestrel in the snow, a beautiful thing with bright yellow talons. Onto the rough moor on a bearing and as we ploughed through the deep snowy heather in the eerie fog, a massive owl swooped up and away. What a fabulous sight! Then we found no. 3, an equally fab thing to see. Andy commented that we needed eyes like a Hawk's to find these punches, but I made him put his Swiss army knife away and leave it be. Back to the path and Barry Shaw comes into view then disappears again in t'mist. No 4 is next, near Low Brown Knoll an area I know well. Running hard now we came to the familiar big peaty stream crossing we ford en route to High Brown Knoll, done countless times in training. We took a left towards the shafts from where we could bear off to the checkpoint, described as another bloody gully. As gullies go, however, I knew this one would be dead easy to locate. 20 minutes later, having been to High Brown Knoll Edge, we are retracing our steps down the compacted snow on Limers Gate, half a map square off route. Almost immediately we pass

Mike Wardle who unbeknown to us is destined for imminent greatness and his name in the local paper. For some reason he doesn't seem to want to stop and chat, let alone tell us where 4 is. We eventually find the gully after circumnavigating Low Brown Knoll three times, and land upon the sweet pea cane with a plastic punch attached by string. In reality it was a pig to locate, that is unless experienced super vet orienteer Trevor Smith of Tod Harriers is reading this, then it was a gollywog's cake walk, as he didn't find it – (*did I just hear trumpets?*) Nine was described on the key as a stream north of Bob Hill with the control on the South West bank. Soon we discovered that it was at the bottom of a deep gully, whilst 10 would a knoll top (hooray!!) but accesible by dropping into and climbing steeply out of – yes, another gully!

We had seen Barry at nine and agreed that we would choose different routes to the next nearest control rather than follow each other round. Andy and me climbed steeply out of the trench back to the catchwater so running a mile or so on the level drain side. Barry however dropped down to Upper Dean Head reservoir and up a soggy stream bed (Luddenden Brook). We all arrived at ten bang together !! After clipping we headed North West towards Fly Flatts reservoir, though we couldn't see either it or the windmills beyond. We or rather I, had chosen a direct line to the res. and it was hard going over the rough tussocky ground. Time was getting awful tight - like my soaking wet underpants - so we had to start heading back. I pointed at my map; "Look Andy", I said. "We are *here*' and Bills house is '*here*'. Opposite extremes of our map. We decided there and then to simply enjoy the rest of the route and get a few more bonus checks in en route. Andy said he was really starting to feel confident now and after almost 3 hours, he was warming up a bit. "These frozen streams are getting warmer by the hour", he chuckled. We made for Cold Edge Road and took a stile to cross Rocking Stones Moor. Check 8 was just off our route so we thought we'd bag it. This one was a stream gully, so it took us longer than we thought. Footprints, at first along our bearing, led us astray for a time and soon we began to get frustrated as every gully looked the same, filled with snow and ice but no wood stake or plastic clip. Even by splitting up and searching up the soggy dykes we drew a blank so we eventually had to give up. Our feet were hurting with the cold slush and ice, so we retraced our footprints. A glimpse of blue over to the right caught my eye and caused me to pull up sharply. It was Chris Smales of Tod Harriers standing in the gully, by the clip, reading his map! Ta Chris, next time wear a flashing neon light on yer hat! Clipped and away, on a bearing for Sleepy Lowe where we saw Andy Carnochan. He asked whether we'd been to eight, to which we pointed into the fog and I said "Yeah, just over there, piece of cake!" By now we were well over the 3 hours allowed and still having a great time though a long trek from base. Bill knew I had my mobile phone in the bumbag so there was no worry on his part so we agreed, why rush... why not get the miles in and enjoy it. Down to Castle Carr and along the lane to Wainstalls and on to Cat'y Well. Number six was gained with ease, though Rod spied us through some bushes so Andy farted to put him off our scent. Rod followed us to the pub then shot off down a lane to find five. I reckoned it much quicker to run up the road and off left through a stile to the checkpoint. Rod found it, while closer inspection of the map now shows we were in the wrong field. Up the road and steeply down to headquarters and we made it back, just 59 minutes over the allowed time. Mike Wardle won it while Barry got a prize for the best improvement since last year. We just might win that one next year ?  
*\*nb A Monkey was the name given to the brass rails used to hold cannon balls. In extreme cold the brass would contract quicker than the iron, causing the rails to move closer together and the cannon balls would be forced up and fall out. It was cold enough to freeze the balls off a brass Monkey.* Allan Greenwood

## Rivock Edge - Sunday 28th Nov 2004

??m/s/????'

			Medium	Rating	improvement rating from 2003
1	Lloyd Kellett	K & C	50:03	-	-
2	Phil Davies	Borro'dale	50:05	-	-
3	Mark Horrocks	Wharfedale	50:08		
19	Andy Clarke	CVFR	:54:01	1.11	-3%
27	Bill Johnson	CVFR	55:45	1.15	4%
41	Sharon Taylor	Bingley	57:36	- 1st lady	
68	Rod Sutcliffe	CVFR	60:57	1.25	3%
111	Philip Jones	CVFR	67:34		1.39
136	Ian Hartman	were CVFR	71.15	-	-
139	Mike Fatty Banks		71.46	-	-
168 runners					

A beautiful day for this race, though the race itself was a little disappointing. Originally advertised as 10miles/1500 feet, then down on the website as 9 miles, it was actually less than 8 miles, and most of this was along the canal and through fields with very little climbing. The route was not published anywhere, so none of us knew where we were going. Land access problems had apparently forced the changes. Having said this it was certainly a good speed session. Nice to see Ian and Mick back on the circuit. This is the second race I've seen them at recently, so perhaps we should get them back in the fold. Rod



**Has our chairman shrunk or is he being followed by a giant!!!!**

## Rivock Edge 2004

This race has always been fast and relatively flat, with a long, gentle run up from Silsden to Rivock Edge and then a long, gentle run back down to the finish. I had one of my best runs there a couple of years ago – in fact it was the last run when I felt fit, before 2 years of injuries— so I was keen to have another run there. Two years ago, several runners had mistakenly run into a farm, at a corner that wasn't marked very well, and the farmer had yelled obscenities at them and all the remaining runners who went past. So maybe it wasn't a complete surprise to learn that the race organisers had had to reroute the race because they no longer had landowners permission for the old route. Keighley & Craven's website said that as a result it had been shortened from 10 to "about 9" miles. There was also a new route description, although I didn't pay much attention to it since I don't know the routes it described, and decided to look at a route map at registration. Surely there would be one, since it was a new route? Disappointingly, the race organisers had no route maps up at registration, and there was no information about the new route at all. There wasn't even any confirmation of how far the race was going to be. There was a good turnout though – 168 folk. Mostly fell runners, but with some road runners as well, and surprisingly a purple vest of Borrowdale (Phil Davies). I thought it was a condition of joining Borrowdale that you ignored any race without a hill that Billy Bland would rate as worthy of the name?

We set off on a road for a short way and then along a canal path. No-one seemed keen to be propelled into the cold canal by an elbow, so there wasn't much overtaking on the canal side. Then after a mile or so we were finally running across the fields and up a short wooded hill. In the next set of fields there were some entertaining sunken streams amongst tussocks to send runners flailing and falling. Dave Woodhead was keenly taking photos of the out-of-control runners. Very quickly we came to the short climb up to the turning point at Rivock Edge, and then down through a pitch-black wood and back across the fields. When faced with a long, descending run at the end of a race, I often mentally set myself a target of overtaking a certain number of runners before the end. I'm better at downhill than uphill and it spurs me on, concentrating my mind on doing as well as I can. So I aimed to gain six places on the way back, and by the time I got back to the canal I had gained five. I'd accept that without having to resort to too much self-flagellation. On the canal path back to the finish the already fast pace picked up. I wasn't gaining on the runner in front and I had settled on gaining five places. I just hoped no-one would try to overtake me and force me to run any faster on the final mile or so to the end. I was out of luck: I could hear heavy but swift footsteps coming up to my shoulder and cries of encouragement from the Pudsey&Bramley locals to whoever was trying to overtake me. I forced myself to speed up and so did he. We both approached the Wharfedale runner in front of me, at which point the P&B guy behind kicked and overtook both of us. Determined not to lose a place, I followed him past the Wharfedale lad. To my surprise the P&B runner slowed and I got back past him as well: I'd gained my sixth! About 400 yards to go. Suddenly my body reacted to the pace and I felt like I was going to throw up. I was virtually doubled up as I tried to get to the line. I was desperate for the stomach cramps to wait until I'd completed the final strides. The Wharfedale runner came back past me, but the P&B runner didn't. We finished in the same positions we'd begun on the canal section, but with some more pain to show for it! I curled up on the ground at the end. I knew I'd run as hard as I could. In the results afterwards, the organiser said that the race as 7.4 miles with only 800' of climb. A bit different to the 10 miles and 1500' climb in the calendar! It had definitely felt shorter and faster. And more painful.

Bill Johnson

## Running with Mr. 100% By Andy Wardman



After our massive success at Bill's Orienteering Event - see results!! (Come on Bill we were only one hour over the time limit!). Allan Greenwood and myself, Allan being my running/training partner (now before I go on and before people start talking and mainly to put Linda's mind at rest! 1] Just because we both spend 37 1/2 hours a week at work together. 2] Spend 1-2 hours on Wednesday nights together. 3] Either Saturday or Sunday running together. 4] Sleep together in tents or in the back of cars. Take it from me "It really is just a running/ training partnership! Honest. Give me a 16-17 year old blonde 'Female Cutie' any day.....please) We both decided to put our efforts into doing the long distance walkers event 'Rudolf's Romp' over 23 miles in the Yorkshire Wolds. Now Allan keeps telling me the art of distance running is 'Receing' your course so you know every hill, stone, stream, wood, path etc., well that's the theory! Allan got the services of good mate Ian Hill of Bingley Harriers to help. Ian said he'd done it before so no problem! One week before the race we set out to do the whole course. Having left West Yorkshire in near perfect conditions, when we arrived on

the East Coast, it duly started to piss it down! Undeterred, we set off and Al soon got into his talking mode. Anyone who knows Al knows not even a woman can out talk or out fart him (with the possible exception of Thirza!!) and for the first 10-12 miles, that's all we got. I just hope he's taking it all in I kept thinking to myself. Ian informed us only about 15 runners run the race, the rest are walkers. We both said at the same time "We Could Win This" just as we say at every race! We got back in 4 hours 30 mins. Later soaked to the skin, but happy knowing now with 'Local Knowledge' next week we should do it in under 4 hours and WIN !!!

One week on, full of confidence we arrived at starting point. "Do you remember the course? Al asked me "Jesus I said I can't even remember where we parked the f.....g car" I replied. Ian was slightly out with numbers it was more like 250 runners and 15 walkers. 'Oh Shit' I said, "never mind were one up on most of these, we know the route," Al answered. Talk about famous last words!

At 8.30 off we went, we tucked in just behind the leaders and for the first 2 miles we were spot on. Then **bang** it happened. The leaders turned left through the wood. I followed - Allan shouts "Andy f...k em, they are all wrong". I'm 100% certain it's straight up. One lad followed us (numpty!) 100% positive "Al screams. It didn't look good no one else followed. Disillusioned I shouted to Mr. 100% "you go on I'm having a piss". Thinking nobody would be anywhere near us I stopped in the middle of the path, got it out and started peeing. Unfortunately, two women walking their dogs came towards me. Their eyes- met my eye and one bitch said "Morning Love we didn't think it was that cold today". Christ my face went as red as Rudolf's chuffing nose! I sprinted after Al with a nice warm feeling running down my legs.

At the top of the climb, we turned left downhill, immediately runners came uphill, passing us in the opposite direction - smirking! Allan screamed again your WRONG 100% WRONG. I must admit I had my doubts about Allan now. They'd cut a huge corner to checkpoint 3; we'd done an extra 1 1/2 miles and still a good 1/2 mile to go. We'd lost loads of places by now, walkers and pregnant women pushing prams were beating us. At one point I swear I saw Stevie Wonder and David Blunkett pass us. As we turned from checkpoint running back uphill it did cross my mind, had Ian devised this "The Crafty Bastard" so me and Al would not win it, he was miles ahead by now, don't forget he is a Bingley Harrier after all.

Mr. 100% now said, "You shoot off now Andy and leave me". In the words of Rolf Harris "Two Little Boys" I said, "If you think I would leave you dieing, think again. Just up this hill and we'll both soon be flying! Well, maybe not actually flying, but suddenly the talking stopped!!! We got our toe down and got stuck in. Don't ever smirk at Calder Valley men again we hissed as one by one we started to reel them in. At each checkpoint, we shunned refreshments and battled on (except one where I grabbed and juggled with some digestives to Allan's disgust "Bollocks! I've paid for these beauties," I said, stuffing my face. I now started to set a decent pace, which Allan kept up with, admirably. We were now back in top 20 and if we kept it up, could still do it under 4 hours but maybe - Not Win It. At the last checkpoint we climbed up a hill, some runners turned left, according to last week we should turn right. Allan shouted out "are you sure" Mr.100% was now hovering around the 10 15 mark. "F.....g Hell Andy I don't want to mess up now with 2 miles to go". "It didn't seem to bother you 18 miles ago" I hesitantly replied, "Come on there's now't in it" I said, there wasn't. We all met up again. All that was left now was a bit of tarmac into the village. We got in just under 4hrs- 3hrs 59mins! Ian came up and apologised, he also had gone wrong. 'The course has changed a bit, mind you it was 15 years ago since I last did it, he said. You bloody half-wit, is what I nearly said. As we held our post race inquest, walking back to the car, Allan complaining of a sore arse, me berating the fact I hadn't rubbed Vaseline on my now red raw nipples. We looked at each other and smiled "Next Year we can **WIN** This" we both said out loud". Aye maybe we can, but no receeing hey.

## Hexhamshire Hobble - 10m/1200' 5th December 2004

1. Morgan Donelly .....NFR ..... 1:05:19 (rec)
2. Tim Wylie (V50) .....Tynesdale ..... 1:08:32
3. Philip Addyman .....NFR ..... 1:10:49
15. Jon Underwood .....CVFR ..... 1:17:43
19. Karen Robertson .....NFR ..... 1:18:57  
(97 Ran)

I have been meaning to have a go at this race for a few years, but something else always cropped up. The start is in Allendale Town 10 miles south of Hexham and the circular route crosses some bleak featureless grouse moors to the east of the town. The race is mainly road, track and bridleway but with the odd half mile of mud thrown in to make footwear choice difficult. I went for the worn pair of walshes with foot beds. The race started very fast for a mile and half road run up onto the moors. I thought the pace was going to drop as we got onto the bridleways and shooting tracks, but soon came to realise that this was an extended cross country. Although the terrain wasn't challenging there was enough mud peat and heather to keep interest and keep the road runners under control. I lost concentration for a few minutes at the halfway point, but a quick stare down the field at a check point got the pace up again. With three miles to go I was in a group of five, with lead constantly alternating on a stretch of road descent. I was getting a bit worried that this 'winding up' pace was gong to last the next few miles, which I knew I wasn't going to stay with. In the distance I saw a climb, the steepest one of the race and knew it was my only chance to get clear. I got 200 yards clear at the end of the final climb onto the moor, and kept the pace high as possible on the rough stuff knowing that the lighter pursuants would have an easier time. I was still clear as the shooting track turned to tarmac and the mile of running scared back to the town. Fast, that's the fastest I've run for some time. Nice teashop in Allendale Town. The bridleways are definitely worth another visit for some easy MTBing. Definitely recommended. Except – the organisers reverse the race direction every year so you may not be saved by the hill like I was. Then you will wish you had road shoes on. Jon Underwood.

## Bolton by Bowland - 8m/800' 5th December 2004

1. Tom Cornthwaite ..... Blackburn ..... 48.23
2. Mark Aspinall ..... Clayton V40 ..... 49.11
3. Peter Hall ..... Clayton V40 ..... 49.30
12. Tom Addison ..... Helm Hill Junior ... 52.30
51. Amy Green ..... Spensborough ..... 58.13
128. Dave Culpán ..... CVFR ..... 69.10  
179 ran

A mild sunny day welcomed 179 runners for the 18<sup>th</sup> running of this popular race. Conditions underfoot were very wet and muddy, compared to last year's hard and icy fields, which reflected in this years slightly slower times. There was a local winner for the first time in Tom Cornthwaite who led the field throughout over this fast course over 8 miles of bridleways and farmland in the Ribble Valley. Mark Aspinall who beat Tom last year was second and Peter Hall came third. Tom Addison (Helm Hill) was the first junior

home in an excellent 12<sup>th</sup> place with Amy Green (Spensborough), coming home in 51<sup>st</sup> to take the first ladies prize. On an interesting note, Clayton-le-Moors made up 25% of the field, and I suppose a sign of the times meant that 138 of the runners were veterans over 40. I was the only runner from our club, but I would recommend this race as it is a fast eyeballs out "training" run in preparation for the Calderdale way. Dave culpan

## Cardington Cracker - 9 miles/2600ft 5th December 2004

1. Tim Werrett ..... Mercia ..... 1.13.55 S
2. Pete Vale ..... Mercia ..... 1.14.52 S
3. James McQueen ..... Eryri ..... 1.16.57 S
4. Roser Lamb ..... Mercia ..... 1.17.15 MV40
13. Stephen Jones ..... Eryri ..... 1.26.08 MV50
21. David Tait ..... Dark Peak .... 1.26.48 MV55
50. Anna Bartlett ..... ??? ..... 1.32.39 1st Lady
132. Celia Mills ..... CVFR ..... 1.46.51 LV40
191. Brian Shelmerdine ..... CVFR ..... 1.57.54 MV50
- 247 Finishers

I'd never done a race in the Long Mynd area before and had been keen to do one for a few years. The classic is the LongMynd Valleys Race in early February, 10.5 miles/ 4500 ft. The region, for the benefit of those who don't know, is very flat but surprisingly there are some steep sided hills, ridges rising to about 400m. When running on these ridges, it seems a little strange to be looking over a very flat landscape, the views are pretty stunning nonetheless ..... I'd gone back to sleep after turning the alarm off and then missed the turning on the motorway for Shrewsbury. I started the race five minutes after they'd all gone without having looked at the map to see the route ... nothing new here I hear you say. I saw them ascending a hill in the distance and set off after them. It's difficult to go at a realistic pace, on the one hand you want to catch up but on the other you don't want to use too much energy too soon. I lost sight of them, chose the wrong turn at a cross roads/tracks and set off running down a lane with green flags - this made sense, green on the way out. Of course I couldn't see any footprints on tarmac and so didn't worry until I'd gone about a mile or so and hadn't seen anybody. I asked a pair of walkers if they'd seen any runners and no, they hadn't. I was thinking that I would have to give up and couldn't even do a run of my own because I didn't have a map or compass. They told me that there were flags all over the place for different events. Spotting a runner, I ran after her and no, she didn't know the way either. I'd seen some yellow flags going up a hill and so followed them. I passed the last walker/runner at the top of the first steep hill and then another three or four. Feeling a bit better and running on a ridge with great views, I settled down and began to enjoy the race. On the way to the second ridge I passed some more and likewise on the third and final ridge. These ridges are mostly grass topped with meadows between them which tend to be a bit energy sapping. On the way in I managed to pass a couple of runners who'd been 200 or so metres in front but it was hard work and I was unable to catch the bloke 75 metres in front of them. Despite the start, I really enjoyed the race and will certainly go back again. Brian

# Calder Valley Fell Runners Presentation Evening

Mount Skip Golf Club on Saturday 29th January

The cost is £15.00 per head

Menu details below. All bookings with cheques for the full amount (made payable to CVFR) to Clare Kenny, 36 Highclere Road, Manchester. M8 4WU. Fill in your name below, how many you are booking for & tick appropriate box and how many of each choice you require.

			HOW MANY
<b>Starters</b>	a) Homemade veg soup and roll	<input type="checkbox"/>	_____
	b) Pate & toast	<input type="checkbox"/>	_____
	c) Prawn cocktail	<input type="checkbox"/>	_____
<b>Main</b>	a) Roast beef & yorkshire pud	<input type="checkbox"/>	_____
	b) Chicken fillet in white wine sauce	<input type="checkbox"/>	_____
	c) Salmon in hollandaise sauce	<input type="checkbox"/>	_____
	d) Vegetable lasagne	<input type="checkbox"/>	_____
	e) Spinach & ricotta cannelloni	<input type="checkbox"/>	_____
<b>Desert</b>	a) Blackcurrant cheesecake & cream	<input type="checkbox"/>	_____
	b) Apple pie & cream	<input type="checkbox"/>	_____
	c) Sherry trifle	<input type="checkbox"/>	_____

Your Name \_\_\_\_\_

Total Number in your group

## The Stoop - 5mls/800' 19th December 2004

1	Rob Hope .....	P&B .....	30.43
2	Ian Holmes .....	Bingley .....	30.59
3	Lloyd Taggart .....	Dark Peak .....	31.04
42	Natalie White (1st lady) ....	Homfirth .....	38.07
45	Rob Sharratt .....	CVFR .....	38.18
70	Graham Hill .....	CVFR .....	40.12
79	Jo Smith .....	CVFR .....	40.36
88	Jon Wilkinson .....	CVFR .....	41.14
100	Jez Wilkinson .....	CVFR .....	42.17
122	John Murray .....	CVFR .....	44.18
160	Phil Jones .....	CVFR .....	46.20
184	Hugh Tooby .....	CVFR .....	48.14
187	Mick Banks .....	UA (?) .....	48.31
209	Allan Breaks .....	CVFR .....	50.07
210	Andy Burn .....	CVFR .....	50.08
223	Helen Wilkinson .....	CVFR .....	52.53
259	Anne Taylor .....	CVFR .....	57.50
279	Ran		

It was an absolutely gloriously sunny day with a hard frost on the ground. The route was altered with an a different outward approach to the summit which I think improved the route. As usual there was a big turnout for this race and also 12 runners from Calder Valley. I was just trying to keep sight on Jon and Jo Smith all the way round and hopefully catch them up on the descent. I did manage to overtake quite a lot of people on the descent but also fell into 2 deep bogs getting completely covered in mud. Jon overtook Jo at one the bogs and heard Jo cursing saying this wasn't a real race as it had too much mud and tussocks and you couldn't run enough of it. Jo overtook Jon again on the track before crossing the main road. It was also Helen's first race for over a year after having 14 months out of running due to injury. Jez

### JOHNNY'S GAP & CALDER VALLEY FELL RUNNERS ROBIN HOOD PUB QUIZ TEAM

What, and where, is, or was, Johnny's Gap?

This was the trial question for selection for the Robin Hood Pub Quiz Team. There were no correct answers. It is not the space between Bill Johnson's ears (A. Johnson). It was not the gap between Little John's legs (Friar Tuck).

Johnny's Gap is best known to us all as the ruin. The ruin in fact no longer exists as such, though it did when the club was formed. It is on the Handicap race route and is at the end of Dick Lane (or Dick's Lane as the O.S. map has it). Nothing is known about Dick, or Johnny, but 200 years ago Johnny's Gap was a pub, and a farm. It is not marked on the current South Pennines map but it is at GR 986247, at the marked 364m point. So the pub was 1200 feet above sea level.

The building is marked, as "Johnny Gap", on the first edition of the one inch O.S. map, surveyed between 1839 and 1841. The house was a one up, one down building, so the pub might have been an attached lean-to, though this is not certain. It was built of narrow, flat stone. There was also a barn which was built from millstone grit, and these stones are bigger and more rounded. Examples of both stones are still to be seen there. It is thought that the barn was built later.

Johnny's Gap lies at the junction of Cragg Road and Dick Lane. This used to be a drovers' road leading to Withens Gate. It is not known if the pub's beer was brewed there or brought up from the valley, or whether they had Black Sheep.

There were three other houses just off Cragg Road going from Johnny Gap to Knowl and Stony Royd. These are marked on the South Pennines map, but not named. Bank Top was off to the west towards Sunderland Pasture, Law Hill just to the east of Cragg Road, and Blaith Royd (spelt Blythe Royd on the 1839 map) to the west just north of Blaith Royd Fields. These three houses are said to be named after places in Southowram, Halifax, so they were probably owned by one mill owner. Blaith Royd Fields were cultivated to grow vegetables for the war effort in the mid 20<sup>th</sup> century. The area is now owned by Yorkshire Water .

Down across the fields from these houses in a north easterly direction lies Bell House Moor. As recently as thirty years ago the game keeper of the moor could be seen at "the Abbey", a high point on the wall bordering the moor, watching over it. There seems to be no building associated with this point, so the origin of this name is a mystery. Presumably the gamekeeper had an employer, but nobody knows now who owns Bell House Moor. Calderdale Council took over responsibility for it many years ago.

Bell House, below the moor, was the home of David Hartley, King of the Cragg Vale coiners. He was hanged for counterfeiting in York on 28 April 1770 and was buried in Heptonstall churchyard.

Thank you to Jeff Sutcliffe of Higher Cragg, who provided this information. Any inaccuracies are entirely his responsibility! If anyone has any further, or contrary, information about this area, I would be interested to know.

### The Robin Hood Pub Quiz Team

The following are selected, based on the coach's judgment of future potential .

Alec Becconsall - Team Coach

Andy Carnochan - knows every useless fact and navigation not required

Paul Gallagher - automatic qualification under Rule 3 (the drinking rule)

Jo Smith - good for a laugh and seen holding a pint at the FRA dinner

Fiona Friend

Assia Audience

Will I. Never

O.R.Dunno

Olive Ann Lern

Isita Fish

Rod Sutcliffe

### Kendal Winter League

Low key races. Car sharing is vital therefore if anyone is interested can they call me. As I am interested in doing some to get back some fitness. All events start at 12:00 noon on Sundays

9th Jan Scout Scar, Brigsteer Road, Kendal 502-918

16th Jan Burton, Gallaber Farm, Burton-in-Lonsdale 648-730

23rd Jan Fairmile, Howgill, Sedbergh 629-980

30th Jan Staveley Head, Birkfield Farm, Staveley 483-991

6th Feb Whitestone, Staveley-in-Cartmel 383-850

13th Feb Barbondale, Barbon to Dent Road 663-836

20th Feb Birkrigg Common, Mountbarrow Rd. Ulverston (Charity Race) 281-754

27th Feb Winder, Auction Mart, Sedbergh 653-920

6th Mar Troutbeck, Pool Bank Farm, Troutbeck 41 0-034

13th Mar Langcliffe, Langcliffe, Settle 824-651

20th Mar Elterwater Common, Langdale - Easter egg race 329-050

3rd Apr Austwick, Austwick 767-684

17th Apr Helm Hill, Oxenholme, Kendal

After the race, presentations will be made at the Lads Club, Beeson Road, Kendal, where refreshments will also be available. 535-900. Adam Breaks

## Calderdale Relay

		position at end of leg	total time	position amongst runners in same leg	leg time	rating	improvement on recent race times
<b>Calder Valley A</b>							
leg1	Andy Clarke/Richard Greenwood	18	1:14:16	18	1:14:16	1.09	0% / 2%
leg2	Bill Johnson/Dave Beels	18	2:22:38	22	1:08:22	1.18	0% / 0%
leg3	Carl Greenwood/Andy Carnochan	19	3:07:43	31	0:45:05	1.32	-6% / 3%
leg4	Jeff Winder/Andy Wardman	21	4:26:55	32	1:19:12	1.20	n/a
leg5	Rod Sutcliffe/Barry Shaw	20	5:28:19	18	1:01:24	1.25	3% / 3%
leg6	Jon Underwood/Rob Sharratt	20	6:50:05	19	1:21:46	1.20	3% / 1%
(Finished in 20th place, in 06:50:05)							

## Calder Valley B

leg1	Allan Greenwood/Bob Davies	75	1:35:21	75	1:35:21	1.41	-1% / n/a
leg2	Keith Cadby/Alex Cornish	68	2:52:41	51	1:17:20	1.33	n/a / -2%
leg3	Graeme Woodward/Dave Culpan	60	3:39:44	40	0:47:03	1.38	0% / 8%
leg4	Jez Wilkinson/Jon Wilkinson	58	5:05:41	56	1:25:57	1.31	0% / -4%
leg5	Richard Kellett/Alex McGowan	53	6:14:02	46	1:08:21	1.39	-7% / 1%
leg6	Richard Henderson/Jon Hairsine	53	7:49:33	57	1:35:31	1.41	2% / n/a
(Finished in 53rd place, in 07:49:33)							

## Calder Valley: Ladies

		(ladies)		(ladies)			
leg1	Thirza Hyde/Jackie Scarf	8	1:42:20	8	1:42:20	1.51	-1% / -4%
leg2	Linda Hayles/Julie Underwood	8	3:12:54	8	1:30:34	1.56	-3% / 13%
leg3	Kay Pierce/Anne Taylor	9	4:14:42	10	1:01:48	1.81	-2% / 4%
leg4	Sarah Noot/Celia Mills	8	5:46:46	8	1:32:04	1.40	-5% / -1%
leg5	Cerys Davies/Alison Wright	7	7:02:35	5	1:15:49	1.54	-8% / n/a
leg6	Jo Smith/Clare Kenny	7	8:35:07	2	1:32:32	1.36	-7% / -4%
(Finished as 7th ladies team, in 79th place overall, in 08:35:07)							

There were 98 teams overall, including 12 ladies teams.

## The winning teams:

Men			Ladies		
1	Pudsey & Bramley	6:05:28	1	Ilkley Ladies	7:33:58 (43rd overall)
2	Clayton Vets	6:10:26	2	Holmfirth Ladies	7:39:56 (47th overall)
3	Todmorden	6:18:07	3	Clayton Ladies	7:48:22 (51st overall)

## Club championships for 2005

As was discussed at the AGM, we are going to make a few improvements to the club championship competitions for 2005.

### Why?

For the last couple of years there has been a club championship, consisting of 12 races; a summer grand prix, consisting of 6 local short races and a winter league consisting of another 6 races. It is felt that having three separate competitions makes it difficult to motivate folk to do the required races, especially since many people do the English and British championship series as well. As a result, several of the designated races attracted very few CVFR runners, and not many people actually bothered to do enough races to count in the summer grand prix and winter league this year or last. Not too many people even did enough races to count in the club championship.

So it was clear that the current format of competitions needed to be reviewed. The reasons for the summer grand prix and winter league being set up are still valid: to provide a competition for people who prefer short, mostly-local races for the former, and to provide some interest for the winter months for the latter. But those requirements can be satisfied within a better constructed club championship.

There are also a couple more considerations that need to

be borne in mind: firstly that more CVFR runners, especially the ladies, compete in the national championships these days, and secondly that having some non-Saturday races would please those folk who work on a Saturday.

### How?

So for 2005 we will have a single club championship. This will consist of five races at each distance (short/medium/long). The best two results from each distance will count towards the final score.

As we do at the moment, at the end of the year there will be trophies for the first three competitors, the first lady, the first veteran and a handicap winner (in which we all start with an equal chance of winning.) With the number of races increasing from 12 to 15, but still 6 races to count, hopefully more people will be able to complete the series.

At the end of the year there will also be trophies for the "Short Race King" and "Short Race Queen" – for the man and lady scoring most points from their best four of the five short races in the club championship. Similarly there will be medium and long race kings and queens.

The short race competition will appeal to those who prefer short races, and we will now also have a long race competition for the long race specialists out there.

Where possible the races selected for the competition will include:

- the English championship races (so that those who compete in the national championship do not have too many extra races to take part in)
- the first race from early in the year and the final one late in the year, with the other races spread out in between, so that the championship stretches over most of a calendar year
- at least one race at each distance that is not a Saturday race
- by preference select local races rather than ones further away

- choose less popular races that need our club support rather than big races that already attract a large crowd

### What?

The club championship races for 2005 below.

So I hope to see as many club runners as possible at the championship races for next year. Good luck to you all and I look forward to the crowning of the kings and queens at the end of the year!  
Cheers, Bill .....

Mont	Date	Day	Time	Race	mls	feet	L	M	S	B/E	Pre-ent
<b>Feb</b>	13	Sun	1000	<b>Winter Hill</b>	11	2750		<b>M</b>			<b>9 Feb</b>
<b>Mar</b>	19	Sat	1100	<b>Fiensdale</b>	9	2600		<b>M</b>		<i>E</i>	<b>12 Mar</b>
<b>Apr</b>	2	Sat	1100	<i>Spelga Skyline</i>	13	6175				<i>B</i>	<b>24 Mar</b>
	9	Sat	1100	<b>Flower Scar</b>	4	1100			<b>S</b>		
	23	Sat	1400	<i>Moelwyn Peaks</i>	10.5	2800				<i>B</i>	
<b>May</b>	8	Sun	1300	<b>Buttermere Sailbeck</b>	9.4	4650		<b>M</b>		<i>E</i>	<b>30 Apr</b>
	18	Wed	1930	<b>Blackstone Edge</b>	3.5	1200			<b>S</b>		
<b>Jun</b>	4	Sat	1100	<b>Duddon</b>	20	6000	<b>L</b>				
	12	Sun	1100	<b>Edale</b>	5	1400			<b>S</b>	<i>B/E</i>	
	25	Sat	1400	<i>Culter Fell</i>	11	4900				<i>B</i>	
<b>Jul</b>	9	Sat	1100	<b>Wasdale</b>	21	9000	<b>L</b>			<i>B/E</i>	<b>25 Jun</b>
	23	Sat	1430	<b>Turnslack</b>	8	2000		<b>M</b>			
	31	Sun	1400	<i>Pen y Fan</i>	3.5	1700				<i>B</i>	
<b>Aug</b>	20	Sat	1300 (L)	<b>Whittle Pike</b>	4.5	1400			<b>S</b>	<i>E</i>	
<b>Sep</b>	4	Sun	1600	<b>Bradley Family Day</b>	3.5	750			<b>S</b>		
<b>Oct</b>	8	Sat	1100	<b>Langdale Horseshoe</b>	14	4000	<b>L</b>			<i>E</i>	<b>1 Oct</b>
<b>Nov</b>	13	Sun	1030	<b>Roaches</b>	15	3700	<b>L</b>				
	19	Sat	1030	<b>Tour of Pendle</b>	17	4250	<b>L</b>				<b>17 Nov</b>
<b>Dec</b>	31	Sat	1130	<b>Auld Lang Syne</b>	6	900		<b>M</b>			

- L** = Club Championship Long Race  
**M** = Club Championship Medium Race  
**S** = Club Championship Short Race  
**B** = British Championship Race  
**E** = English Championship Race

### Club Championship

Best 2 results at each distance to count for the club championship.

### Short/Medium/Long race competitions

Best 4 results from a distance to count towards being the champion at that distance.

e.g. whoever has the best 4 long race results will be the “long race king” or “long race queen”, and the same for short and medium races



# East Pennine Orienteering Club Ogden Water Regional Event

Sunday, 23<sup>rd</sup> January 2005

## Preliminary Details

**Ogden.** A delightful woodland with good path network for junior courses, but nevertheless challenging and intricate for the experts. Longer courses will venture onto the moorland around the wind turbines.

**Map:** 1:10000, Late 2004 map.

**Car Park and Assembly Area.** Due to large numbers of visitors to Ogden Water at the weekends, we are again making alternative parking arrangements. All parking on the day, Registration, Download, Results, Shops, and Toilets will be in a level field at Holly House Farm, Upper Brockholes, next to Mount Zion Chapel. [www.mountzionhalifax.org.uk](http://www.mountzionhalifax.org.uk) (afternoon service, to which all welcome at 2.45pm)!. This the same place we used in 2002 OS.Outdoor Leisure 21. GR 068 296. The car park will be signposted from the main Halifax/Keighley road, A629, approx 7km from Halifax **at GR 070 297**. Car parking in the public car park at Rock Hollow is **not** allowed to Orienteers. Competitors can use a minibus to get to the start and back from the finish, or have a pleasant jog/walk, 20mins along footpaths and lanes. If the mini-buses get busy, please take this option! **There will be a £1 parking fee per car.** The Milner Family of Holly House Farm are donating all money raised to the Caistor Voluntary Lifeboat Service. As at the last event, they will have farm produce for sale in the barn. **Food.** The 'Green Machine", [www.greenmachinefood.com](http://www.greenmachinefood.com) will again provide freshly cooked vegetarian foods and sandwiches.

**Toilets:** Portaloos in car park field, public toilets near the start/finish.

**Dogs.** Well behaved dogs **on leads** are fine in the car park, and at Ogden Water.

**But not on the String Course.**

**Registration:** 9.30am - 11.30am. Dibber hire open at 9.15am for those that do not have their own. Pre-entries who have their own Dibber can proceed straight to the start. If there are changes to your pre-entry details, eg new Dibber or different course/class please go to registration before you start, and fill in a new form.

**Electronic Punching:** Will be used at this event for all courses, including Colour Coded. Please be sure to insert your Dibber number on the entry form if you have one. If you do not have your own Dibber they can be hired on the day at Registration for £1, senior. £0.50, junior.

**Courses: Badge Courses** (pre-marked maps), M&W21-65L&S, M&W70&75, plus junior badge classes- JM&W1-5L. (JM&W1- White. JM&W2- Yellow)

EOD to Badge courses will first use up the overprinted maps, then revert to Master Maps or recycling.

**Colour Coded Courses :** White, Yellow, Orange, Lt Green. EOD only.

**Free String Course.** The visitor centre has ice- creams and drinks for sale afterwards!

**Fees:** Badge Event: **Pre-entry Senior**, £7.00. **Junior**, £2.00. **Families** £17.00.

**Entry on the day Senior**, £8.00. **Juniors/Students**, £2.50. **Families** £18.00.

**Colour Coded** courses, EOD only **Adult** £4.00. **Junior**, £1.50.

**Pre-entries:** On Standard Entry Form with cheque payable to EPOC, one stamped addressed envelope included for us to send final details, and one SAE if you require printed results, to Dave Wakeford, 2 Rooley Farm Cottage, Rooley Lane, Sowerby, Sowerby Bridge, HX6 1NS. Tel 01422 832892. To arrive no later than 10/01/05. Please include your Dibber number if you have your own. If you do not have your own, we will allocate one to you which you must collect and pay for at Dibber hire.

If you can, visit the EPOC website [www.eastpennineoc.org.uk](http://www.eastpennineoc.org.uk) to check the above details. And before you set off to the event to look at the **final details**.

**Starts:** 10.30am - 12.30am. There will be some flexibility with start times. You may start early or late, provided there is a gap on your course. Please assist the start team in ensuring that you do not start within three minutes of a member of your club.

**Clothing Transfer:** There will not be a clothing transfer.

**Finish:** There will simply be a finish banner, please remember to 'punch' here. Then download in the car park.

**Courses Close:** 2.30pm

**Download** will be in the **car park**.

**Safety:** Competitors take part at their own risk, and must bring a cagoule in case the controller deems them to be compulsory due to weather conditions. A notice to this effect will be displayed in the car park field. Whistles are advisable. We are using the 'Buddy' system, not stubs. **Make sure** you have a reliable buddy who will raise the alarm if you appear to be very late finishing. **Lone** competitors who cannot find a buddy must leave their car keys and car registration number at the information and enquiries desk.

**Cancellation:** If the weather is dodgy for any reason check EPOCs website- [www.eastpennineoc.org.uk](http://www.eastpennineoc.org.uk) or ring the Organiser.

**Officials:** Controller Tony Thornley AIRE

Planners Ivor Noot, Jonathan Emberton, EPOC

Organiser Anthony Greenwood, EPOC, 01422 244860. [anthony.greenwood@virgin.net](mailto:anthony.greenwood@virgin.net)