

CALDER VALLEY FELLRUNNERS

Sheep Sheet

May 96

WHAT'S NEXT.....

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

DEADLINE FOR NEXT ISSUE June

Apologies for there being such a big gap between newsletters but I've been too busy at work to get another one put together.

I would like to thank everyone who voted for me for the Runners Runner of the Year Award but you made a fatal mistake in doing so. It only gives me more encouragement to give you a load of grief, abuse and mickey taking whenever possible. (I know that you all really voted for "THE GOB OF THE YEAR".) But thanks anyway it really is well appreciated.

If you've paid your subs you'll have received your club card with the Club Championship races in it. There is plenty to go at and there has been a decent turn out of members at the races ran so far and some excellent results.

Now that the nights are lighter and we are back on the Fell Duncan is organising away runs for the first Tuesday in every month. (See details for first one on this page). If you have a run that you would like to take the club on on one of these nights please let Duncan know as soon as possible. Don't leave it all up to him.

Cheers Thirza

Monthly Newsletter to keep you in the running

• PUBLICITY (abit of a moan)

Now then we all like to see abit of publicity for the club and to see our name in print and yes we have managed to get a few race results in the Courier of late. **BUT THIS IS NO THANKS TO ALOT OF THE CLUB MEMBERS** . IF YOU ARE RACING PLEASE LET US KNOW. A PHONE CALL ON A SUNDAY EVENING ISN'T TOO PAINFUL SURELY. I know this as I've been the one to call club members when I know that the've been in a race so that we can publish the result. It is good for the club to try and encourage new members with these results so get off your backsides and make the effort. We are, but at present it is very one side. Ring me on 01422 343736 and I will pass the info onto Charlotte or telephone her work (telephone number, Fax number and E Mail were published in the last newsletter)

AWAY RUN - AWAY RUN - AWAY RUN

First Tuesday in May (7th May)

We will be running from Embsay Steam Railway Car Park at 6.45. The run will be for approximately one and a quarter to one and half hours with beer in a real ale pub afterwards.

• SUBS . SUBS . SUBS . SUBS

YES well I won't say anything but don't forget , If you haven't paid you won't be eligible to score points in Club Races until you've paid up.

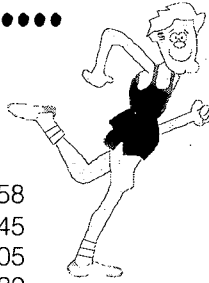
• COMMITTE MEMBERS

Committee meetings last Tuesday in every month. PLEASE BE THERE. Attendance so far has been rather poor to say the least.

• CLUB DINNER

If any club member hasn't paid the balance of their bill for the Club Dinner back in January can you please be honest and pay up to Alistair as soon as possible.

CLUB RESULTS



Cardington Cracker - December 3rd (9mils/2600')

1.	Tim Davies	Mercia	1.14.58
3.	Gary Webb	CVFR	1.17.45
4.	Steve Houghton	CVFR	1.18.05
11.	Greg Houghton	CVFR	1.21.39
19.	Denis Gildea	CVFR	1.23.02

(201 finished)

Excellent result for Greg Houghton in winning the first M/45 prize and a good result for Gary in third and Steve a close fourth only twenty seconds behind.

'Tor Outdoor' Ovenden Fell Race January 6th (9mils/1000')

1.	Robin Lawrence	Bingley	59.25 (rec)
2.	Mark Horrocks	CVFR	61.01
30.	Jon Wilkinson	CVFR	72.38
33.	Jess Palmer	CVFR	73.55
37.	Jez Wilkinson	CVFR	75.15
57.	John Riley	CVFR	80.16

(74 finished)

On a misty, murky day, an in form Mark Horrocks gave Robin Lawrence a good run for his money, til the last gradual descent from the Withens Inn back to Ogden. With the right mental approach and a steady first half, I reckon Mark will win this race next year. Anyway Mark came away with £30+ worth of outdoor apparel for his efforts. Thanks to Denis, Rod and Pete for marshalling on the Day.

Allan Greenwood

Chase Trig Point - January 6th (15mils/1500')

1.	David Peel	?	1.35.54
8.	Steve Houghton	CVFR	1.40.59
39.	Denis Gildea	CVFR	1.50.47
59.	Greg Houghton	CVFR	1.56.23

Fast and furious is this race, which is not what you want after a two week break for Christmas, but that's life! The race is run entirely on woodland tracks and a fair bit on road - *What Road!*, but nevertheless it is quite interesting with loads of route choices which Greg will testify too, having been running around the woods like a headless chicken following some brummie who didn't know what the hell he was doing or where he was going. He also got beaten by the first lady, who he kept on overtaking only to find her in front again (or is getting lost an excuse for really *wanting* to be behind her!!) - unlucky Greg. Steve ran well - again to finish 8th in what is really a road runners race and with most of them being in full training for the London Marathon. (excuses, excuses)

Denis Gildea

Boulsworth Hill - January 13th (6.5mils/1300')

1.	Ian Holmes	Bingley	45.43 (rec)
7.	Mark Horrocks	CVFR	50.03
38.	Duncan Thompson	CVFR	55.54
41.	Derek Hurton	CVFR	56.15
61.	Richard Kellett	CVFR	59.49
70.	Rod Sutcliffe	CVFR	60.57
101.	Tony Bradley	CVFR	63.43
121.	Brian Horsley	CVFR	66.36
122.	Paul Coughlan	CVFR	66.37
132.	Graham Spencer	CVFR	68.51
141.	Steve Cavell	CVFR	70.17
148.	Pete White	CVFR	71.33

(190 finished)

A clear sky and a cool breeze, perfect conditions for fast times greeted the runners at the 9th Boulsworth Race. Mark Horrocks set an early fast pace ahead of Ian Holmes, no doubt spurred on by his great run the previous Saturday at Ovenden Fell Race. Duncan looked quite trendy bounding up the fell carrying a plastic bin liner, was it in case he was sick en route, (I wonder if he was trying some of Denis's training schedule the night before? Ed) or was it to pass to Steve Houghton to put the flags in? Surprisingly non of our ladies ran this year, where are they all?

Allan Greenwood

Long Mynd Valleys - February 18th (10.5mils/4500')

1.	Mark Kinch	Warrington	1.41.30
6.	Karl Smith	CVFR	1.53.05
9.	Steve Houghton	CVFR	1.54.43
14.	Denis Gildea	CVFR	1.58.27
17.	Duncan Thompson	CVFR	2.08.00
22.	Chris Godridge	CVFR	2.01.30
38.	Greg Houghton	CVFR	2.08.11
47.	Rod Sutcliffe	CVFR	2.10.50
60.	Mike Wardle	CVFR	2.15.20
??	Thirza Hyde	CVFR	2.43.00

If anybody ever tells you that the Shropshire area is flat - *Don't believe them*. What a belter of a race this is. It certainly felt harder than Buttermere/Sailbeck. The first six miles is steady enough running then all the fun begins. The climbs are amazingly steep dropping right down into the valley on very steep grass. Denis did one down hill stretch on his backside and he had the grazes to prove it (I had a little peep). Everyone from the club that did the race had sore legs but it was worth while as the lads won the team prize. Well done.

MORE RESULTS

Half Tour of Pendle - March 2nd (9mIs/2250')

1.	Shaun Livesey	Clayton	62.10
13.	Mark Horrocks	CVFR	66.31
15.	Karl Smith	CVFR	66.59
20.	Gary Webb	CVFR	68.46
38.	Duncan Thompson	CVFR	71.27
54.	Chris Godridge	CVFR	73.41
72.	Brian Horsley	CVFR	76.09
89.	Richard Kellett	CVFR	77.54
103.	Rod Sutcliffe	CVFR	79.29
105.	Pete Horne	CVFR	79.59
120.	Gerry Symes	CVFR	81.23
143.	Jez Wilkinson	CVFR	83.26
193.	Louise Atkin	CVFR	89.35
220.	Paul Coughlan	CVFR	95.14
239.	Helen Taylor	CVFR	102.49

(259 finished)

Black Combe - March 10th (9mIs/3850')

1.	I. Postlethwaite	???	68.12
9.	Gary Webb	CVFR	73.45
25.	Steve Houghton	CVFR	78.15
56.	Denis Gildea	CVFR	84.37
61.	Greg Houghton	CVFR	86.09
62.	Rod Sutcliffe	CVFR	86.51
97.	Carl Greenwood	CVFR	92.37

Only two climbs in this Lake District Race, but as it happens that they are both nearly 2000' each, and come as a bit of a shock to many first timers (including all of us!). Conditions were perfect with a light covering of snow on Black Combe. The hills in this area are like the Howgills with good grass running (when you get chance) and back breaking descents. a good turn out from the club for a non-championship race with Gary leading the way home with a well placed 9th in what was a good field

Denis

Fiensdale - March 23rd (9mIs/2600')

1.	Mark Kinch	Un attach	1.16.53
7.	Mark Horrocks	CVFR	1.19.00
10.	Gary Webb	CVFR	1.21.29
13.	Duncan Thompson	CVFR	1.24.28
34.	Chris Godridge	CVFR	1.29.06
46.	Mike Wardle	CVFR	1.31.45
51.	Derek Hurton	CVFR	1.33.31
77.	Pete Horne	CVFR	1.38.32
88.	Gerry Symes	CVFR	1.40.50
121.	Jon Wilkinson	CVFR	1.55.55

(156 finished)

Mark had a good run again turning in an excellent time being less than three minutes behind Kinch. Our first three lads (I use the term LADS loosely) picked up second team prize. Brill.

Kinder Downfall - April 21st (10mIs/2500')

1.	Mark Kinch	Un attach	1.05.53
6.	Karl Smith	CVFR	1.10.44
14.	Duncan Thompson	CVFR	1.13.42
19.	Steve Houghton	CVFR	1.14.41
21.	Chris Godridge	CVFR	1.14.47
39.	Greg Houghton	CVFR	1.19.00
40.	Mike Wardle	CVFR	1.19.20
47.	Denis Gildea	CVFR	1.20.32
67.	Gerry Symes	CVFR	1.22.44
75.	Carl Greenwood	CVFR	1.23.28
77.	Pete Horne	CVFR	1.23.40
83.	Geoff Bell	CVFR	1.24.04
92.	Brian Horsley	CVFR	1.25.05
166.	Paul Coughlan	CVFR	1.39.24

(205 finished)

Karl had a good run here. I heard that he was doing some of Denis's training but on the Guinness instead of the Lager. Maybe the after effects of the Guinness make you RUN FASTER so get onto it Denis.



CALDER VALLEY FELL RUNNERS - ANNUAL HANDICAP
Stubbs Field - Saturday 20th January 1996

Driving across to Mytholmroyd, I wondered if anybody would turn up to run the handicap as the clag was down and I hadn't been down to the club for some time and had not publicised the event or posted the handicaps on the notice board. However, I needn't have worried - the excellent turn-out of 27 illustrated that the club is still in good shape.

There were the usual complaints about my handicapping; I must be going soft in my old age - Russell protested that as he hardly run for the past year he should set off with Val so he would be back before the pub closed and I reluctantly agreed to adjust his start time - more about this later.

Irene emerged from the mist first to repeat her victory of 1993 and win the bottle of champers kindly donated by the Shoulder of Mutton. In second place was Tony Bradley, followed by Paul Coughlan. For the third consecutive year, no runners beat 40 minutes, but Irene, Tony, Charlotte Roberts, Brian Horsley, Michael Wardle, Val Bell and Denis Gildea all improved on their previous best times. The fastest time was set by Chris Godridge, five minutes outside Gary's course record of 35 minutes 19 seconds and nearly a minute slower than his best time set when he won the handicap in 1992.

The conditions caught a few runners out, particularly John Emberton and Russell Arrandale. Russell thought he had conned the handicapper and was coasting to victory when his navigational skills deserted him and he ended up at the top of Spring Wood, thus sparing the handicapper's blushes. Only Dennis Commissar has recorded a slower time on the course!

Many thanks to all the runners and to Pete Regan for his assistance.

Full Results as follows:

Pos'n		Time	H'cap	Act. Time	Act. Pos'n	Previous Best Time	Year
1	Irene Neville	56.42	6.00	50.42	24	51.46	1992
2	Tony Bradley	57.15	14.00	43.15	9	46.01	1992
3	Paul Coughlan	57.49	10.00	47.49	20		
4	Mick Banks	58.12	15.00	43.12	8		
5	Charlotte Roberts	58.13	10.00	48.13	22	53.10	1994
6	Chris Godridge	58.18	18.00	40.18	1	39.21	1992
7	Gerry Symes	59.00	15.00	44.00	10	42.43	1993
8	Brian Horsley	59.24	17.00	42.24	7	42.25	1993
9	Pete White	59.57	12.00	47.57	21	44.07	1991
10	Michael Wardle	60.00	18.00	42.00	5	43.02	1993
11	John Simpson	60.04	15.00	45.04	12		
12	John Riley	60.14	13.00	47.14	17	45.34	1993
13	Michael Allcock	60.27	15.00	45.27	13	43.37	1994
14	Louise Atkin	60.45	13.00	47.45	19		
15	Geoff Bell	60.52	15.00	45.52	15	45.36	1993
16	Graeme Woodward	60.54	19.00	41.54	4	39.33	1991
17	Val Bell	60.59	3.00	57.59	26	63.51	1994
18	Richard Kellett	61.22	19.00	42.22	6	40.22	1991
19	Denis Gildea	61.35	21.00	40.35	2	42.34	1991
20	Rod Sutcliffe	61.37	17.00	44.37	11	39.33	1992
21	Jess Palmer	62.30	17.00	45.30	14		
22	Duncan Thompson	62.54	22.00	40.54	3	37.54	1992
23	Adrian Muir	63.30	15.00	48.30	23		
24	Paul Frechette	64.40	17.00	47.40	18	45.39	1993
25	Matthew Drake	64.54	19.00	45.54	16		
26	Russell Arrandale	72.40	3.00	69.40	27		
27	John Emberton	73.03	22.00	51.03	25		

71 Smiddles Lane
Bankfoot
Bradford
BD5 9NT

Dear Club Members

I am in the process of writing Part 2 of my Article for the 'Fellrunner' Magazine, on ten years of Calder Valley Fellrunners.

I urgently need some information from you to help me fill in the details.

Although mainly concerned with Club Achievements and Prominent members, I would like to include YOUR performances over the past decade.

What are your memories of the club? - How did you find out about/join the club? - Who were the most influential/inspirational members?

Have you any amusing stories or anecdotes from the past years, including Karrimors, Saunders, Rock & Run etc. (SPAMM!) Bob Graham attempts & Pennine Way Relay/or long distance runs you have done.

Have you won any races (or categories) or been a part of a winning team, Have you ever scored championship points... Even if your only claim to fame is beating a Keswick or Ambleside runner I want to hear about it. Please give dates/results and try to be as specific as possible.

I hope to hear from you very soon.

Regards Allan Greenwood

CONGRATULATIONS

to Allan and Carol on the birth of
their baby daughter.

All the best.



Ted and Irene are now living up
at Clunters (next door to Rhys Kift),
Cragg Road
Their Telephone Number is 01422 886140



MY FAVOURITE TRAINING RUN NO. 7½ BY BANKSY

"The Cragg Vale Watershed"

Yes folks its' a Graham Woodward Concept. A run that should keep you on your feet for the thick end of 3 hrs. Explained in 13 easy stages.

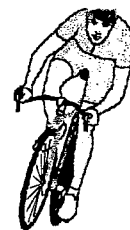
- 1) The easy bit - meet at Grahams' house
- 2) Woody (with the aid of a map) explains the route. Believe me, this is the last consultation of the map. Basically, over Crow Hill, Manshead, Rochdale Road, Blackstone Edge, White House, Light Hazzles Head, Holder Stones, WithinsReserviour, Dick Lane and back to the Woody abode.
- 3) Aim to go on a sunny day in December but wait until a day that is foggier than John Majors Strategy to win the next election.
- 4) Spend 10 minutes in denial before setting off - totally deny the need for a map & compass & place said items on the mantle piece for safe keeping.
- 5) Run to Crow Hill and get lost.
- 6) Find Rochdale Road and get very lost.
- 7) Stumble onto Rishworth Moor and become even more lost.
- 8) Go footprint spotting - when footprints are spotted go through the ancient South Pennines ritual of scratching head chanting "Bollocks, we appear to have been here before!"
- 9) Back out of orbital route and find Blackstone Edge.
- 10) Get lost AGAIN before White House.
- 11) Avoid any route less obvious than the Pennine Way from here on in.
- 12) Run like hell for 3 and three quarter hours and spend at least quarter of an hour wondering where you've been when you return.
- 13) Rationalise the intention by saying "Well it's time on the feet that counts".

The original concept of the Cragg Vale Watershed would make a good club run on a summers night. But beware - if you come across any woody or Banksy footprints you are lost.

In running my favourite training run requires good company, a strong sense of humour and a partner who doesn't mind being kept waiting to do the weekend shopping. I don't know where we went but I enjoyed it and therefore, recommend it to you all.

THANKS GRAHAM!

POLARIS - KEILDER 1996



(Or a walk through the Black Forest) By Paul Frechette

Following a chance meeting with Jim Sheard who gave me an entry form for the above, I duly entered and looked round for a partner. My regular compatriot in pain was away that weekend and so by and by my eyes alighted on the club geriatric Peter White. With Peter as the second team member, our combined years exceeded 100 that put us in the super vet category. Arrangements were made and off we went. Our first setback was at the registration, for although I had paid for a laminated map this did not appear on their list and we had to make do with two unprotected ones. This caused problems later on for we had no proper plastic bags to put them in and Peter's never came out of his pocket. He did have some theory concerning clothes pegs, borrowed from our bed and breakfast, but, I never saw him do any washing.

Rod was kind enough to lend me his bike and I spent hours of valuable preparation time adjusting the height of the seat. Peter was quite scathing about my training regime 20 minutes on the gym bike and the fact that the pedals had to be changed for ones with stirrups. Apparently this can give you up to 30% more pedal power although this somewhat alluded me however and I fell over twice trying to get my feet into the bloody things.

Our start time on the bitterly cold Saturday morning was 9.55, last off. We received our checkpoints marked up the map and we were off.

The theory was that we should go for the farthest checkpoints away with the highest points by the easiest route. This being by forest track and road, although the route was correct we overshot a valuable checkpoint (30 points) and instead of going back we decided to carry on. We were to regret this bitterly over the next two days. Check No. 5 was eventually arrived at taking some 2 1/2 hours to find that all the rest of the field had gone via the direct route and were coming in the opposite direction, having already picked up checks 4 and 3 en route. From check 5 to 3 via 4 our bums never hit the saddle, its strange how quickly you pick up the jargon. The journey was over rough moorland, uphill through snow and down into the Mekong Delta. We then crossed and recrossed the same river carrying our bikes at least two dozen times. It was during this period that the loss of our only pump was discovered and a short discussion ensued about whether to go back and look for it. I say short for it only consisted of two words and they were being used regularly by this time. The only bright spots over this section was that I could walk (saddle soreness is a terrible affliction) and the fact that it would have been worse for the others coming the other way.

After achieving check 3 we were back to riding although by this time my rucksack adjusted A'la Karrimor mode, high up on my back was banging on my helmet making vision damn near impossible and I spent the next four miles looking at only the metre immediately in front of my front wheel. We bagged the next two checkpoints, discussed the wisdom of going for a third, bearing in mind time penalties and went for it. Arriving at the overnight camp helmetless, eyeballs on the handlebars and arse on fire with one minute to spare. Overnight camp was reminiscent of the usual Karrimor and Saunders fare although they did have portable toilets. At this point Peter showed definite signs of unreasonable behaviour (Jackie I sympathize). He didn't like the fact that I had brought a polar jacket, personal radio and neck pillow hee! hee! I don't know why, perhaps they still use aluminium pans?

Morning broke mercifully, no rain. Late start same as Saturday and off.

The next five hours was similar to the day before, but, without the walking and my bum was sucking lemons. We did a reasonable job, but, again we overtook the map unless care was taken. Anyway the day and the checks came and went without any great misadventure and we finished some 8 minutes before time.

We had the free meal, baked beans and baked potato and away homeward bound.

You would think after a weekend I would learn, but No! I let Peter navigate, after 50 minutes we were still within 10 miles of Kielder.

Unbeknown to ourselves we came second in the super vets and ultimately received a substantial prize.

A good weekend and well organised event, thank you Peter.

PS. I found the pump when I cleared the car on our return.

Hat-trick for Stirrat



A LONG WAY TO GO... as competitors brave the elements in the early stages of the Ogden Moors Fell Race.

HALIFAX'S Kenny Stirrat completed a hat-trick of successes in the annual Ogden Moors fell race, in Calderdale, on Saturday.

Scottish international Stirrat has had a fairly quiet time this winter but he produced the goods on race day to beat off a strong challenge from Pudsey's England runner Paul Sheard, who has notched up a few victories in recent outings.

The sun shone through a clear blue sky when more than one hundred athletes set out from Ogden Reservoir, for this six mile race with its

700 ft of climbing involved. Conditions belied the going, for runners had to contend with verging snow up to eight inches deep in places on the moors.

It was not surprising, in the circumstances that Stirrat, who claims that he is not fully fit, was unable to improve the course record, which Bingley's Tim Lofthouse set out 32 min 41 sec in 1993.

School teacher Stirrat was, however, too strong mentally in the finish for Sheard and raced home first in 32 min 54 sec. Leeds City's Martin Roscoe collected the third place prize in this event, which had backing from Yorkshire Water and was organised by

former world mountain running champion Carol Greenwood and her husband Allan.

The women's record was improved by another World Cup runner Sarah Rowell, who sliced than no less than 1 min 20 sec from her own time of last year to complete the course in 36 min 56 sec. Halifax's club chairman Phil Hellawell, from Brighouse, was the only Harrier to get round with his 87th place in the line-up of 108, but ex-Harrier Karl Smith, now with the Calder Valley club led the way for them with his tenth place in 35 min exactly.

Mark Horrocks also had a fine run for the Valley club at 24th in 36 min 31.

FELL RUNNING Webb leads way

CALDER Valley Fell Runners took third and fourth place in the Catrington Cracker event in Stronsay. Gary Webb finished third in the one mile even over a rocky ascent to 2,600 feet with a time of 1 minute 17.45 seconds while Steve Houghton was fourth in 1:18.05 seconds. The event was won by T. Davis of Maccia in 1:14.58. Calder Valley Club members placing 11th in the event were Greg Houghton 1:23.41 and Chris O'Leary 1:29.36. Other winners were: 21.36 Dennis Galt in the team shirt; Goodridge and Galt 43 respectively; Steve over and 40g Houghton were 1st in the club has performed well over the past few seasons with their ladies' respectively. Veterans over and the men claiming third place with Kenwick in the winter are welcome to attend the winter late races. New members are welcome to attend the winter late races of the club which take place at Mynahmoyd Community Centre (10).

Karl is back

KARL Smith, the ex-Halifax Harrier, has picked up the threads of his distance running career with the neighbouring Calder Valley Fell Runners, after several years in the army. Smith turned in a splendid performance in yesterday's Stoop Fell Race, from Haworth, with fourth place in the field of 182.

He was just five seconds away from the third place prize, which went to Bolton's Mick Hill, in 28 min 43 sec. However, everyone went home with something in the festive handout from promoter Dave Woodhead.

Another Calder Valley runner in fine form was Mark Horrocks, who filled 7th place in 29-02, compared to Smith's figures of 28-48.

Conditions were so good that Ian Holmes, Bingley's World Cup mountain man, smashed the men's course record - his own, set in 1992 - by 14 seconds with his superb run of 26-36.

Former Calder Valley star Carol Greenwood, who has been on the sidelines for months, injured, was on hand to see her women's record broken by Leeds City's international Lucy Wright, who got down to 31 min 27 sec. Carol's previous best, set in 1992, when runner had to compete with a frozen surface, was 52 min 50 sec.

COURIER SPORT FELL RUNNING

Valley Club plans centenary races

CALDER Valley Fell Running Club is celebrating its 10th anniversary by organising a Grand Prix of three events, the first of which attracted 190 runners at Bouldsworth Hill.

The event, which included 1,200 feet of climbing over the 6.5 mile course, was won by Ian Holmes of Bingley Harriers in a record-breaking time of 45 minutes 43 seconds. Calder Valley runners also did well with Mark Horrocks 41st (56-15) and Richard Thompson 38th (55-54), Derek Hurton 7th in 56-03, Duncan Thompson 61st, their first four home. Other races in the club's calendar are the Wadsworth Relay (August 7), Mount Skip (July 24), Sheepstones Fell Race (September 28).

Those who complete the Wadsworth Trog, Widdop and Mount Skip races will qualify for a prize in the Grand Prix. For further details contact Duncan Thompson, 27, Glenfield Road, Nelson.

OVENDEN RACE RECORDS FALL TO ROBIN AND SARAH

NEW best figures were set in both men's and women's sections when former world champion Carol Greenwood and her husband Allan staged the Tor Ovenden Fell Race, in Calderdale, on Saturday.

Kenny Stirrat's time of 61 min 13 sec, done last year, was eclipsed by this year's winner Robin Lawrence, from Bingley Harriers, with a time of 59 min 25 sec and the Pudsey and Bramley international, Sarah Rowell, sliced a sizeable chunk from her 1995 time of 68-41, with Saturday's run of 64-55.

Swirling mist on the bleak moorland stretches, from Ogden Reservoir, made running not particularly pleasant but fell runners are a hardy breed and 73 athletes completed the nine mile course with its 1,000 ft of climbing.

Calder Valley's Mark Horrocks figured among the prize winners in the list donated by event sponsors Tor Outdoor Products, from Skopos Mills, at Batley. He ran second to Lawrence in 61-01 and was well clear of third man Paul Briscoe, from the Leeds based Valley Striders.

Another local among the prize winners

was Queensbury's Peter Hughes, the first veteran over 40 to finish, with his run of 63 min 59 sec. There was a fleece jacket for the respective winners of the event.

Men: 1, R. Lawrence, Bingley, 59-25; 2, M. Horrocks, Calder Valley, 61-01; 3, P. Briscoe, Valley Striders, 62-24; 4, C. Moses, Bingley, 62-43; 5, C. Valentine, Keswick, 63-04; 6, D. Woodhead, Horwich, 63-17. Veterans' awards: Over 40: P. Hughes, Queensbury, 63-59; over 50, K. Carr, Clayton-le-Moors, 66-01. Women: 1, S. Rowell, Pudsey and Bramley, 64-55; 2, P. Oldfield, Bradford Airedale, 78-20 (also first women veteran over 35); 3, L. Bostock, Clayton-le-Moors, 82-09.



EMERGING FROM THE GLOOM...the leaders in the Tor Ovenden Fell Race with eventual winner Robin Lawrence (28) showing the way from Mark Horrocks (7), who came second. No 4 Colin Valentine was fifth

ATHLETICS

DAVID Davies has been called up to train with the England cross-country squad for people with learning disabilities after a superb display in his first race.

David, aged 22, of Highroad Well, placed third in the Yorkshire and Humberside Championships, running for his Chetham Street team.

MARK Horrocks led Calder Valley Fell Runners home in the Fiensdale race recently, finishing seventh overall.

RESULTS, Fiensdale Fell Race:

1. Mark Kinch (Warrington) 1 hour, 16 min 53 sec. Calder Valley: 7. Mark Horrocks 1:19-0; 10. Gary Webb 1:21-29; 13. Duncan Thompson 1:24-28; 34. Chris Godridge 1:29-6; 46. Mike Waddle 1:31-45; 51. Derek Hurton 1:33-31; 77. Peter Horne 1:38-32; 88. Jerry Symes 1:40-50; 121. John Wilkinson 1:55-55 sec. Ladies: 1. Vanessa Peacock (overall 75th) (Clayton Harriers) 1:38-10. 156 finishers.

Edale Fell Race: 1. Mark Roberts, (Borrowdale), 2:42-52; Calder Valley: 13. Derek Hurton 3:2-05 sec; 16. Chris Godridge 3:5-11; 10. Paul Cleary 3:6-22; 20. Duncan Thompson 3:6-44; 21. Steve Houghton 3:7-13; 35. Greg Houghton 3:16-3; 78. Peter Horn 3:34-42; 80. Rod Sutcliffe 3:35-10. Ladies: Glynda Cook (Rochdale, 61st overall) 3:27-37 sec. 194 finishers.

GRUELLING ... BUT GREAT!



The Race Organisers had a field day with Pete White when he complained to them that you needed two maps for this event, He didn't half feel a Walley when he was informed the the New South Pennines is printed on BOTH SIDES!!

Some of the 200 walkers and runners who tackled the gruelling 18th Calderdale Hike.

The event, sponsored by the "Evening Courier" attracted nearly 200 runners from as far as London and Newcastle on Saturday.

The 34-mile hike organised by the 24th St Paul's Calderdale West Scout Group, Halifax, covered snowy roads and moorland terrain, starting and ending at Sowerby Cricket Club.

The route took dedicated trekkers through Brearley Bridge, Jerusalem Farm, Ogden, the Widdop moors, Hardcastle Crag and Mount Skip Golf Course.

Mr Gunter Prescott, of Oxenhope, was the fastest walker of the day, completing the hike in nine hours and 20 minutes, and the fastest short route walker was eighteen-year-old Mark Swallow, of Rishworth.

Four keen runners came in at the same time and will share the Thieveley Pike Trophy. They were Mr Jeff Palmer, of Hebden Bridge, Mr Peter White, of Mytholmroyd, Mr Ian Ellmore, of Scarborough and Mr Michael Walden, of Leeds.

Entries secretary Miss Ruth Oldfield said the day was a great success.

Other winners included Mrs Ann Winn, of Pontefract, who was the fastest woman walker of the long route and Mrs Jackie White, of Mytholmroyd, who was the fastest woman walker of the short route.