



SHEEP SHEET



Monthly Newsletter to keep you in the running

OCTOBER 98

What's Next

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

DEADLINE FOR NEXT ISSUE
Early DECEMBER 98

I would just like to apologise for taking so long to get the newsletter out but things have been manic at work. I would just like to say **THANKS TO EVERYONE** who has contributed to the newsletter these past three years. I am resigning the post at the AGM... **ANYONE WANT A JOB.**

As you will see from the results that those fit enough have been out there flying the CVFR colours. The club has been dogged with injury problems which has resulted in low turn outs at some races and at the club training nights. The club training nights are a very important part of the club as this is where your new club member will turn up. We need to keep a good club spirit to encourage all club members, new and old alike (I'm not getting at your age Pete White honest). It would be nice to see some of you that live further away once in while at club nights - even if you can't manage the training why not joins us for a drink. The pub sells coffee as well as alcohol.

WELL THIS IS MY LAST CONTRIBUTION TO THE NEWLETTER SO IF ANYONE IS INTERESTED IN DOING THIS JOB PLEASE TURN UP AT THE AGM

Keep fit and keep running

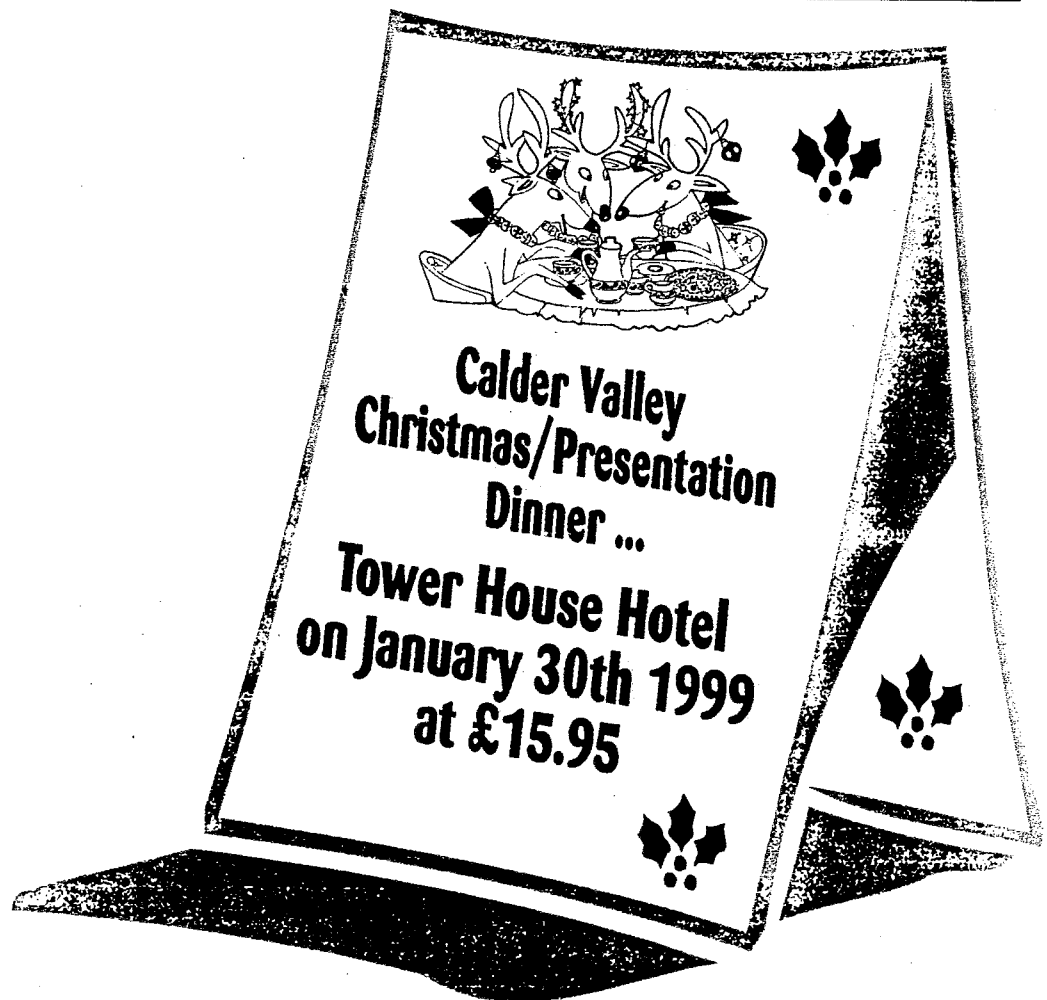
Cheers Thirza

CALDER VALLEY FELLRUNNER **AGM**

on Tuesday the 3rd November
in the Shoulder of Mutton
at 8pm

Please make the effort to be there.

Quite a few people will be resigning from there post so if you think you can contribute to the club please don't be shy - put yourself forward at the AGM.



PLEASE RING CHARLOTTE ROBERTS (01535 647082)
TO ORGANISE YOUR MEAL - THE MENU IS ON THE NOTICE BOARD AT
MYTHOLMROYD. BRING A FRIEND, LET YOUR HAIR DOWN AND LETS HAVE
A GOOD NIGHT. (BETTER DISCO BEING ORGANISED TO BOOGIE TO).

CLUB RESULTS

THE BUNNY RUNS (3mls/300')

7th April, 14th April, 21st April, 28th April
(Bunny Run One, Snowy Bunny, Wet Bunny and Tired Bunny respectively)

I promised myself this year that I would treat (or punish) myself to doing all the Bunny Runs this year so I can honestly say to you all that they are as eyeballs out as ever. As you can see from the names allocated to each, they all had their differences (the first one could have been Sunny Bunny because it was); Snowy Bunny was amazingly well attended. Number of entries were high for all but especially for the last two (187, 164, 216 and 215) and Calder Valley members numbered 13, 18, 18 and 17 entries. As a club we did very well with Steve, Jeff, Chris, Stewart, Tony, Andy, Simon, Carl and Brian mostly entering all races and getting consistently good results. Even I managed to beat some members of the club occasionally didn't I Denis. Overall results.

Chris Robbo	22nd Male
Jeff Winder	1st Male Vet 40
Steve Houghton	4th Male Vet 40
Duncan Thompson	6th Male Vet 40
Stewart Gardner	8th Male Vet 40
Tony Bradley	11th Male Vet 40
Pete White	4th Male Vet 50
Liz Pyne	7th Lady
Charlotte Roberts	13th Lady
Denis Gildea	1st Royal Marine & Mr Blobby

The problem with these Bunny Runs is all the prizes involve chocolate so I think for me the prize rather cancels out the benefit of the running. Even better that the races were the socials in the Guide Inn after them (could that be possible); the last night incorporated Liz's leaving "do" and entailed Liz impressively drinking (and showering her audience) with half a yard of ale with Chris Robbo quickly following her with a whole yard.. there are photos. Charlotte

Three Peaks - 26th April

1.	Mark Roberts	Borr'dle	3.03.31
64.	Duncan Thompson	CVFR	3.41.51
180.	Andy Thompson	CVFR	4.13.35
119.	Geoff Bell	CVFR	3.58.01
216.	Pete White	CVFR	4.20.19
262.	Steve Coey	CVFR	4.28.20
285.	Richard Kellett	CVFR	4.37.32
298.	Stewart Gardner	CVFR	4.40.07
302.	Eddie Procter	CVFR	4.41.01
352.	Gerry Hughes	CVFR	5.00.21

The weather was the worst that they had had on the Peaks for six years. well done to everyone who completed it on such a dreadful day.

Kinder Downfall - 26th April 10mls/2500'

1.	Ged Cudahy	Stockport	1.05.44
5.	Gary Webb	CVFR	1.10.23
19.	Rob Skelton	CVFR	1.14.28
21.	Wayne Brown	CVFR	1.14.36
26.	Paul Cleary	CVFR	1.16.22
57.	Carl Greenwood	CVFR	1.21.01

A good result for Gary despite being in a leading group that at one stage "Got it wrong". Carl Greenwood finishing well in a field of 218.

Ravenstones Brow - 2nd May 10mls/1250'

1.	Gary Webb	CVFR	1.09.16
4.	Steve Houghton	CVFR	1.13.26
5.	Duncan Thompson	CVFR	1.14.44
7.	Wayne Brown	CVFR	1.15.00
19.	Carol Greenwood	Bingley	1.22.22
23.	Jez Wilkinson	CVFR	1.24.43
27.	Andy Thompson	CVFR	1.27.40
31.	Tony Bradley	CVFR	1.29.17
46.	Richard Henderson	CVFR	1.35.16
58.	Steve Cavell	CVFR	1.41.14
62.	Helen Taylor	CVFR	1.42.02

(74 runners)

Well how often do we see this in our result - CVFR's sweeping the board. A good CV entry with plenty of prizes going our way. Well done Gary on a comfortable win with Steve taking 1st vet and with Duncan making up the team securing the team prize.

Wayne

Mount Famine - 6th May 5mls/1700'

1.	Marius Scottney	??	42.29
15.	Wayne Brown	CVFR	47.18
18.	Rob Skelton	CVFR	48.12

A tough race for a Wednesday night. The weather just held off and 'Local' Rob Skelton despite finishing well failed to catch me.

Wayne

Flower Scar - 6th May 4mls/1100'

1.	Andy Wrench	Tod	28.23
9.	Jeff Winder	CVFR	32.23
13.	Carol Greenwood	Bingley	33.12
15.	Carl Greenwood	CVFR	33.44
21.	Chris Robbo	CVFR	32.12
22.	Mike Wardle	CVFR	34.14
33.	Richard Kellett	CVFR	34.54
39.	Stewart Gardner	CVFR	35.51
41.	Graeme Woodward	CVFR	36.03
42.	Andy Thompson	CVFR	36.12
47.	John Crummett	CVFR	36.46
60.	Eddie Procter	CVFR	39.23
63.	Ian Law	CVFR	40.03
82.	Steve Cavell	CVFR	42.32
87.	Richard Henderson	CVFR	42.54
88.	Charlotte Roberts	CVFR	43.00
96.	Graham Spencer	CVFR	45.37

15 members turned out for this race on a cool, wet and windy night. Good route, would recommend doing this one even if (like me) you don't like short races - the bales of straw obstacle is a bit naff. Jeff came away with 1st vet 45 prize and I got 3rd lady. Impressive runs by lost of people in the club (and not to mention Carol Greenwood who came in 13th overall in 33.12)

Charlotte



and more results....

Buttermere/Sailbeck - 10th May 9.4mils/4250'

1.	Simon Booth	Borrd'le	1.24.05
38.	Gary Webb	CVFR	1.37.04
49.	Angela Mudge	Carnethy	1.39.16 (rec)
74.	Steve Houghton	CVFR	1.43.46
76.	Wayne Brown	CVFR	1.43.53
128.	Mike Wardle	CVFR	1.51.52
161.	Greg Houghton	CVFR	1.56.32
198.	Carl Greenwood	CVFR	2.01.12
223.	Stewart Gardner	CVFR	2.04.14
256.	Frank Mallison	CVFR	2.09.48
263.	Ian Law	CVFR	2.11.13
303.	Eddie Proctor	CVFR	2.19.25
333.	Charlotte Roberts	CVFR	2.26.28
338.	Steve Cavell	CVFR	2.28.09
353.	Graham Spencer	CVFR	2.35.09
357.	Adam Baker	CVFR	2.37.24

Great race, beautiful hot day, sore feet, Frank's first trip to the lakes and a big entry of 380 (British, English and CV championship race. 14 members ran and Gary, Steve and Wayne had very good runs. It was such a joy to be in the Lakes on such a wonderful day ... you were well missed Liz.
Charlotte

Conditions brilliant, scenery idyllic and a large CV contingent swelled the entry to 380. Can you have a bad run on a day like this?
Wayne

Blackstone Edge - 13th May (3.5mils/1200')

1.	Merv Keys	Rossen'dle	29.54
5.	Rob Skelton	CVFR	33.00
9.	Jeff Winder	CVFR	33.14
13.	Steve Houghton	CVFR	33.47
15.	Carl Greenwood	CVFR	34.22
18.	Carol Greenwood	Bingley	34.31
28.	Chris Robbo	CVFR	35.29
34.	Andy Thompson	CVFR	36.20
35.	Brian Horsley	CVFR	36.24
39.	Richard Kellett	CVFR	36.36
40.	Graeme Woodward	CVFR	36.37
45.	John Crummett	CVFR	37.21
53.	Stuart Gardner	CVFR	39.02
72.	Richard Henderson	CVFR	41.27
74.	Steve Cavell	CVFR	41.42
75.	Eddie Proctor	CVFR	42.03
84.	Charlotte Roberts	CVFR	42.39
90.	Adam Baker	CVFR	43.24
92.	Dave Gilyeat	CVFR	43.30

A good turnout for this race with 18 members from the club. It was dry but misty on top and usual boggy bits were boggy. I assume everyone else got bitten as bad as I did from horrible little insects (they were definitely British not Alaskan insects because it was before I went to Alaska... just a brief trip!. (and she keeps telling us it's work!!!!) Anyway, the club won the mens and vets team prizes, John got 1st male vet 50, Jeff 1st male vet 45 and I got 2nd lady. Good run by Rob, Jeff, Steve and Carl particularly as I didn't know Carl was a vet but he was one of the counter for the vets team prize (looks can be deceptive.)
Charlotte.

Rossendale Fell Race - 17th May 12mils/2800'

1.	Sean Willis	Tod	1.42.38
3.	Gary Webb	CVFR	1.50.33
12.	Carol Greenwood	Bingley	1.55.40
23.	Mike Wardle	CVFR	2.03.48
41.	Stewart Gardner	CVFR	2.28.14
45.	Frank Mallison	CVFR	2.31.01
56.	Eddie Proctor	CVFR	2.40.32
	Wayne Brown	Retired	

Well done Gary. Another Good placing, Mike Wardle finishing well obviously liking the hot sunny conditions. Little between Stewart and Frank and Eddie Proctor completed the CV contingent. Who didn't get lost? Wayne (Wayne had to retire due to the fact that he gashed his shin open badly but was soon patched up by Rochdale A & E).

Dodd Fell Race - 24th May 5mils/1000'

1.	Mick Hill	P & B	29.05 (rec)
10.	Gary Webb	CVFR	30.51
18.	Jeff Winder	CVFR	33.02
22.	Victoria Wilkinson	Bingley	33.21
23.	Carl Greenwood	CVFR	33.34
25.	Duncan Thompson	CVFR	33.38
27.	Alistair Sheriffs	CVFR	33.48
53.	Jez Wilkinson	CVFR	37.30
62.	Tony Bradley	CVFR	39.08
67.	John Simpson	CVFR	39.24
71.	Eddie Proctor	CVFR	39.47
89.	Adam Baker	CVFR	42.20
109.	Steve Cavell	CVFR	45.38
112.	Helen Taylor	CVFR	46.03

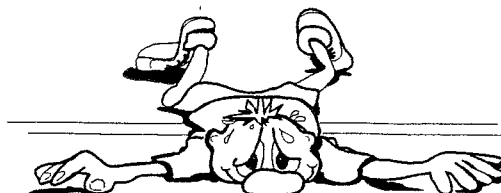
Helvellyn - 25th May 11mils/3700'

1.	Gavan Bland	Borr'dl	1.44.44
8.	Steve Houghton	CVFR	1.54.28
15.	Mike Wardle	CVFR	2.00.11
29.	Greg Houghton	CVFR	2.05.58
46.	Kath Harvey	Altring	2.15.31
77.	Ian Law	CVFR	2.39.53

This turned out to be a suprisingly good race for an out and back route! Some interesting navigation in low cloud over Dodds.
Mike Wardle.

Whittle Pike - 27th May 4.5mils/1400'

1.	A. Maloney	Rochd'le	39.30
17.	Carol Greenwood	Bingley	44.49
24.	Chris Robbo	CVFR	46.19
31.	Stewart Gardner	CVFR	47.23
32.	Brian Horsley	CVFR	47.27
35.	Andy Thompson	CVFR	48.20
37.	Graeme Woodward	CVFR	49.20
41.	John Crummett	CVFR	50.04
62.	Kev Barker	CVFR	56.19
81.	Charlotte Roberts	CVFR	61.45



and even more....

Culter Fell - 30th May (Long/British)

1.	Simon Booth	Borr'dl	1.43.18
20.	Gary Webb	CVFR	1.57.59
24.	Angela Mudge	Carnethy	1.59.16
39.	Steve Houghton	CVFR	2.09.06
80.	Mike Wardle	CVFR	2.24.05
104	Greg Houghton	CVFR	2.30.07

(167 finished)

Ennerdale Horseshoe - 6th June 23mls/7500'

1.	Lee Thompson	Clayton	3.58.14
17.	Mike Wardle	CVFR	5.02.00
28	Nickey Lavery	Ambleside	5.23.32
53.	Stewart Gardner	CVFR	6.04.58
57.	Charlotte Roberts	CVFR	6.29.07

(72 finished)

Waugh's Well - 9th June 3.5mls/1000'

1.	Andy Wrench	Tod	28.44 (rec)
43.	Vanessa Peacock	Clayton	36.21
58.	John Crummett	CVFR	38.04

(168 ran)

Well done John for winning the first O/50 prize in this short race. You usually like them at least another 10 miles longer.

Buckeden Pike - 20th June 3.5mls/1000'

MENS RACE

1.	Ian Holmes	Bingley	31.52
22.	Gary Webb	CVFR	35.24
60.	Alistair Sheriffs	CVFR	38.58
61	Duncan Thompson	CVFR	39.13
92	Mike Wardle	CVFR	42.58
101	Jez Wilkinson	CVFR	43.33
136	Eddie Proctor	CVFR	47.19
169	Adam Baker	CVFR	50.43
174	Steve Cavell	CVFR	51.45
195	Nigel Phillips	CVFR	61.42

LADIES RACE

1.	Carol Greenwood	Bingley	38.32
31.	Charlotte Roberts	CVFR	54.48

Royal Dockray - 27th June 21mls/5500'

1.	Simon Booth	Borrowd'le	2.27.14
16.	Gary Webb	CVFR	2.44.04
40.	Duncan Thompson	CVFR	2.59.12
58	Angela Brand-Barker	Keswick	3.10.26
65	Chris Godridge	CVFR	3.14.02
67	Mike Wardle	CVFR	3.15.39
92.	Jez Wilkinson	CVFR	3.26.58
120	Ian Law	CVFR	3.53.32
127	Stewart Gardner	CVFR	4.08.04
130	Charlotte Roberts	CVFR	4.13.42

(144 ran)

Stoodley Pike - 14th July 3.5mls/700'

1.	Gary Devine	P & B	17.29
16	Carol Greenwood	Bingley	20.03
32	Chris Robbo	CVFR	21.36
34.	Brian Horsley	CVFR	21.58
45	Richard Kellett	CVFR	22.18
49	Graeme Woodward	CVFR	22.30
54.	David Powell	CVFR	22.41
60	Stewart Gardner	CVFR	22.52
72	John Crummett	CVFR	23.27
75	John Murray	CVFR	23.36
94	Frank Mallinson	CVFR	24.37
99	Eddie Proctor	CVFR	24.47
114	Richard Henderson	CVFR	25.34
120	Pete White	CVFR	25.34
133	Ian Law	CVFR	26.35
136.	Steve Carr	CVFR	26.51
158	Charlotte Roberts	CVFR	28.25
159	Dave Gilyeat	CVFR	28.29
174	Mike Bell	CVFR	30.29

(186 ran)

Moel Siabod - 18th July 6.2mls/2300'

1.	Mathew Whitfield	Bingley	44.52
34	Angela Mudge	Carnethy	52.28
131.	Graeme Woodward	CVFR	65.34
201.	Charlotte Roberts	CVFR	79.50

(212 ran)

Widdop Fell Race - 22nd July 7mls/1200'

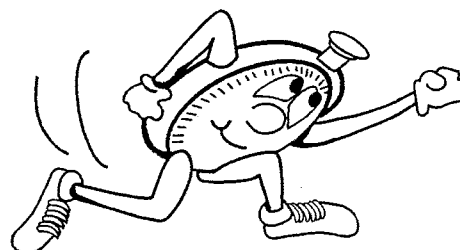
1.	Mike Wallis	Clayton	52.28
17.	Duncan Thompson	CVFR	57.01
28.	Denis Gildea	CVFR	60.38
47.	Graeme Woodward	CVFR	66.10

Paul Lee retired injured and our thanks to the two runners who stopped to help. We trust you all had a great time playing in all the mud.

Pete White

Wadsworth Village Fair Race - 9th August

1.	Andy Wrench	Tod	36.43
23.	Chris Godridge	CVFR	44.50
25	Denis Gildea	CVFR	45.03
39	Richard Kellett	CVFR	46.02
50	Stewart Gardner	CVFR	47.29
61	Frank Mallinson	CVFR	49.44
75	Steve Cavell	CVFR	53.05
87	Adam Baker	CVFR	55.09
97	Charlotte Roberts	CVFR	61.47



and yet more..

Sedburgh Hills - 16th August 14mils/6000'

1.	S. Booth	Borr'dle	2.00.04
80	Vanessa Peacock	Clay	2.33.12
81.	Duncan Thompson	CVFR	2.33.49
111.	Brian Horsley	CVFR	2.41.28
141.	Greg Houghton	CVFR	2.47.28
185.	Ian Law	CVFR	2.54.23
204.	Jez Wilkinson	CVFR	2.58.10
258	Eddie Proctor	CVFR	3.15.03
270.	Stewart Gardner	CVFR	3.19.21
297	Charlotte Roberts	CVFR	3.37.26

HAYFIELD CHAMPIONSHIP OVERALL RESULTS (Kinder Downfall, Mount Famine, Kinder Trog & Lantern Pike)

1.	Ben Gregory	Stockpt	4.39.32
2	Wayne Brown	CVFR	4.43.36
3.	Steve Whyatt	Pennine	4.43.54

Kinder Trog - June 14 - 18mils/3490'

1.	Grahame Watson	Altrinhm	1.53.32
2.	Mark Williams	Pennine	1.56.43
10	Wayne Brown	CVFR	2.05.18

The distance & amount of climbing of the race is often questioned but this is a super race where a steady start and a strong finish will guarantee a good placing.

Wayne

Lantern Pike - September 19 - 5mils/1050'

1.	Tim Werrett	Mercia	33.00
2.	Paul Deauville	Stockpt	33.02
16	Wayne Brown	CVFR	37.12

Having not raced since July, but cycled plenty finishing 16th on a balmy September day was a good reason to head for the beer tent. Entry to the race is via admission to the country show. Excellent value all round.

PS Ricky Wilde 1977 record time of 29.12 will surely stand now as three stiles have appeared mid route.

Wayne

Ben Nevis - September 5 - 10mils/4400'

1.	John Brooks	Lochaber	1.27.24
2.	Ian Holmes	Bingley	1.32.04
3	Rob Jebb	Bingley	1.32.41
87	Brian Horsley	CVFR	2.09.15
238	Tony Bradley	CVFR	2.37.57
272	Steve Coey	CVFR	2.44.20

This year the weather was kind, warm, sunny with clear visibility. A susual at the start, a full check to make sure you had full body cover. As we left the field the West Highland band played. After a hard climb of 1 hour 20mins I reached the summit of Ben Nevis at 4350'. To my elation the marshal told me I was in 63 position. I was now eager to improve my position on the descent. The loose scree that had previously covered the mountain had been washed away to reveal large boulders due to our brilliant British summer. About 200 yards into my descent eagerness turned into acrobatics, a triple salko with a half twist would you believe. As I landed I realised I only had one leg in front of me but after a quick search I located the other behind my head but thankfully due to my baldness it was but a simple operation to return it to a more comfortable position. Although the ascending athletes did score me a 9.9 for content, I wanted to dial '999' for a helicopter but after Tony Bradley's episode last year, I didn't want to start a sequel. A short period feeling sorry for myself I continued my descent at a sensible pace. The finish was a welcome sight but the arrival of cramp wasn't. The spectators were entertained by 350 competitors doing their impression of Riverdance whilst gurning.

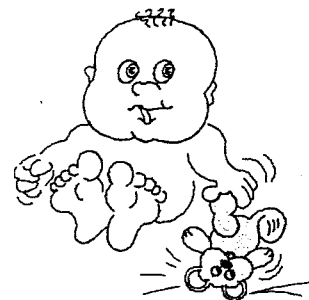
Brian

WANTED.....

would all club members have a think about next years club championship races and let ROD SUTCLIFFE know, as soon as possible, what races that you would like in them. It has been decided to have a small sub committee to help the Captain choose the races and with your help this should make the task alot easier. Now is your opportunity to contribute ... pick up the phone and let Rod know.

Congratulations

To Kath and John Crummett who now have a baby son born in September.



A Old Man's Half Day Out

Once upon a time in the mountain kingdom of Cumbria, Joss, an old wizard of the hills, accompanied by his apprentice, young Colin made a great journey across the land back to their castle by the deepest lake in all the realm. Thus a legend was formed. The kindly wizard issued a proclamation throwing down a challenge to his peers to emulate this feat. So impressed was the old king, Christopher Baconrasher, that he promised to donate a silver goblet to the first few to succeed.

At the time, being only a stripling of forty plus I wasn't allowed to take up the gauntlet but inwardly vowed to 'kill the dragon' when the opportunity arose. As the years passed, the limbs and mind became feeble and the days in the enchanted ranges fewer. Epic battles were but a distant memory, then, an article in 'Ye Olde Fellrunner' rekindled the desire to strap on the armour to have one last tilt at the lists.

Now that's enough of the twaddle.

The Joss Naylor Lakeland Challenge is to walk/run between Pooley Bridge and Greendale Bridge, Wasdale in a time dependent on your age. For men from 50 to 59 a time of 12 hours is allowed, 60 to 65 18 hours and over 65 24 hours. Being politically incorrect there is an extra 2 hours for females! It can be attempted at any time but must be run East - West visiting 30 prescribed summits.

Anyway I put in a few training runs in the area reccing the optimum lines and decided to have an attempt on August 15th with a minimum of publicity. An 8am start with cool, clear conditions, paced only by Dave Woolley of the Rucksack Club. Dave who recently completed the Bob Graham Round soon realised the pace is much faster than a BG when on a twelve hour schedule. No stops had been timetabled, but this proved impossible with Kath pushing food at me at Kirkstone and Dunmail thus leaving me seven minutes adrift.

Paul Murray and Richard Kellett coaxed me over to Sty Head in the heat arriving twenty minutes down to meet Charlotte Roberts and my final support party . Sorry Richard for vomiting over your foot. Stuart Gardner and Peter Edgerton took me up Gable, joining the BG as far as Steeple. From Pillar the mists rolled in as we rolled on. By Pots of Ashness my constant mental calculations suggested it was 'on' if only we didn't get lost. A painful totter down from Middle Fell ensued, arriving at Greendale Bridge with seven minutes to spare, much to the relief of Kath, the old wizard himself and ME in a total time of 11 hours 53 minutes. After a celebratory bottle of fizz and chat it was off to replace lost fluid. Thanks for all the support, both mental and physical. Without you I couldn't have do it. As a rider to the tale Joss is keen that money is raised for charity so if you have any spare pennies I'm collecting for Childrens' and Cancer charities.

Apparently, according to Joss, my vomiting was due to overeating i.e. slice of pizza, morsel of cake and a few Jaffa cakes. He did it on a cup of tea and three toffees!

So come on all ye old men (& women) when you have at least half a century under your belt have a bash. It's only 47 miles and about 17000 feet of ascent. A great day (or half) out.

John Crummett

DIDN'T HE DO WELL. CONGRATULATIONS JOHN

LUDDENDEN DEAN DUATHLON

1	Chris Robinson	1-45-25
2	Stuart Gardner	1-54-55
3	Pete Round	1-55-40
4	Steve Cavell	2-04-10
5	Denis Gildea	56-30 (run only) 2nd
6	Graham Spencer	1-16-30 (bike only) 6th
7	Richard Henderson	66-30 (run only) 5th
8	Dave Gilyeat	69-30 (run only) 8th



There was a disappointing turn out to this event, probably because I was very late in advertising it, and also because of the overload of club events in May. However those of us that did turn up were treated to a very pleasant evening weather wise and hard conditions underfoot/wheel, in contrast to last years 'swim'.

Pete Round set a cracking pace on the run showing the Royal Marine a clean pair of heels. Had he studied the route more closely he may well have won rather than ending up asking for directions in Oxenhope! This of course takes nothing away from Chris Robinson who proved a worthy winner. Thanks to all who supported the event.

STOODLEY -CRAGG BIATHLON

1	Gary Webb		1-41-30
2	Duncan Thompson	V	1-51-15
3	Chris Robinson		1-57-12
4	Stuart Gardner	V	2-01-42
5	Pete White	SV	2-12-54
6	'Young' Kev	V	2-14-45
7	Dave Gilyeat	SV	2-16-50
8	Two Grahams		2-22-50 (Spencer/Woodward)
9	Steve Cavell	V	2-25-20
10	Charlotte Roberts	FV	2-51-22



Again numbers were well down on this event due partly to the reasons cited above, and partly due to the appalling weather on the night. I had to change the cycle route due to the extensive road works near Todmorden. In the end this proved to be a good move, and the revised route, turning left at the top of Cragg Vale and doing the Rippendon /Sowerby Bridge/Tuel lane/Burnley Rd route was well received by all who participated, myself included (apart from Tuel Lane!)

On the night the rain did ease off when we started, but the wind made it feel like were going backwards up Cragg Vale! Gary gave a very fine display of running and cycling to win by a very impressive margin over last years winner Duncan.

It was pointed out in the pub that for the first time a Yorkshire man had won the event. Not only that but he was a 'young' winner as the race has been dominated by vets since its inception. I should also mention Charlottes brave attempt after completing the Ennerdale on the Saturday, I could'nt do that and I think many in the club will share my admiration of a tough competitor.

Next year?...I have something special I am working on to round off the century.