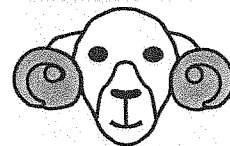


SHEEP SHEET

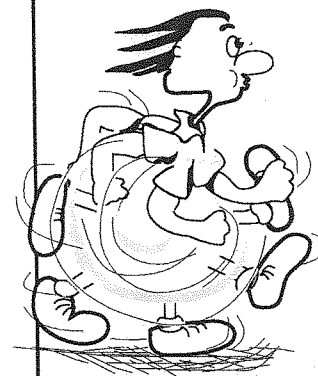
THE CLUB MEMBERSHIP CARDS ARE NOW READY SO IF YOU'VE PAID UP YOU'LL SOON BE GETTING YOUR CLUB CARD ALONG WITH THE NEAC CARDS WHICH MIKE BELL HAS NOW TAKEN DELIVERY OF. THESE CARDS ARE UNIQUE TO YOU WITH YOUR OWN PERSONAL NUMBER AND DETAILS - SO KEEP THEM SAFE. LATER THIS YEAR YOU MIGHT HAVE TO START TO SHOW THEM AT RACES THAT YOU ARE ENTERING.....THE NEAC CARD ALSO ENTITLED YOU TO 20% DISCOUNT AT MAGIC MOUNTAIN IN HALIFAX.

WHAT'S IN THIS ISSUE



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WANTED

If you're feeling unfit, slow under the weather and you don't feel that you can come down to the club to train nonsense I'm setting up a slower group to run off road on Tuesday nights so why don't you come and join me, bring a friend, we'll train to the ability of the group. You won't feel under pressure. DON'T FEEL THAT YOU HAVE TO BE SUPERFIT TO COME DOWN. WE'LL GET FIT TOGETHER
Thirza

february
2001

THE HALF TOUR OF PENDLE

We are trying to get as many vets to enter this as possible to try to score points in the British and English races for *Clader Valley Fall Runners* - if you plan to run can you let Dave Hyde know **IT'S PRE ENTRY BY 17th MARCH**. This race is also a club championship so lets get those red and white vest flying this year. (This will now be dependent on the Foot and Mouth Epidemic)

AND

THE HALF TOUR OF PENDLE CURRY NIGHT

We are planning to have a night out after the Half Tour and people seem interested in a curry and a few beers night - **Great Combination**. We are going to go to the new place down Manchester Road that used to be the Beehive. I'm sorry but I don't know it's name. Brian Horsley is going to book so can you let ME know **IF YOU WOULD LIKE TO COME (Thirza 01422 343736)** so that we can get tables booked.

MARCH RUNS

- TUESDAY 6th: CRAGG ROAD, TURKEY LODGE, BOULDERCLOUGH, SCOUT ROAD, MCC.
TUESDAY 13th: SCOUT ROAD, SOWERBY BRIDGE, TUEL LANE, MASONS ARMS, GREAT EDGE, DEEP LANE, LUDDENDEN, MIDGLEY, M.C.C.
TUESDAY 20th: LUDDENDENFOOT, DANNY LANE, WARLEY, PETER LANE, WEBSTERS BREWERY, GIBB LANE, JOWLER, MIDGLEY, M.C.C.
TUESDAY 27th: **AWAY RUN FROM HUDDERSFIELD, FULL DETAILS FROM TONY**
(Meet at Saville Park. Try to make it as the run is a really good route. Ring Tony 360999)

RESULTS ... Results ... Results ... Results ... Results ...

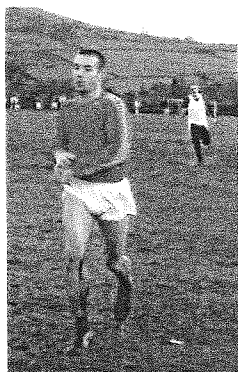


HANDICAP 2001 RESULTS - 27th Jan.

ACTUAL TIME

1.	PHIL SWAINE	49.26
2.	TONY BRADLEY	51.00
3.	GARY WEBB	39.43
4.	JON UNDERWOOD	53.02
5.	CHRIS ROBBO	45.40
6.	DAVE HYDE	44.18
7.	MIKE WARDLE	46.44
8.	DAVE BEELS	44.58
9.	STEVE HOUGHTON	45.01
10.	RICHARD KELLETT	48.10
11.	MIKE BELL	66.52
12.	BRIAN HORSLEY	48.17

With only a small team of hardy runners setting out on what was a fairly chilly day with a biting cold wind but dry it was a good handicap. The going was very soft especially at the ruin where the farmer seems to have been doing hand brake turns with his tractor and has made the running very hard going. It was odds on that Phil would come through triumphant (we all want to know how much he paid Rod for his handicap!!!) and sure enough he was the first to the finish line with Tony biting at his heels. It was within a few minutes that the rest of the field came through with an unfit Gary Webb finishing in fine style overtaking Jon in the finish field to come in third place only about two minutes slower than his record time. Dave and Robbo had a fight at the stile above the green ramp and after getting over it Dave came a cropper falling (*Did he trip or was he pushed!!*) and badly grazed himself taking a few seconds to come round long enough for Robbo to get a lead which he never lost with the rest of the field finishing close behind. We retreated to the pub for a pint and hot food which the Shoulder provide. A good Do.



This was the final counter in the Winter League. Here are the final positions.

1.	Steve Houghton	118 points
2.	Chris Robbo	112 points
3.	Richard Henderson	76 points
4.	Graeme Woodward	76 points
5.	Dave Beels	60 points
6.	Carl Greenwood	56 points
7.	Richard Benn	55 points
8.	Jon Underwood	52 points
9.	Tony Bradley	51 points
10.	John Riley	48 points
11.	Mike Bell	46 points
12.	Andy Clarke	30 points
13.	Phil Swaine	29 points
14.	Richard allen	28 points
15.	Shaun Birtwell	27 points
16.	Mike Wardle	27 points
17.	Brian Hosley	26 points
18.	Richard Kellett	26 points

A lot of people only managed to complete 2 or 3 races because of the lateness of advertising the Winter League. Most of you will see when you get your new Membership Cards that the Winter

League has been decided already in the hope that more people will take part as the races are well enough spread out - but well done to all those taking part in this one at such short notice.

CLEVELAND WINTER SERIES

Saltergate Gallows - 8th October 2000 (8mils/1200')

1.	C. Stead	Saltwell	60.53
22.	Steve Houghton	CVFR	70.19
29.	Greg Houghton	CVFR	74.08

(64 ran)

Lordstones/Wainstones - 12th November 2000 (11mils/3500')

1.	B. Roberts	Mandale	96.19
19.	Jeff Winder	Scarborough	106.05
41.	Greg Houghton	CVFR	117.56

(113 ran)

The winner of this race was a V40 with our old mate Jeff Winder taking the 1st V50 in 19th place with Greg taking 3rd V50. Well done.

Pinchinthorpe Plod - 9th January 2001 (7.5mils/1200')

1.	B. Roberts	Mandale	35.24
8.	Steve Houghton	CVFR	37.39
18	Greg Houghton	CVFR	40.47

The winner again being a V40 with Greg placing 2nd V50. This is a race series that Greg is doing and he is presently sitting in 2nd V50 position overall with a few races still to be raced. Go for it Greg. You can win it.

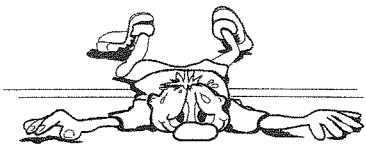
Ogden Moors - 3rd February 2001 (6mils/700')

1.	John Taylor	Bingley (record)	33-31
1 lady	Jo Prowse	Keigh & Craven	43-36
71.	Carl Greenwood	CVFR	44-27
129.	Richard Benn	CVFR	49-10
167.	Adam Baker	CVFR	54-09

It was another misty and drizzly day at Ogdenwater. With a record entry and a star studded field at the sharp end, I was worried whether the flags would be a) sufficient in quantity b) close enough together c) still there after overnight gales !! No worries however, and thanks to Frank Mallinson and the Cavell clan marshalling, and Brian Horsley (and Pete Regan I think) sweeping the field, among many other helpers, I was able to run in the Ogden Moors for the first time in ten years of organising it..

Allan Greenwood

(PS I think Allan said that he was about 122nd in his race but I lost the email he sent me before I had down loaded all the info from it. Ed)



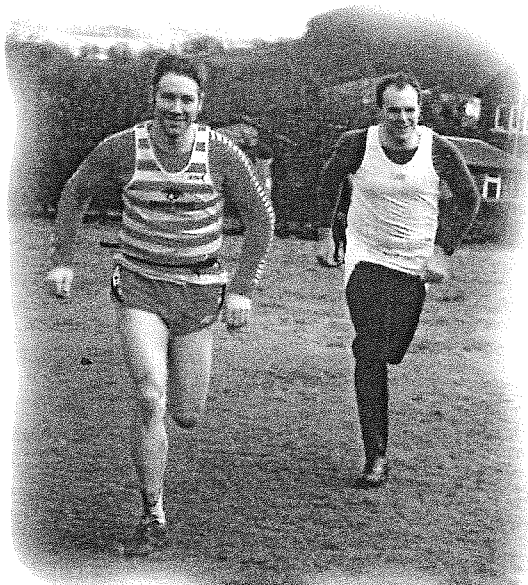
MICKLEDEN STRADDLE - Sunday February 4th (12.5mils/1900')

1.	A. Wrench	Tod.....	1.32.05
2.	S. Penney	Chest/Field	1.33.47
3.	D. Watson	Holmfirth	1.34.41
40.	Steve Houghton	CVFR	1.52.08
57.	L. Kent 1st lady)	Oswestry	1.57.36
81.	Greg Houghton	CVFR	2.06.26

Arriving at Langsett Barn at 10 o'clock we wondered what the hell we were doing. The weather was more suitable for Eskimos and polar bears not fell runners. Still, not wanting to look like wimps we proceeded to the start and found everyone sheltering under the trees. We were called to the line and Greg issued the immortal lines "I'm going outside - I may be sometime". At the end we rushed to get changed and adjourned to the Barn for lashings of tea, butties and cake. All in all a good route and a brilliant venue and loads of value for money. Calder Valley - where were you? After all there isn't much else on at this time of year so why not do this. I spied at least 10 - 12 Tod Harriers plus 4 or 5 out on the course cheering on or backing up. Surely if they can do it we can do it (OR CAN WE????). Dave Tait of Dark Peak asked Greg and I after the race "Are you the only two that run for Calder Valley, I thought you were a big club". Makes you wonder doesn't it.

Steve Houghton

(We're certainly aren't a big club but we need to get our active members out racing - this is how you pick up more members and it would be nice to have a few more. We've had our fair share of injury in the club these past 12 - 18 months but hopefully people are getting fit again and have that hunger to race again - so let's do it ED.)



Phil and Jon at the start of the Handicap

LDWA EVENT

This Long Distance Walkers Association (LDWA) event starts and finishes in Goathland (Heartbeat, country). Most LDWA events are about 25 miles long and attract runners as well as walkers. Some of them seem to have evolved into races and the Tandem is one of these. As its name suggests it is particularly interesting because it is run in teams of two. The partners in each team run separate routes over the North York Moors for the first 20-22 miles, then meet up at Stape Village Hall and complete the last 6 miles together. Stape is the place to get rest, tea and cake, and put on some warm clothing, but only, of course, if you get there before your partner! On the other hand, you can also get stiff, cold and out of the mood if you have a long wait.

For the second year running with Jeff Winder I was doing the west route, which is said to be 10 minutes quicker than the east. Last year I ran myself into the ground getting to Stape and was there before Jeff. When he arrived and I tried to set off again my legs were taking no notice of my brain and I suffered a fair amount of (encouragement, from Jeff over the last 6 miles. Amazingly we still came fourth overall and won the vets prize (over 45).

This year I took it a bit more slowly over the first section (I didn't have any choice to be honest). The route is a mixture of road, track and footpaths through moorland and forest. There's not a lot of climbing, but some of it is quite exposed. We ran through a snowstorm on Glaisdale Moor, so it was a relief to get into Cropton Forest. Stiffness was a big problem as I shuffled into Stape. Jeff had flown there on the East route, arriving in second place, and been waiting for 20 minutes. Fortunately he's not really fit yet, but he's getting there (or so he tells me).

So it was straight in and out of the hall for me, no tea and cake. We were in sixth place. As I looked back I saw the seventh team coming out about 100 yards behind us. "Come on Rod, they're catching us!" was the refrain from Jeff (50 yards ahead) as we ran along three interminable three miles of road and track. They were gaining slightly, but I reckoned if I could hold them off until we reached the moor ahead we could probably beat them. We did pull away from them up the slight incline of the moor towards Two Howes. However, as soon as I was confident we had got the better of them we saw ahead of us another pair who had not been in view before. We were obviously gaining on them but they were several hundred yards in front. A couple of minutes later they were nearer to us and I knew that Jeff was thinking we could overhaul them. So was I but I didn't like to say so. Jeff was on the case again so I had to have a go at them. We caught them at the final checkpoint (Two Howes) and then it was flat out down through the heather to the road. We had to get well clear of them before we reached the road because I didn't fancy a sprint for the last half mile along the road in my state. As we got onto the road it was "Come on Rod, they're catching us!" again, but when I looked behind I couldn't even see them. I was going to say we beat them comfortably, but I should say I beat them very uncomfortably.

We took 4 hours 20 minutes. That is 13 minutes slower than last year, but we still came fifth overall and won the vets prize again. That means we've got to go for it next year to get a hat trick. So the pressure will be on.

Rod Sutcliffe

RESULTS ... Results ... Results ... Results ... Results ...

WADSWORTH TROG - February 17th (20m/4000ft)

Dave at Withins on the Trog

1.	Ian Ferguson	Bingley	2.50.32
2.	Paul Thompson	Clayton	2.52.01
3.	Andrew Shaw	Holmfirth	2.55.27
8.	Dave Hyde	CVFR	3.07.52
22.	Mike Wardle	CVFR	3.28.20
30.	Sharon Taylor	Bingley	3.35.26
40.	Jon Wilkinson	CVFR	3.44.30
59.	Geoff Bell	CVFR	4.16.42
74.	Charlotte Roberts	CVFR	4.30.24

The clear blue sky and calm, increasingly mild conditions did serious damage to the reputation of the Trog as 'The Beast'. So much so that we nearly had to call it off on the grounds that the weather was unsuitable for the race! Congratulations to Ian Ferguson of Bingley, who broke his own race record by 37 seconds. Dave produced another excellent performance, to finish 3rd vet and 8th overall in an impressively fast time of 3 hours 7 minutes. The prizegiving was held outside in the glorious warm February sunshine - is this a sign of things to come or will normal service will be resumed from the weather next year?

There are a couple of significant trends developing in the race entries. Veterans made up 62% of the runners this year - the highest percentage ever, and an increase from about 50% in the early years of the race. More worrying is the progressive decline in numbers. There were 106 entries and 87 starters - the least in the history of the race. **Numbers have fallen almost every year since 1993.** This has led to various suggestions such as to call it the 'Teddy Bear' instead of the 'Beast'. **The latest one is to incorporate a Half-Trog or 'Troglet' race into the event to increase entries. This would be a 10 mile race over the same route, but turning back at Cock Hill, therefore missing the loop to Withins and Walshaw.**

What do you think?



Thanks to the many Calder Valley members who helped willingly on the day. It made it a pleasure to organise the event and got me Thirza's approval to do it again next year, in spite of some misgivings she had about letting me loose on it.
Rod

(I would like to thank all the members who turned out and it was nice to see some of the newer faces to the club as well as some of the long standing members helping out this time. It was certainly a different bunch helping out but all credit to the club for again managing to host such a race that takes alot of club resources in manpower. WELL DONE EVERYONE AND THANKS. Ed

Chris Robbo Replies

..... in the last newsletter our Captain said that Chris Robbo always looks like a V/60 when he finishes relays but what's this we see here Tony .. is that you behind the 60 year old at the Ian Hodgson.!!! Don't know what category that makes you in then Tony.

Robbo.

