

CALDER VALLEY FELLRUNNERS

Sheep Sheet

March 95

WHAT'S NEXT.....

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

DEADLINE FOR NEXT ISSUE
Tues. 28TH MARCH
(Committee meeting that evening)

Hello and welcome to the first Sheep Sheet of 1995. In the latest issue of Rampage are the new Club Championship races compiled by Club Captain Jeff Winder. What a cracking set of fixtures they are too, many old favourites as well as some "classics" thrown in for good measure should ensure a really well attended competition this year, right through the various categories and different standards of ability. I think you will find there's something to excite you enough to take up the challenge, as I throw down the glove here and now by telling you that this year, ahem... how do I put it?... well I'm going to win it this year. So there. Let's see you stop me.

Well done to Jeff "El Capitan" Winder for organising the Club dinner at the end of January. Everyone I've spoken to said they enjoyed it. I have received a letter from Shirley and Dave Hodgson which I have included in this newsletter. (Page 3) It speaks for itself, so make a cuppa and enjoy it.

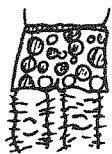
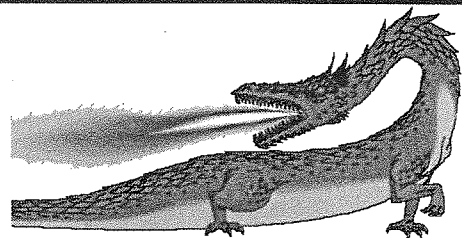
Anyway, keep smiling, keep training and drop me a line soon.

Allan

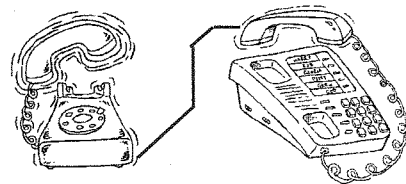
Monthly Newsletter to keep you in the running

DRAGONS BACK (June 24th)

Get in touch with Jeff Winder as soon as possible if your interested in running a leg.



Shorts



- The Ogden Moors Fell Race on Saturday 4th February was a great success. Thank you to all Calder Valley members who helped out in anyway on the day, it was a cold damp day and you must have been soaked and frozen. Full results inside this issue. - Allan

- Jez Wilkinson and Helen Taylor have a new address and telephone number. It is:-

4 Beech Grove,
Ilkley,
LS29 6JZ
(01943) 876190

We would like to wish them all the best on behalf of the club, hoping they are happy there and *When's the housewarming!!*

- Bernard Pierce reports on another very successful Wadsworth Trog, and one which marks the end of an era, as he decides to step down on the organising side. Now the race will be a Calder Valley fixture so make sure you are FREE to help out Organisation for Feb '96 has started.

COMMUNICATION BREAKDOWN

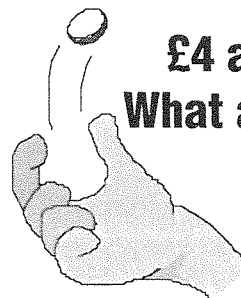
The Calder Valley Chain Information Relay "Telephone Pyramid System" has been tested and is a success. Information about the Club Dinner and Club Handicaps was passed on to every club member in January - so the system is proven.

But no system is infallible - if you have:-

- a) Lost your contact phone number or
- b) Changed your own phone number

PLEASE tell us. Ring Allan Greenwood on (01274) 731195 TODAY.

SUBS - SUBS - SUBS - SUBS -



**£4 a year -
What a bargain**

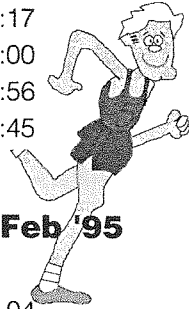
Membership Fees for '95 are now due and payable to Richard Kellert - Remember, if you have not paid your subs you will **NOT** be eligible to score championship points or run in the relay events for the club.

RACE RESULTS

Boulsworth Hill Race - 14th Jan '95 (6.5 mls/1200')

1.	P. Sheard	P & B	47.16
66.	Richard Kellett	CVFR	59:55
93.	Tony Bradley	CVFR	63:21
105.	Brian Peters	CVFR	65.09
110.	Mick Banks	CVFR	66:17
117.	Steven Cavell	CVFR	67:00
130.	Graham Spencer	CVFR	68:56
136.	Adrian Muir	CVFR	69:45

(181 finished)



Odgen Moor Fell Race - 4th Feb '95 (6 mls/700')

1.	K. Stirrat	Halifax	34.04
23.	Mick Allcock	CVFR	39:59
36.	Raymond Woodhead	CVFR	40:56
72.	Graham Spencer	CVFR	44.36
73.	Jez Wilkinson	CVFR	44.47
78.	Steven Cavell	CVFR	45.26

(117 finished)

Rossendale Relay - 12th Feb '95

1.	Clayton 'A'	4hrs 46m 46s
19.	Calder V 'A'	5hrs 38m 12s
49.	Calder V "Mixed"	7hrs 50m 02s

The club had two teams running in this years Rossendale Relay. The womens team had to change at the last minute to a mixed team due to the usual illness and injury problems. The 'A' team also suffered with ill health as the Captain had to be replaced by a school boy (Matt), the race co-ordinator Mike Wardle was dying with a bad cold and close on his heels was the Publicity Officer Duncan who looked like death warmed up by the end of his leg. Everybody did their best on the day with the A team coming nineteenth and the mixed team having a fair old tussel with Tod. Harriers Womens team for last place. Tod. Harriers won . (or lost!)

Wadsworth Trog - 18 Feb '95 (20 mls/4400')

1.	C. Donnelly	ERYRI	2hrs 55m 18s
9.	Graeme Barrie	CVFR	3hrs 17m 36s
12.	Jeff Coulson	CVFR	3hrs 19m 29s
16.=	Denis Gildea	CVFR	3hrs 23m 55s
16.=	Dave Hyde	CVFR	3hrs 23m 55s
39.	Jess Palmer	CVFR	3hrs 48m 30s
61.	Alan Jones	CVFR	4hrs 04m 00s
132.	Irene Neville	CVFR	4hrs 58m 02s

For a pleasant change the weather was kind to the Trog. This pleased runners and Marshalls no end. The race went smoothly (or was that deeply in a peat bog Irene! Ed) with no major incidents taking place.

156 people took part with 12 retiring and alot more people wishing they had by the end. The winner in the mens category was Colin Donnelly coming in a staggering 9 mins in front of Ian Holmes and in the womens Glynda Cooke was first with Wendy Dodds taking second place. The club did fairly well with Graeme (*I was delerious*) Barrie coming in ninth with Jeff Coulson hot on his trail in twelfth place and then came the siamese twins Dave and Denis in joint sixteenth place. Jess had a good run coming in the thirties, Alan Jones in the early sixties and our Irene finished the race in fine style looking like she had been digging in the peat. A Tod Harriers came to her rescue and pulled her out. The club will be running the Trog next year as Kay and Bernard have had enough. A big **TA** must go to them for all their organisation and hard work.

Now it is up to us.

Bernard and Kay thank all those members of Calder Valley for their help and support in making this years Trog again a successful event. Whilst not wishing to single anyone out a Special Thanks should go to Chris Peart-Binns for the hard work he put in on the Thursday and Friday before the event in sorting out equipment and flagging the course. Also thanks to Mike Wardle for his assistance in co-ordinating the tasks.

Ovenden Fell Race - 11th March '95 (9mls/1000')

1.	K. Stirrat	Halifax	61.13
13.	Matthew Drake	CVFR	70.32
(1st Under 16)			
19.	Richard Kellett	CVFR	71.57
27.	Pete Horne	CVFR	76.13
30.	Mick Banks	CVFR	77.03
44.	Pete White	CVFR	86.10

Many Thanks to Bob Horne, Denis Gildea, Alan Jones & Kay & Bernard Pierce who helped me out on the day. We have raised over £100 for Mark Brown in his bid to compete in the Paralympic Games in Atlanta in '96.

Allan.

FRA RELAY T. SHIRTS

There are still ALOT of these fine garments in stock, which we are selling off for only, wait for it

£2.50 each (ex. large only)

contact Bernard or Kay Pierce
(01422) 842377
to reserve one now

DO YOU NEED SOME NEW CALDER VALLEY

KIT?

**in very attractive
RED and WHITE!!**

We now have a selection
of new kit items,
prices are:-

VESTS-	- £12
T SHIRTS	- £6
SW SHIRT	- £10

See Richard Kellett or
phone (01422) 202923

Who is Dave Hodgson?

Well, everyone knows Dave and his wife Shirley as organisers of the Three Peaks and The Ian Hodgson Mountain Relay, but I thought it might be of interest if I did a bit of research on the man who entertained us at the presentation and dinner, as guest speaker.

Dave was born at Scarborough in February 1932 and was always keen on all sport, particularly football which he played at school and during his Nation Service in the Army. In the 1950's Dave turned to track and cross-country running with some success, resulting in his selection for the Yorkshire team over the country in 1955. In this same year, Dave began fellwalking at weekends and soon he decided to enter his first fell race, at Burnsall, where he finished third. Dave must have enjoyed the sport immensely as from that year he ran in the Burnsall race, Harden Moss and the Three Peaks, for the next decade. It must be remembered that in those days these were quite a feat that at Burnsall and the Peaks, Dave was never outside the top three positions between '55 and 1968, and 4th at the Ben in 1964.

Dave rates his finest ever performance to be his second Burnsall victory in 1960, when he set a new record of 13:40 which was to stand for ten years. The previous years race had been a right old battle between Dave and his old rival Pete Watson of Bramley Harriers. Watson had taken a slightly different line on the ascent, going on a direct route through the rough heather from the wall to the cairn. Dave took the longer and less strenuous route 'Shepherds Track' (the route familiar to us) and at the cairn found himself trailing. But Hodgson was not going to give up without a fight... he flung himself down the fell in pursuit of Watson and the two of them sprinted along the road in what the Herald described as "the closest and most thrilling finish for years".

A year later Dave was a man with a mission. He had trained hard and built stamina up early in the year. He placed second in the Peaks in April after leading for much of the way, the race winner, Frank Dawson of Ambleside, set a new record, the first sub three hour run and Dave finished inside the mark too. His training consisted, for the lead up to Burnsall, of hard running over fields and woodland paths with emphasis on strength building sessions such as fartlechs and hill reps, both upward effort sessions AND descent reps, on very steep hills, hence his reputation as an expert descender. He reconnoitred the course at Burnsall several times, prior to

197, Hall Lane,
Horsforth,
LEEDS LS18 5EG

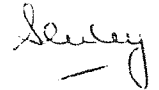
Dear Allan,

Just wanted to thank you for all your efforts in asking us to Calder Valley's dinner and presentation. The directions were spot on and we had no difficulty.

We thoroughly enjoyed the evening, the meal was excellent, couldn't fault it at all. Everyone was very kind and welcoming to us and made us feel very much 'at home'. In other words it was 'a real good do!' It certainly enabled me to put some faces to names and, names to faces. I know a lot of names from entry forms and a lot of faces who I've seen around, but I'm not always sure who is who! - Hope all that doesn't sound double Dutch!

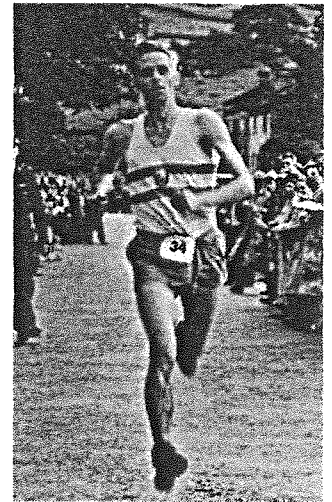
Hope you had a good weekend and that Carol is fit and well again soon.

Thanks from both of us,



the memorable day, usually on a Sunday as he worked as a Bank Official which took his Saturday mornings, these runs taking his weekly total up to 50 miles a week. The race was started by the 1920 winner Gilbert Reynard of Thorpe, who was then working as a shepherd at Kilnsey. Hodgson went off quickly with Geoff Garnett (Bingley) and Watson. He forged a gap before the turn and then proceeded to fly down the fell, leaving Watson trailing. Dave strode out along to the bridge to win by 17 seconds. (see photo) Dave is also particularly fond of his Three Peaks performances, 2nd on four occasions, 1960 as previously mentioned, 1961, 62, and 1964 again inside the course record. He was 4th in 1958, 3rd in 1963 and 5th in 1966.

Dave was made chairman of the Three Peaks Race Association during the 1970's and he completed his 21st peaks race in 1992.



J & L Sports

(John and Linda Bostock of
Clayton le Moors A.C.)

Phone (01282) 816269

"Oaklea", Moss Side
Barnoldswick
Lancs. BB8 6BG

Large Range of Bargain Items and
Discontinued Lines including

Pertex Cags £20
Lycra Tights & Shorts £5.00
(in Calderdale Red)

See them at Races throughout '95 esp. Ogden Venues (Allan' Races) & Stanbury Races (Dave & Eileen Woodheads Races)

In Committee ...

A meeting was held on Tuesday 21st Feb to discuss the Dragons Back attempt in June. Anyone interested in doing this should contact Jeff Winder (01422) 375111) as soon as possible as all the legs will have to be run as least twice before the event.

New Club cards are now available from Richard Kellett **IF YOU'VE PAID YOUR SUBS.**

The Club Finances are as the last committee meeting with the Boulsworth Money and Club Dinner money still to come.

Mike Wardle is busy compiling a list of CVFR equipment. If anyone has any club equipment can they either return it to MCC store room or ring him and inform him (01422) 885497. He also called for a list of CVFR club races to be issued in the Newsletter with a plea for marshals, as well as a list on the Club Noticeboard at MCC.

Allan Greenwood is producing a questionnaire to get the feeling of the club about the Dinner and Prizegiving as to whether people want a formal meal /buffet/Type of venue etc.

Tony Bradley called for more information to be made available to the Club Members via a monthly newsletter. (so here it is)



TUESDAY NIGHT TRAINING RUNS

As the clocks are changing at the weekend and we will soon be back on the fells on Tuesday evenings we will have to start to arrange different places to run from as was discussed at the AGM. This is to make our training runs abit more varied (and different pubs to try). If you have an idea about a run and a suitable Tuesday to do it let us know so that we can publish the dates (in Sheep Sheet and on the MCC Notice Board) for the other members so that they don't turn up at MCC and wonder where the hell everyone has got to.

I'm now going to try to produce a Newsletter every four to six weeks to try to keep you informed about races, results, committee matters, social events, marshals needed etc. This will only happen if you let me know whats going on. At the beginning of the newsletter is the date (give or take a week) for information to be passed to me, Allan Greenwood (01274) 731195 or Bob Horne (01422) 201269 to go in the next Newsletter. I'm in the pub nearly every Tuesday so if you want to get anything put in the Sheep Sheet you can tell me there or telephone (01422) 343736 (if you don't get me in straight away please persevere as I'm probably out running or gardening).

Ta Thirza