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Sheepsheet March 2011

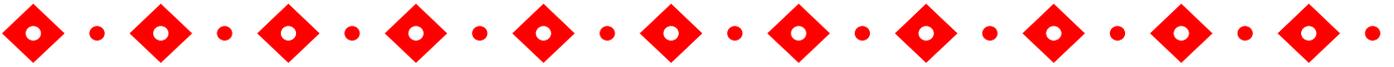
Calder Valley Fell Runners

Clean Sweep at the Trog!!



What a great day last weekend as Calder Valley runners swept the board at this year's Wadsworth Trog — 1st man, 1st lady and both team prizes.

Well done to Hannah and Rob for putting on another great Calder Valley race!



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Wherever the Paths May Lead..... Thoughts on fellrunning

Well already it feels like the nights are starting to draw out and pretty soon Spring will be upon us. I must admit, I can't wait. The chance to be back out running over the fells on warmer, lighter evenings is something I try never to take for granted.

The winter certainly hasn't been as bad as the last one (so far at least), but it's had its moments and we've managed to get some usage out of our new Microspikes (very good they are too!).

And with the New Year, thoughts inevitably turn towards the year's plans and everyone has a new focus for their training. After last year's excellent successes within the club, I'm sure we'll all be building on that in this coming year, especially once the Championships races commence with a trip down to my old stomping ground in Shropshire in early March.

Plenty of other exciting races to look forward to as well, all over the British Isles. There's a

club trip to Ireland coming up (which I'm gutted to be missing) and the usual popular races.

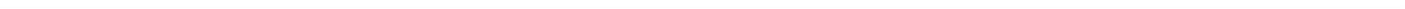
But I'm also tempted to try and head to some of the quieter races this year and avoid the crowds at the main events.

Possibly my favourite race last year was the low-key Great Whernside race, and there are plenty more where that came from. Personally, I'm very tempted to head up north for the Slioch horse-shoe....now THAT is what I call fellrunning!

There's certainly a rising feeling amongst the fell-running community that the popular races are becoming a little too popular and it seems to me we can all do our bit to alleviate that by choosing to do some of the smaller races.

Whatever we choose to do, I'm sure we'll all have a fantastic year, enjoying the fells and open spaces and taking the occasional opportunity to glance up and appreciate our surroundings.

Richard





Runner Profile - Tom Thomas

Firstly, tell us a little about yourself

Well I'm currently studying Philosophy, Politics and History at Holy Cross college in Bury and hoping to study PPE (Politics, Philosophy and Economics) at Leeds university, starting in September as long as everything goes ok in my A levels. I also work part time in my local Chinese chippy to fund my running and more recently my forays into other areas of outdoor activities like climbing but im aiming to get a job in an outdoors shop when I turn 18 later this month. When I graduate from university I intend to do a primary PGCE (an odd choice with PPE but hey ho) and enter teaching as it is the only job I can really envisage myself doing unless I win the X Factor or come up with an amazing invention for Dragons Den.

How did you get into fellrunning?

Well when I started high school I was a keen rugby player but as is inevitable when a small person tries to take out a big bruiser I came off worse and ended up with a broken arm thus spelling the end of my rugby season. So my maths teacher and cross country coach recommended I started running and from there I joined a few clubs before settling on local fell running club Saddleworth, and the rest as they say is history.

What have been your biggest achievements to date?

Most of my good runs have been on the track with a 1:58 800m and a 4:08 1500m but in terms of fell running I have generally enjoyed my best results in longer races with a 7th place Saunders finish in 2009 and 11th place in the 17 mile Osmotherly Phoenix. However my two 1st junior positions at my local races-Saddleworth and the Wharnton Dash are my favourite racing memories.

What have been your favourite races and, generally, what sort of races do you prefer? (eg long, short, steep etc)

I like either very short sharp races like BOFRA events or races in the region of 8-20 miles. I find pacing between 3-8 miles very tricky and either 'blow-up' or set off too slow. In terms of gradient I see myself as a better descender than ascender and thus like any race that has a good runnable descent as I tend to pick up a lot of places at races like Shelf Moor or Great Whernside.

What's been your worst fellrunning experience to date?

I did a BG reccy earlier on this year of legs 1 and 2 and it was a comedy of errors. Firstly I left my headtorch in a shop en route to Keswick so all the route until the Dodds was awful in the dark. Then the lad navigating made a cock up and we ended up taking 45 minutes to find a route off Blencathra after trying to find the Middle Tongue route and finally to finish me off I hit the wall at Stybarrow Dodd and endured the worst 2 and a half hours running of my life until we slumped into Dunmail



"I see myself as a better descender than ascender"



Runner Profile continued.....

What are your fellrunning ambitions for the coming year and for the longer term?

Well I'd like to win a couple of U/23 championship medals this year and carry on improving with a view to reaching the level of our top runners one day and challenging for senior (I might have to wait till I'm a V80 though) honours in big races.

Who are your heroes, past or present, both in fellrunning and in the wider world?

I try to take bits of inspiration from all the runners that I know, within the club there is obviously Karl who had a great season especially after coming back from surgery to win Holme Moss and 2 championship medals amongst lots of other runners. What I find great about fell running mentality is that the first question a race winner or high finisher asks is never 'do you know how well I've done?' but no matter how badly I've done its 'so how was your race?'. I find that I look upto quieter more humble figures rather than the ego-inflated footballers that seem to be an inspiration for many young people.

I happen to know that you're also a keen climber and enjoy expeditions into the mountains. Tell us what you've been up to recently and what your plans you have.

Ice Climbing!!! This winter has been brilliant for my first forays into winter mountaineering and even after the thaw earlier on over christmas its opened up some classic gritstone routes like E2 Pinball Wizard on Wimberry rocks near my house. Next year im hoping to get some good climbing done in the Arrochar Alps having done the Left sode traverse on the Cobbler in October and it gave me a hunger to try some of the big multi-pitch routes up there so I think thats my plan for the weekend of the Devil's Beeftub race sorted already.

You're also an intelligent and deep-thinking person (the complete work of Plato for a Christmas present!!). How does this interact with and affect your fellrunning?

Your words not mine, I really enjoy philosophy to the extent at which my running ability becomes seriously damaged. When you lot run past me on a hill and I have a pained look in my face and im moving slowly its not because im struggling with the race but its due to the fact I am pondering a deep philosophical concept. If I managed to switch off my brain I reckon id be setting race records all over the place.

Finally, why Calder Valley? And what do you feel you get from the club?

Its a great club and I dont even mind the ridiculously long journey to training on the rare occasion I can make it down. There is a great depth of experience and advice to be gained from all club members and it is not just merely focused on running, everyone has a laugh and the masses of CVFR at races make them really sociable events whereas my old club only really has a core of about 10 regular runners who actually do races. So good luck to all CVFR members with whatever races, challenges or events you take part in next year.

Happy Running

TT



Club News

Huge congratulations to Jo Heyes, who accepted Jim's marriage proposal on top of the Empire State Building!! How do you beat that? Married on top of the CN Tower perhaps?!

And congratulations to Carolyn and Lee on the birth of their daughter Megan.

Your Committee

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Please don't hesitate to get in touch with us if you need any information about the club or any events etc. that are happening. Meetings generally take place in the Shoulder of Mutton after a pack run, every welcome.

Remember, this is YOUR club and YOUR views are welcome.



Success All Round at the Wadsworth Trog

With Calder Valley's Hannah and Rob Dobson taking over the organisation of the club's flagship race it was left to their four-year-old daughter Megan to start runners off on this year's Wadsworth Trog Fell Race.

The event is nicknamed "The Beast" because it is a hard winter race that takes runners on a 20-mile tour around the moors above Hebden Bridge.

Runners set out from Old Town Cricket Club and the final sections included a gruelling traverse across trackless ground before a punishing climb back up to race HQ.

In previous years, runners have had to contend with snow and thick fog, and although visibility was good this year, the recent torrential rain meant that underfoot conditions were particularly difficult - too much for two runners who retired before reaching the first checkpoint.

Calder Valley's James Logue is in the form of his life at the moment and he and last year's winner Tom Brunt of Holmfirth Harriers were locked in combat until the last checkpoint, when Logue made his move and Brunt could not find the legs to respond.

Gavin Mulholland enjoyed a great run as he took third place.

With Calder's Simon Bourne in 11th, Logue took home the trophy for first place overall as well as prizes for both first men's team and first veteran's team.

Helen Fines enjoyed an emphatic win as she took the Debbie Flanagan Memorial trophy for first placed lady, over 10 minutes clear of Bingley Harrier's Helen Jackson.

Just as Logue had done with the men, Fines led Calder Valley to team victory, ably assisted by Clare Kenny and Jackie Scarf.

At 20 miles and 4,000ft of climb, all 137 finishers did well to complete this tough race which is considered punishing by even the most seasoned fell runners.

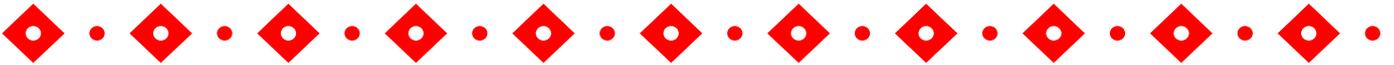
Calder Results and second placed runners: James Logue: 2.48.25, Tom Brunt: Holmfirth Harriers: 2.49.23, Gavin Mulholland: 2.54.03, Simon Bourne: 3.16.04, Andy Thorpe: 3.24.19, Helen Fines: 3.27.59, Chris Mawdsley: 3.34.11, Helen Jackson: Bingley Harriers 3.38.27, Steve Grimley: 3.52.31, Phil Scarf: 4.04.49, Peter Fitzpatrick: 4.09.01, Lance Parker: 4.11.06, Clare Kenny: 4.13.08, Johnnie Watson: 4.17.08, Jackie Scarf: 4.19.31, Martin Whitehead: 4.26.25, Dave Culpan: 4.26.59, Philip Jones: 5.00.49.



James Logue storms to victory at the Trog



Helen Fines heading home as 1st Lady



Race Reports

BOWLAND 7.3M/800'

5TH DEC 2010

1 ST	Tom Cornthwaite-Blackburn H.	-46.33
2 nd	Tom Addison-Hel Hill	-47.32
3 rd	Jason Tighe-Blackburn H	-48.11
28 th	Rob Dobson-Cvfr	-56.07
1 st	Lady Sarah Yeomans-Rossendale	-59.09
81 st	Dave Culpán-Cvfr	-65.04

Beautiful and clear but freezing cold temperatures for the annual Bolton by Bowland fell race. Conditions were very icy underfoot with quite deep snow in the fields, but a lot drier than the last couple of years of torrential rain and deep mud.

A great little race held every year on the first Sunday in December, Tom Cornthwaite taking the honours again.

128 RAN.

DAVE CULPAN





Race Reports continued

ROACHES 15M/3900'

14/11/2010

1 st	Pete Vale-Mercia	-2.04.24
2 nd	Dave Taylor-Dpfr	-2.12.13
3 rd	Rod Harris-Long Eaton	-2.16.28
1 st Lady	Helen Skelton-Newport	-2.39.16
80 th	Helen Lambert-Cvfr	-2.53.08
87 th	Martin Whitehead-Cvfr	-2.57.52
101 st	Linda Murgatroyd-Cvfr	-3.05.21
114 th	Celia Mills-Cvfr	-3.08.41
123 rd	Dave Culpan-Cvfr	-3.11.41
124 th	John Nunn-Cvfr	-3.11.49
140 th	Tony Steward-Cvfr	-3.17.52
144 th	Gail Tombs-Cvfr	-3.22.16

Good weather yet again for this annual mudbath from Meerbrook village hall nr Leek in Staffordshire.

It's one of my favourite long races, a great out and back route taking in some fantastic views over the Roaches, an area of outstanding natural beauty, with a long steep climb up Shutlingsloe in the middle of the route.

The slurry through the farmyard at the beginning didn't seem as bad this year, an additional buff worn over the mouth to stop it splashing into ones mouth is a must however!

A good turnout from the club with Helen, Linda and Celia taking home the ladies team prize, you can come back for this one now Thirza!

Pete Vale from Mercia won with 8 minutes to spare, Martin had another good run, I just managed to sneak past John Nunn towards the finish.

183 ran.

Dave Culpan.



Race Reports continued

A Day at the Races

Bradford Parkrun followed by the Giants Tooth Fell Race.

Following a rock and roll New Years Eve, that involved not finishing all of the drink I had bought myself and falling asleep on the sofa at 22:30 I was up and awake fairly early on New Years Day and I fancied trashing my legs.

The first call was Bradford Parkrun and a blast out over the 5k course in my Dewsbury Road Runners vest. I had initially thought of having a steadier run out over the course. But once I'd loosened off and my tapered legs that were still full of energy following two 10k's being cancelled on me had got some blood into them, I had different thoughts. I also had a good look at the small field and wondered if I could beat them all. Luckily none of the usual fast lads turned up, so I managed to lead from the start and come in 1st place, with a 32 second course PB. This hurt my legs.

I soon realised that this probably didn't put me in a great position for the Giants Tooth race. Mainly when I got in the car and my calves started to slowly seize up on me. But, I had the race to do and fancied another run out. And a slightly steadier one this time round.

After driving straight up from Parkrun, I found myself parked up at race HQ stupidly early. It was a lot colder in Ogden than in sunny Manningham, so I stayed in the car with the heater on full.

I eventually realised that I would have to leave the car, so braved the short walk across the car park to race HQ, finding it shut. A quick walk up and down the lane and I returned to the pub to find it pen. I registered, then fuffed about for nearly an hour, trying to stay out of the cold.

With about 20 mins to go before the race start, with a hot cup of coffee inside me, I realised I'd best get ready for the race. The short dash from pub to car made me realise that more than just the shorts and vest I'd worn for Parkrun were needed. I felt a little warmer and I was now in Calder Valley vest.

My attempt for a warm up got as far as the start line from the car park. I then decided that jogging on the spot and taking the piss out of Graham Dyson was a far better option.

It was getting crowded at the start and there appeared to be a good turn out from Calder Valley. Most of us were huddled together in a red and white group trying to shelter.

Cheekily, someone suggested that we might want to line up near the start line and consider a race. Did they not feel how cold it was compared to the warmth of the pub?

As the sleet and rain was coming down, the race started. Calder Valley had a good turn out on display and had good placings all the way through the field. Max Wharton bombed off into the distance never to be seen again



Race Reports continued

and we seemed to have a few runners in the top half of the field. Including Issy Wharton who was 3rd female junior and Steve Smithies who finished 2nd MV40. I managed to pick my way through the field after a steady start and despite promising myself an easier run out, did step on it a little bit when Steve Smithies overtook me a couple of times. The course was slightly shorter than billed, and more trail than fell. But still a great way to blow the cobwebs out after a Christmas and New Year bit of over indulgence.

Back to the pub post race, and prizes galore for Calder Valley. Max Wharton 1st junior and 4th overall. Steve Smithies 2nd MV40 and team prize for Calder Valley.

Calder Valley results (out of 107)

4th Max Wharton 17.26 1st male junior
10th David Almond 19.04
11th Steve Smithies 19.07 2nd MV40
18th Rob Rawlinson 20.07
27th Chris Standish 20.31
29th Mark Wharton 20.52 4th MV40
31st Gary Traviss 21.05 6th MV40
39th Tim Hayles 22.01
43rd Graham Dyson 22.50 11th MV40
50th Dave Cuplan 23.23 12th MV40
55th Issy Wharton 24.06 6th female and 3rd female junior
67th Claire Hanson 25.43 7th female
70th Tony Bradley 25.54 13th MV50
75th Linda Hayles 26.24 2ndFV50
87th Neil Croasdale 27.46 4th MV60

Not a bad day out. Plus I achieved my aim and had trashed legs the day after.

Dave Almond

Nice one Dave. That's pure madness, beats even our 21 mile "Hangover Hobble" starting at 8am last New Year!!

For those who don't know, Dave's set a date for his Bob Graham this summer (18 June) and it's going to be a great day out.....if I can keep up!



RACE RESULTS

Dunnerdale		13-Nov-10			<u>rating</u>	<u>improvement</u>			
1	Lloyd Taggart	Dark Peak	MV40	0:38:28	0.98				
15	Lauren Jeska	Todmorden	L	0:44:04		1st lady			
27	Steve Smithies	Calder Valley	MV40	0:46:57	1.20	-1%			
36	Gary Parker	Calder Valley	MV40	0:48:12	1.23	4%			
44	Helen Fines	Calder Valley	L	0:49:14	1.25	-3%			
225 runners									

Tour of Pendle		13-Nov-10			<u>rating</u>	<u>improvement</u>		
1	James Logue	Calder Valley	V40	2:27:34	1.05	4%	best yet!	
53	Lynne Clough	Chorley	LV40	3:07:56			1st lady	
63	Bill Johnson	Calder Valley	V45	3:10:18	1.36	-8%		
85	Stephen Grimley	Calder Valley	V40	3:15:26	1.39	6%		
87	Kevin Houlton	Calder Valley		3:16:16	1.40	0%		
128	Brian Horsley	Calder Valley	V60	3:27:38	1.48	-1%		
149	Tim Brooks	Calder Valley	V40	3:34:39	1.53	0%		
155	Rod Sutcliffe	Calder Valley	V55	3:35:58	1.54	-10%		
158	Jimmy Oldfield	Calder Valley	V40	3:36:27	1.54	-2%		
181	Clare Kenny	Calder Valley	LV50	3:41:10	1.58	0%		
244	Manhar Patel	Calder Valley	V40	4:00:07	1.71	-5%		
251	Philip Jones	Calder Valley	V50	4:01:57	1.73	8%		
310 runners								

Roaches		14-Nov-10			<u>rating</u>	<u>improvement</u>		
1	Pete Vale	Mercia	M	2:04:24	1.08			
42	Helen Skelton	Newport	F	2:39:16			1st lady	
80	Helen Lambert	Calder Valley	FV40	2:53:08	1.50	-5%		
87	Martin Whitehead	Calder Valley	MV50	2:57:52	1.54	3%		
101	Linda Murgatroyd	Calder Valley	FV40	3:05:21	1.61	0%		
114	Celia Mills	Calder Valley	FV40	3:08:41	1.64	-3%		
123	Dave Culpan	Calder Valley	MV40	3:11:41	1.66	3%		
124	John Nunn	Calder Valley	MV50	3:11:49	1.66	-1%		
140	Tony Steward	Calder Valley	MV50	3:17:52	1.72	-3%		
144	Gail Tombs	Calder Valley	FV50	3:22:16	1.75	-1%		
183 runners								



RACE RESULTS (continued)

<u>Rivock Edge</u>		21-Nov-10			<u>rating</u>	<u>improvement</u>			
1	Ted Mason	Wharfedale		0:49:52	1.11				
20	Helen Fines	Calder Valley	L	0:56:35	1.26	-3%	1st lady		
64	Martin Whitehead	Calder Valley	V50	1:04:28	1.43	2%			
85	John Nunn	Calder Valley	V50	1:07:34	1.50	5%			
114	Gary Muir	Calder Valley	V50	1:12:08	1.60	7%	best yet!		
154 runners									

<u>Auld Lang Syne</u>		31-Dec-10			<u>rating</u>	<u>improvement</u>			
1	Andi Jones	Salford		0:33:39	0.85				
8	Ben Mounsey	Calder Valley		0:42:37	1.07	1%			
28	Mary Wilkinson	Bingley	L	0:46:33			1st lady		
31	Steve Smithies	Calder Valley	V40	0:47:01	1.18	1%			
39	Jo Buckley	Calder Valley	L	0:48:15	1.22	8%	best this year		
81	Matt Flanagan	Calder Valley		0:51:40	1.30	2%	best yet!		
107	Mark Wharton	Calder Valley	V40	0:53:46	1.36	1%			
111	Jamie Smith	Calder Valley	V40	0:54:00	1.36	1%			
155	Dave Culpan	Calder Valley	V40	0:57:22	1.45	7%	best this year		
165	John Nunn	Calder Valley	V50	0:58:13	1.47	5%			
170	Martin Whitehead	Calder Valley	V50	0:58:39	1.48	-2%			
231	Barbara Lonsdale	Calder Valley	LV35	1:02:29	1.57	-6%			
232	Jimmy Oldfield	Calder Valley	V40	1:02:31	1.58	-1%			
249	Graham Dyson	Calder Valley	V40	1:03:12	1.59	-9%			
294	Gail Tombs	Calder Valley	LV50	1:07:45	1.71	-4%			
393 runners									

<u>Giants Tooth</u>		01-Jan-11			<u>rating</u>	<u>improvement</u>			
1	Nick Hooker	Leeds City		0:16:47	1.09	#N/A			
4	Max Wharton	CVFR	MJunior	0:17:26	1.13	3%			
10	David Almond	CVFR		0:19:04	1.23	3%	best yet!		
11	Steve Smithies	CVFR	MV40	0:19:07	1.24	-4%			
15	Annabelle Mason	Wakefield Harriers	FJunior	0:19:30	1.26		1st lady		
18	Rob Rawlinson	CVFR		0:20:07	1.30	7%			
27	Chris Standish	CVFR		0:20:31	1.33	1%			
29	Mark Wharton	CVFR	MV40	0:20:52	1.35	0%			
31	Garry Traviss	CVFR	MV40	0:21:05	1.37	1%			
39	Tim Hayles	CVFR		0:22:01	1.43	-1%			
43	Graham Dyson	CVFR	MV40	0:22:50	1.48	6%			
50	Dave Culpan	CVFR	MV40	0:23:23	1.51	-4%			
55	Issy Wharton	CVFR	FJunior	0:24:06	1.56	-2%			
67	Claire Hanson	CVFR	F	0:25:43	1.67	-9%			
70	Tony Bradley	CVFR	MV50	0:25:54	1.68	1%			
75	Linda Hayles	CVFR	FV50	0:26:24	1.71	0%			
87	Neil Croasdell	CVFR	MV60	0:27:46	1.80	-8%			
107 runners									



RACE RESULTS (continued)

	White Holme Circular	16-Jan-11			rating	improvement				
1	James Logue	CVFR	V 40	1:18:18	1.09	1%				
5	Andy Thorpe2	CVFR	V 40	1:27:42	1.22					
6	Steve Smithies	CVFR	V 40	1:28:00	1.22	-2%				
14	Kevin Houlton	CVFR		1:31:03	1.26	0%				
38	Richard Airlie-Gilbert	CVFR	V 40	1:39:40	1.38	9%	best yet!			
55	Kath Rosedale	unattached	L	1:47:29			1st lady			
65	Dave Culpan	CVFR	V 40	1:49:37	1.52	0%				
84	Gillian Wisbey	CVFR	L 40	1:58:09	1.64	-1%				
85	Philip Jones	CVFR	V 50	1:58:52	1.65	-1%				
94	Kirsten Airlie-Gilbert	CVFR	L	2:06:02	1.75	-1%				
97	Joanna Heyes	CVFR	L	2:07:02	1.76	7%	best yet!			
	112 runners									

Tuesday Night Training

Plenty of great options on Tuesday nights at the moment;

- the usual hardy souls are heading off-road with headtorches and exploring the local area. They may, or may not, know where they're going at any particular moment in time!
- Mark Goldie's been running (no pun intended) some cracking hill-work and speedwork sessions. I know they're gaining in popularity (you're all mad!) and putting in effort in a group really helps your running improve in leaps and bounds
- There's still a group going for a steady road run as well, according to the published schedule, shown on the opposite page

And don't forget the Thursday sessions at Savile Park.

Clocks change on Sunday 27th March, I'm reliably told, so not long now until the nights start to draw out and we can call head out onto the fells for training!



MARCH TRAINING SCHEDULE

Date	Time	Location	Route Description
Tues 1 st march	6.45pm	Hare & Hounds, Old Town	Heights Lane, Midgley, Midgley Road to Luddendenfoot, cross road to pick up cycle track, Mytholmroyd train station, Caldene Avenue, cycle path to Hebden Bridge Station, main road, turn up Birchcliffe Road, left up Sandygate, turn right back up to Hare and Hounds pub. All good running but you will need a head torch for cycle path. Off Road Run as well.
Quality Session	6.45pm	MCC	Speed session with Mark Goldie
Thurs 3 rd March	6.15pm	Savile Park	Fartek Session – Steady one for those doing Long Mynd Valleys
Tues 8 th March	6.45pm	MCC	Midgley Road, Midgley, Luddenden, Stocks Lane, Mount Tabor to Xroads pub, down Jowler, up to Booth, Midgley, MCC
Quality Session	6.45pm	MCC	Hill reps with Mark Goldie
Thurs 10 th March	6.15pm	Savile Park	1mile time trial.
Tues 15 th March	6.45pm	MCC	Hebden Bridge – Mytholm Steeps – Blackshawhead – Slack – Heptonstall – Hebden Bridge and either straight back or climb back up to Mount Skip – Heights Road and back to MCC
Quality Session	6.45pm	MCC	Speed session with Mark Goldie
Thurs 17 th March	6.15pm	Savile Park	Kenyan hills (again not too hard with Heptonstall race (club champs) at weekend)
Tues 22 nd March		MCC	Scout Road, left up Hathershelf Lane, Long Causeway, Mirey Lane, Hubberton Green Road, Upper Field House Lane, at Xroads EITHER right towards Sowerby, Pinfold Lane, Sowerby Lane, Scout Road OR Straight down Butterworth Lane left along Rochdale Road, Sowerby Bridge, left back up Sowerby New Road and Pinfold Lane etc back.
Quality Session	6.45pm	MCC	Hill reps with Mark Goldie
Thurs 24 th March	6.15pm	Savile Park	Speed session
Tues 29 th March	6.30pm	MCC	OFF ROAD – Sheepstones Trig, Crow Hill and wherever you think you might have time to go to. Bring a torch just incase for the last bit. Clocks have just changed. It's British Summer time. Yippee!!!!
Quality Session	6.45pm	MCC	Speed session with Mark Goldie
Thurs 31 st March	6.15pm	Savile Park	Session off road, hill reps in wood.
Please note that there is a choice of a quality session or a run on a Tuesday night. As from 31 st March we will be off road every week.			



Hash House Harriers - a Drinking Club with a Running Problem

Maria and I have been in Malaysia for 11 days and we've done four hash runs. Hash House Harriers was started in the 1930s by British military expats in Malaysia. The name is derived from the club house of the original club, or 'chapter'.

There are now hundreds of chapters all over the world. They are as much social clubs as running clubs, with a lot of tongue in cheek, self effacing humour including rituals around their organisation and meetings. For instance they help each other to find the route on a run by calls such as on-on, on-left and on-down. Beer and food are provided after each run, but nobody is allowed to start this until everyone has returned from the run, at which point someone calls "on-beer". The club chairman is the 'Grand Master', the secretary is 'On-Sec', and the treasurer is 'On-Cash'. Many members have 'hash names' such as 'Puppy Veloo', 'Hot Lips' or 'Bionic'.

There are many chapters around Seremban and Port Dickson where we are staying, so you can run every evening and weekend if you want. Most of the members seem to be 50 plus, and are walkers/joggers rather than serious runners. Here they are a mix of Chinese and Indian Malaysians - the Malays do not seem interested, probably because they are not yet into the culture of exercise. From what I know of Malaysia I don't think the alcohol and bawdy humour has anything to do with it, even though the Malays are Muslims. I've only met one English expat.

The runs are meant to last about an hour from 6.00 or 6.15pm. It's getting pretty dark by 7.30pm. Earlier than this it is uncomfortably hot to run, though in the rainy season it often rains in the late afternoon, cooling things down a bit. The terrain varies, as I indicate below, but often they go along tracks through rubber and palm plantations with or without some up and down undulation. The 'hare' sets a paper trail that everyone has to follow. At track junctions or other points the paper trail often stops, and reappears 50-100m along one of the branches, so the first arrivers have to find the continuation of the trail while the slower participants catch up. In practice the faster people tend to break away completely, although you may hear occasional calls of "on-on" from somewhere deep in the forest.

Monday - Sirusa Hash. We set off at a walk, with the leader blowing a honking horn at intervals, and eventually broke into a jog. This was a steady undulating run through plantations, very pleasant. Apart from the leading runner and I, Maria found herself ahead of everyone else, so the pace was not exactly hectic, most people walking. We sat sweating and chatting at the end, waiting for 'on-beer'. Four bottles of Skol.

Tuesday - Port Dickson Hash. This turned out to be a road run, on tarmac all the way, though this was partly because we lost the trail towards the end and missed the final bit that was off road. Again Maria found herself to be a front runner. Not very interesting, but a good social again. Three Heinekens.

Wednesday - NS Wednesday Hash. Maria missed this one. There were not many people because it appears to be a mainly Chinese group and everyone was now getting ready for Chinese New Year. This was another pleasant route through plantations, but quite short, and I walked much of it, jogging some, so as not to be unsocial, but everybody else was very slow.



Hash House Harriers, continued.....

I had allowed myself just one beer because this was the third night running, but, as usual, as soon as you look as if you've nearly finished a beer another one is produced and opened. Two cans of Carlsberg.

Friday - Klana Hash. "There's no beer tonight", I was told. "Oh", I said disappointedly. "We drink stout" he laughed. With Maria again we set off straight into jungle and straight up the side of quite a significant hill. This was not running but crawling through undergrowth, dipping under branches, tripping over roots, avoiding thorns, scrambling up steep wet clay banks, looking out for the next piece of paper. However we were now experienced hashers and not overawed at all by this. The calls were mainly "on-up" for quite some time. Eventually we heard nothing more from the leader, but came out onto a track. Not for long, though, since it was down again, then along a contour with extensive views of the plain below and hills beyond, but again through undergrowth. We had only been on a runnable path for two minutes out of half an hour. We came out onto good tracks at last and started running, finding ourselves in front. At a junction we stopped. Up or down? Maria asked "is this the right paper?" It was a very clear trail so we went up. I was really into it now, calling out "on-on" and hearing occasional noises in the distance behind.

After an hour we were still following this very clear paper trail up and down tracks, thinking we must be nearly finished, but every time we went down we went up again and never got to the bottom of the valley. The sun had set and it was beginning to get gloomy in the forest, but the trail was very clear. Eventually we came down to a Kampung (village) but it was not the place we had started from. I was trying to convince myself that Klana was a proper serious hash, not like the Wednesday lot, and being Friday they did a longer run. so we continued, now on tarmac, up and down, but still following a clear paper trail. Ninety minutes into the run we knew it was not right, and it was pretty well dark. We decided to turn around and return to the village. If we were right we'd meet hashers following us. If we were wrong we could perhaps get a lift from the village.

We met three Chinese guys who were following us because they knew we had gone wrong and were disappearing into the wilderness, but couldn't catch us. To cut an even longer story short, we had got onto a different hash trail from the Seremban hash run the previous night and were down in the wrong valley. They had a mobile phone, and after another half hour's walk and a long drive we were at the finish after two and a half hours. We had delayed on-beer somewhat. They were going to a Chinese restaurant for the food, but we were covered from head to foot in sweat and earth, so we went straight home. No Guinness.

Rod Sutcliffe (aka Mr Bean)



Club Champs Review 2010

A short history of Mulholland: 1971-1999 - Belfast lout. In 2000 I started teaching at Calder High. Jonathan Emberton sailed in a year later changing everything. Shepherd Skyline in hobnail boots was my first taste. He must've seen something as he stuck an EPOC vest on me and made me do the Calderdale relays a few times (2001-4). On one occasion I saw these two whippets, turned out to be Gary Webb (7 times champ) and Karl Gray (7 consecutive wins). Hop, skip & jump through a few adventure races (Embs idea of a fun weekend?) later; getting a bike posted by my Da (2001) and moving to and joining Stainland to meet future training partner Ben (da bullit) Mounsey and I started realising I could run. By 2009 every finger (post) was pointing to CVFR and a mad scotty lass!

Trevor the trainer Murgatroyd realised I needed mentoring and produced the mother of all race calendars; including the club champs.

First up was the obscure Chew Valley (Gary Webb has some arctic photos from the last time this was held as he ran across the frozen reservoir!), with no map and Turbo Tom making a killing in tourist excursions. Apologies to Sean Willis on the line "For following you for the next 2hrs" and we were off. A clutch of CVFR vests were taken round spectacular scenery. Conditions were treacherous, Sean Smithies suffered a bad fall. I stopped to tie my lace and had to panic sprint back to Breaks, Logue & Willis. The last descent was heaven to the eyes and with James downshifting I came home 2nd and bagged my first 50 in my first champ event.

Midgley 'bloody legs' Midgley was next up with a quality field and wily old Oldfield showing me the benefit of experience by popping out in front of me twice! Still 48 points and things starting to accumulate.

Mytholmroyd recce including old faithful (OS21) bit back as I developed a nasty cold scuppering my first medium points. Still not back to form I made myself cycle, then run the churn milk chase, and it certainly was with Sean Carey chasing me to the line in his one. Of course I actually came 2nd as Mr Gray was making his return to the hills but I was still delighted to be only 20 secs behind him. This theme continued at Cragg Vale & later at Pendleton as i tried to get full points but Gray was definitely back in town. His spectacular win at Holme Moss exemplifies. I was happy too, with 48 points and a top 20 finish in an English Champ (and another Yorkshire medal - sorry Shaun the Lancastrian).



Club Champs Review 2010 continued

Summer had arrived and Bill stato reminded me that I needed two mediums to complete the challenge. Weasdale is best forgotten/remembered for the sprint finish as old man Stevens became Hussain bolt and finished 1st in style. The course itself was another with spectacular scenery and courtesy car (thanks Trevor). Gary Traviss suffered tinitus after the amount of ranting that afternoon.

And so to Hodder Valley (the finale), with some last minute changes to the fixture and some begging to the chair (master yoda) this was a great event too and i was elated at chasing the Addison boys (GB under 23 whippersnappers) to the finish.

One opportunistic club champ (in my first full year as a member), 2 yorkshire medals and a whopping Bronze from the British relays in 2009. Should I retire on a high? Not unless I want a Hyde-ing eh Thirza?!

See you 2011

Gavin

Upcoming Races

Feb 26th	Noonstone	Apr 5th	1st Bunny Run
Feb 27th	Ilkley Moor	Apr 9th	Mourne Peaks
		Apr 9th	Wardle Skyline
Mar 6th	Long Mynd Valleys	Apr 12th	Bunny Run 2
Mar 6th	New Chew	Apr 19th	Bunny Run 3
Mar 12th	Haworth Hobble	Apr 23rd	Anniversary Waltz
Mar 12th	Stan Bradshaw Pendle Round	Apr 23rd	Manx Mtn Marathon
Mar 12th	Windmills Whiz	Apr 26th	Bunny Run Relays
Mar 20th	Hepstonstall Fell Race	Apr 30th	Coniston
Mar 26th	Midgley Moor	Apr 30th	Three Peaks
Mar 27th	Edale Skyline		
Apr 2nd	Pendle		



One in a million.....

The following is the nomination sent by certain Calder Valley members, putting Alistair forward for the "Outstanding Service Award to Coach of the Year". Although the award went elsewhere, the sentiment is worth publishing here.....

"We would like to nominate **Alistair Whitelaw** for the **Outstanding Service Award to Coach of the Year**.

Over the last four years, Alistair has single-handedly set up the Calder Valley Fell Runners junior section, which has grown from strength to strength and now stands at a thriving membership of over 70 members. With tales of child obesity and teenage apathy dominating media headlines, Alistair has established a flourishing club in stark contrast to those stories, which advertises itself on the website as "fun and fitness on the fells for all aged eight upwards".

Alistair has undertaken a number of fell running courses leading him to achieve Level Two fell running coach status, which demonstrates his commitment to his own development and most importantly to the welfare of all the juniors that benefit from his coaching. These qualifications are utilised week in week out as Alistair holds coaching sessions every Saturday morning, as well as each Tuesday evening during term-time. By its very nature fell running requires coaches and supervisors to be outside all year round irrespective of the weather, which is further evidence of Alistair's willingness and enthusiasm.

As the juniors club grows in size and stature, Alistair has understood the need to encourage both fell runners in the seniors and parents to get involved in coaching and supervising. This has created a bond of trust between parents and CVFR and has established the club at the heart of the local community.

As well as organising races on Widdop and Midgley Moor, Alistair has successfully held English junior fell running championship races at Coiners fell race in Mytholmroyd in consecutive years. This attracted junior fell runners from all over the country, as far away as Cornwall and Scotland. The races received universal praise for their superb organisation and execution and the Coiners race has once again been selected as one of the venues for next year's championship series. With accolades coming from parents, coaches and the Fell Running Association this has raised the profile of both CVFR and Calderdale as a great location for off-road running. Over the last two years some of Calder Valley juniors have improved to such an extent that they are now winning awards at national level, which is further testimony to Alistair's skilful coaching and leadership.

Each year Alistair also organises the annual award ceremony, where he gives out awards to all the juniors in recognition of their efforts. Alistair is very sensitive in that he ensures that all juniors leave with a trophy or medal and not just those that win all the races. Alistair also submits articles for the local press as well as providing content for the juniors website.

Alistair is a fantastic role model, participating in fell races himself and he does all this work in his own time. Alistair is a very self-effacing and modest guy, but I know that he would be absolutely delighted to receive this prestigious award."



Unbridled Success!!

Calder Valley Fell Runner's enjoyed more unbridled success at the Pennine Bridleway Relay on Sunday when the Ladies made it third win a row and the men came second to elite club Salford Harriers.

The Calderdale club has grown to be one of the strongest fell running clubs in the county, as was demonstrated yesterday with the performance of its teams and its individual runners. Long distance specialists Clare Kenny and Barbara Lonsdale got the ladies off to a solid start clocking 1:10 for the first leg, just three minutes outside the ladies record. They handed the baton over to British and English silver medallist Helen Fines and the in-form Jo Buckley who must have been surprised to see current English champion Lauren Jeska and team mate Sarah May run over four minutes quicker, which was a superb run by May and only a minute outside Buckley's record for the course set in 2006. Sarah Warburton and Ali Richards of Todmorden went one better than their clubmates with a new course record for leg 3 in 1:11, with Calder Valley's Sharon Godsman and Naomi Sharratt running a very competitive 1:14. Hubberton's Joanna Porter and Cragg's Jackie Scarf pushed it on leg 4 and managed to pull back a minute on Todmorden who were finely placed to capture their first relay success. Just as happened last year, Todmorden Harriers must be sick of the site of the red and white vests as the "deckchair's" super fast pair of Jo Waites and Gayle Sugden overhauled a seven minute Todmorden lead to take first place for the ladies.

While the ladies were able to snatch an unlikely victory towards the end of the race, it was the opposite case for the men. The naturally talented Tim Black and ever consistent Adam Breaks got the men off to a second place start in 56:06, when they handed over the baton to Ben Mounsey and Alex Whitem. The two men ran the third fastest leg of the day (1:22) to hand over in first place. Then it was over to Shaun Godsman and new signing Steve Bayton, who showed that he has the potential to be the fastest man in the club when the 32 minute 10K man and Godsman set a blistering pace to take two minutes off the old course record for the third leg. However, Steve Smithies and partner Jason Westwood suffered on the fourth leg and just allowed Salford Harriers to overtake them towards the end of the leg. A fantastic race then ensued between the Salford pairing of Joe Bailey and Ben Ridell and Calder's James Logue and Gavin Mulholland. The two clubs ran the leg over five minutes quicker than the next fastest club on the day, but it was the Manchester club who just managed to hold onto their 30 second lead to win by the most slender of margins.

Calder Valley's B Team also ran well to finish in 21st place from 104 teams.

All in all it was a great way for Calder Valley Fell Runners to start the year, with more medals and celebrations.



The Sandstone Trail - A Pleasant Day Out

Whitchurch to Frodsham: 34 miles

27/10/10

'The Sandstone Trail follows the elevated ridge of wooded sandstone hills that rise dramatically above the Cheshire Plain. It meanders across the still largely green and pleasant English county of Cheshire from the ancient market town of Frodsham on the broad Mersey estuary, in the north, to Georgian Whitchurch in rural north Shropshire, in the south.'

www.sandstonetrail.co.uk

I had been planning doing this route for a year or so but due to motivation and opportunity, had not done so but following an unexpected pass from family life, I decided to "just do it!" Being mid week and too short notice for anyone to join me, I was on my own. This did pose a slight problem in that I needed a car at the end as this is a point to point route so I opted for the train. Deciding I'd rather crawl into my car at the end I dropped off my car at Frodsham and made my way to Whitchurch which wasn't as easy as it sounded. 3 trains and 2 station changes later I had got to Whitchurch train station, which was approx 1 mile from the official start of the route; unfortunately I got a little misplaced (lost!) when looking for the start but my outstanding navigational skills shone through to find the starting point.

The route from the beginning is rather picturesque, roaming through the quaint Shropshire countryside, initially following the Union Canal. The route followed a well marked trail through farmland which seemed quite harmless until I came across the marked trail which had been blocked with plastic tape, including a tied shut gate. At this stage I weighted up the fact this was a national trail and I am a fearless fell runner so over the gate I went. Approximately 1/3rd of the way across the field I was aware of a big lama standing motionless but intent on staring me out about 200 meters away. At this stage I did feel a little perturbed but on I went, being the 'fearless fell runner' running through the gentle Cheshire countryside. At this point the lama decided to join me for a run! After a quick judgement call of what to do it was clear he was faster than me so at this stage I turned tail and legged it back to the gate, followed at speed by the Lama who I'm sure just wanted to make friends! When I got to the gate he stopped about 10 yards from me when he tried to out stare me again. Unfortunately I lost out and jumped back over the gate and had to get the map out to find a short detour. Quite a 'You've Been Framed' moment and worth £200.



The Sandstone Trail continued.....

In terms of the route, what followed was very well marked waypoints, clearly indicating the route. I had maps for the whole route but other than the detour around the friendly Lama, they were not really required, only being used to identify my location throughout. The countryside, although quite different from the usual Pennine landscape, not as hostile or desolate but was quite stunning providing magnificent viewpoints from the ridge itself. The only downside was farmland between the hills on the ridge. I ran the route in late October and being quite wet underfoot, unfortunately resulted in clodhopping; I would suggest if you were considering this route, undertaking it would probably best be done during a dry spell or when the ground is frozen. The other problem potentially would be livestock; other than the friendly Lama I did come across many cows, horses and some bulls. I arrived at one field with a warning sign indicating the presence of bulls but they were a few hundred yards away looking rather dormant so all was ok as it seemed. When arriving at the gate, there stood a rather large bull who wasn't going to move. After a quick detour over a fence and hedgerow, I was past him.

In terms of refreshments en route, I passed a few cafes but stopped off at the shop in the Beeston Castle information centre, providing drinks and rather nice cakes; a welcome change to the food I had brought along. When going through Delemere Forest there was an ice cream van but I didn't take up the opportunity on this occasion. At Delemere Forest there was the lost family wanting to be pointed back to the carpark where they had left their car but unfortunately my map only showed my route. They couldn't quite understand why I had been running for 20 odd miles and didn't know where their carpark was!

Incidentally, the Sandstone Trail Challenge has now been resurrected by Helsby Running club, on 21st May, 2011 and will be held as a Long Distance Walkers Association type challenge walk that also supports runners. Further information at www.helsbyrunningclub.org.uk/sandstone-intro.htm

The route in all took approximately 6 $\frac{1}{2}$ hours, including a couple of stops for refreshments en route. This is quite a different route than I am probably used to, not having the climbs and thrilling descents of the Lakes or desolation and windswept moors of the Pennines, but variety is the spice of life. Would I do this again? Give me a shout and maybe!

With regards

Gaz Hodgkinson



More info on the Sandstone Trail

Start/Finish: The Sandstone Trail runs roughly north-south across Cheshire and northern Shropshire between the pleasant market towns of Frodsham and Whitchurch.

Maps: The Sandstone Trail is covered by Ordnance Survey 1:25,000 Explorer series maps — *267 Northwich and Delamere Forest* [North], and *257 Crewe and Nantwich* [South]. Full excerpts from these maps appear in the official walkers' guide, '*Walking Cheshire's Sandstone Trail*'. The maps in the book are the only maps you'll need.

Length: The complete Sandstone Trail covers 55 kilometres/34 miles.

Time/Duration: Allow around two to three days to walk the whole Sandstone Trail, depending on fitness and ability. Most people choose to stop overnight close to the halfway mark, around Tarporley, Tiverton, Beeston, or Higher Burwardsley. Only the super fit can complete the Sandstone Trail in one go; this is best achieved during the long summer days and takes around 12 hours.

Difficulty: The Sandstone Trail varies in difficulty from easy to moderate, depending on the terrain. Short, steep sections include those at Frodsham, Beeston Castle, Higher Burwardsley, Rawhead and Bickerton. The easiest, flattest sections of the Sandstone Trail are those in Delamere Forest Park and alongside the Llangollen branch of the Shropshire Union canal between Willey Moor Lock and Whitchurch.

Terrain: The varied landscapes along the Sandstone Trail include wooded sandstone ridge, cliffs, crags and caves, open woodland and ancient forest, green lanes, lowland heath, heather, bilberry and gorse, undulating Cheshire farmland, and canal towpaths.

Highest point: Rawhead, near Bickerton in central Cheshire, rises 227 metres/746 feet above sea level. It's the highest point on the Sandstone Trail and the views from the summit 'trig' point are exceptional.

Total ascent: Total ascent/descent for the whole Sandstone Trail is 1268 metres/4160 feet.

Toilets: Because the Sandstone Trail runs through open country, there are few public toilets along the route. Public toilets exist at: Frodsham, Delemere Forest Park visitor centre, and in Whitchurch. However, there are toilets for customers' use at many pubs, hotels, cafes and tearooms along the Sandstone Trail.

Dog friendliness: Dogs are welcome on the Sandstone Trail but should be kept under close control, especially near farm buildings and livestock. Please consider other walkers and clean up after your dog.

Gaz Hodgkinson



Such a Perfect Day.....Married on a Mountain

It's taken a wee while to write this down, but I haven't forgotten a single detail, and every memory from the day is still vivid and brings a smile.

I always said I'd never get married again! And I fully intended to stick with that decision....until a certain lass came along and changed my mind completely. Having proposed to her on a gorgeous sunny day, basking in the warmth under the slopes of Bheinn A Ghlo, the "arrangements" came together relatively easy. We both wanted exactly the same things from the day and, although there were a few pangs of regret that family would not be there (and a few murmurings from family!), the location was chosen and the date set.

On our first Scottish holiday together, we'd had the most wonderful day on Quinag. A beautiful frosty day, clear skies and a clarity to the air which opened up views in every direction. It's a splendid mountain anyway, one of the best mountain days you can have. A mixture of fine ridges, castellated turrets to climb or circumvent, fine corries above which deer perch on precipitous slopes, and a long, runnable path out to the main top overlooking Kylesku, where it feels like the whole world stands beneath your feet. An obvious place to get married!

After some research, we found a Humanist celebrant, Jackie, who was quite happy to marry us on top of a mountain. Then we set about finding a couple of witnesses. Choosing a Tuesday on which all the schools went back after the summer break ruled out a lot of people! As it happened, we found two fantastic people to come along. The first, Mark, was already known to us as a fellrunner and keen photographer. He was heading north for the Ben Nevis race, then heading to the far north to see a friend. He was chuffed to be asked and said he'd take some photos.

Our second witness proved harder to find. A call to the ranger service in Lochinver and, out of the blue, a message to say they couldn't help but a local guy called Derek could. We spoke with him and he turned out to be a fascinating character - a "retired" Scouser who now spent his days roaming the hills looking for eagles...wow!!

And so, having completed the Ben Nevis race on the Saturday, we headed up to Sutherland on the Sunday morning and set up our wedding base camp at Achmelvich, a wonderful situation looking straight out to sea. The gale force winds which flattened the tent at night weren't quite so wonderful, but they added something to the week!



Such a Perfect Day, continued....

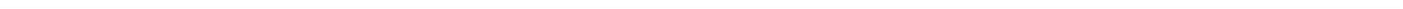
The weather was still windy on our wedding morning, but it wasn't raining and the cloud was above the summits. That was the good news. The bad news was that we were running late....a snatched breakfast of scrambled eggs on toast, a quick change into our wedding outfits (running lycra!) and a dash along the road from Lochinver, trying desperately to get in touch with the other three to let them know we'd be a bit late!

As it was, we all met in the car park at the top of the pass and, in blustery conditions, headed off up Spidean Coineach, a spring in our steps and huge smiles on our faces. Mark took photos as we chatted, trotted and took it all in.

We made a decision that, with the wind being wild, getting married on the top was not feasible, but we knew a sheltered spot just in the rocks before the last climb to the summit. So that's where we headed and the wedding party (all 5 of us!) gathered. We were loving it. What a perfect place to be, to express our love for each other. It was idyllic.

It was a lovely "service", Kirsten had written a wonderful poem that she read out, I chose to memorise a poem by Sorley Maclean, which had meant a lot to us both in our "early days". Time rushed by, trying to take it all in and commit the feelings to memory. Before we knew it, we were declared married, congratulations all round and a moment to ourselves, looking out over the vastness of Sutherland.

Four of us then decided to head up to the top and celebrate. To keep Jackie warm whilst we were gone, Derek produced a "body bag" for her to climb into, which he proceeded to demonstrate, sending us all into fits of laughter as it billowed up in the wind and he was lost in a swirl of material.





Such a Perfect Day, continued....

Coats donned, buffs wrapped tight against faces, we staggered up through the rocks, gusts threatening to knock us off our feet. We emerged onto the small summit plateau to be greeted by a constant wall of wind. We sat by the summit cairn and then, as Derek and I looked across towards the continuation of the ridge and his house in the distance, a tornado spiralled down from the ceiling of clouds and spun towards the ridge. We watched in awe, unable to speak, almost unable to believe. Nature at its most raw.

We eventually managed to attract the attention of Kirsten and Mark, but by then the tornado had subsided and they'd managed to be looking in the opposite direction throughout!

Our summit fever satisfied, we trotted down through the rocks and back to a waiting Jackie, to continue the ceremony by sharing whisky from the Quaich and then passing around the Lochinver Larder pies and champagne for our wedding lunch!

Some more photos, and then it was time to head down. Myself, Kirsten and Mark skipped down through the rocks, exhilarated by the day's events and floating on a cloud. Mark took video of us, managing to capture Kirsten sinking up to her knees in bog, and also capturing the huge smiles on our faces.

All too soon, we were back down to the car, where we waited for Derek and Jackie to walk in. Kirsten donned her white wedding veil for a photo (as promised for her Mum!) and then we headed back to Lochinver to celebrate with a pint or two in the Caberfeidh.

By mid-afternoon, the events of the day and the alcohol were starting to have an effect, and we said our goodbyes to Derek and Mark and headed off to find somewhere to stay for the night, having decided to upgrade from tent to b&b as a treat! We found the perfect little family-run place just outside of Lochinver and settled in for our first night of married life.

It was THE most perfect day imaginable. Everything slotted into place. The people who were present enhanced our enjoyment, the scenery and the setting were magnificent, majestic and befitting of such an occasion and, having received the photos off Mark, what is most apparent is how much we smiled and laughed our way through the day.

So many more adventures to share, so many beautiful places to go, and a shared love of all that is wild and rugged.....this is just the beginning.

Richard Airlie-Gilbert



Winter Handicap

Saturday 15th January saw the running of the annual Calder Valley Winter Handicap, a 5.5 mile route from Mytholmroyd up to Stoodley Pike and back.

Wet and windy conditions greeted the runners, who set off according to their handicap time, meaning anyone could win.

And so it proved, with 17 year-old Tom Thomas narrowly beating Jane Frechette into 2nd place, after a storming run down the last hill, Graeme Woodward following in 3rd. The fastest time of the day was recorded by Shaun Godsman, with Sharon Godsman completing a clean sweep by recording the fastest ladies time. Tom Nelson had a superb run to win both the junior prize and the fastest junior run.

A great club event, which everyone and anyone really should come along and enjoy. Look out for the summer handicap and make it a date!



Shaun seems rather too pleased with his prize!

Tom Nelson ran a fantastic race to take the junior prize





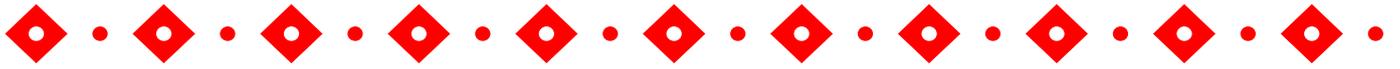
Winter Handicap continued

Calder Valley Winter Handicap					
	Name	Time	Start Time	Actual Finish Time	Race Time
1	Tom Thomas	01:10:10	13:22:35	14:11:40	00:49:05
2	Jane Frechette	01:10:57	13:01:30	14:12:27	01:10:57
3	Graeme Woodward	01:10:59	13:18:35	14:12:29	00:53:54
4	Manhar Patel	01:12:28	13:17:05	14:13:58	00:56:53
5	Sharon Godsman	01:12:32	13:18:15	14:14:02	00:55:47
6	Kay Pierce	01:12:50	13:01:30	14:14:20	01:12:50
7	Jon Underwood	01:13:03	13:24:15	14:14:33	00:50:18
8	Shaun Godsman	01:13:10	13:35:05	14:14:40	00:39:35
9	Rod Sutcliffe	01:13:22	13:21:20	14:14:52	00:53:32
10	Matt Flanagan	01:13:30	13:26:25	14:15:00	00:48:35
11	Carl Greenwood	01:13:50	13:21:10	14:15:20	00:54:10
12	Jamie Smith	01:14:03	13:24:55	14:15:33	00:50:38
13	Tim Brooks	01:14:09	13:24:50	14:15:39	00:50:49
14	Lee Shimwell	01:14:14	13:28:20	14:15:44	00:47:24
15	Nick Murphy	01:14:22	13:22:30	14:15:52	00:53:22
16	Gav Mullholland	01:14:28	13:34:45	14:15:58	00:41:13
17	John Riley	01:14:42	13:14:35	14:16:12	01:01:37
18	Jon Emberton	01:14:52	13:30:40	14:16:22	00:45:42
19	Tom Nelson	01:17:49	13:19:20	14:19:19	00:59:59
20	Hannah Dobson	01:19:00	13:17:05	14:20:30	01:03:25
	Prizes				
1st	Tom Thomas				
2nd	Jane Frechette				
3rd	Graeme Woodward				
4th	Manhar Patel				
5th	Sharon Godsman				
1st Male	Jon Underwood				
2nd Male	Jamie Smith				
1st Lady	Kay Pierce				
2nd Lady	Hannah Dobson				
1st Junior	Tom Nelson				
Fastest Male	Shaun Godsman	39.35			
Fastest Female	Sharon Godsman	55.47			
Fastest Junior	Tom Nelson	59.59			



Tom Thomas claims the Winter Handicap shield for finishing 1st

Thanks to folks who helped on the day, especially a huge thanks to Gav Mulholland, who flagged the course in torrential rain, ran back down, changed (after a couple of trips backwards and forwards to the MCC) and then ran the handicap as well...madman!!!



More Trog photos, courtesy of Allan Greenwood