



calder valley fell runners

SHEEP SHEET

.... MARCH 2003

EVEN THE BIG GUYS "HANDICAPPED" BY GIRLIES VICTORY

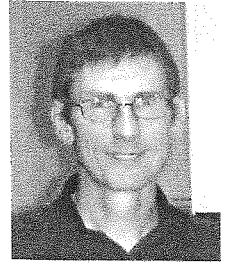


		Finish Position	Running time	Position by run time
UNDERWOOD	Julie	1	1:03:41	22
PIERCE	Kay	2	1:07:34	23
HYDE	Thirza	3	0:52:25	16
GRAY	Karl	4	0:39:29	1
CLARKE	Andy	5	0:39:54	2
ALLEN	Richard	6	0:43:48	3
GILDEA	Denis	7	0:44:37	4
CARNOCHAN	Andy	8	0:50:34	13
WOODWARD	Graeme	9	0:45:20	6
GREENWOOD	Allan	10	0:48:46	11
NEWMAN	Sally	11	0:44:37	4
ROBINSON	Dale	12	0:46:05	7
SUTCLIFFE	Rod	13	0:46:14	8
HORSLEY	Brian	14	0:50:41	15
WARDLE	Mike	15	0:48:09	10
CULPAN	Dave	16	0:59:02	21
GALLAGHER	Paul	17	0:50:37	14
UNDERWOOD	Jon	18	0:46:44	9
FRECHETTE	Paul	19	0:52:43	17
ACHESON	Robert	20	0:48:47	12
WILSON	Paul	21	0:53:18	18
GREENWOOD	Carl	22	0:55:23	19
ROBERTSHAW	Karl	23	0:58:14	20

We had an excellent turn out for the club handicap with 23 runners taking part and a lot of helpers and spectators turn up as well - must have been about half the club in total....Julie had a good run in her first "handicap" race, with a strong finish to clinch first place with Kay doing well to hold onto second place. I had to sprint finish to keep in front of an inform Karl with Andy Clarke chewing at his heels. There was only a 4 minute span between most of the field which must have indicated reasonable handicaps for most people but with Bill's new method (I was going to say easy method but I've been struggling to work it out...leave it to the brains amongst us...) it should be fairly fool proof. We went to the pub to have sandwiches and a drink and Allan presented prizes to the first 3 runners (All Girlies). This was followed on in the evening by a meal at the Woolmerchants and the presentation to the winners of the club trophies for the year. The most hotly contested was the navigational cock up of the year but in the end Rod won it by miles as he had done so many of them during the year. Linda Crabtree won the Wally of the Year after asking Billy Bland at Borrowdale if he had ever run the race ... He only holds the record for that and many more. Thanks to Tony for organising the dinner. We had a very pleasant evening.



ON COMMITTEE



CHAIRPERSON

Rod Sutcliffe



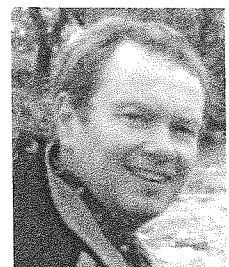
CLUB CAPTAIN

Tony Bradley



SECRETARY

Jon Underwood



TREASURER

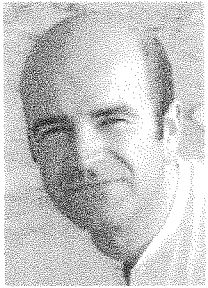
Steve Cavell



MEMBERSHIP/ SHEEP SHEET EDITOR

Thirza Hyde

ON COMMITTEE



WEB OFFICER
Carl Greenwood



PUBLICITY OFFICER
Allan Greenwood



SOCIAL SECRETARY
Anne Johnson



EQUIPMENT OFFICER
Dave Beels



STATISTICIAN
Bill Johnson

RACE RESULTS

Eston Nab Kneeknocker - 6ms/1200' Sunday 19th January 2003

1. Charles Stead	NFR	34.50
2. Robert Cole	Mandale	35.51
3. Paul Figg	Quakers	36.59
15 Steve Houghton	CVFR	43.02
19 Alison Raw	Darlington	43.23
27 Greg Houghton	CVFR	46.50
65 ran		

Stanbury Splash Junior Race - a young racer in the makingSunday 26th Jan.

Possibly the youngest Calder Valley Fell Runner was out on the fells recently running his debut fell race at Stanbury. Our seven year old lad Barney who had been nattering me for ages to do a race himself was finally let loose in the quarry at Penistone Hill on January 26th. The weather was cold and blustery so his club vest that his



mum had lovingly altered (my old vest) was not to be seen for woollens and waterproofs. . .

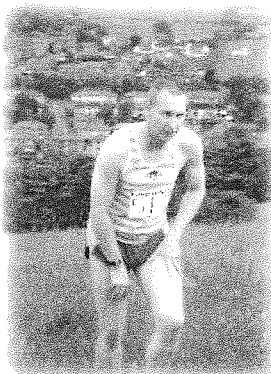
He entered the 1/2 mile Under 8 race and after a cold and nervous few minutes waiting at the start he was off. The first climb up the quarry side saw him making good progress in the top

three or four, along the top still going well. The first descent was good and he managed to stay upright on the wet grassy slope. Lack of race training and a tough second climb cost him a few places but he battled on and came in to finish a respectable 8th place in 4min.19secs. The winning time was 3min.15secs. (Aaron Schofield, East Chehire) and 14 ran. I thought this might be his first and last race when I saw the state of him

at the finish, but when he got his breath back he was keen to try another.

All the Best Bod (John Riley).

Well done Barney - Keep it up and you'll be beating your dad in no time.



BOD ON RACE ONE OF THE THREE DAY EVENT LAST YEAR

Ogden Moors Fell Race - 6mils/700' Saturday 1st February 2003

1 Ted Mason	Wharf'dale	35-45
2 Steve Oldfield	Brad' Airdle	35-52
3 Gary Devine	P & B	36-17
6 Karl Gray	CVFR	36-37
8 Andy Clarke	CVFR	36-56
32 Ant Mayer	CVFR	40-44
38 Sarah Rowell	P & B	41-19
47 Andy Wardman	CVFR	42-13
101 Allan Greenwood	CVFR	47-37
151 Dave Culpán	CVFR	53-33
180 ran		

The sudden snow and hail shower just after the start of this year's race caught one or two out, especially those without the benefit of a thermal or windproof top. Thankfully, it warmed up after ten minutes or so and most of us reached the finish in bright sunshine. 23 year old Ted Mason Wharfedale Harriers took his first Ogden Moors victory in a very respectable time given those icy conditions. Ted, of Appletreewick near Burnsall is a real prospect, so keep an eye out for his name in the future. Sarah Rowell has visited Ogden many times over the years and has won on each occasion. Now running as a veteran, but showing no signs of the ageing process, she again tore the field apart with a tremendous run for 38th place from 181 starters. Thanks to Linda, Thirza and Michael on registration, all the marshals and helpers and our sponsors, Longcroft Engineering of Todmorden who contributed towards the prizes and Screentone printers for the unique plastic race numbers. Special thanks to Sharon Cousen of Halifax Harriers who donated a load of beer and chocolates for the spot prizes and the brilliant Brian Horsley who gathered all the flags in, enabling me to have a run myself. PLEASE, PLEASE, If you haven't already, would you make sure I know whether you want to be included in the **Grass Routes Series** (South Pennines Grand Prix). It is a "best 6 from 10" set up, Ovenden and Ogden were the first two.

If I put you in the league when you're not intending to do it, then you will be taking points from others, (points that could mean the difference between a trophy place. If I don't include you **because you have not ticked the box**, it will be a nightmare to work out your and everyone else's points later. Please ring me on 07866 043572

Cheers, Allan Greenwood
(and Linda Crabtree)



MORE RACE RESULTS

Mickleden Straddle - 12.5mils/1800'

Sunday 2nd February 2003

1	Tim Austin	Dark Peak	1.32.07
2	Karl Gray	CVFR	1.38.33
3	John Boyle	Dark Peak	1.38.58
20	Andy Wardman	CVFR	1.53.57
23	Steve Houghton	CVFR	1.55.12
25	Rod Sutcliffe	CVFR	1.55.28
26	Jon Underwood	CVFR	1.55.45
29	Paul Gallagher	CVFR	1.57.16
42	Wendy Barnes	Barnsley	2.00.41
65	Steve Coey	CVFR	2.08.06
90	Linda Crabtree	CVFR	2.18.09
93	Thirza Hyde	CVFR	2.18.28
97	Allan Greenwood	CVFR	2.21.59
117	finished		

Preamble.

The Mickleden Straddle fell race was run in some of the most atrocious weather conditions on record. In writing a report about a race like this for the club magazine, *I would never be tempted to mock anyone who had had the guts to have a go, but then realised their own limitations and had the common sense and self preservation to retire and 'live to fight another day'my arse !*

Friday I had flagged the Ogden Moors course alone and on Saturday I had managed to get a run, thanks to all those from the club who helped out with marshalling and so on. Sunday was supposed to be a rest day.

Linda picked Andy Wardman up at around 8am and they came over to call for me 20 minutes or so later as the Mickleden is out the 'other side' of Huddersfield where I live. We were well early for the 11am start but as it was the first club championship race, and we weren't too sure of the way there, we weren't going to take any chances.

Flask, sandwiches, dry gear for afterwards and full bum bag packed, I jumped in and we were off. It was a beautifully sunny Winter's morning, mild enough for a single thin thermal and shorts. We should all get round the course today no problem. We reached Shepley - about half way to our destination - and the rain started to pour down. However, by Langsett, where the race would be starting, it had eased a little, though it felt cold. As we pulled into the carpark and prepared to go to registration, the deluge started again. It was blowing a gale and bucketing down now and we knew it would be rough on those moors. "Don't worry", I said, ever the optimist, "It could blow over by start time". Sure enough, after we had queued to register, and watched a couple of girls rapidly buttering bread to make piles and piles of sandwiches, leaving the thick crusts to one side, to go with the thick, creamy tomato soup, the sky outside was bright. A fresh wind was now blowing and the rain had at last abated. As it was still very cool, we all opted for full thermals, leggings and cagoules. (Sorry but some of us started in shorts but I've got to admit at having to put on water proof trousers which I then kept on all the way - when do you ever do this on a fell race, this was a first for me Ed ...) This, as it turned out, was a very wise move. We set off and quickly formed a line in order to shelter one behind the other from the strong head wind. Linda, Andy and me took it in turns to work together, each time it was my turn to take the lead, I slowed noticeably as I pushed myself on trying to maintain the momentum. After about 5 minutes, we reached the woodland trail where we were to start the race from and we all appeared to be knackered !!

We lined up at the top of Langsett plantation and were given our final briefing before trundling off down a stony track and onto the wide expanse of Langsett Moor.

Basically, the route is a straight out and back course to the end of a long wide bridleway called Cut Gate, but with a circuit down to a reservoir and a moorland route back to Cut Gate End. On the way out, at 'Cut Gate End', you come to the edge of the moorland shelf, and the hills can be seen to sweep up at either side, Margery Hill on the left and Outer Edge, leading on to Harden Moss on the right. At this point there is a stone stairway where you drop from the 'edge' to a bridge stream crossing, then it is fast going down to Ladybower Reservoir, where The Dam Busters practiced dropping their 'bouncing bombs' during the war. (Younger members; ask Alec!)

Away we went from the start line, down into a dip and up onto Cut Gate track. As we found our feet and the field began to spread out, heading in a South Westerly direction, the wind really got up blowing right in our faces. We reached the point where the track turns South, climbing steadily on rough ground and it began to snow heavily, with hail and freezing sleet being blown at us from the right hand side. It was incredibly cold and very difficult to see ahead. I was running with a hand against the side of my face, my balaclava on and by now, cagoule hood up as well. My leggings were soaked and I couldn't feel my legs so I decided to stop and take the waterproof trousers from my bum bag. In over 20 years of fell running, only in the worst weather conditions have I ever had to do this, and only as a last resort for the most extreme circumstances, but I reckon prevention of a frostbitten Willy ranks fairly highly there.

The weather was getting worse, but I knew the course and soon we would drop off the end of the ridge into shelter. Runners were emerging out of the gloom and jogging back the other way having called it a day. Afterwards, people were saying that only the hardest of fell runners could have got right round the course on a day like that. And that only a wimp would drop out. There were around 20 such 'wimps', some of them from the head of the field, but I cannot imagine a Calder Valley vest with such a low tolerance level for the cold, (*can you Tony and Greg ?!*)

Just before Cut Gate End, I stopped and looked behind to see if I could see how the girls were coping (but they'd wimped out - hadn't you Tony & Greg ?!) - (sorry lads!) I could make out Linda about 200 yards behind and Thirza, a similar distance adrift again. I waited on the crest of a hill and told Linda to tuck right in behind me and take shelter. It seemed like about another 20 minutes before we started to descend and as I reached the 'End' I saw two of my old mates, Ashley Smith (Holmfirth Harriers) and Patrick Green of Denby Dale Travellers marshalling with tent pitched. Ashley is a little bear of a man with a big Brian Blessed woolly beard. He stepped out and with a big grin on his face, he fittingly gave me a great bear hug as we came together. Patrick poured from his metal flask and offered me a swig of coffee, which warmed me up immensely, though Linda declined the offer, probably thinking she'd have to have the hug as well.

I cannot normally stand tea or coffee without sugar but that sugarless coffee was nectar to me at the time. The lads wished us well and off we went on a big circuit that would eventually bring us back to the same spot. Down to the bridge and along the reservoir side we were kept company by veterans Graham Breeze and Malcolm Coles of Skyrac. We talked of the Dambusters as well as Graham giving me his point of view on a book I had been reading about the great Lance Armstrong, a professional cyclist from Texas who battled against cancer, then won the Tour de France in the fastest time ever. The gay banter took our minds off the grind down to Howden, from where we would climb steeply through a wooded area to reach Howden Moor. In was at the top of this climb that we heard the calling of that rare, seldom heard creature, the Thirza.

& MORE RACE RESULTS

"Only meeee!" went the shout and, as if we had heard the cry of a flying stinging beetle that gives you immense pain in the hind quarters, we both gave a visible sigh and an exhausted, if inaudible "oh shite." It was a championship race, with points at stake and we were about half way, completely done in and now here was Thirza, fresh as a daisy after sheltering under a leaf through the hail and flying after us in the sunshine. After a few words of encouragement, Thirz took the lead jogging strongly up the peaty climb. "Keep with her", I said to Linda, "I'm feeling tired now", but she quietly and exhaustedly told me she had wanted to keep in front of her and I had slowed her down!

Up the moor we went and after a while it levelled out and we were racing again, overtaking other runners as we mogged on in single file, Thirza leading the march(or sheltering you from the wind more like Ed). Back at Cut Gate, the marshalls gave us a cheery wave but there was no time for hugs or coffee now as we were homeward and the race was on. I felt a sudden burst of energy and shot up the climb to the shelf in front of the lasses. The bit was between my teeth now and I was going to gather momentum all the way back. Faster, faster I went, leaving those two way behind with every sure footed stride, but as I glanced back on a short climb up a peaty hill, they were right there behind me, looking fresh and full of running. Now, the previous two days activity was starting to tell on me and I was tiring again. Linda drew level and I told her to be careful. "No mistakes now, don't fall or do an ankle". Thirza came up next and I quipped that we were running our socks off for one lousy club point. As we neared another short peaty climb, it sunk in just how tired I was becoming. By now, Linda was completely out of sight and Thirza ran every step of the hill. I, on the other hand, just traipsed up the hillock, with arms drooping down my sides. I was stuffed.

I opened the bum bag and took out some chocolate raisins. A swig of orange juice and I felt a little better, but now I just wanted to finish. The final mile took an eternity and I was glad to reach the wooded area where we had started and see the girls waiting near the finish. I had been out for one second inside two hours and twenty two minutes.

I later learned that Linda had fallen on some rocks near the finish and torn her tights. The bruise on her leg was the size of a dinner plate, with a large red graze down the middle, but of course she was only bothered about her tights! Karl Gray, our latest star man had finished a magnificent second to Tim Austin of Dark Peak, who had rung me on Friday night and told me "I'm going to have a go at The Mickleden record on Sunday". Now that is confidence. Not just, "I'm going to try and win it" However, after taking the winners' prize and trophy, the incredibly self confident Austin went and dropped his bottle of whiskey while trying to get out of the door.

The post race grub was something else. Piping hot tomato soup, and piles of ham and tomato butties, for a small donation to the mountain rescue. Luckily, Tony and Greg had left some for the rest of us!

Allan Greenwood



Wadsworth Half Trog - 9mils/1500' - Saturday February 15th 2003

1	Tim Higginbottom	Wrexham	1-11-44
2	Lee Athersmith	Skipton	1-12-14
3	Andy Shaw	Holmfirsh	1-12-58
10	Andy Wardman	CVFR	1-22-39
11	Dave Beels	CVFR	1-23-16
12	Bill Johnson	CVFR	1-23-40
14	Ant Mayer	CVFR	1-25-05
16	Keith Cadby	CVFR	1-27-39
17	Sarah Noot (1st lady)	CVFR	1-29-16
19	Barry Whaw	CVFR	1-29-41
25	Paul Gallagher	CVFR	1-31-45
29	Thirza Hyde	CVFR	1-34-46
31	Allan Greenwood	CVFR	1-34-59
33	Linda Crabtree	CVFR	1-35-23
47	Linda Hayles	CVFR	1-45-28
49	Tony Bradley	CVFR	1-47-40
60	Dave Culpan	CVFR	1-55-21

Many thanks to everyone who helped make the Half Trog a great success. Calder Valley fellrunners, the marshalls, helpers and tea ladies at Wadsworth Old Town Cricket Club. Raynet and the first aid people who were made to earn their corn this year !! Sarah Noot broke her finger in two places on her debut in a Calder Valley vest... didn't seem to slow her down Well done to all the winners - that's all of us who run the fells. Allan Greenwood



Wadsworth Trog - 20mils/4000' - Saturday February 15th 2003

1	Rob Jebb	Bingley	2:50:03
2	Jon Wright	Tod	2:51:35
3	Karl Gray	CVFR	2:52:02
4	Andy Clarke	CVFR	2:52:13
23	Rod Sutcliffe	CVFR	3:31:39
31	Richard Allen	CVFR	3:39:30
33	Jamie Dore	CVFR	3:39:41
42	Helen Thorburn	Dark Peak	3:47:39
92	ran		

A Personal View

The conditions on the day were as good as it gets in February. For me, the only problem was the occasional ice underfoot, that pierced its way through the limited protection of the Walshes.

All credit to John, Allan, Julie and Linda. Late entries, entries on the day, 2 races, markers, helpers, etc. I thought the kit-check was handled superbly. It's not easy to tell someone, without the specified gear, who has paid their money and is ready to run, that they're not; well done guys – chuck em out!!

And then we were off. Half-troggers one way and us t'other. The only saving grace of having to run a loop and back to the start on such a grueling race is that we get to go down the hill to start with.

The first loop was quite sedate. Julian Rank (Holmfirsh) entertained us with a summersault fall down by the stream, but, otherwise, nothing of note – no Rob Jebb disappearing into the distance, only some bloke I didn't recognise taking it on as we climbed back to the village.

Rob J. was on his heels, though, and they began to open up



a bit of a gap on Karl and myself as we headed out on the route proper.

As we climbed up to High Brown Knoll, they had opened up about 300 yds. We kept it at that on the way down to the reservoir, but then "bloke I didn't recognise" took off to the left and I said to Karl that I thought they'd miss the clipper if they stayed on that line. With Robb J. following him, it was clear that he didn't have much of an idea where he was going.

The 300 yds. were made up and we clipped into checkpoint 2 all square. I led the way up the bank, with the joint problem of crumbling steepness and crumbling half trog back-markers. Actually, what scared me the most was the fact that we didn't seem to be going much faster than them and, I must confess, I did sit in behind once or twice.

We hit the catch-water about spot on line and so I leapt it, knowing that I could, and heard a "fucking hell" from behind. I didn't look back, but carried on with a hopeful image of Jebbo floundering around in the icy water.

It was wishful thinking, because a second later I heard him ask, "are we heading towards those masts now?". With confirmation, he was off, giant strides leaving us standing. I looked behind and Karl was there with a beautiful day behind him.

I remember the couple of times Kevin and I had marshalled at Cock Hill, it seemed like a lonely outpost. With the half trog back-markers arriving at the same time as the full trog front markers, it's a bit of a bustle of activity these days and we swept through to find Jebbo having a piss up against the gate on t'other side of the road. I leapt over the fence and glanced behind with the hopeful satisfaction of seeing Robb and Karl and just we three. But I saw Jon Wright and then I looked again, and I saw Mr "bloke I didn't recognise", followed by "Clayton-le-Moor" vest, followed by another Tod. bloke, and so I got my head down and didn't look any more, because they seemed to be queuing up.

I decided to try to put a bit of pace into it on the way down to the "Old Road", in the hope of getting first choice on the biscuit stand and of burning Jebbo off. 4 of us had clearly brokem away at the road. I usually hate that road climb back up, but felt okay. As we hit the track, I spotted a "bloke in a red track-suit" in the distance and, obviously, so did Robb; He took off and, within 3 minutes, he had 300 yds.

Karl and I had finally dropped "bloke we didn't recognise" and I remember saying to Karl that Robb had latched onto a guide who was now pacing him up the stoop and beyond. We kept it going fairly well on that section and saw, in the distance, "bloke in the red track-suit" waiting for his ward as we headed down to the Withins ruin.

As we passed Robb J. he had the look of a man who had gone for it and so we didn't consider that we'd see him again. Karl and I were still going well at this point and as we hit the track leading to Walshaw reservoir, we encountered "bloke in the red track-suit" coming towards us. Ian Holmes said, "keep it

going lads, he's gagging in front" (or words to that effect).

If it wasn't for Karl stopping to ask for his autograph, then we would have caught Rob a long time before we did. So, on the way down to Walshaw, still a fantastic day, bounding along, feeling good, reeling Mr Jebb in – the beast was tamed!!

It's always a comfort to see Steve Cavell in the village – he's a fixture. After the race, Karl told me that he felt pretty good heading up towards Shakelton, and I was aware that he'd put a bit of pace into it. I still felt strong and so did Rob – we didn't need to ask – but we Calder Valleyers just felt a little secure in the knowledge that he hadn't a clue where he was going.

Karl opened up a bit of a gap on the descent from Shakelton, which would have been more significant if it hadn't been for a frisky heiffer giving him a run for his money. Through Lumb falls Karl had about 50 yds on Rob and 100 yds on myself. This was the first time I felt tired, and was resigned to get my head down into 3rd place as I saw RJ quickly getting onto Karl's tail as we headed for the road.

Once again I knew my luck was in when, as I approached the clippers, I heard Karl shout down from the road, "Andy, are we supposed to have clipped here?" So, they had to leap back down the bank, and then we were three again.

Along the road and back up through the fields. Heading back up towards Cock Hill, it was obvious that Rob could have surged off at any stage, but he probably had the moorland after the weather station in his mind, and so settled for cantering along in front, with Karl and I keeping it ticking along.

On the way over to High Brown Knoll, Karl took the pace again and found the perfect line, making that tough section feel quite easy. A straight line to the Whinney Stones and then try to pick up the path that runs to the right of the little gully.

We took a direct straight line again over to Sheepstones, and again Karl got it spot on. The pace seemed reasonably fast, but fine and I remember thinking at this stage that it could be sub-3 hour pace. I hadn't been aware of anyone else near us for some time and – foolishly with hindsight – assumed that we were well clear. Had I looked back, I would have spotted Jon Wright gaining as we climbed up to Sheepstones. I recall Karl and I agreeing that we didn't have much left, but I reckon we could have found some injection that might have put Jon off attempting to get back on terms.

As it was, as we descended from Sheepstones – now with Robb back in front – we became aware of Jon getting closer to the back of us, and as we hit the bridge and the final clipper, we were 4 again.

I remember thinking that I needed a sprint up a hill like a hole in the head at that stage. Robb disappeared at an outrageous rate of knots. Jon also managed to find something that got him away from myself and Karl, and slowly Karl began to pull away from me.

With hindsight, I was mentally a bit negative at the bridge, telling myself I was knackered. I think I also had the previous year's memory coming back, when my legs did completely go. As it was, once we started climbing again, there was a little bit left.

Karl found that wee bit more than I did and, all credit to Rob and Jon, who still appeared quite strong at the end of the 20 miles.

For me, the disappointment of 4th was easily off-set by the extremely enjoyable experience of the race and the time of 2 hours and 52 minutes

All things going well, I'll be back to have a go at Rob's new record next year – and hopefully Karl will as well.

Thanks to everyone who helped with race, allowing me to run.

Andy Clarke

**Long Mynd Valley - 10.5mils/4500' -
Sunday 23rd February 2003**

1	Tim Davies	Mercia	1.36.36
8.	Karl Gray	CVFR	1.49.57
34	Steve Houghton	CVFR	2.06.45
44	Paul Gallagher	CVFR	2.12.15
49	Jon Underwood	CVFR	2.14.02
61	Carl Greenwood	CVFR	2.20.32
69	Jez Wilkinson	CVFR	2.24.54
70	Greg Houghton	CVFR	2.24.55
76	Steve Coey	CVFR	2.27.01
83	Tony Bradley	CVFR	2.30.00
86	Thirza Hyde	CVFR	2.32.19
99	Linda Hayles	CVFR	2.51.55
101	Helen Wilkinson	CVFR	2.53.43

110 ran
This is a real killer on the legs it goes up and down like a fiddlers elbow! The race is a little over 10 miles in length with 4500 feet of climbing, about the same as the Ben Nevis race but over several climbs and therefore several descents.

The weather was a wonderful spring like day with a light wind and excellent visibility.

People who have done the race before advise on an easy pace to start with as after the first checkpoint there is a small climb followed by easy running on a good path and if you push it here you will regret it later. After this easy section you cross a road and descend down a quick and enjoyable path to checkpoint 2. Up and over to Ch.3 Then up and over to Ch.4 followed by a gentle mile and a half to Ch.5 and then the fun really begins!! (If you like pain, pain and more pain!).

The climb out of Ch.5 starts easy enough and then you hit a house wall of a climb to cross a ridge followed by an equally steep descent. This leads straight into another house wall climb longer than the last to Ch.6. From here I went down to the col like everybody else but then headed straight on whilst the majority headed left to round the next top to the north, I rounded it to the south. This next descent was the steepest I've ever run down it just got steeper and steeper it felt like vertical!! Here another runner who had planned a similar route joined me. We started to climb the next climb that was so steep you had to pull up on grass with feet sliding around trying to gain a purchase.

Soon we crossed a path traversing the hill, I looked left and saw everyone else crossing the stream a little way away so I whipped out of the climb and ran to meet the rest of the runners - safety in numbers. The last climb is the longest and the line we were on was a rising traverse. Ch.7 was finally reached and reasonably steep descent followed to the path that takes you to the finish. A finish that is short but steep and proves entertaining for spectators.

I had been at the finish for few minutes when Greg and Jez appeared at the top of the climb together. It looked like they were just going to take things easy on the last descent but we started cheering them on and a desperate race to the finish resulted. With half of us shouting for Greg and the rest for Jez real pain and concentration could be seen on both their faces both eager not fall and both desperate to beat the other. In end neither fell and Jez beat Greg by a yard! Calder Valley made their presence felt not just with the boisterous behaviour but also with Karl Gray finishing in 8th place. A good result and a great race.



The British Relay Championships are going to be held here in October - should prove eventful and entertaining!

Carl Greenwood

Some of the Happy Runners before Long Mynd... who's the "handsome" one looking over your shoulder Karl

**The Mountain Navigation Challenge is
a 2 day Mountain Marathon**

- involving teams of two people navigating over open/mountainous terrain.
- The MNC is an excellent training event for the Saunders and other MMs, as well as being great fun in itself.
- The 15th MNC will be taking place over the weekend of 31st May and 1st June 2003 in the Lake District (Far Eastern Fells: Ullswater and Haweswater areas). The event will start and finish at Howtown on the shore of Ullswater.
- The format of the event will be as previous years, i.e. Orienteering Style Score Event
- 7 hrs (10am - 5pm) Day 1 - Saturday 31st May 2003
- 5 hrs (7am - 12noon) Day 2 - Sunday 1st June 2003
- Teams consist of two people and are required to be self sufficient, and carry all required equipment to spend two days on the Lakeland Fells.
- The maximum number of teams is 15.

If you are interested in entering email Nigel at nigel.thomas@durham.ac.uk and an entry form will be sent via email.

Further details will be available on the web at <http://www.dur.ac.uk/nigel.thomas/MNC>



SOUP RUN

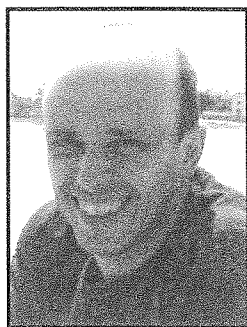
..... from Allan Greenwood's on Sunday
9th March at **9.45am**

Two routes Category A Medium and A Longer. Entries free. It will be an ALL OFF ROAD, VERY HILLY - 1 hour (short course) - with an extra 40 mins or so (with another 3 punishing climbs!) for those who decide that enough is not enough. Linda will take those who want to head back for an early shower, or would like to help get the tea / coffee / soup etc. cracking.

I would strongly urge members to try and turn up as we will be in new territory for many, Blackley, Elland, Stainland, Sowood and including a trip down to the Deer Park, where I have seen the fawns this week.

Directions are: follow A629 (Huddersfield) to Ainley Top roundabout [Junction 24 M62 westbound (M'chester)] Then turn onto the Rochdale road and then immediately right - up slip road past Cedar Court Hotel. At top of sliproad, go left at the mini roundabout, and follow the cul de sac round the houses. My house an end Semi, half way down on left, just after the second side road, with porch and shed & my red car standing outside. (I might put some bits of red/white tape up and a "Caution Runners" sign on the door!)

RACING LEVELS SO FAR... EXPLAINED BY



STATISTICIAN

Bill Johnson

As promised in the last sheepsheet, we have introduced a system of racing levels (from 1 to 10) that are based on race times of 10%, 20%, 30%, etc above the average of the first three runners in a race.

If someone completes a race within 50% more than the first three runners' times, then they will get a racing level of 5 for that race. To achieve an overall racing level of 5, you need to achieve level 5 at four races, no more than two of which can be at the same distance category (short/medium/long). So for instance your best two short and two medium races could count towards your current racing level; or one short, one medium and two long; or two medium and two long; etc.

The intention is for it to be a way for people to set targets and monitor their improvement.

The current table of racing level results is shown. Results in brackets in the table are discarded as the individuals have run more than two races at that distance or more than four races overall (the best results are used).

So far Karl Gray (level 1), Rod Sutcliffe (level 3), Paul Gallagher (level 4), Steve Coey (level 5) and Thirza Hyde (level 6) have completed enough races to have a racing level.

Thirza needs one more race at level 5 to be promoted to racing level 5, Steve needs one more medium or long race at level 4 to move up to racing level 4, and Paul needs one more short or long race at level 3 to join Rod at racing level 3.

Allan Greenwood, Andy Clarke, Andy Wardman, Any Mayer, Dave Culpán, Jez Wilkinson, Jon Underwood, Linda Hayles, Richard Allen, Rob Acheson, Steve Houghton and Tony Bradley need only one more race to count towards their four races."

Cheers Bill

<u>Giants Tooth (Short)</u>		<u>1-Jan-2003</u>	<u>Time</u>	<u>Racing Level</u>	<u>ratio</u>
1	Tim Austen	Dark Peak	17:13	-	-
2	Duncan Burgess	Otley	18:08	-	-
3	Rob Sturgess	Halifax	18:54	-	-
7	Anthony Mayer	CVFR	19:53	1	1.10
11	Richard Allen	CVFR	20:10	2	1.12
13	Sally Newman (1st lady)	CVFR	20:14	2	1.12
16	Jon Underwood	CVFR	20:22	2	1.13
22	Bob Davies	CVFR	21:13	2	1.17
24	Rod Sutcliffe	CVFR	21:26	2	1.19
25	Graeme Woodward	CVFR	21:51	3	1.21
27	Rob Acheson	CVFR	22:03	3	1.22
29	Tony Bradley	CVFR	22:25	3	1.24
32	Jez Wilkinson	CVFR	22:43	3	1.26
38	Steve Coey	CVFR	23:30	3	1.30
39	Paul Gallagher	CVFR	23:39	4	1.31
40	Thirza Hyde	CVFR	23:40	4	1.31
48	Dave Culpán	CVFR	24:19	4	1.34
49	Helen Wilkinson	CVFR	24:51	4	1.37
53	Linda Hayles	CVFR	25:02	4	1.38
58	Steve Cavell	CVFR	26:04	5	1.44
61	Julie Underwood	CVFR	27:01	5	1.49
64	Rose Carnochan	CVFR	28:21	6	1.57

<u>Ovenden (Medium)</u>		<u>4-Jan-2003</u>			
1	Karl Gray	CVFR	1:01:59	0	0.99
2	Paul Dobson	Spn	1:02:33	-	-
3	Steve Oldfield	Brad/Airedale	1:03:33	-	-
12	Anthony Mayer	CVFR	1:07:38	1	1.08
20	Keith Cadby	CVFR	1:09:43	2	1.11
21	Denis Gildea	CVFR	1:09:51	2	1.11
26	Bill Johnson	CVFR	1:10:46	2	1.13
36	Jo Smith (1st lady)	Dark Peak	1:12:21	-	-
39	Andy Wardman	CVFR	1:12:54	2	1.16
40	Rob Acheson	CVFR	1:13:19	2	1.17
47	Rod Sutcliffe	CVFR	1:15:21	3	1.20
71	Andy Carnochan	CVFR	1:19:24	3	1.27
92	Linda Hayles	CVFR	1:25:30	4	1.36
106	Dave Culpán	CVFR	1:31:58	5	1.47

<u>Boulsworth (Medium)</u>		<u>11-Jan-2003</u>			
1	I Holmes	Bingley	0:52:47	-	-
2	C Reid	Bowland	0:55:14	-	-
3	S Macina	P & B	0:55:20	-	-
23	Sally Newman (1st lady)	CVFR	1:01:13	2	1.12
62	Jez Wilkinson	CVFR	1:06:54	3	1.23
80	P Gallagher	CVFR	1:10:15	3	1.29
109	Shaun Birtwell	CVFR	1:15:28	4	1.39
124	Allan Greenwood	CVFR	1:18:58	5	1.45
139	Rose Carnochan	CVFR	1:29:18	7	1.64
141	Julie Underwood	CVFR	1:32:07	7	1.69

<u>Ashurst Beacon (Short)</u>		<u>18-Jan-2003</u>			
1	R Hope	P & B	35:42	-	-
2	D Hope	P & B	36:28	-	-
3	J Hunt	CFR	36:45	-	-
33	G Bacon (1st lady)	Wigan Phoenix	42:12	-	-
86	Steve Coey	CVFR	47:59	4	1.32

<u>Eston Nab Kneenocker (Medium)</u>		<u>19-Jan-2003</u>			
1	Charles Stead	Northumbria FR	34:50	-	-
2	Robert Cole	Middlesb' rough	35:51	-	-
3	Paul Figg	Quakers	36:59	-	-
15	Steve Houghton	CVFR	43:02	2	1.20
19	Alison Raw (1st lady)	Darlington AC	43:23	-	-
27	Greg Houghton	CVFR	46:50	4	1.30

<u>Ogden Moors (Medium)</u>		<u>1-Feb-2003</u>	<u>Time</u>	<u>rating level</u>	<u>ratio</u>
1	Ted Mason	Wharfedale	35:45	-	-
2	Steve Oldfield	Bradford Airedale	35:52	-	-
3	Gary Devine	P&B	36:17	-	-
6	Karl Gray	CVFR	36:37	1	1.02
8	Andy Clarke	CVFR	36:56	1	1.03
32	Anthony Mayer	CVFR	40:44	2	1.13
38	Sarah Rowell (1sr lady)	P&B	41:19	-	-
47	Andy Wardman	CVFR	42:13	2	1.17
101	Allan Greenwood	CVFR	47:37	4	1.32
151	Dave Culpán	CVFR	53:33	5	1.49

<u>Mickleden Straddle (Long)</u>		<u>2-Feb-2003</u>	<u>Time</u>	<u>rating level</u>	<u>ratio</u>
1	Tim Austin	Dark Peak	1:32:07	-	-
2	Karl Gray	CVFR	1:38:53	1	1.02
3	John Boyle	Dark Peak	1:38:58	-	-
20	Andy Wardman	CVFR	1:53:57	2	1.18
23	Steve Houghton	CVFR	1:55:12	2	1.19
25	Rod Sutcliffe	CVFR	1:55:28	2	1.19
26	Jon Underwood	CVFR	1:55:45	2	1.20
29	Paul Gallagher	CVFR	1:57:16	3	1.21
42	Wendy Barnes (1st lady)	Barnsley Harriers	2:00:41	-	-
65	Steve Coey	CVFR	2:08:06	4	1.33
90	Linda Crabtree	CVFR	2:18:09	5	1.43
93	Thirza Hyde	CVFR	2:18:28	5	1.43
97	Allan Greenwood	CVFR	2:21:59	5	1.47

<u>Danby Beacon (Medium)</u>		<u>9-Feb-2003</u>	<u>Time</u>	<u>rating level</u>	<u>ratio</u>
1	Charles Stead	NFR	0:57:21	-	-
2	Brian Roberts	Middlesbrough	0:58:35	-	-
3	Jon Skidmore	Middlesbrough	0:58:48	-	-
24	Alison Raw (1st lady)	Darlington AC	1:09:36	-	-
36	Greg Houghton	CVFR	1:16:36	4	1.32

<u>John's Run (Medium)</u>		<u>9-Feb-2003</u>	<u>Time</u>	<u>rating level</u>	<u>ratio</u>
1	Ian Holmes	Bingley	39:42	-	-
2	Tim Werrett	Mercia	40:00	-	-
3	Rob Jebb	Bingley	40:42	-	-
74	Pauline Munro (1st lady)	Bingley	49:27	-	-
118	Rob Acheson	CVFR	53:27	4	1.33
204	Steve Coey	CVFR	59:16	5	1.48

<u>Wadsworth Half Trog (Medium)</u>		<u>15-Feb-2003</u>	<u>Time</u>	<u>rating level</u>	<u>ratio</u>
1	Tim Higginbottom	Wrexham	1:11:44	-	-
2	Lee Athersmith	Skipton	1:12:14	-	-
3	Andy Shaw	Holmfirth	1:12:58	-	-
10	Andy Wardman	CVFR	1:22:39	2	1.14
11	Dave Beels	CVFR	1:23:16	2	1.15
12	Bill Johnson	CVFR	1:23:40	2	1.16
14	Ant Mayer	CVFR	1:25:05	2	1.18
16	Keith Cadby	CVFR	1:27:39	3	1.21
17	Sarah Noot (1st lady)	CVFR	1:29:16	3	1.23
19	Barry Shaw	CVFR	1:29:41	3	1.24
25	Paul Gallagher	CVFR	1:31:45	3	1.27
29	Thirza Hyde	CVFR	1:34:46	4	1.31
31	Allan Greenwood	CVFR	1:34:59	4	1.31
33	Linda Crabtree	CVFR	1:35:23	4	1.32
47	Linda Hayles	CVFR	1:45:28	5	1.46
49	Tony Bradley	CVFR	1:47:40	5	1.49
60	Dave Culpán	CVFR	1:55:21	6	1.60

Calder Valley Navigational Event and Training

Score Event – Saturday 10th May

On 10th May, Bill will organise a "Score Event" for the club. It will start and finish at Bill & Anne's house, with food available afterwards for anyone who finishes in time.

For anyone who has never done a score event, it consists of trying to visit as many checkpoints as possible, in any order, and then getting back to the start/finish within the time limit, in this case three hours. When you start, you will be given a map with the location of the checkpoints marked. Since you can decide how far you are going to go in the three hours, and get to as many or as few checkpoints as you feel capable of, it is an event that is equally suitable to runners of all standards.

More details will be available closer to the time.

Navigation Training – Saturday 26th April

Two weeks before the score event Bill will organise training in basic fell-race navigation for anyone who is interested, again from his house. This will be aimed at novice runners who are not at all confident in using a map and compass during a race.

The training will consist of:

Theory:

- ❖ Interpreting a map

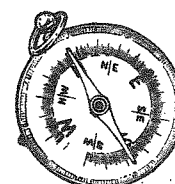
Using a compass:

- ❖ Setting the map
- ❖ Taking a bearing
- ❖ Running on a bearing
- ❖ Relocating by taking a sighting
- ❖ Judging distance travelled

Practical:

- ❖ Pace counting
- ❖ Take and follow a bearing
- ❖ Take a sighting to relocate
- ❖ Short orienteering test (3 or 4 controls)

Nearer the time, we will ask anyone who is interested in doing this to let Bill know.



<u>Wadsworth Trog (Long)</u>		<u>15-Feb-2003</u>	<u>Time</u>	<u>racing level</u>	<u>ratio</u>
1	Rob Jebb	Bingley	2:50:03	-	-
2	Jon Wright	Todmorden	2:51:35	-	-
3	Karl Gray	CVFR	2:52:02	1	1.00
4	Andy Clarke	CVFR	2:52:13	1	1.01
23	Rod Sutcliffe	CVFR	3:31:39	3	1.24
31	Richard Allen	CVFR	3:39:30	3	1.28
42	Helen Thorburn (1st lady)	Dark Peak	3:47:39	-	-

<u>Long Mynd (Medium)</u>		<u>23-Feb-2003</u>			
1	Tim Davies	Mercia	1:36:36	-	-
2	Tim Werrett	Mercia	1:41:08	-	-
3	Dave Neill	Staffs	1:41:27	-	-
8	Karl Gray	CVFR	1:49:57	2	1.10
34	Steve Houghton	CVFR	2:06:45	3	1.27
44	Paul Gallagher	CVFR	2:12:15	4	1.33
49	Jon Underwood	CVFR	2:14:02	4	1.34
52	Victoria Musgrove (1st Lady)	Eryri	2:15:13	-	-
61	Carl Greenwood	CVFR	2:20:32	5	1.41
69	Jez Wilkinson	CVFR	2:24:54	5	1.45
70	Greg Houghton	CVFR	2:24:55	5	1.45
76	Steve Coey	CVFR	2:27:01	5	1.47
83	Tony Bradley	CVFR	2:30:00	6	1.50
86	Thirza Hyde	CVFR	2:32:19	6	1.53
99	Linda Hayles	CVFR	2:51:55	8	1.72
101	Helen Wilkinson	CVFR	2:53:43	8	1.74

<u>Ilkley Moor (Short)</u>		<u>23-Feb-2003</u>			
1	George Erhardt	Todmorden	38:12	-	-
2	Gary Devine	P & B	39:03	-	-
3	Phil Sheard	P & B	39:20	-	-
13	Andy Clarke	CVFR	41:50	1	1.08
50	Helen Johnson (1st lady)	Bingley	47:57	-	-
51	Richard Allen	CVFR	48:07	3	1.24
129	Gerry Symes	CVFR	56:40	5	1.46

As you will see from the results published later in the newsletter that a different person is leading each of the club, veterans, ladies and handicaps championships. (It shows that we've all got something to go for!) So lets go for it Bill

PLEASE NOTE

Bill needs the results from EVERY race that you do to enable him to work out your racing levels accurately. He needs 1st, 2nd, 3rd man & 1st woman to get an accurate level worked out for you. PLEASE



Captain's Corner

Well here we are almost ready to get back on to the fells full time, no more roads on a Tuesday night, bet you thought we would never get here. I hope that we can carry on with the great turnouts that we have had in the winter, there will be a sheet for Aprils runs somewhere in this Shepsheet so you will all know what delights are awaiting you in advance. You will also notice that I have decided to put on a Thursday night away run each week, with such good turnouts for the speed sessions and listening to peoples comments these runs will be away runs from local venues, all about 1 hour long but most from areas we don't usually run. There will still be quality sessions thrown in with hill reps at Shibden Park being bandied about, anyway check the sheet for further details. I hope you all enjoyed the dinner, a great night I am sure you will agree, the feedback seems to be that we may be outgrowing the present venue so if anyone has any ideas please let Anne Johnson, our Social Secretary know. A big welcome to all the new members we have attracted in the last couple of months, the ladies section in particular is going from strength to strength, and special congrats to Sarah for her win in the Trog in her first race for the club. At the sharp end of the club both Andy and Karl continue to fly the flag with great results. I am sure that somewhere in this edition there will be comment about my D.N.F in the Mickleden race, just to say yes I am a "poof" as Thirza would say but in my defense I have never been as cold in my life, and at this point would like to ask the committee to remove Thirza's results from the ladies results as she told me after that she was a real man because she finished the race. Finally great turnouts at the championship races so far, those who didn't do the Long Mynd missed one of the great courses around, absolutely brilliant, but what about those last 3 hills? Hope to see you all on the fells soon
..... Tony

**ANY ARTICLES FOR NEWSLETTER PLEASE
email:- thirza.dave@virgin.net or tel 01 422 343736
ANY COMMENTS OR INFO FOR WEBSITE
email:- carlgreenwood@hotmail.com**

Racing levels 2003

as at 19th Feb

	Giant's Tooth	Ashurst Beacon	Ilkley Moor	Ovenden	Boulsworth	Eston Nab	Ogden Moors	Danby Beacon	John's Run	Half Trog	Long Mynd	Mickleden Straddle	Full Trog
	Short			Medium						Long			
level 1													
Karl Gray					0			1				(2)	1 1
level 3													
Rod Sutcliffe	2				3								2 3
level 4													
Paul Gallagher	4				3						3 (4)		3
level 5													
Steve Coey	3	4								5	(5)		4
level 6													
Thirza Hyde	4										4 6		5
no level yet													
Allan Greenwood						(5)		4			4		5
Andy Carnochan					3								
Andy Clarke			1					1					1
Andy Wardman					2			2		(2)			2
Anthony Mayer	1				1			2		(2)			
Barry Shaw										3			
Bill Johnson					2					2			
Bob Davies	2												
Carl Greenwood											5		
Dave Beels										2			
Dave Culpan	4				5			5		(6)			
Denis Gildea					2								
Gerry Symes			5										
Graeme Woodward	3												
Greg Houghton							4	4			(5)		
Helen Wilkinson	4										8		
Jez Wilkinson	3				3						5		
Jon Underwood	2										4		2
Julie Underwood	5				7								
Keith Cadby					2						3		
Linda Crabtree											4		5
Linda Hayles	4				4						5 (8)		
Richard Allen	2		3										3
Rob Acheson	3				2				4				
Rose Carnochan	6					7							
Sally Newman	2				2								
Sarah Noot											3		
Shaun Birtwell					4								
Steve Cavell	5												
Steve Houghton							2					3	2
Tony Bradley	3										5 6		

Calder Valley Fell Runners

Club Championship 2003

	Points	Races	SHORT				MEDIUM				LONG							
			Mar 16	May 7	June 7	Sep 21	TOTAL	Feb 23	May 24	July 20	Aug 23	TOTAL	Feb 2	June 22	Oct 11	Nov 15	TOTAL	
1 Karl Gray	60	2					0	30							30			30
2 Steve Houghton	57	2					0	29							28			28
3= Jon Underwood	53	2					0	27							26			26
3= Paul Gallagher	53	2					0	28							25			25
5 Steve Coey	47	2					0	23							24			24
6 Thirza Hyde	43	2					0	21							22			22
7 Andy Wardman	29	1					0								29			29
8 Rod Sutcliffe	27	1					0								27			27
9 Carl Greenwood	26	1					0	26										0
10 Jez Wilkinson	25	1					0	25										0
11 Greg Houghton	24	1					0	24										0
12 Linda Crabtree	23	1					0								23			23
13 Tony Bradley	22	1					0	22										0
14 Allan Greenwood	21	1					0								21			21
15 Linda Hayles	20	1					0	20										0
16 Helen Wilkinson	19	1					0	19										0

- Blackstone Edge
- Lads Leap
- Dalehead
- Pen Y Ghent
- Chipping Show
- Kentmere
- Hutton Roof
- Long Mynd
- Mickleden Straddle
- Kinder Trog
- Langdale
- Tour of Pendle

Calder Valley Fell Runners

Handicap Championship 2003

	Points	Races	SHORT				MEDIUM				LONG						
			Mar 16	May 7	June 7	Sep 21	TOTAL	Feb 23	May 24	July 20	Aug 23	TOTAL	Feb 2	June 22	Oct 11	Nov 15	TOTAL
1 Paul Gallagher	60	2					0	30									30
2 Steve Coey	55	2					0	27									28
3 Karl Gray	53	2					0	28									25
4 Jon Underwood	52	2					0	25									27
5 Thirza Hyde	49	2					0	26									23
6 Steve Houghton	44	2					0	22									22
7 Andy Wardman	29	1					0										29
8 Tony Bradley	29	1					0	29									0
9 Rod Sutcliffe	26	1					0										26
10 Linda Crabtree	24	1					0										24
11 Carl Greenwood	24	1					0	24									0
12 Jez Wilkinson	23	1					0	23									0
13 Allan Greenwood	21	1					0										21
14 Greg Houghton	21	1					0	21									0
15 Linda Hayles	20	1					0	20									0
16 Helen Wilkinson	19	1					0	19									19

Tour of Pendle
Langdale
Kinder Trog
Mickleden Straddle

Chipping Show
Kentmere
Hutton Roof
Long Mynd

Dalehead
Pen Y Ghent
Blackstone Edge
Lads Leap

Calder Valley Fell Runners

Veterans Championship 2003

	Points		SHORT				MEDIUM				LONG						
	Races	Points	Mar 16	May 7	June 7	Sep 21	TOTAL	Feb 23	May 24	July 20	Aug 23	TOTAL	Feb 2	June 22	Oct 11	Nov 15	TOTAL
1 Steve Houghton	2	39					0					20	19				19
2 Steve Coey	2	35					0					18	17				17
3 Thirza Hyde	2	31					0					16	15				15
4 Andy Wardman	1	20					0					0	20				20
5 Greg Houghton	1	19					0					19	18				18
6 Rod Sutcliffe	1	18					0					0	17				17
7 Tony Bradley	1	17					0					0	16				16
8 Linda Crabtree	1	16					0					0	15				15
9 Linda Hayles	1	15					0					0	14				14
10 Allan Greenwood	1	14					0					0					14

Calder Valley Fell Runners

Ladies Championship 2003

	Points		SHORT				MEDIUM				LONG						
	Races	Points	Mar 16	May 7	June 7	Sep 21	TOTAL	Feb 23	May 24	July 20	Aug 23	TOTAL	Feb 2	June 22	Oct 11	Nov 15	TOTAL
1 Thirza Hyde	2	29					0					15	14				14
2 Linda Crabtree	1	15					0					0	15				15
3 Linda Hayles	1	14					0					14					14
4 Helen Wilkinson	1	13					0					13					13

Club Run's

March....

March 4th; Bring your torches and walshies for the Annual Stoodley Pike by night run. Meet 7.00pm prompt to try and beat the light!

March 11th; Scout Rd., Steep Lane, Hill Rep Session,
Return same route.

March 18th; Hebden Bridge, Mytholm Steeps, Colden,
Hebden Bridge, M.C.C.

March 25th; Away run from North Bridge – should be the last road run , so lets have a good turnout and follow it with a trip out to the Three Penguins for light refreshments only. (joke)

Tuesday & Thursday Runs For April

Tues 1st; Handicap route to Stoodley and back. **6.45pm start.**

Thurs 3rd; Away Run Ogden Water, Follow Woodland Walk route 1 lap to warm up, 1 lap at race pace, 1 lap to warm down. **6.45pm start.**

Tues 8th; Daisey Bank, Hoo Hole, Erringden Moor, Coiners route return.
6.45pm start.

Thurs 10th; Away run from Shibden. Meet top car park at Shibden Hall
6.45pm start.

Tues 15th; Sheepstones, Dimming Dale, Fearney Lee, Crow Hill, M.C.C.
6.45pm start.

Thurs 17th; Away run from Ogden Water, Ogden Moors race route.
6.45pm start.

Tues 22nd; Coiners race route. **7.00pm start.**

Thurs 24th; Away run from West Vale meet at Garden Centre **6.45pm.**

Tues 29th; Blue Pig route to Old Town, High Brown Knoll, Sheepstones, M.C.C.
7.00pm start.