

CALDER VALLEY FELLRUNNERS

SHEEP SHEET



MAY 97

WHAT'S NEXT.....

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

DEADLINE FOR NEXT ISSUE
Early JULY

Its great to be back on the Fells again and the start of a busy racing season. So far there has been a good turn out of members for the Club Championships and the Grand Prix so lets make an effort to keep this up. Its great to see alot of the red and white vests competing. Up-to-date results are in the issue. IF YOU STILL HAVEN'T PAID YOUR SUBS YOU WON'T BE GETTING POINTS

Well done to Pete White for retaining his over 50's trophy in the Fellsman and to Geoff Bell for a good placing of around 25th place. They lifted the team prize as well. There will be a report from Pete in the next issue of Sheep Sheet

I don't seem to be getting many results through from any other races that club members have done. I know I keep going on about this but I do need these to be able to produce the newsletters and also most club members find it interesting to read about the trials and tribulations of other races that you've done. Without your assistance I can't do this newsletter.

Moan over. If you do have anything for the newsletter please post it to me or I'm down at the club most Tuesday night for training.

Cheers Thirza

Monthly Newsletter to keep you in the running

3rd STOODLEY/CRAG BIATHLON

TUESDAY 10th JUNE

A REPEAT OF THE PAST - FELL RUN -ROAD BIKE CHALLENGE

FOR MEMBERS OF CALDER VALLEY ONLY
AT 6.30pm

Ring Dave Gilyeat (Hx 885826) or see later in this newsletter for more details.

SHEEP STONES RELAY

TUESDAY 17th JUNE

Jess and Sue Palmer have said that they would like as many teams from Calder Valley as possible to run this year. They will need around 12 helpers on the night so if you can't run because of injury etc. can you offer to help out otherwise get a team in.

Ring Sue or Jess (01535 646742) for more details.



40th **Birthday Party**

Andy and Julie Thompson
are celebrating their joint Fortieth Birthdays
on Sunday 1st June at
Allan Jones's pub (The Windmill) from 3pm onwards
and you are all invited to help in the celebrations.

CLUB RESULTS

Black Combe - March 9th (9m/3800')

1.	Ian Holmes	Bingley	65.18
34.	Gary Webb	CVFR	72.45
75.	Chris Godridge	CVFR	77.38
95.	Mike Jones	CVFR	79.18
96.	Duncan Thompson	CVFR	79.25
97.	Steve Houghton	CVFR	79.28
126.	Dave Hyde	CVFR	82.05
149.	Greg Houghton	CVFR	84.23
158.	Mike Wardle	CVFR	85.37
182.	Rod Sutcliffe	CVFR	88.35
203.	Carl reood	CVFR	90.34
243.	Liz Pyne	CVFR	95.48
249.	Eddie Proctor	CVFR	97.23
285.	Kevin Barker	CVFR	103.26
303.	Thirza Hyde	CVFR	106.34
329.	Ian Law	CVFR	113.23

(348 ran)

A good turn out of runners from the club with Gary the first one home. Three of our club members seem to have had a grand battle with only ten seconds between them. An excellent race with the final climb comprising of about 1000' foot straight up. Just what your legs needed towards the end of the race and certainly not one of my better ideas on legs that had just being ski-ing for a week.

Thirza

Edale Skyline - March 23rd (21m/4500')

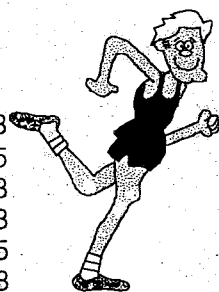
1.	Mark Roberts	Borrowdale	2.40.32 (rec)
19.	Steve Houghton	CVFR	3.08.38
22.	Robin Skelton	CVFR	3.09.48
23.	Chris Godridge	CVFR	3.13.48
30.	Dave Hyde	CVFR	3.17.50
31.	Carol Greenwood	Bingley	3.17.53
38.	Mike Wardle	CVFR	3.25.06
48.	Rod Sutcliffe	CVFR	3.29.50
64.	Greg Houghton	CVFR	3.40.23
78.	Carl Greenwood	CVFR	3.49.05
94.	Wayne Brown	CVFR	3.58.00
120.	Dave Gilyeat	CVFR	4.34.23
123.	Charlotte Roberts	CVFR	4.35.15

(138 ran)

The weather wasn't promising as we drove down to Edale with the clag well down over the Brown Knoll and Grinslow Knoll Section and thats the way it stayed throughout the race.

The start up Ringing Roger through to Loose Hill was dry and in sunshine with the grey murk threatening beyond Mam Nick.

The Brown Knoll/Grinslow Section lived up to my worst expectations with the wind, occasional driving rain and worst of all the energy sapping mud-all that and not knowing if you were on the right track or not in the clag.



All in all though a classic fell race with the club doing well in taking the Vets prize for the second year running. I hope to be back nexy year but I'll recce it first.
Dave Hyde.

Anniversary Waltz - April 19th (11.25m/3600')

1.	Simon Booth	Borrowdale	1.35.04
14.	Angela Mudge	Carnethy	1.48.00
16.	Chris Godridge	CVFR	1.48.34
59..	Jez Wilkinson	CVFR	2.08.26

BUNNY RUNS (short and 'orrible) Number One

1.	Ian Holmes	Bingley	16.57
15.	Robin Skelton	CVFR	19.19
30.	Mike Jones	CVFR	20.01
31	Duncan Thompson	CVFR	20.04
33	Jeff winder	CVFR	20.08
39	Chris Godridge	CVFR	20.17
64.	Chris Robinson	CVFR	20.58
68.	Steve Houghton	CVFR	21.04
89	Mike Wardle	CVFR	22.00
93.	Richard Kellett	CVFR	22.09
100.	Denis Gildea	CVFR	22.24
107.	Carl Greenwood	CVFR	22.35
108.	Tony Bradley	CVFR	22.36
129.	Andy Thompson	CVFR	23.13
135	Rod Sutcliffe	CVFR	23.25
140	Eddie Proctor	CVFR	23.32
146	Richard Henderson	CVFR	23.45
149	Ian Law	CVFR	23.52
165	Liz Pyne	CVFR	24.23
175	Jerry Hughes	CVFR	24.47
178	Steve Cavell	CVFR	24.54
179.	Graham Spencer	CVFR	24.55
194.	Mick Banks	CVFR	25.53
197	Thirza Hyde	CVFR	26.04

(271 finished)

Number Two

1.	Gary Devine	P & B	17.15
25	Jeff winder	CVFR	19.34
31	Duncan Thompson	CVFR	19.44
44.	Steve Houghton	CVFR	20.20
61	Damian Whitehead	CVFR	21.18
70.	Rod Sutcliffe	CVFR	21.45
76	Tony Bradley	CVFR	22.07
94	Jez Wilkinson	CVFR	22.55
105.	Richard Henderson	CVFR	23.16
108	Ian Law	CVFR	23.25
117	Graham Spencer	CVFR	23.25
140	Steve Cavell	CVFR	24.54
172.	Helen Taylor	CVFR	27.07

(209 finished)

MORE RESULTS



BUNNY RUN Number Three

1.	Ian Holmes	Bingley	16.43 (rec)
19	Robin Skelton	CVFR	19.03
30	Duncan Thompson	CVFR	19.28
33.	Mike Jones	CVFR	19.32
49	Steve Houghton	CVFR	20.29
51.	Alistair Sheriff	CVFR	20.37
59	Brian Horsley	CVFR	21.08
65	Chris Robinson	CVFR	21.23
68.	Richard Kellett	CVFR	21.27
77	Carl Greenwood	CVFR	21.38
83	Rod Sutcliffe	CVFR	21.55
88	Tony Bradley	CVFR	22.13
89.	Jez Wilkinson	CVFR	22.21
97	Andy Thompson	CVFR	22.23
108	Richard Henderson	CVFR	23.07
114	Liz Pyne	CVFR	23.15
168	Helen Taylor	CVFR	26.30
193	Judith Howard	CVFR	28.35

(212 finished)

Number Four

1.	R. Lawrence	Bingley	18.03
22	Jeff Winder	CVFR	19.26
28	Mike Jones	CVFR	19.35
35.	Steve Houghton	CVFR	20.10
36.	Duncan Thompson	CVFR	20.12
40.	Alistair Sheriffs	CVFR	20.28
60	Tony Bradley	CVFR	21.34
82.	Richard Henderson	CVFR	23.00
101	Graham Spencer	CVFR	23.46
121	Steve Cavell	CVFR	24.55
164	Judith Howard	CVFR	28.15

(191 finished)

Stuc A'Chroin - May 3rd (15mls - 5000') British Champ'ship

1.	Ian Holmes	Bingley	1.59.22
18	Gary Webb	CVFR	2.12.26
55	Angela Mudge	Carnethy	2.24.34
70	Steve Houghton	CVFR	2.33.20
73.	Duncan Thompson	CVFR	2.34.54
82.	Chris Godgidge	CVFR	2.36.17
90	Mike Wardle	CVFR	2.38.01
99.	Jeff Winder	CVFR	2.40.26
133.	Rod Sutcliffe	CVFR	2.45.54
139.	Greg Houghton	CVFR	2.47.03
171	Jez Wilkinson	CVFR	2.56.50
211.	Carl Greenwood	CVFR	3.16.57

(256 finished)

Blackstone Edge - May 14th (3.5mls - 1200') British Champ'ship

1.	Merv Keys	Rossen'le	28.11
7	Gary Webb	CVFR	30.27
20	Mike Jones	CVFR	32.35
25	Wayne Brown	CVFR	33.00
28.	Duncan Thompson	CVFR	33.03
35.	Mike Wardle	CVFR	33.25
42	Carol Greenwood	Bingley	33.54 (rec)
48	Rod Sutcliffe	CVFR	34.20
51.	Chris Robinson	CVFR	34.32
54	Tim Janaway	CVFR	34.45
56	Carl Greenwood	CVFR	35.07
60.	Jez Wilkinson	CVFR	35.42
66.	Andy Thompson	CVFR	36.11
72.	Eddie Procter	CVFR	38.20
73	Richard Henderson	CVFR	38.21
74	Graeme Woodward	CVFR	38.29
106	Thirza Hyde	CVFR	43.31
108	Helen Taylor	CVFR	44.25

(124 finished)

A lovely night for a race in marked comparison to Flower Scar the week before. The going was its usual boggy self. An excellent turn out from the club again.

MOUNTAIN BIKE DUATHLON - TUESDAY MAY 13th

1.	Alistair Sheriff	CVFR	1.28.53
2	Duncan Thompson	CVFR	1.29.52
3	Dave Hyde	CVFR	1.32.22
4	Chris Robinson	CVFR	1.37.51
5	Stuart Gardner	CVFR	1.42.42
6.	Kev Barker	CVFR	1.42.53
7	Liz Pyne/Pete White	CVFR	1.43.20
8	Tim Janaway	CVFR	1.45.15
9	Paul Frechette	CVFR	1.45.55
10	Tony Bradley	CVFR	1.47.50
11	Dave Gilyeat	CVFR	1.59.45

The weather was cool and breezy but a nice temperature for another of Dave Gilyeats Classic Events. The run took us over Rocking Stone Moor to the steep Castle Carr Climb up to High Brown Knoll and then following the catch water back to Withens. The Bike Ride consisted of a blast down to Ogden and then over Hambleton Lane, down Sawood Lane and then a dash up hill (if your legs were up to it) back to Withens. I only did the run and I'm so glad that I did. The expressions on their faces as they came flying along the road, well mud splattered and knackered was a treat. Kev even used some words that I'd never heard before as he dived off his bike in pain with cramp. Duncan won the run but well done to Alistair, the overall winner. Hope this can be repeated next year.

Thirza



CLUB CHAMPIONSHIPS

AT THE LAST COMMITTEE MEETING IT WAS DISCUSSED AND AGREED TO **ADD MYTHOLMROYD RACE** on **JULY 1st** TO THE CLUB CHAMPIONSHIPS AS WELL AS IT BEING A GRAND PRIX RACE.

GADDINGS FELL RACE HAS BEEN CANCELLED

Chris Godridge will be looking into another short race to replace this club championship race.

UP TO DATE RACE RESULTS LATER IN THE NEWSLETTER



Congratulations

..... to Irene and Ted who get married on Friday 23rd May

.....and to Jess and Sue who are re-tying the knot on Thursday 29th May

..... to Steve Cavell and his wife on the birth of their baby son

All the very best to you for the future.



EDDY STORMS TO VICTORY

IS THE HANDICAPPER GETTING TOO SOFT??

Generous handicapping (!!) and good underfoot conditions resulted in some fast times in the 11th Annual Handicap held on Saturday 11 January 1997. Eddy Proctor stormed to victory, well clear of a fast finishing Chris Godridge, with newcomer Chris Jones in third place.

A slightly lower than usual number of runners set off in cool, murky conditions from Stubbs Field. The wind had blown the mid week snow off the course, leaving a firm surface. For the first time since 1993, the 40 minute barrier was broken, with Duncan setting the fastest time of the day, although over two minutes outside Gary Webb's record of 35:19 set in 1991. Despite the fast times, only Duncan Thompson, Chris Godridge and Jez Wilkinson improved on their personal best times this year.

Once again many thanks to all the runners, especially those who complained about the handicapping (I enjoy the "verbals"), and to the Shoulder of Mutton for providing the post-race refreshments and the bottle of champers to the winner.

FULL RESULTS

Position	Time	Handicap	Actual Time	Actual Position	Previous Best Time	Year
1. Eddy Proctor	57.08	11.00	46.08	13	44.26	1992
2. Chris Godridge	57.55	20.00	37.55	2	39.21	1992
3. Mike Jones	58.17	15.00	43.17	9		
4. Pete White	59.22	12.00	47.22	18	44.07	1991
5. Richard Kellett	59.33	17.00	42.33	7	40.22	1991
6. Duncan Thompson	59.43	22.00	37.43	1	37.54	1992
7. John Riley	59.47	13.00	46.47	15	45.34	1993
8. Chris Robinson	60.03	17.00	43.03	8		
9. Mike Wardle	60.10	18.00	42.10	4	42.00	1996
10. Pete Regan	60.20	11.00	49.20	19	41.04	1991
11. Kevin Barker	60.25	15.00	45.25	11		
12. Ian Law	60.30	15.00	45.30	12		
13. Brian Horsley	60.42	18.00	42.42	5	42.24	1996
14. Steve Houghton	61.11	23.00	38.11	3	37.01	1992
15. Mick Banks	61.27	15.00	46.27	14	43.12	1996
16. Jez Wilkinson	61.50	17.00	44.50	10	62.45	1995
17. Paul Frechette	62.15	15.00	47.15	17	45.39	1993
18. Denis Gildea	63.32	20.00	43.32	6	40.35	1996
19. Jess Palmer	63.50	17.00	46.50	16	45.30	1996
20. Paul Coughlan	64.37	11.00	53.37	20	47.49	1996
21. Andy Kellett	64.43	11.00	53.43	21		
22. Helen Taylor	65.05	6.00	59.05	22		

CALDER VALLEY FELL RUNNERS- CHAMPIONSHIP 1997.

	NOON STONES	BLACK COMBE	EDALE SKYLINE	RIVINGTON PIKE	BUNNY RUN 1	STUCA CROIN	FLOWER SCA	BLACK EDGE	TOTAL POINTS
	M	M	L	S	S	L	S	S	S
1	MIKE WARDLE	38	32	36	38	33	35	36	284
2	ROD SUTCLIFFE	37	31	35	36	27	32	35	266
3	MIKE JONES	0	38	0	40	39	39	39	195
4	JEFF WINDER	40	0	0	39	37	38	0	189
5	CARL GREENWOOD	0	30	33	0	30	30	32	186
6	STEVE HOUGHTON	0	36	40	0	34	33	0	182
7	CHRIS GODRIDGE	0	39	38	0	36	21	0	171
8	GARY WEBB	0	40	0	0	0	40	40	160
9	DUNCAN THOMPSON	0	37	0	0	38	0	37	150
10	WAYNE BROWN	39	35	32	0	0	0	38	144
11	ANDY THOMPSON	0	0	0	37	28	27	30	122
12	ROBIN SKELTON	0	0	39	0	40	37	0	116
13	EDDIE PROCTOR	33	28	0	0	26	0	29	116
14	CHRIS ROBINSON	0	0	0	0	35	34	34	103
15	GREG HOUGHTON	0	33	34	0	0	0	0	101
16	JESS PALMER	36	0	0	35	0	25	0	96
17	THIRZA HYDE	0	26	0	0	18	23	26	93
18	JEZZ WILKINSON	0	0	0	0	0	28	31	91
19	LIZ PYNE	35	29	0	0	23	0	0	87
20	RICHARD HENDERSON	34	0	0	0	25	0	28	87
21	KEVIN BARKER	29	27	0	0	0	24	0	80
22	DAVE HYDE	0	34	37	0	0	0	0	71
23	TIM JANAWAY	0	0	0	0	0	36	33	69
24	RICHARD KELLETT	0	0	0	0	32	31	0	63
25	DAVE GILYEAT	31	0	31	0	0	0	0	62
26	GERRY HUGHES	27	0	0	0	22	0	0	49
27	IAN LAW	0	25	0	0	24	0	0	49
28	HELEN TAYLOR	0	0	0	0	0	22	25	47
29	JOHN RILEY	32	0	0	0	0	0	0	32
30	DENNIS GILDEA	0	0	0	0	31	0	0	31
31	CHARLOTTE ROBERTS	0	0	30	0	0	0	0	30
32	PETE WHITE	30	0	0	0	0	0	0	30
33	TONY BRADLEY	0	0	0	0	29	0	0	29
34	BRIAN HORSLEY	0	0	0	0	0	29	0	29
35	FRANK MALLINSON	28	0	0	0	0	0	0	28
36	GRAHAM WOODWARD	0	0	0	0	0	26	0	26
37	STEVE CAVELL	0	0	0	0	21	0	0	21
38	GRAHAM SPENCER	0	0	0	0	20	0	0	20
	M. BANKS	0	0	0	0	19	0	0	0

CALDER VALLEY FELL RUNNERS- VETS CHAMPIONSHIP 1997.									
	NOON	BLACK	EDALE	RIVINGTON	BUNNY	STUC A	FLOWER	BLACKSTONE	TOTAL
	STONES	COMBE	SKYLINE	PIKE	RUN 1	CROON	SCA	EDGE	POINTS
	M	M	L	S	S	L	S	S	
1	MIKE WARDLE	19	16	18	19	17	18	19	145
2	ROD SUTCLIFFE	18	15	17	18	15	15	17	133
3	JEFF WINDER	20	0	0	20	19	17	20	96
4	STEVE HOUGHTON	0	19	20	0	18	20	18	95
5	DUNCAN THOMPSON	0	20	0	0	20	19	0	79
6	EDDIE PROCTOR	17	14	0	0	14	0	0	62
7	THIRZA HYDE	0	12	0	0	9	0	13	50
8	GREG HOUGHTON	0	17	16	0	0	16	0	49
9	KEVIN BARKER	13	13	0	0	0	0	14	40
10	DAVE HYDE	0	18	19	0	0	0	0	37
11	RICHARD KELLETT	0	0	0	0	16	0	16	32
12	DAVE GILYEAT	15	0	15	0	0	0	0	30
13	IAN LAW	0	11	0	0	13	0	0	24
14	GERRY HUGHES	11	0	0	0	12	0	0	23
15	JOHN RILEY	16	0	0	0	0	0	0	16
16	BRIAN HORSLEY	0	0	0	0	0	0	15	15
17	PETE WHITE	14	0	0	0	0	0	0	14
18	CHARLOTTE ROBERTS	0	0	14	0	0	0	0	14
19	FRANK MALLINSON	12	0	0	0	0	0	0	12
20	STEVE CAVELL	0	0	0	0	11	0	0	11
21	MICK BANKS	0	0	0	0	10	0	0	10

3RD STOODLEY-CRAGG BIATHLON

£1 OPTION FOR PRIZES

6.30PM TUESDAY 10TH JUNE

AN EVENT FOR MEMBERS OF CALDER VALLEY FELL RUNNERS ONLY

RUN HANDICAP ROUTE UP STOODLEY PIKE

**BIKE CRAGG VALE LITTLEBOROUGH TODMORDEN
HEBDEN BRIDGE FINISH FIRE STATION MYTHOM ROYD**

CHANGE OVER BUS SHELTER OPPOSITE SHOULDER OF MUTTON

BIKES CAN BE LEFT AT CHANGE OVER FROM 5.45PM. A MARSHALL WILL BE THERE TO GUARD THEM.

THERE WILL BE NO MARSHALLS ON THE CYCLE ROUTE. COMPETITORS ARE EXPECTED TO ABIDE BY THE HIGHWAY CODE.

THESE EVENTS ARE NOT UNDER BTA RULES.

THEREFORE THERE IS NO INSURANCE, COMPETITORS TAKE PART AT THEIR OWN RISK.

FELL RACE 2000

What will it be like running a fell race in the next millennium ?we can only guess.

In response to the demands of the insurance company which covers F R A events all competitors must be fully paid up members of the F R A other wise they will not be allowed to race. The reasons for this are straightforward when one considers what membership entails, and how not being a member could place a race organiser in some difficulty.

It costs £200 per annum membership however for this you receive a race number for the year and free entry to all races you choose to do. A large chunk of the £200 however goes on the electronic wrist strap you must wear at races. This is a crafty little device which incorporates a number of unusual features; when you arrive at race control to register all you need to do is pass the strap over a sensor. Information will then be relayed to the race control computer, which will include your race number and all the other information it will need should you be involved in an accident. For example your home address ,next of kin,blood group, any medical problems etc etc,it also gives you a 'grade' from your results in previous races which race control can analyse should you be overdue. This system is called 'base electronic control system or BERCS for short.

The other features of the strap are designed for the race . All check points are pre place electronic beacons which relay information to base control,all the runner has to do is to go within one metre of the beacon and they will be logged .The race control can of course highlight those runners who have not passed through or have not passed through within 10% of their target time . Should a runner get into serious difficulties they could activate the emergency homing device on the strap, this works through a satellite and will give the race control computer a precise location of the victim. This system is known as ' precise race activating technology system or PRATS for short .

So in the year 2000 fell races will have changed dramatically with a few BERCS watching over a couple of hundred PRATS.....sound familiar ?

CVFR On The Internet

I had a look at what was on the Internet on fell running; there is something but very little. The only Club that has a home page is Kendal. I wondered if CVFR would be interested in developing a home page; I hesitate to say this (as I am no computer expert but could get help) but I would be willing to set it up. It would be a useful way of advertising the club worldwide which could also include a condensed version of the Sheepsheet, results, championship races etc. If anybody has thoughts on this please let me know; perhaps it could be discussed in the next committee meeting? I will be away now until mid-June but if somebody could let me know the collected thoughts by then I could start to put something together.

Charlotte Roberts (that elusive 'foreigner' - for this year anyway!)