

# SHEEP SHEET

## CLUB CHAMPIONSHIP ISSUE

Well here we are again ( blimey isn't February a short month ) with yet another issue of our club newsletter ( are you getting fed up yet ?? )

Once again I have received plenty of information ( thanks to all who made a contribution ) which makes it easier to publish the newsletter & prevents me having to make up stories about you that could be viewed as libelous in court !

Anyway seeing as we are on the subject of libel laws, I must apologise to one of my contributors, who in good faith produced a fine piece of work & then got cold feet at the end (after giving me the said article ) by putting a footnote on it appealing to my ' better nature ' to either edit the contents or not print his name !

This seems fair enough to me, so I haven't printed his / her name. (I didn't need to because the person in question very kindly put their phone number & address at the top of the article ! ) "YOU STUPID BOY" Anyway Frank next time remember my birthday present ( bribe, back hander, whatever you want to call it ) before you give me the article & then maybe we can come to some sort of deal !!

As you will read inside we now have a scanner for use on the newsletter & very good it is too. The only drawback I have found so far is that it is not so good at recognising BOLD

TYPE on the OPTICAL CHARACTER RECOGNITION ( no wonder they shortened it to O.C.R. eh ?? ) so if you are doing me an article in type could you please try & do it in normal type.

THIRZA is once again very kindly sorting out the copying of the newsletter ( at short notice & with a cold, what a trooper ! ) for which I am very grateful. If all goes to plan you should have your copy of the FEBRUARY issue in February rather than March as it would have been if left to my own devices !

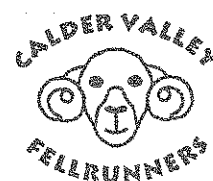
Training on a Tuesday has been a bit quiet recently, but as you will read inside, Kevin is making a comeback!

He mentioned stress relief as one of his reasons for turning up again ( I presumed that he meant running but it turned out that he was looking for a CVFR MEMBER called Chros Ribinson who had alledgedly made some unsavoury comments about Kevins running prowess ) it was very strange watching a human body being used as a ' stress ball ' but it didn't stop us laughing!

**DOES ANYONE HAVE THE STOODLEY CLUB HANDICAP RESULTS FOR ME TO USE IN THE NEXT ISSUE ????????**

### *Inside this Issue;*

- CLUB CHAMPIONSHIP REPORT.
- ROGUES GALLERYi
- THE FIRST " SPOTLIGHT "



# MILLENNIUM

## EDITORS BIT

Whoops that's torn it, you've all fallen asleep! Yes I know we've all heard enough about the above to last us a thousand years, but it does seem a shame not to mark the occasion in some constructive way, so here is a low key suggestion that I put to the committee.

**To create a C.V.F.R. LIBRARY.** This is nothing more grand than trying to collect back issues of Sheepsheet/ Rampage and any other relevant documents which could form a historical record of the clubs progress over the past 12 - 13 years. Many other clubs have such a library and now is the time to start one at C.V.F.R. before we lose a lot of the information, as founder members get older or move on to pursue other interests.

Having spoken to the librarian of a caving club, the idea is to get the information together, make two paper copies and store them at separate locations ( in case of fire, flood, pestilence, etc.) and possibly save the info. on floppy disks for the P.C crowd.

The committee all seemed keen on the idea and agreed that we should make a start on gathering information in. This is where YOU ALL COME IN !!, by hopefully providing lots of old stuff ( no that doesn't mean Pete White, Thirza ! ) and your ideas about what might be relevant.

As I said above we only need to copy whatever you have and you will of course get it all back in one piece.

Due to problems getting time at work and to give us the flexibility to tackle the above project, the committee agreed to purchase a flatbed scanner for use with a P.C. which is at my house at this time. ( don't worry it was bought on a friends trade account & cost less than £40, inc. software ). It can easily be transported to the next editors home when the time comes.

PLEASE PARTICIPATE IN THE ABOVE !! TOO MUCH INFO. IS BETTER THAN TOO LITTLE.

## C.V.F.R. COMMITTEE 1998 / 99

Chairperson;-	CHARLOTTE ROBERTS	01535 - 647082
Treasurer;-	JEZ WILKINSON	01943 - 876190
Secretary;-	SUE PALMER	01535 - 646742
Member. Sec;-	RICHARD KELLETT	01422 - 202923
Club Captain;-	ROD SUTCLIFFE	01422 - 882082
Statistician;-	GRAHAM WOODWARD	01422 - 885185
Publicity;-	KEVIN BARKER	01422 - 375068
Equipment Officer;-	DAVE GILYEAT	01422 - 885826
Sheepsheet;-	SIMON TOWLER	01274 - 501957

Co-opted;- BRIAN HORSLEY, STEVE CAVELL & CHRIS  
>>>>>> ROBINSON

# THE CLUB CHAMPIONSHIP & GRAND PRIX 1999

There has been lots of discussion about the races we've used for the two championships this year, the main concerns being :

1. Grand Prix races virtually stopped training on a Tuesday night until June.
2. There were too many races.
3. The fixture list was congested at specific times.
4. Some races were very poorly attended.

However the present two championship format was considered successful and no overall change was thought necessary. So after much thought and discussion the full list of races is published on the following page ( and the reasoning behind the choices follow below ).....

## CHAMPIONSHIP

1. To include all the English Championship to give the vets a crack at the title.
2. To cut down on the total number of races.( 5 of the short races count for both Grand Prix & Championship ).
3. The races have been spread out as much as possible.
4. 2 ' weekend trip ' races ( Llanbedr-Blaenavon & Ben Nevis ) have been included to encourage beer drinking !!
5. A navigation type race, The Copeland Chase, has been included to make high scoring more accessible to a different profile of runner. The idea is to alternate this race with the Mountain Trial on alternate years.
6. Other alternate year swaps are envisaged, eg. Buttermere Sailbeck & Fairfield, Blackstone Edge & Flower Scar.
7. The selection of long races was influenced by the inclusion of the English Championship races & the need to spread the events out.
8. Different races to the past year were chosen except for Sedbergh which is in to fill a potential gap & because of its popularity !

## GRAND PRIX

1. The races are more spread out, with races now in June & August, to enable runners who get injured early on to still compete.
2. There are greater gaps between races in order to lessen impact on Tuesday night training.
3. We have tried to minimise where Championship & Grand Prix races co-incide within a few days. Sometimes this wasn't possible, as in early May !
4. The " Sheepstones " will follow the relay course & will be on a normal Tuesday night (CVFR only )
5. Several races count for both the Grand Prix & Championship in order to cut down the number of races at certain times.

**IT'S BEEN VERY HELPFULL THAT THERE HAS BEEN SO MUCH DISCUSSION ABOUT THE RACES & HOPEFULLY THIS WILL LEAD TO INCREASED ATTENDANCE AT ALL OF THEM & A KEENLY CONTESTED CHAMPIONSHIP & GRAND PRIX !!**

**IF YOU HAVE ANY VIEWS OR COMMENTS PLEASE LET US KNOW !!**

**REGARDS**

**GRAEME, CARL & ROD .**

## CALDER VALLEY FELL RUNNERS

### CLUB CHAMPIONSHIP RACES AND GRAND PRIX SERIES

# 1999

Race	L	M	S	GP	Pre-entry	Day	Date	Time	B/E
Noon Stone		AM			01 Mar	Sun	07 Mar	11:30	E
Fiensdale		AM			11 Mar	Sat	20 Mar	11:00	
Llanbedr-Blaenavon	AL				-	Sun	28 Mar	12:00	
Bunny Run 2				GP	-	Tues	06 Apr	19:15	
Flower Scar			AS	GP	-	Sun	11 Apr	11:30	
Anniversary Waltz		AM			30 Mar	Sat	17 Apr	11:30	E B
Callow			AS		Yes	Sun	02 May	12:00*	E
Blackstone Edge			AS	GP	-	Wed	12 May	19:30	
Fairfield		AM			-	Sun	16 May	13:00	
Dodd Fell			BS		-	Sun	30 May	14:30	
Welsh 1000 Metre Peaks	AL				Essential	Sat	05 Jun	10:00	B
Paddy's Pole				GP	-	Tues	08 Jun	19:15	
Holme Moss	AL				Optional	Sun	20 Jun	11:00	E
Sheepstones (Club only)				GP	-	Tues	06 Jul	19:15	
Stoodley Pike			BS	GP	-	Tues	13 Jul	19:30	
Kentmere Horseshoe		AM			-	Sun	18 Jul	13:00	
Crow Hill				GP	-	Tues	03 Aug	19:00	
Borrowdale	AL				-	Sat	07 Aug	11:00	E B
Sedburgh Hills	AL				-	Sun	15 Aug	12:00	
Golf Ball			BS	GP	-	Wed	25 Aug	19:00	
Ben Nevis		AM			31 Jul	Sat	04 Sep	14:00	
Scafell Pike			AS		11 Sep	Sat	25 Sep	13:00	E
Langdale Horseshoe	AL				02 Oct	Sat	09 Oct	11:00	
Shepherds Skyline		BM			-	Sat	06 Nov	14:00	
Copeland Chase	O				01 Nov	Sun	14 Nov	Varied	

GP = Grand Prix Series (best 6 out of 8 races).

B/E = British/English Championship Races.

O = Orienteering type event (interval starts/navigation).

\*Callow: Women's start 12.00, Men's start 12.15.

**LET'S HAVE A GOOD SHOWING IN THE ENGLISH CHAMPS THIS YEAR!**

**57 south lane elland 01422 376047**

**Dear Simon,**

**My memory of something that happened after a race last year gave me an idea for a possible "Sheepsheet" item.**

**A few of us were in the beer-garden after the Three Shires race and while Eddie was at the bar and Ian was chatting to someone at another table, myself and Charlotte were left together. As you know I am very shy and Ms Roberts proceeded to make small talk to ease the situation, she asked if I had had any descent socks recently. Now it may have been the two pints of Jennings bitter or the after effects of the race, but I completely misheard the word socks. My confusion was added to by further referece to "running bare" and Charlotte's revelation that George she had picked up in Asda had been completely worn out after only one short session! As you can imagine the whole thing turned into a scene from a Carry On film.**

**The above is of course not intended for publication but is merely a lead-in to the item I had in mind, a "Good Sock Guide" put together from a survey via Sheepsheet. I am sure this would be of greater interest to the Calder Valley members than the somewhat smutty parts of my imagination.**

**PS.**

**Bearing in mind the libel laws, should you stoop to the level of the editor of the "Sun" and publish the whole of my letter, how much would it cost to preserve my anonimity?**

## THE ANCIENT HARRIER

Is the zip broken on your best cagoule?  
Are your Walshes all covered in mould?  
Do you no longer want to venture outside  
whenever its raining or cold.

When everyone else is 'personal besting'  
or peaking in time for a race,  
Are you tipping the scales at thirteen stone  
'cause you can't stop stuffing your face.

Do boy scouts try help you when your crossing the street?  
Do you have all your toe-nails and no hard skin on your feet?  
Have people stopped saying "you look drawn and pale"?  
Do you stay in at night to watch 'Emmerdale'?

Does the washing line no longer,  
groan under the weight of wet gear?  
When you turn out on Tuesday,  
do you go straight for a beer?

Well get down for seven on Tuesdays,  
you will soon be back on those hills,  
Dr. Rod's methods of treatment  
are more beneficial than pills!

With speed sessions, fartlek and intervals,  
He will make you feel glad your alive,  
He'll soon have you zipping up Sheepstones  
Like you're fitted with four-wheel-drive.

He doesn't give you potions or lotions,  
To ward off rheumatics or gout,  
Just hill reps then round to the Shoulder  
For a pint of Black Sheep or stout.

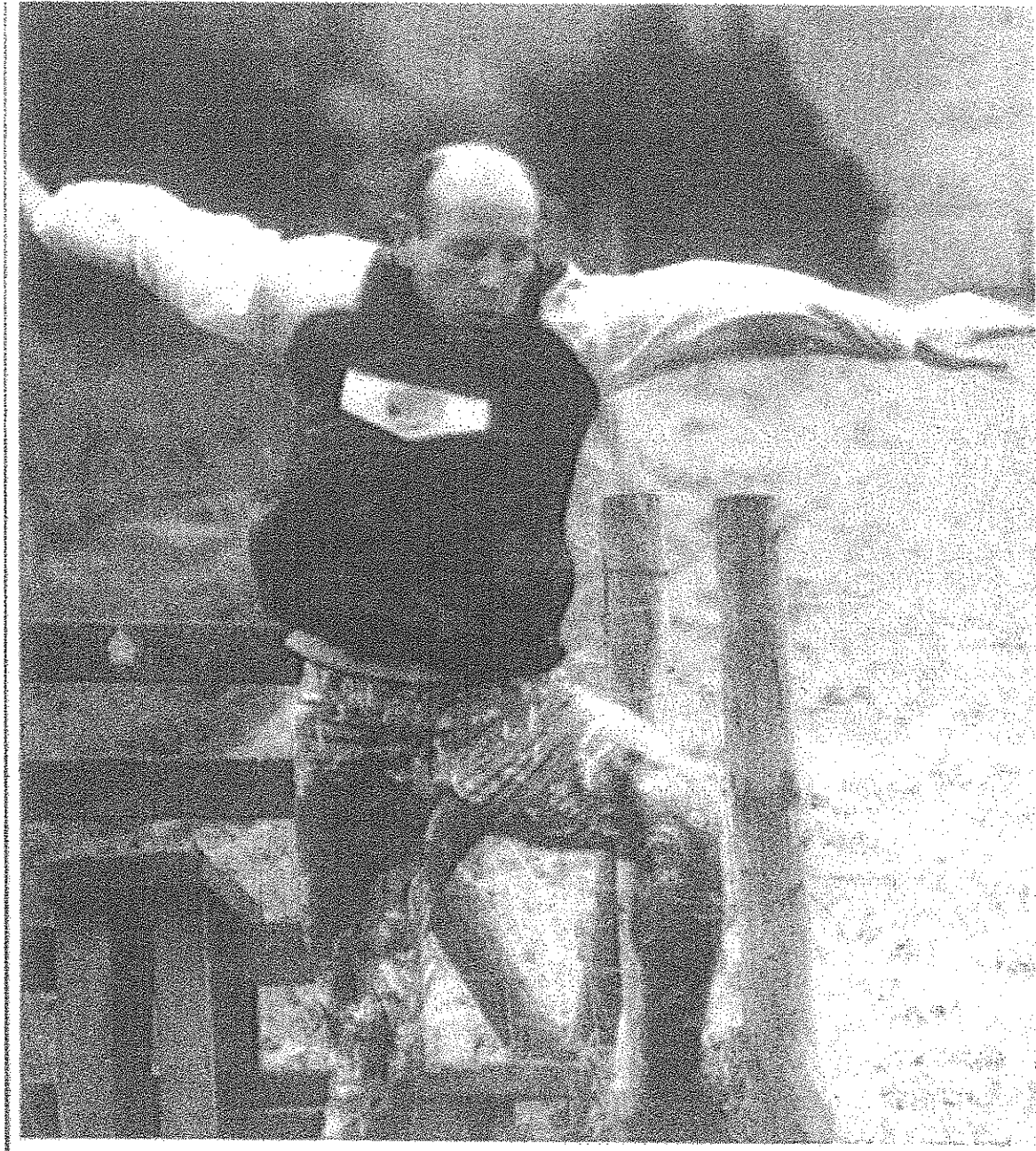
So come on forget thoughts of retiring,  
Or taking up calmer pursuits,  
Get back to the Steeps, Studley Pike  
and the other familiar routes!

Written By Frank Mallinson





# ROGUES GALLERY



THIS MONTHS PICTURE FEATURES ONE OF OUR BEST KNOWN CLUB MEMBERS, SO NO PRIZES FOR GIVING ME HIS NAME !! HOWEVER WE ARE MAKING " ROGUES GALLERY " A PROPER COMPETITION STARTING WITH THIS ISSUE. I ASKED THE COMMITTEE ABOUT THE POSSIBILITY OF HAVING A CLUB TEE SHIRT EACH MONTH, BUT THEY HAVE GONE ONE BETTER & OFFERED A CLUB SWEATSHIRT FOR EACH ISSUE !!

I THINK THIS ONE IS CRYING OUT FOR A ' BEST CAPTION COMPETITION ' ( TRY TO KEEP THEM AS CLEAN AS YOU CAN SO I CAN PRINT THE WINNER !! ) SEND YOUR CAPTIONS ON A POSTCARD ( OR THE BACK OF SOME RACE RESULTS ) TO THE ADDRESS ON THE FRONT COVER OF SHEEPSHEET ( JUST ABOVE THE MAIN TITLE " SHEEPSHEET " ) OR IF NOT PASS A CARD TO ME ON A TUESDAY NIGHT AFTER TRAINING !!

I WILL HOPEFULLY BRING THEM DOWN TO " THE SHOULDER " FOR SOME ASSISTANCE IN PICKING A WINNER !!



# RESULTS



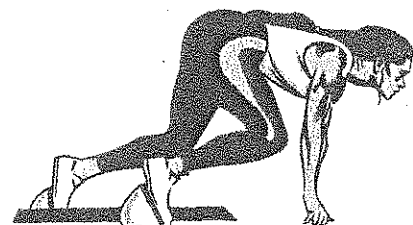
## LONG MYND 10.5M / 4500FT

POSITION	NAME	CLUB	TIME
1	DAVE TROMAN	KESWICK	1.47.30
26	JEAN SHOTTER	P & B	2.09.31
20	GREG HOUGHTON	C.V.F.R.	2.05.15
44	DAVE HYDE	C.V.F.R.	2.18.38
73	LIZ PYNE	C.V.F.R.	2.31.51

A FINE DRY RUN AFTER WET MORNING. SINGLE TRACKS BECAME CHURNED UP AND MADE IT HARD WORK FOR US SLOWER ONES. GREG HAD A GOOD RUN, TAKING 2ND V50 PRIZE AND LIZ TOOK 3RD LADY. I HAD TO BE SATISFIED AT GETTING ROUND WITH NO ILL EFFECTS TO MY KNEE. ( AFTER NEARLY A YEAR LAYOFF FROM RACING DUE TO INJURY )

RACE REPORT BY DAVE HYDE. ( THANKS DAVE )!

# SHORTS INC. RUMOUR CONTROL



## WADSWORTH TROG

At the last count on Tuesday 16-02-99, there were about 130 entries for the race with maybe a few more in the post ( hopefully Brian ??? ). All being well the race will have been run by the time this issue comes out, thanks to a good club effort, but particularly to Sue & Jess Palmer.

Also the new "sweepers rucksack " will have been in action for the first time ( if we managed to get all the gear together ) following a good suggestion from our Equipment Officer ( Dave Gilyeat ) at the last committee meeting. This will contain a first aid kit, spare clothing, group bag, ( one of those pertex type tent things with no poles ) & maybe some food ( there would be if I was carrying it !! )

### THE RETURN OF BIG KEV. !!

I thought my article in the last issue might have been misplaced but no to our delight Kevin Barker turned up for training on Tuesday 16th Feb. ( which is more than some of you did !! I counted 9 ). OK so it was blowing so hard that I couldn't expand my lungs against my cagoule at Blackshaw, but as I said to Brian, Phil & Chris, when they eventually came back for me, whose stupid idea was it to come up here then !! ( I think you're all going soft ! )

Anyway Kevin said he was feeling a lot better & had decided to come down for a run !! ( no he didn't, he said his wife had got sick to death of him hanging around the house with a long face & told him to get down to the club & she would buy him a new knee / leg when the time came )

Also he had been picked up by the police on several occasions, whilst out walking the streets ( to try & keep fit ! ), as a suspected prowler, & they too had offered to pay his medical bills, or alternatively join their ' tea club ' down at the local nick. ( yes he could still talk for Great Britain ! ).

Has Andy Thompson found some weird new type of triathlon to enter ?? First he stops running & takes up cycling. Next he takes up skiing & now one of my spies tells me he has just taken possession of a load of windsurfing equipment !! It's either the triathlon or else he's going skiing to Bulgaria on the cheap!( you'll never get Marcus & Julie on the back of the bike Andy)

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THE VIEWS & OPINIONS EXPRESSED IN THIS PUBLICATION ARE SOLELY THOSE OF THE CONTRIBUTOR OR EDITOR & DO NOT NECESSARILY REFLECT THOSE OF CALDER VALLEY FELL RUNNERS.