

## CALDER VALLEY FELLRUNNERS

# Sheep Sheet

May 95

**Monthly Newsletter to keep you in the running**

### WHAT'S NEXT.....

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

### DEADLINE FOR NEXT ISSUE Early July

Here we go with the second Newsletter and with the fell running season well underway.

The Club Championship races have so far been well attended and already a few tussles are emerging (e.g Jeff Coulson and Graeme Barrie then Louise and me and then there's Denis Gildea and Alcohol !! Can't decide which ones winning here).

Upto date race results are in this issue so if anyone else is racing elsewhere let me know your results (see Allan Greenwoods letter in this issue concerning results etc) Club members are interested to know what other members are upto. I need to know the first man and woman home, number of runners, your time (and any other club members) and your position. You get all this if you get results sent to you and all you have to do is pass it on to me via club night, post or telephone. It's as easy as that.

A special mention (as I'm Ed) to the ladies for winning the 1st team prize at Kinder Downfall. Congratulations to Pete White and Jess Palmer for their first place position in the Calderdale Hike (read all about it later in this issue) and still hot from the finish line their triumph in the Fellsman Hike with both of them Knocking their PB time in to touch.

Thanks to everyone who has contributed to this issue.  
Cheers Thirza



## Shorts

• The Dragons Back Relay has been postponed until next year to give us a chance to get better organised with familiarising ourselves with the route.

• First Tuesday of every month we will be running from a different place to try to get varied runs. A notice will be pinned up on the notice board at MCC but if you can't manage to get down there ring Richard Kellett or me (Thirza) to find out when we are meeting and where. Here's the dates that we will be off and who will be organising the run (hopefully)

6th June Richard Kellett  
4th July Pete White/Thirza  
8th August Duncan Thompson  
5th Sept. ???

The Away run in June will be from Bolton Abbey. Meet at 7 at the Devonshire Arms Pub and for the July run we are trying to get sorted out with a bus trip to run Rylstone Edge to

• If you have a look at the notice board at MCC you will see that there is a notice up from Mike Wardle about the races we have to marshal. Get yourself down there and mark a race that will be convenient for you to marshal. Saves you getting hassled. We also desperately need somebodies name for organising the Trog. There must be somebody out there willing to give it a go. You will get as much help as possible.

Mid June	Coiners 7	Pete White	(01422) 885728
8 July	Mytholmroyd race	Paul Frechette	(01422) 882619
26 July	Widdop	Tony Bradley	(01422) 360999
9 August	Sheepstones relay	Andy Thompson	(01274) 676133
13 August	Wadsworth fair	Bernard Pierce	(01422) 842377
26 August	Mount Skip	Tony Bradley	(01422) 360999
Late 1995	Calder Valley race	Jeff Winder	(01422) 376111

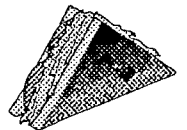
**CAN ANYONE TAKE OVER ORGANISING THE COINERS 7? Get in touch with Pete if you can and if nobody will it won't be run this year. ( It should be on Wednesday 21st June).**

Hebden where we might just manage to get bar meals. Get in touch with Pete White if you are interested but we will need a deposit up front for the bus.

• Will runners please take note that the Tuesday night run before the Widdop Race will be run to flag the course before the race. Please try to help out as last year only FOUR runners turned up to help. Ta. Tony

#### • APOLOGY

Apologies to Graham Fry of Lincoln Hill Bashers and Calder Valley FR for missing him off our Club results for the "Trog", in the last issue of Sheep-Sheet. Ramage has received a ~~writ~~ lengthy account of Graham's Trog experience which we will publish in the next issue of that periodical.



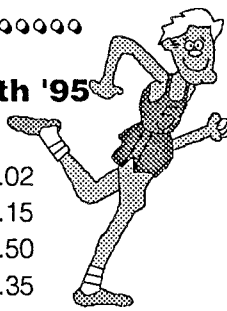
• FREE sandwiches are now being provided by the pub on a Tuesday night but will all you greedy gits remember that there might be more people still to come in from their run.

# RACE RESULTS .....

## Half Tour of Pendle - March 4th '95 (9mils/2250')

1.	C. Valentine	Keswick	1.12.02
18.	Graeme Barrie	CVFR	1.16.15
31.	Duncan Thompson	CVFR	1.18.50
51.	Mark Horrocks	CVFR	1.21.35
52.	A. Sheriffs	CVFR	1.21.36

(187 finished)



## Pendle Fell Race - 1st April '95 (4.5mils/1500')

1.	A. Peace	Bingley	31.39
39.	Karl Smith	CVFR	36.07
59.	Mark Horrocks	CVFR	37.15
60.	A. Sheriffs	CVFR	37.15
72.	Duncan Thompson	CVFR	37.50
141.	D. Whitehead	CVFR	40.33
202.	Mick Banks	CVFR	43.19
247.	Graham Spencer	CVFR	45.43
314.	Steve Cavell	CVFR	49.53

(363 finished)

## Edale Skyline Race - 26th March '95 (21 mls/4500')

1.	M. Roberts	Borro'dle	2.43.55
23.	Steve Houghton	CVFR	3.04.46
28.	Jeff Coulson	CVFR	3.07.38
30.	Graeme Barrie	CVFR	3.08.59
40.	Sarah Rowell	P & B	3.16.48
57.	Denis Gildea	CVFR	3.25.39
94.	Paul Cleary	CVFR	3.38.23
104.	Gregg Houghton	CVFR	3.41.59
110.	Geoff Bell	CVFR	3.45.38
166.	Thirza Hyde	CVFR	4.14.26
184.	Irene Neville	CVFR	4.34.43

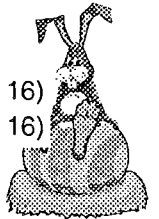
(233 started, 35 retired, 198 finished)

This was a reasonable turn out (more than two) of Calder Valley Runners with most of us that started finishing the race. We had Mike (I think I've got a virus - *He told somebody this in confidence*) Wardle having a hard time right up until Brown Knoll when he jacked it in. He had an even harder time at the end with all the Mickey taking. Then there was Robin (I got lost at Mam Tor!?) Skelton dropping out but all in all it was a good race with some of the Calder Valley Members having a fair old run against each other. It makes for good healthy competition and you give it all you've got when you see one of those Red Vests (and also a blonde pony tail in my case Ed.) in front of you. It was a winding day which resulted in no new records being set and the times being down generally.

## Bunny Runs - 11th April '95 (3 mls/300')

1.	I. Holmes	Bingley	17.10
8.	Robin Skelton	CVFR	19.11
17.	Matthew Drake	CVFR	19.55 (U 16)
43.	A. Geall	CVFR	21.04 (U 16)
47.	Mark Horrocks	CVFR	21.08
64.	Gerry Symes	CVFR	21.52
76.	Jean Rawlinson	P & B	22.17 (LV 40)
107.	Geoff Bell	CVFR	23.43
155.	Irene Neville	CVFR	25.49
191.	Val Bell	CVFR	29.04

(220 completed)



## 18th April '95 (3 mls/300')

1.	I. Holmes	Bingley	17.03 (Record)
9.	Matthew Drake	CVFR	19.10 (U 16 record)
10.	Karl Smith	CVFR	19.14
15.	Graeme Barrie	CVFR	19.33
21.	Babs Bakunola	CVFR	20.05
25.	Mark Horrocks	CVFR	20.13
30.	Duncan Thompson	CVFR	20.34
61.	Denis Gildea	CVFR	22.02
62.	Kath Drake	Spn	22.02
108.	Adrian Muir	CVFR	24.07
127.	Irene Neville	CVFR	25.30

(170 completed) Well done to Matt Drake who on this race got a new course record for under 16. Keep it up. Calder Valley were 2nd Team.

## 25th April '95 (3 mls/300')

1.	Simon Thompson	CLEM	18.15
10.	Matthew Drake	CVFR	19.56 (U 16)
23.	Duncan Thompson	CVFR	20.41
29.	Mark Horrocks	CVFR	21.13
37.	Denis Gildea	CVFR	21.29
57.	Jean Rawlinson	CLEM	22.36
106.	Irene Neville	CVFR	25.22

(141. finished)

## 2nd May '95 (3 mls/300')

1.	I. Holmes	Bingley	17.30
12.	Karl Smith	CVFR	18.54
26.	R. Woodhead	CVFR	20.12
27.	Graeme Barrie	CVFR	20.16
31.	Mark Horrocks	CVFR	20.32
58.	Anne Buckley	P & B	22.00
78.	Adrain Muir	CVFR	23.46
125.	Irene Neville	CVFR	25.23

(162 finished)

## Broughton Hall Fell Race - 15th April '95 (6mils/800')

1.=	Robin Lawrence	Bingley	42.08
1.=	Dave Woodhead	Horwich	42.08
25.	Sarah Rowell	P & B	44.52
66.	Mick Banks	CVFR	50.53
117.	Ian Hartman	CVFR	53.43
132.	Irene Neville	CVFR	58.16 (166 finished)

## Kinder Downfall - 23rd April '95 (10 mls/2500')

1.	Mark Kinch		1.01.46
36.	Steve Houghton	CVFR	1.11.47
47.	Graham Barrie	CVFR	1.13.14
51.	Jeff Coulson	CVFR	1.13.48
64.	Sarah Rowell	P & B	1.14.46
101.	Gregg Houghton	CVFR	1.18.46
126.	Pete Horne	CVFR	1.21.20
128.	Mike Wardle	CVFR	1.21.31
142.	Denis Gildea	CVFR	1.23.49
156.	Mick Banks	CVFR	1.24.58
223.	Louise Atkin	CVFR	1.31.59
238.	Thirza Hyde	CVFR	1.34.19
252.	Irene Neville	CVFR	1.36.35
274.	Charlotte Roberts	CVFR	1.41.52

## MORE RESULTS . . . . .

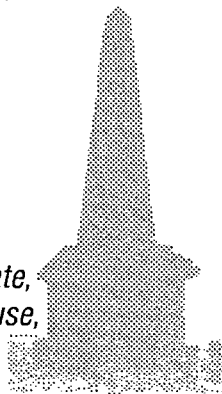
We had an excellent day for this race in that the weather was lovely and we had an brilliant turn out of runners from the club . It was a good atmosphere and the only one that really suffered was Denis as he had had a quiet night the night before with only ten pints of lager and getting to bed nice and early at about 2.30 in the morning. I wouldn't say that he was suffering in the morning but we had to stop travelling down to have a look at the view. Ha!Ha!. It turned out well for the girls as we won the ladies team prize each of us getting an EXTRA LARGE T-Shirt.

## Calderdale Hike 1st April 1995 - 35 mile/Run/Hike

*Start Sowerby Cricket Club*

*Route Description/C. Points*

*via Stoodley Pike, Mankinholes, Stoney Lane, Holden Gate, Stepping Stones, Sladdin Fold, Littleborough, White House, London Pasture, Norland Trig & return*



Murky misty morning for the start of this years Hike - Ideal if you know the way! Jess is there with wide smile on face, ready to go - "What about a team entry Pete"? OK I said, but who else? - Ian Ellmore is here - got longer legs than Angela Ripon" - Great - 2 minutes to start and need one more member - a furtive looking character from Scotland, Dave Wallace (John McVicar Look-A-Like), suggests himself - grudgingly Jess says "Well OK - but try to keep up with us so you know where your going.

The pack charges off into the mist with Jess well in the lead tip toeing along - I can here his constant chatter from the back of the Pack. Nab End Quarry check point - I am "off the pace" must get back - charge off downhill to Dauber Bridge - Jump wall into field - easier than path (Te!He!). Pass everyman & his dog! Loud grunts from Jess as I leap the wall and start the climb past Hoo Hole Farm. I am in front! Jess and Ian pass me on the run to Erringden Grange - they stop for water - I tip toe past - in front again! Stoodley Pike looms I am 100yds"off the pace". Descend towards Mankinholes - half the pack go the wrong way. Yippee - I'm in third place, Jess and Ian are specs in the distance with Dave Wallace! Our team are in

first place again. Mankinholes - clip tally. I sneak off again while Jess (wimp) has to have a drink!

Stoney Lane and we are all together working to keep Glossopdale Harriers at bay - they are 100yds behind at Stoney Lane. We decide we must make a good break on the descent to the Main Tod. Road, thus enabling us to disappear into the mist over Holden Gate. The plan works - a good bearing sees us to the checkpoint about 4 minutes in front of the chasing group. We find that by working on pace between us we are moving quickly away from the opposition. Jess and Dave discuss long distance runs and Jess casually mentions he is thinking of running the West Highland Way, Dave casually replies that he holds the record for the route - 94 miles in FIFTEEN AND A HALF HOURS!! - we all go quiet (even Jess? Ed) - who is this man? - I can't keep up with this man can I? Fortunately he thinks Calderdale is in Lancashire!! and like Paul Frechette he is carrying his Wensleydale and Wharfedale OS map.(Thinks) maybe we could loose him?

The climb up to the White House sees me struggling in the rear, once again "I'm off the pace" - I stuff in two Topic Bars and grab a drink of tea at the

checkpoint (wimp Ed.) - we all leave together but split on the climb over Blackstone Edge - They decide to go over the top - I stick to the catchwater (local knowledge). I run like hell all the way along the catchwater and cut across to the Pennine Way thinking I will never catch them again. I run out onto the Pennine Way 100 yds in front - I can hear Jess rabbiting away in the distance!

Loud yaroos we are a team again! Over the Motorway to Rooks Hill check "Your Jackies 5 minutes in front" grunts the marshal. I now insist that the team allows me to run in front when we pass Jackie, Linda and Margaret (Rhys's wife). Dave has other ideas and running round the Rishworth Catchwater he tries to kill us off! We cut down to London Pasture and I go a real purler - landing on my head and bending my glasses into the bargain.!

The long run into Norland is hard and I am dying on my feet - the good news is - "so is everyone else" Its a super day now - the birds are singing and the sun is shining - I feel sick but dare not say anything - Jess's chattering has now changed to muttering! but we are still a team and there's no opposition in sight - up the steps to the Cricket Club)

We gird our loins and jog into the Cricket Club together - 6hrs 45mins after leaving - Glossopdale finished in 7hrs 06mins - well beaten.

So ended a hard day out - Jess proved to be good company - even when Dave was trying to kill us off. I organised the first Hike back in '77 and to win the 17th was quite a thrill Jackie and Linda won the Ladies Prize so it was a good day out all round.

Pete

## *A Word from Allan*

Has anyone out there been doing any fell races lately?? If so could you PLEASE send us some results. I am plotting the progress of Calder Valley fellrunners and every result counts. Even if you are the only club member in the race & you finished last, I want to know about it.

Next year is the tenth anniversary of Calder Valley runners and I would like to mark the occasion with a bumper edition of Rampage, possibly a book.

How did you get to know about the club, where did you go on your first club run, what are your memories of the club in the early days, what do you think of the club today, how would you like to see the club develop ??? And those of you who are fairly new to the club what do you think of us ?

Most important also, have you any photographs of yourself or other club members in action, whether they were taken last week or 9 years ago. I will take very good care of them and promise to return them forthwith. Ta.

### **THANK YOU - THANK YOU**

A very big thankyou to all Calder Valley fellrunners who came to the first Ovenden fell race. Some of you decided to brave the elements and run on what was a miserable day, (I'm going to get a bit of a reputation as a rotten weather race organiser I fear!!) but most of all I would like to thank those who helped out on the day with marshalling.

Kenny Stirrat won the race (surprise, surprise!!) while Sarah Rowell beat the other women out of sight with her 6th place overall out of 60 runners. We raised £120 and nine pence to assist Clayton le Moors runner Mark Brown with his training and equipment costs, as he prepares to make his bid for the Paralympics in Atlanta next summer.

Heres a funny story... My very good friend Allan Jones turned up

to assist with marshalling the course. It being a bit of a wet day he decided to put on his fell shoes and jog out to his checkpoint.

Mark Brown, turns up, enters, walks his dog, warms up, then returns to the car to get changed. Then disaster...he has only gone and forgotten his Walshies!!

Like a Knight in soggy rip-stop nylon, Al offers Mark his fell studs and saves the day. Only trouble is, Al has to trudge about in a pair

of Mark's lightweight racing flats and ends up getting so cold and wet that he has to nip home between his two marshalling stints to get fresh footwear!

Anyway, Mark finished in 7th place so Al's shoes had the best work-out they've had. Cheers Al, but next time come in your wellies!



Readers may remember that a short while ago I put together a short questionnaire asking for club members' views on the annual club dinner & prize presentation, usually held in January.

I would like to thank all of you who took the time and trouble to complete and return the forms.

14 forms were returned, and the findings are:

13 people had attended the dinner at least once and 11 of these had attended more than once.

9 thought that the event offered good value for money whilst 4 thought that it did not

Among the comments were that the beers are not very good and they are over-priced.

6 said that they are happy with the current venue while 7 said they are ready for a change of venue.

Among the comments were "willing to try somewhere else but would suggest only a Halifax centre venue" and, "I would be happy to have a get together at the MCC function room, similar to the Halloween party."

6 were happy with the present format ie formal sit down meal & 6 said they are ready for a change (ie buffet)

Comments received were; "It would be nice to have a quiet place where we could talk etc" and "A Ceilidh, buffet and get together at the MCC would give something back to the Community Centre instead of the faceless wonders at the Imperial"

The final question asked what kind of entertainment you would prefer at the presentation and dinner.

4 said they prefer a Disco,  
3 said a "Live" group, while  
9 said they would like a barn dance with "live" folk group or Ceilidh (Kaylee) band

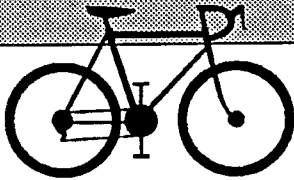
Among the comments were: "a live group if not too expensive" "I think music is required to pacify the Ladies attending"

So it would appear that although the event itself is regarded as good value for money, more of you want a change of venue, possibly with a buffet type format and Ceilidh if the price is right.

Sounds like something along the lines of the F R A dinner needed??? I will put it to the committee.

Regards, Allan G.

# STOODLEY-CRAGG BIATHLON



**TUESDAY 13TH JUNE 1995**  
**(£1 Optional for Prizes)**

An informal fun event for members of Calder Valley Fell Runners.

Start M.C.C 6.30pm. Normal route up to Stoodley Pike and back to change over at Shelter opposite Shoulder of Mutton.

Bike route up Cragg Vale Littleborough, Todmorden. Finish at the Fire Station opposite M.C.C on main road.

## GENERAL INFORMATION

Registration in M.C.C car park 5.45 onwards.

Runners should return through M. C. C car park and go via the road to the shelter. Split times on the run will be taken when touching the bus shelter.

Bikes may be left at the shelter from 5.45 onwards. A marshall will be available to guard the bikes. A large black bag for clothing etc will be available at the shelter during change over. This will be taken to the Shoulder

There will be **NO MARSHALLS** on the cycle route. Bikers are expected to comply with the highway code at all times, eg stopping at red lights. An unmarked observer will be watching at a strategic point. Anyone 'jumping' a light will be disqualified.

## PRIZES

Will depend on participation to be presented in the Shoulder at 9.45pm.

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## BAF FHRC / FRA BRITISH CHAMPIONSHIPS 1995

At the last meeting of the BAF Fell and Hill Running Commission it was agreed to promote a veterans team championship in 1995. Although this is very short notice it was felt important to promote the championship for this year given proposed changes to the format for 1996.

It is likely that the format for the 1996 British championship will be a 3 from 4 race format, using one short, two medium and one long race with one race each in Scotland and Wales and two in England.

The championship will be contested using the races given on page 46 of the 1995 FRA fixtures calendar, three runners to score. Medals will be awarded for the first three teams five best runners.

Please could you bring this information to the notice of your club fell captain and its veteran runners as soon as possible.

Jonathan Broxap 01539 720149  
Willie Gaunt 01532 787513

**RACE 1ST AUGUST '95**  
**(5MLS/1000)**  
**CROW HILL**

**run from MCC - 7pm**  
**for Local Charity**  
**£2.00 on the night**

**If you can't run helpers and**  
**Marshals will be needed.**

**Ring Allan Greenwood**

# J & L Sports

(John and Linda Bostock of  
Clayton le Moors A.C.)

Phone (01282) 816269

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*Large Range of Bargain Items and  
Discontinued Lines including*

Pertex Cags	£20
Lycra Tights & Shorts	£5.00
<i>(in Calderdale Red)</i>	

*See them at Races throughout '95 esp. Ogden Venues (Allan's Races) & Stanbury Races (Dave & Eileen Woodheads Races)*