

calder valley fell runners

SHEEP SHEET

....September 2006....

FRA Relay 2006

If you don't know by now that the club is hosting the British Fell Relays at Castle Carr then I think you've been asleep (maybe you're new to the club). This is the biggest even that the club has ever hosted. Bill has probably emailed you with a job by now if you have offered to help. We are meeting in the Shoulder of Mutton on Tuesday 10th October at 9.00pm after the club run. We would like as many of you that are helping out on the day to come to this meeting please so that we can explain what is happening.

The Ups and the Downs



Two of our club members, Karl Gray and Jo Waites were picked to run for Yorkshire in the Inter counties race at Settle Hills. It was a blistering hot day and very hard running conditions. Karl was having a flyer lying in 5th place when he passed us before he passed out with heat exhaustion and dehydration. After a trip in the ambulance and an overnight stay in hospital he's made a full recovery and is back racing again. What that boy will do for publicity!!!! So that was the downer but on the up note Jo was first lady home taking individual gold and also led the Yorkshire team to victory. Sally raced that day in her Greater Manchester colours and she was 4th lady and 1st lady vet 40. Well done all and better luck next time Karl.

ANY ARTICLES FOR NEWSLETTER PLEASE
email:- thirza.dave@virgin.net or tel 01422 343736
ANY COMMENTS OR INFO FOR WEBSITE
email:- carlgreenwood@hotmail.com

ON COMMITTEE



CHAIRPERSON
Rod Sutcliffe



SECRETARY AND LADIES CAPTAIN
Jo smith



CLUB CAPTAIN
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TREASURER
Cerys Davies



WEB OFFICER
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Allan Greenwood



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Alastair Whitelaw



STATISTICIAN
Bill Johnson



MEMBERSHIP/SHEEP SHEET ED
Thirza Hyde

Carding Mill Canter - 4th March 2006
4mls/1800'

			Short	Rating	Improve from Short races over last 12 months
MENS RACE					
1	Tim Davies	Mercia	42:33	-	-
2	Simon Bailey	Mercia	42:43	-	-
3	Lloyd Taggart	Dark Peak	42:56	-	-
17	Karl Gray	CVFR	47:09	1.01	-3%
134	Dave Beels	CVFR	57:17	1.23	-1%
144	Rob Sharratt	CVFR	57:57	1.24	-3%
162	Rod Sutcliffe	CVFR	59:41	1.28	3%
LADIES RACE					
1	Natalie White	Bingley	52:31	-	-
4	Sally Newman	CVFR	53:56	1.16	2%
5t	Jo Waites	CVFR	54:07	1.16	0%
35	Thirza Hyde	CVFR	64:35	1.39	9%
36	Cerys Davies	CVFR	65:06	1.40	3%

60 ladies, 232 men started

Noonstone - 4th March 2006
9mls/2300'

			Medium	Rating	Improve from Medium races over last 12 months
1	Richard Pattinson	P & B	1:15:29	-	-
2	Chris Miller	Harrogate	1:15:43	-	-
3	Ben Mounsey	Stainland	1:15:52	-	-
10	Jason Stevens	CVFR	1:19:10	1.11	1%
19	Jon Emberton	CVFR	1:22:57	1.16	-1%
31	Barry Shaw	CVFR	1:28:08	1.23	6%
44	Jo Smith (1sr lady)	CVFR	1:30:23	1.26	-2%
50	Jez Wilkinson	CVFR	1:31:22	1.28	3%
56	Ben Davies	CVFR	1:32:59	1.30	3%
72	Phil Scarf	CVFR	1:38:42	1.38	-4%
80	Jackie Scarf	CVFR	1:42:13	1.43	-2%
87	John Nunn	CVFR	1:44:45	1.46	-
99	Mick Banks	CVFR	1:50:31	1.55	-4%

110 runners



Jackie Scarf looking rather cool in her shades at Noonstones

Well the start of yet another championship season ... and it was snowing the night before but it was a beautiful day for this short tough race in Shropshire. The ladies were off first up the road and then straight into a tough climb followed by good running and then downhill, crossing the valley for more uphill and then a fast descent on a track to finish. Jo had a great race on her first championship encourage by Sal all the way. Cerys and I had our usual battle (Is this the start of things to come) and I only just got in there before her. We took maximum points as we were first girlie team home. Mmmm the wine was lovely. Karl made a great start to the season placing 17th in a tough field. It was certainly worth the trip down.



Lots of snow fell in March and for those that didn't fancy the trip to Shropshire the Noonstone fell race was a local option. The powder snow compacted to hard ice as you ran on it making descents pretty exciting. The back half of the route over Higher House Moor was reputably trackless but there are small trods to be found. The final descent back to Mankinholes was an uncontrolled slide in the powder. A great route on a glorious winters day. Quality chip butties in the pub afterwards.

Ben Davies



Half Tour of Pendle - 11th March 2006
9mls/2250'

			Medium	Rating	Improve from Medium races over last 12 months
1	Ian Holmes	Bingley	1:04:07	-	-
2	Paul Thompson	Clayton	1:07:24	-	-
3	Mark Horrocks	Wharfedale	1:07:25	-	-
4	Karl Gray	CVFR	1:07:26	0.98	3%
38	Natalie White	Bingley	1:18:00	1st lady	-
131	Ben Davies	CVFR	1:31:25	1.32	1%
189	Dave Culpan	CVFR	1:41:32	1.47	-3%
191	Mick Banks	CVFR	1:41:48	1.47	1%

237 runners

Wuthering Hike AKA Haworth Hobble

		Club	Time
1	Donald Naylor	Hunters	3:46:01
2	Steve Bottomley	P & B	4:12:23
3	Robin Lawrence	Bingley	4:13:12
5	Cunliffe/Atherton (1st pair)	Clayton	4:18:31
16	Jon Underwood/Alistair Morris (3rd pair)	CVFR	4:35:08
36	Claire Thomas (1st lady)/Duncan Baker	Hunters	4:58:13
71	Jez Wilkinson/Rod Sutcliffe	CVFR	5:33:40
85	Jackie Scarf	CVFR	5:44:53
103	Linda & Tim Hayles	CVFR/Halifax	6:00:35
126	Neil Croasdell/Paul Frechette	CVFR	6:29:10
148	Julie Underwood/Eileen Burnip	CVFR/C Le M	7:29:57

191 teams/individuals

In preparation for the Pennine Way in July Jon and Al decided to give this early long race a go and did very well to place 3rd pair. And then there's Jon's other half Julie who keeps trying to finish off her partners. Alec Beccs did it with her the year before and has hardly been seen since. Eileen, this years partner, had just got back to running due to dodgy knees ... and after falling onto her knees during the race she "hobbled" into the finish ... again she has hardly been seen since except for the visit to the chemist for painkillers for her knees!!!! she's always looking around to make sure that she doesn't bump into the Haworth ~~Hobbler~~ Knobbler ... so remember what's happened in the past when's she looking for next years ~~partner~~ victim!!!.

Windmill Whizz - 11th March 2006
6mls/800'

			Medium	Rating	Improve from Medium races over last 12 months
1	Chris Smale	Tod	39:50	-	-
2	Andy Clarke	CVFR	40:30	1.11	-1%
3	Hardy Matamala	unattached	41:13	(From Chile)	
7	Gareth Pemberton	CVFR	42:55	1.17	2%
8	Graham Hill	CVFR	43:06	1.18	3%
15	Steve Smithies	CVFR	44:44	1.22	1%
17	Ian Cooke	CVFR	45:43	1.25	-3%
18	James Horne	CVFR	45:51	1.25	-3%
19	Sue Becconsall	Bingley	46:07	1st lady	
30	Allan Greenwood	CVFR	51:34	1.41	6%

51 started, 49 finished

Edale Skyline - 19th March 2006
21mls/4500'

			Long	Rating	Improve from Long races over last 12 months
1	Lloyd Taggart	Dark Peak	2:39:32	-	-
2	Pete Vale	Mercia	2:50:43	-	-
3	Karl Gray	CVFR	2:51:04	0.98	3%
12	Adam Breaks	CVFR	3:09:31	1.09	3%
14	Jason Stevens	CVFR	3:10:32	1.09	-
23	Andy Clarke	CVFR	3:18:49	1.14	-1%
34	Sally Newman	CVFR (1st Lady)	3:23:49	1.17	3%
45	Richard Greenwood	CVFR	3:30:22	1.20	-1%
60	Jon Underwood	CVFR	3:38:03	1.25	1%
73	Ian Wood	CVFR	3:41:29	1.27	0%
115	Rod Sutcliffe	CVFR	3:53:43	1.34	-6%
128	Mike Wardle	CVFR	4:03:03	1.39	-1%
151	Thirza Hyde	CVFR	4:14:40	1.46	9%
155	Ben Davies	CVFR	4:17:30	1.47	-3%
177	Dave Culpan	CVFR	4:27:01	1.53	5%
213	Philip Jones	CVFR	4:50:11	1.66	-

243 finished

This was a proper winters day with snow on the ground. Sally had another fabulour run to take the ladies honours at this one of her favourite races while Karl, yet again made a mistake near the finish which cost him 2nd place (he did manage to get to Grinslow Knoll checkpoint this year!!!). He dropped off too early heading towards Ringing Roger and ended up having to cross really rough ground to reach the final checkpoint. Next time might be 3rd time lucky Karl. With the ground frozen alot of the energy sapping bogs were easier and for the lighter members among us the snow that filled alot of the gaps in the rocks made the going much easier. Jon Underwood managed to finish the race at long last after a fair few failed attempts. His best failure must have been when he bought a pair of shorts from Pete Blands Bargain box and whilst racing in the rather large shorts (must have been bloody big!!! sorry Jon) they slipped down around his ankles, tripped him up and he fell over bashing himself up in the process. What an excuse eh!!! Thirza

COME ON YOU GIRLS DON'T BE SHY!!!!

It would be great to see some more female runners at **LOCAL** events. You don't have to be an elite runner in fact just the opposite. Often at **LOCAL** fell races Calder Valley don't have 'a female team' [that's 3 female runners]. I tend to stick to races within 30 min drive [I've yet to do a fell race in the Lakes!] because of family commitments etc so if you haven't done a fell race before, want any advice, or want to know if any girls are going, give me a ring on 01422 882555. I can usually offer a lift from Hebden/Mytholmroyd area too.
Jackie Scarf, your local rep!!!!

Midgley Moor - 25th March 2006
5mls/1250'

			Short	Rating	Improve from Short races over last 12 months
1	Karl Gray	CVFR	39:05	0.96	3%
2	Chris Miller	Harrogate	40:34	-	-
3	Andy Wrench	Tod	40:42	-	-
8	Adam Breaks	CVFR	44:13	1.09	-4%
11	Jason Stevens	CVFR	45:35	1.12	-1%
12	Jon Emberton	CVFR	45:38	1.12	3%
13	Bill Johnson	CVFR	45:51	1.13	7%
15	James Williams	CVFR	46:54	1.15	-4%
21	Lisa Lacon	Holmfirth	48:50	1st lady	-
24	James Horne	CVFR	49:09	1.21	2%
25	Dave Beels	CVFR	49:14	1.21	1%
28	Graham Hill	CVFR	50:01	1.23	-1%
29	Steve Smithies	CVFR	50:09	1.23	0%
37	Nick Murphy	CVFR	52:19	1.29	-
45	Gary Hodgkinson	CVFR	54:21	1.34	-10%
53	Cerys Davies	CVFR	56:59	1.40	2%
57	Dave Beston	CVFR	58:14	1.43	2%
59	Philip Jones	CVFR	59:27	1.46	-2%
63	Mick Banks	CVFR	60:24	1.48	0%
69	Linda Hayles	CVFR	62:08	1.53	0%
71	Neil Croasdell	CVFR	62:20	1.53	1%

80 started, 79 finished

This was the first real day of spring with a sudden rise of over 10 Celsius in the temperature, and Karl celebrated the birth of his daughter the previous day with a storming win over the heather of Midgley Moor. It was great to see so many red and white vests and some very strong performances. The men won the team prize, Linda won the FV50 category and Cerys continued her improvement, finishing second woman. The course offers route choices on the moor between safe, fast, but longer paths, and heather-bashing direct lines. The direct lines can be quicker if you have strong legs and get it right, but you can mess it up, and the final section before descending to the finish can be crucial. Some club members definitely gained from knowing the lines, but not everybody. The organisation went smoothly, thanks to the small but perfectly formed and well oiled team of Jane and Maria. Thanks also to Mike and Ben for marshalling, and Dave on parking. Rod

Pendle Fell Race - 1st April 2006
4.5mls/1500'

			Short	Rating	Improve from Short races over last 12 months
1	Andy Peace	Bingley	34:29	-	-
2	Nick Sharp	Ambleside	34:31	-	-
3	Mark Horrocks	Wharfedale	35:00	-	-
37	Gareth Pemberton	CVFR	41:23	1.18	1%
54	Sue Becconsall	Bingley	43:22	1st lady	
118	Dave Culpan	CVFR	51:03	1.46	-1%
128	Mick Banks	CVFR	53:01	1.52	-2%

177 runners

Having run both the Full and Half Tour of Pendle I decided to complete the trio of races from Barley Village and run the short version. The weather didn't look promising in the morning with heavy downpours and strong northwesterly winds on already rain soaked ground. At registration we were told to carry full windproof/waterproof gear and that conditions underfoot were treacherous, especially on the second steep climb. The stream used for rinsing off last time was now a raging torrent so care would have to be taken on post race washing not to get swept away! The large field set off in dry sunshine, 3 Calder Valley members made the trip over, I was looking forward to my usual battle with Mick Banks. We headed up the main track alongside the reservoir, just past the cattle grid we turned right up the steep field to tackle the first of the 2 climbs, as we neared the top the tapes dropped us down a steep rocky gulley that took us to the foot of the eastern side of Pendle. No respite at the bottom before the start of the second and steepest climb that can't be run due to the incline and the fact that it was a slippery mudbath, everyone was struggling for grip, eventually the mud gave way to tussock grass, a good crowd had gathered at the top watching everybody haul themselves up, I glanced down and Mick was about a minute behind, over the ridge the wind was very strong blowing you back towards the edge, the descent was slippery and rocky so grip was quite tricky. I was losing a few places by now so I tried to step up the pace on reaching the fields and then back along the reservoir track where I managed to hold onto my position as I crossed the finish line, a good rinse off and back to the village hall for the good food, as always, and the prize giving.

Dave Culpan

Wardle Skyline - 8th April 2006
7mls/1000'

			Medium	Rating	Improve from Medium races over last 12 months
1	Danny Hope	P & B	45:17	-	-
2	Simon Thompson	Clayton	46:48	-	-
3	Shaun Godsman	Todmorden	48:32	-	-
18	Bill Johnson	CVFR	53:23	1.22	-3%
35	Graham Hill	CVFR	56:57	1.30	-6%
38	Gary Hodgkinson	CVFR	57:30	1.31	-4%
42	Carly Needham	Rochdale	57:55	1st lady	
56	Dave Beston	CVFR	61:39	1.40	4%
64	Dave Culpan	CVFR	62:34	1.42	2%
78	Mick Banks	CVFR	64:43	1.47	1%
99	Linda Hayles	CVFR	68:12	1.55	-2%

115 runners

Spoilt for choice today, Do I run this or Flower Scar or do both of them even or stay in Leeds and do the race on my doorstep the Meanwood Valley trail (highly recommended if you've never done it) I decided on Wardle having enjoyed it last year and Gary kindly agreed to meet me off the train in Littleborough,saving me a long walk and thus ensuring I was whisked in and out of Lancashire and back to God's own county in the quickest possible time! Conditions were wetter and windier than last year although we did have a 'weather window'during the race when it stopped raining. By the time we had reached the warmth of the village hall it was chucking it down again though. Struggled a bit on the hills,picked my moment to overtake Dave Culpan on the long descent and totally forgot about that sting in the tale,the climb on the cobbles just before the finish,maybe only about 100ft.but hard work nonetheless.I finished in exactly the same time as last year 61 mins.That concludes my visit to the land of Gracie Fields and Cyril Smith MP for another year. (don't know if either of them were ever fell runners but I would imagine Cyrils words on finishing were " I think I'll need the large size t shirt!) Dave Beston

Flower Scar - 8th April 2006
4mls/1400'

			Short	Rating	Improve from Short races over last 12 months
1	Sean Bolland	Bowland	30:25	-	-
2	Steve Oldfield	Brad' Aired	31:59	-	-
3	Chris Smale	Tod	32:09	-	-
7	Andy Clarke	CVFR	34:12	1.12	-2%
10	James Williams	CVFR	34:54	1.14	-1%
11	Jason Stevens	CVFR	35:02	1.14	-2%
12	Gareth Pemberton	CVFR	35:19	1.15	4%
14	Jo Waites (1st lady)	CVFR	36:02	1.18	-1%
20	Graham Hill	CVFR	37:20	1.22	0%
21	Adrian Muir	CVFR	37:49	1.23	-3%
24	Lee Shimwell	CVFR	39:05	1.28	-2%
29	Ben Davies	CVFR	40:24	1.32	1%
30	Nick Murphy	CVFR	40:26	1.32	-3%
36	Jez Wilkinson	CVFR	41:54	1.37	-2%
42	Cerys Davies	CVFR	43:58	1.44	0%
44	Richard Henderson	CVFR	44:22	1.45	-
51	Helen Wilkinson	CVFR	48:42	1.59	3%
59	Mark Everington	CVFR	52:54	1.73	-3%

63 runners

By the looks of things Calder Valley made up almost quarter of the field of this fast blast. Jo had another belter and along with Cerys and Helen (after complaining) they won the girlie team prize. What's with race organisers forgetting the women when we are so loud!!!!!

Manx Mountain Marathon - 15th April 06
31.5mls/8000'

			Long	Rating	Improve from Long races over last 12 months
1	Paul Thompson	Clayton	4:54:02	-	-
2	Simon Skillicorn	Manx	4:58:39	-	-
3	Allen Smalls	Colchester	5:09:02	-	-
20	Jon Underwood	CVFR	5:58:15	1.23	2%
23	Rod Sutcliffe	CVFR	6:09:37	1.27	4%
29	Barry Shaw	CVFR	6:19:11	1.31	-6%
39	Louise Staples	Worcester	6:44:58	1st lady	-
61	Richard Greenwood	CVFR	7:49:10	1.62	-35%

86 runners started, 81 finished

I wasn,t sure what to expect of the Manx, which is held along with a series of races on the Easter weekend. The whole series isn,t well advertised. Rod and I only saw the Friday night 10K race in Port Erin as we went out looking for food. The race day started with suspect weather, but this soon broke into a reasonably warm day, which caught me out early on with a bit of dehydration. The course from Ramsey in the north of the island to Port Erin in the south covers a good mixture of paths, tracks, tussocks, deep bogs and the odd road keeping to the central high ground. Certainly a local knowledge of the terrain is going to give a lot of impact in this race. Certainly not a hard race, but navigation would be key in poor visibility. For those not liking the miles, there is now a shorter version from St Johns to Port Erin covering the last 15miles of the full route.The Isle of Man is a great place to visit. Eating out is a bit pricey, and most places are finishing serving 20:00 ish, but definitely worth doing again. Richard had a bad time with injury, asking the supporters for painkillers 45 minutes into the race. Maria kept the painkillers rationed, but he made it round. Jon

Guiseley Gallop - 16th April 2006
10K trail race

			Medium	Rating	Improve from Medium races over last 12 months
1	Andy Hilton	York Acorn	34:42	-	-
2	Chris Miller	Harrogate	36:07	-	-
3	Karl Gray	CVFR	36:14	1.03	-2%
26	Jo Waites (1st lady)	CVFR	40:07	1.14	3%
337	Robert Gray	CVFR	58:33	1.66	

528 runners

What an excellent result for Karl to place so high on this local trail race and for Jo to take 1st ladies prize and placing 26th overalll!!! Jo's best result of the year so far.

Anniversay Waltz - 22nd April 2006
11.75mls/3600'

			Medium	Rating	Improve from Medium races over last 12 months
1	Rob Jebb	Bingley	1:31:00	-	-
2	Jethro Lennox	Shettleston	1:31:49	-	-
3	Ian Holmes	Bingley	1:33:31	-	-
17	Karl Gray	CVFR	1:38:46	0.97	3%
79	Christine Howard	Matlock	1:48:31	1st lady	
99	Andy Clarke	CVFR	1:51:34	1.10	1%
141	Jo Waites (6th lady)	CVFR	1:56:09	1.14	2%
195	Jeff Winder	CVFR	2:00:12	1.18	3%
214	Adrian Muir	CVFR	2:01:23	1.19	-1%
235	Craig Walker	CVFR	2:02:50	1.21	-
239	Dave Beels	CVFR	2:03:21	1.21	-1%
272	Rob Sharratt	CVFR	2:06:19	1.24	-1%
319	Graham Hill	CVFR	2:10:38	1.29	-7%
404	Paul Atkinson	CVFR	2.26.26	1.44	-
418	Dave Culpan	CVFR	2:27:55	1.46	-1%
429	Celia Mills (64th lady)	CVFR	2:28:58	1.47	-3%
431	Dave Beston	CVFR	2:29:00	1.47	-1%
464	Thirza Hyde (76th l'dy)	CVFR	2:32:38	1.50	-4%
528	Mick Banks	CVFR	2:41:40	1.59	-7%
532	Alastair Whitelaw	CVFR	2:42:43	1.60	-10%

579 finishers (116 ladies)

I had wondered was it a good idea to compete in the race,having had a bad back/sciatica all week,then going down with a sore throat on the Friday and also the small matter of the Three Peaks race next week. Never one to do things conventionally however,I thought ‘to hell with the tapering for the Peaks’ I swallowed a few Nurofen,had a gargle with the TCP and caught the early train to Silsden to meet Mick Banks who was giving me a lift up along with fellow passenger Dave Culpan. It was my first visit to the Newlands valley,quieter and less touristy than Borrowdale and Langdale but equally as scenic. 500+ runners stampeded out of the field to run 2 mile along a track to take us to the foot of Robinson(2417ft.) suffice to say its very steep sided,hands on knees at first followed by scrambling on all fours saw me reach the top,bloody hard work but at least the hardest climb was out of the way early in the race.At the summit I spotted Dave C and Thirza gradually pulling away from me. Some good undulating ridge running followed taking us over Hindscarth 2385ft,Dale Head 2473ft,and High Spy 2143ft.We had several route choices off DaleHead to the tarn, and in the mist many runners went a bit off course, Dave C and Thirza amongst them. (hey,you can’t



do that.That's my job !!) Many of the runners were stopping to put on cags.and thermals,I was quite happy to carry on in vest and shorts. My main problem high up here was rummaging about in my bum bag trying to find my hat while the wind whistled round my ears,and my new blade 1 haircut ! I never did find the bloody thing till I'd finished the race. Caught up with Celia and we both managed a bit of fast running over Maiden Moor.A great finish descending off Catbells,first on the steep rocks and then through the bracken. Just pipped at the post by Celia. Great cakes from Jo (and a great run too !) and the stew wasn't bad

Coniston Fell Race - 29th April 2006
9mls/3500'

				Medium Rating	Improve from Medium races over last 12 months
1	Ian Holmes	Bingley	1:10:35	-	-
2	Nick Sharp	Ambleside	1:11:01	-	-
3	Simon Stainer	Ambleside	1:14:57	-	-
26	Sharon Taylor	Bingley	1:26:29	1st lady	
27	Sally Newman	CVFR	1:26:34	1.16	1%
30	Jo Waites	CVFR	1:27:59	1.17	-1%
41	Jeff Winder	CVFR	1:30:00	1.20	-1%
65	Rob Sharratt	CVFR	1:34:14	1.26	-2%
87	Mike Wardle	CVFR	1:40:12	1.34	1%
120	Thirza Hyde	CVFR	1:46:59	1.43	3%
169	Mark Everington	CVFR	2:23:33	1.92	-13%

175 runners

This is one of my favourite Lakeland races but like Sal I'll have to find the good line off the Old Man. We both got bad lines down here ... for me it didn't matter other than my own time but for Sal it meant that Sharon just sneaked in to take 1st lady after Sal had led all the way (never mind Sal this was your best result on the fells so far this season). Rob Sharrat had to avoid a big savage dog on the way down (think it was minature poodle!!!!!) and he made a right mess of his legs as he slid down the gravel on the final track before the field. Bet that was nice and stingey in the bath!!!!. We had a great chill out at the finish eating cake and drinking tea in the sunshine. It was just great. Thirza



The Three Peaks - 30th April 2006
24mls/4500'

				Long Rating	Improve from Long races over last 12 months
1	Rob Jebb	Bingley	2:54:15	-	-
2	John Heneghan	P & B	3:00:41	-	-
3	Lloyd Taggart	Dark Peak	3:03:33	-	-
6	Karl Gray	Calder Valley	3:08:53	1.01	0%
36	Jason Stevens	Calder Valley	3:37:58	1.16	-6%
49	Helen Sedgwick	Ilkley	3:43:40	1st lady	
59	Alistair Morris	CVFR	3:47:07	1.21	2%
74	Jo Smith	CVFR	3:51:24	1.23	4%
109	Barry Shaw	CVFR	3:58:04	1.27	0%
236	Allan Greenwood	CVFR	4:36:32	1.47	-1%
279	John Nunn	CVFR	4:46:03	1.53	
289	Dave Beston	CVFR	4:50:48	1.55	2%
323	Ben Davies	CVFR	5:06:24	1.63	-13%

399 started, 363 finished

A View from the Back

The Three Peaks is a long race. It is run over three big rocky hills. It has a lot of solid ground in between these hills. Everybody says it's a long way off Ingleborough and they're not lying. My knees were shouting at me to tell me that it was the truth. That said it is a fantastic race, from Ingleborough summit with a clear sky you can trace the route you have covered, looking around the vista from Pen-y-Gent to Whernside. I don't mind whether the finish time is 5:06 or 3:06 it's a grand day out at any pace. 5:06 just gives more room for improvement next year! Ben

And another View!!!

Near perfect conditions as we set off from Horton for the 52nd running of ,and my 5th Three Peaks race. I was about half way up Penygent as I saw Karl come flying down,well in touch with the leaders.In all my previous Peaks races I had always done the same time to the summit, 42 mins.Checked my watch,shock,horror !! 43 mins this time.I started on my descent almost forgetting to pick up my water bottle which I had hidden on Saturday evening. Made good time on the long drag over to Ribblehead,passing Ben on the way and arriving there 22 mins. before the cut off.I did manage,unlike in previous attempts, to actually run up the stone steps at the side of the railway and the Blea Moor signalbox,under the tunnel and then across the stream before coming to a grinding halt,along with everyone else around me, as we started the Whernside ascent. Climbing up in the sunshine I remembered the recce we had done not that many weeks ago when there was a foot of snow and we had to kick footholds on the slopes to get up. Just as I was about to start the descent I went down with cramp in both calf muscles, bloody agony and as I was lying there having a stretch Allan Greenwood passed me, doing his umpteenth PPP race. I did recover and got across to the Hill Inn at Chapel le Dale and well within the cut off time o.k.once again passing Ben who was struggling with cramp a bit. On top of Ingleborough I spotted Ben not far behind, fortunately I had a good run down back into Horton this year. In previous years I had struggled on this section with cramping up, losing concentration and falling on the rocky path. I've never seen the narrow path around Sulber Nick so bone dry as it was today. I was aiming for a 4.40 finish, ended up with 4.50 reasonably happy with that considering my enforced rest on top of Whernside. Thanks to everyone en-route for their support, ... really appreciated it. Dave Beston.

Cragg Vale Fete - 1st May 2006
4mls/720'

			Short	Rating	Improve from Short races over last 12 months
1	James Logue	Horwich	27:25	-	-
2	Brendan Bolland	Horwich	27:43	-	-
3	Shaun Godsman	Todmorden	27:49	-	-
4	Adam Breaks	CVFR	28:17	1.08	-2%
10	James Williams	CVFR	29:57	1.14	-1%
11	Alistair Morris	CVFR	:30:12	1.15	-3%
14	Jon Emberton	CVFR	30:40	1.17	-3%
17	Gareth Pemberton	CVFR	30:47	1.17	2%
25	Lisa Lacon	Holmfirth	32:15	1st lady	
33	Gary Hodgkinson	CVFR	33:00	1.26	1%
47	Jez Wilkinson	CVFR	34:36	1.32	2%
54	Nick Murphy	CVFR	35:10	1.34	-3%
57	Dick Spendlove	CVFR	35:20	1.35	5%
59	Ben Scarf	CVFR	35:47	1.36	-1%
74	Andy Carnochan	CVFR	37:47	1.44	-
76	Amanda Farrell	CVFR	38:20	1.46	4%
79	Cerys Davies	CVFR	38:31	1.47	-3%
82	Linda Crabtree	CVFR	38:56	1.48	2%
90	Robert Gray	CVFR	40:35	1.55	4%
109	Beth Emberton	EPOC	44:42	1.70	-15%
121	Allan Breaks	Calder Valley	48:29	1.85	-12%

123 runners

Thanks to everyone for a magnificent turn out, and for supporting the Cragg Vale Fete. We got some really good feedback on the route, which had a bit of everything. We knew the start was a bit narrow and had a big drop on one side, but hopefully the start on the bridge thinned everyone out a bit. The finish beside The Lodge was excellent with lots of spectator room. We mooted running the race the other way round and got mixed responses. The winner, James L said it would have been difficult to overtake at the end if the race had been the other way. However, Carol G thought it would make a much safer start. Lovely to see previous winner Karl Gray, CVFR, with his new baby (not running of course—otherwise Horwich Men may not have won the team prize!) The Ladies team prize went to Halifax Harriers. Well Done. Thanks to all the marshals, several of whom were local residents, plus Clive, Jo, and Helen from CVFR, oh and my sister Suzie and family who came over especially. Dave and Eileen W have some 'handy tips for speeding up the results' in the post for us... Might change the date next year to an evening or Saturday morning. Will polish up the children's races. They were amazingly popular with 68 entries.Thanks again for supporting us. The results speak for themselves. Jackie Scarf.

Ravenstone Brow - 6th May 2006
10mls/1250'

			Medium	Rating	Improve from Medium races over last 12 months
1	Andi Jones	Salford	1:02:40	-	-
2	Robert Little	Dark Peak	1:08:46	-	-
3	David Taylor	Dark Peak	1:09:46	-	-
4	Andy Clarke	CVFR	1:12:04	1.13	-3%
14	Jo Waites (1st lady)	CVFR	1:16:44	1.21	-3%
15	Graham Hill	CVFR	1:17:44	1.22	0%
26	Rob Sharratt	CVFR	1:19:26	1.25	-1%
36	Mike Wardle	CVFR	1:22:39	1.30	3%
43	Rod Sutcliffe	CVFR	1:23:15	1.31	-1%
63	Thirza Hyde	CVFR	1:31:37	1.44	1%
64	Cerys Davies	CVFR	1:31:44	1.44	2%
65	Dave Culpan	CVFR	1:32:19	1.45	-1%
69	Dave Beston	CVFR	1:33:45	1.47	-1%
72	Mick Banks	CVFR	1:35:10	1.50	0%
73	John Nunn	CVFR	1:35:10	1.50	-2%
78	Alastair Whitelaw	CVFR	1:35:19	1.50	5%
102	Robert Gray	CVFR	1:46:11	1.67	-1%

119 runners

A fast furious race on good tracks and open moors. Jo broke Sally's record. We're not sure but we think that we went round it the opposite way that day. Weather was warm and Cerys and I had a right battle with only 7 seconds between us at the finish. I had to work hard for that 3rd place. The lads took the team prize and so did the lassies. A good day out. Thirza



Calder Valley Score Event

Sunday 5th November from Cock Hill Farm, Cragg Vale

Starts from 9.30am to10.30am - £4.00

You must let us know if you are coming on 01422 882555 or thescarfs@hotmail.com so that we have an idea of numbers

Jackie and Phil Scarf

Jack Bloor - 9th May 2006
5.2mls/1150'

			Short	Rating	Improve from Short races over last 12 months
1	Karl Gray	CVFR	41:48	1.03	-5%
2	H Haines	Ilkley	41:49	-	-
3	Robin Lawrence	Bingley	42:01	-	-
37	Richard Allen	CVFR	48:42	1.20	3%
47	Jo Buckley (1st lady)	CVFR	49:37	1.22	-1%
129	Gerry Symes	CVFR	58:24	1.44	-1%
135	Mick Banks	CVFR	59:37	1.47	1%
148	Robert Gray	CVFR	61:46	1.52	4%

198 finishers

Excellent result for the club with Karl and Jo both taking first place honours. Gorgeous night with fast racing conditions. There was lots of fast Leeds City runners but Karl out descended them and Jo should have broken the ladies record but followed an Ilkley Harrier on his local moors and he wasn't sure where he was going. She thinks he was about 12!!! Ahhh never follow locals ... you've always been warned about following Calder Valley in the Valley!!!!!

Buttermere Sailbeck - 14th May 2006
9.5mls/4650'

			Medium	Rating	Improve from medium races over last 12 months
1	Simon Booth	Borrowdale	1:26:10		
2	Nick Sharpe	Ambleside	1:27:33		
3	Jim Davies	Borrowdale	1:29:45		
15	Adam Breaks	CVFR	1:37:48	1.03	2%
45	Jon Underwood	CVFR	1:54:03	1.20	-1%
48	Jeff Winder	CVFR	1:54:43	1.21	-1%
51	Hazel Jones	Dallam	1:55:44	1st lady	

139 started, 135 finished

A firm favourite. Most people will know the course from the championship the other year. I think this was the first lakeland race I ever did nearly 10 years ago. Not my best time this year, and I can't remember why as I thought I was running quite fast at the time. Jeff caught me after the first climb as I took an appalling traversing line. I caught Jeff again on Sail despite his best efforts to lead me astray and up to Grassmoor. I called Jeff back before starting on the knee bending descent back to Buttermere. Jon



Mytholmroyd Fell Race - 14th May 2006
7mls/1350'

			Medium	Rating	Improve from Medium races over last 12 months
1	Karl Gray	CVFR	44:03	1.00	0%
2	Darren Kay	Horwich	44:09	-	-
3	James Logue	Horwich	44:55	-	-
27	James Horne	CVFR	52:33	1.20	3%
33	Graham Hill	CVFR	53:44	1.22	0%
34	Dave Beels	CVFR	53:48	1.22	-2%
40	Sue Becconsall	Bingley	54:30	1st lady	
44	Gary Hodgkinson	CVFR	54:54	1.25	-1%
79	Richard Henderson	CVFR	62:34	1.42	0%
80	Hugh Tooby	CVFR	62:53	1.43	-4%
89	Jackie Scarf	CVFR	64:22	1.46	-4%
102	Linda Crabtree	CVFR	65:35	1.49	-3%
122	Linda Hayles	CVFR	68:07	1.55	-2%
128	Neil Croasdell	CVFR	70:08	1.59	2%

150 runners

A change of date and making it a weekend race seems to have revived the interest in this local race hosted by Halifax Harriers. Number are up by over a third on last year. Karl had a great run to break the record with the second and third men also inside record time.

Saturday 20 May 2006 - Old County Tops
37m/10000'

I can't find the results for this race, but I think we came 12th in 8hrs 45min(ish). The OCTs traverses Helvellyn, Scafell Pike and Coniston Old Man in 37 miles starting and finishing at the New Dungeon Ghyll Hotel in Langdale. This race is a paired event, of course being Calder Valley, Alistair Morris and I were joined by Adam to make a threesome. Adam found a likely lass at registration and teamed up with her as a mixed pair. She was local, knew the course, had won the mixed and women's races before so Alistair and I decided that it would be safe to let Adam out our sight for a few hours. The weather started showery with low cloud, but by late afternoon the day had warmed up considerably and the cloud broken. Careful navigation in the morning had avoided any energy sapping mistakes and allowed us to pick off teams later in the day.

Interesting memorable points (and strops!!!):
Well after nearly nine hours everything seems to blur into one, but: Alistair navigated some great lines up Helvellyn and Raise. I think I blew a strop when Alistair set off descending into Wasdale not Mosedale from Scafell Pike, this could have taken us sometime to put right. He blamed it on his spectacles getting steamed up on top of the Scafell massive and following random waterproofs. I think I blew another strop on the descent from Coniston Old Man. I told Alistair to descend to the Three Shires Stone. I was knackered and was off the pace. I didn,t realise that Alistair didn,t know where the Three Shires Stone is. I don,t know how I caught up with him, but I did. We lost a place in a time consuming traverse to get back on track. I will admit to Alistair that his route was much nicer underfoot that the road descent from the Three Shires Stone.

With a few miles to go, Julie had to lend one of her trainers to Adam's partner as her Walsh fell to bits. This incident cost the pair the mixed prize. Jon Underwood

Blackstone Edge - 17th May 2006
3.5mls/1200'

			Short	Rating	Improve from Short races over last 12 months
1	Danny Hope	P & B	28:25	-	-
2	Andy Norman	Altrincham	28:35	-	-
3	Darren Kay	Horwich	30:24	-	-
5	Adam Breaks	CVFR	32:16	1.08	-1%
9	James Williams	CVFR	33:47	1.13	0%
11	Gareth Pemberton	CVFR	34:02	1.14	5%
23	Gary Hodgkinson	CVFR	36:57	1.23	3%
25	Steve Smithies	CVFR	37:44	1.26	-2%
26	Tom Arrandale	CVFR	37:51	1.26	4%
28	Phil Scarf	CVFR	38:16	1.28	9%
36	Nick Murphy	CVFR	41:01	1.37	-4%
37	Clare Kenny	CVFR	41:02	1.37	-1%
41	Graeme Woodward	CVFR	41:59	1.40	8%
51	Jackie Scarf	CVFR	43:54	1.46	-7%
52	Thirza Hyde	CVFR	44:04	1.47	0%
59	Linda Hayles	CVFR	48:21	1.61	-5%
60	Neil Croasdell	CVFR	50:06	1.67	-9%

62 runners

Well this was grim wet night but we were lucky with the actual race as it threw it down before the race and after the race but as we were running it wasn't so bad. Clare was 1st lady, Tom was 1st Junior. Good little race and it's one that makes you breath hard and fast. The bogs were up to their usual standard. Thirza

Lordstones/Wainstones - 21st May 2006
8mls/1100'

			Medium	Rating	Improve from Medium races over last 12 months
1	Rob Jebb	Bingley	53:58	-	-
2	Rob Hope	P & B	54:21	-	-
3	Lloyd Taggart	Dark Peak	54:41	-	-
56	Natalie White	Bingley	64:07	1st lady	
81	Jo Waites	CVFR	66:04	1.14	3%
101	Sally Newman	CVFR	68:13	1.18	-2%
110	Dave Beels	CVFR	68:59	1.20	1%
139	Rob Sharratt	CVFR	71:08	1.23	0%
150	Jez Wilkinson	CVFR	73:42	1.28	1%
189	Ben Davies	CVFR	79:57	1.39	-4%
193	Thirza Hyde	CVFR	82:08	1.42	2%
203	Allan Greenwood	CVFR	83:11	1.44	1%
207	Celia Mills	CVFR	83:22	1.44	0%
208	Cerys Davies	CVFR	83:23	1.45	1%
222	Dave Beston	CVFR	85:48	1.49	-2%
224	Philip Jones	CVFR	85:57	1.49	0%
234	Linda Crabtree	CVFR	87:12	1.51	-3%
242	Neil Croasdell	CVFR	91:03	1.58	2%
248	Linda Hayles	CVFR	92:31	1.60	-5%
261	Steve Garner	CVFR	94:53	1.64	-

277 finishers

Certainly not a great weekend for camping although we were lucky to get a window in the weather for the actual race, a bright and sunny Sunday morning. Made a pleasant change to be heading for the North Yorkshire Moors for my first fell race in this neck of the woods,although I have done a bit of mountain biking



around here as well as walking the entire Cleveland Way back in 1992. The geographical info.about the location is that 'on top of Hasty Bank, the northern escarpment of the Cleveland Hills, are the Wainstones, the largest outcrop of rocks within the National Park. Almost 300 runners set off on this English Championship counter. I thought it was a great course, lots of opportunities for some fast running along the tracks through the Broughton forest plantation and along the Cleveland Way high up on the Wainstones ridge. From here we could look down into the valley and see our tents at the campsite at Kirkby-in-Cleveland.
One comedy moment and one almighty navigational error in the race for me. Comedy moment was seeing the runner in front of me jump over the stile, at the end of the Broughton forest section, completely miss the other side of it and end up dangling on a barbed wire fence trying desperately to protect the old Crown Jewels. I know I shouldn't have laughed, but did and then proceeded to do exactly the same thing!! The navigational error occurred only about a quarter of a mile from the finish but it cost me five minutes and 20 places. Plenty of runners followed me too, moral of the story here, don't assume the guy in front knows where he is going. I never get near those two fast girls Jo and Sally in races but I had put a bit of daylight between myself and Allan G, Thirza and Celia. All to no avail in the end though after my route cock up. Absolutely livid with myself at the finish!!
After the race we set off to Stokesley to watch Leeds Utd/Watford match and what a waste of time that turned out to be, although the fish & chips afterwards were nice. We set off for home Monday morning in torrential rain and mist, walking part of the race route back to the Lordstones café. What a great place this is,roaring fire to dry out damp clothes and the biggest and best full English breakfast I've ever had, enough cholesterol here to last for weeks! Time too for yet another navigational error,we set off for Carlton village to catch the bus to Northallerton ,only snag was we set off in the wrong direction and walked a mile in the wind and rain before we realised. Lucky for us Postman Pat (well, postman Bob actually!) was passing in his shiny red van, took pity on us and gave us a lift in the right direction. Cheers Bob!!
Dave Beston

Whatever women must do they must do twice as well as men to be thought half as good ..... luckily, this is not difficult.

Hutton Roof - 27th May 2006
7mls/1300'

		Club	Time	Category
1	Darren Kay	Horwich	49.27	
2	James Logue	Horwich	50.05	
3	Craig Roberts	Kendal	50.17	1st MV40
29	Rebecca Robinson	Kendal	56.19	1st lady
36	Sally Newman	CVFR	57.18	2nd lady
94	Ben Davies	CVFR	64.49	
101	Cerys Davies	CVFR	65.54	
105	Dave Beston	CVFR	66.27	
149	Mick Banks	CVFR	71.36	
152	Steve Garner	CVFR	72.06	

202 ran



Well all that I can remember anyone telling me about this race was that Cerys said that the cakes were lovely. She never actually mentioned the race. Where are your priorities girls!!! Yes at the cake shop. Sally enjoyed the route and place 2nd lady behind a very fast young lass from Kendal. It's a fast race as you head towards the M6 and can be interesting when it's wet over the slippy smooth limestone.

The Paps of Jura - 27th May 2006
16mls/7500'

			Long	Rating	Improve from Long races over last 12 months
1	Ian Holmes	Bingley	3:31:44	-	-
2	Alec Keith	Hunters	3:52:03	-	-
3	Adam Ward	Carnethy	3:52:59	-	-
47	Mike Wardle	CVFR	4:44:42	1.26	8%
49	Dawn Scott	Lochaber	4:45:41	1st lady	-
52	Jon Underwood	CVFR	4:46:57	1.27	-1%
69	Barry Shaw	CVFR	4:58:36	1.32	-5%
78	Rod Sutcliffe	CVFR	5:07:04	1.36	-4%
109	Jez Wilkinson	CVFR	5:33:11	1.48	-2%
110	Jonathan Wilkinson	CVFR	5:33:11	1.48	-

146 runners

Mike Wardle (who got time from off from school), Rod, Julie and myself made the long trip to Jura, meeting Barry and Tracey Shaw who were already on a cycling holiday there and camping at Craig House. The weather was slightly better than the year before, when the shortened course was used. Julie & Tracey were volunteered to be radio operators for Raynet and had a good commentary of how the race was progressing while co-ordinating race numbers at checkpoints using two different radio systems. Julie saw I was 40th to the first checkpoint and was 99th to the second checkpoint, worrying that I might have injured myself. In reality I had run down a ridge from checkpoint 1 and not really stopped until I exited the cloud base, where my error became obvious. I picked my way through the field, becoming a bit more competitive as the weather improved. I passed Rod and then Barry on the climb up the last pap. Barry nearly caught me again by getting a much better line on a near suicidal descent. The night before Mike said to me that navigation would prove vital for this race, how right he was. I'm reliably informed that Jez and Jon talked all the way round. It was possible to hear their conversation before they appeared at the finish line. Stunning scenery, brilliant camaraderie, great stories (the Paul Frechette tale is always told (he visited the same Pap twice!!!). As are tales of Dave Beel's race starts), it's brilliant just to walk/hobble around the Islands on the Sunday and Monday. A race that should be made compulsory! Jon

Austwick Amble - 29th May 2006
8mls/1200'

		Club	Time	Category
1	James Logue	Horwich	49.23	
2	Richard Pattinson	P & B	49.39	
3	Chris Miller	Harrogate	50.51	
19	James Williams	CVFR	55.32	
25	Gareth Pemberton	CVFR	56.54	

120 ran

Pen Y Ghent - 3th June 2006
5.5mls/1650'

		Club	Time	Category
1	Craig Roberts	Kendal	48.01	MV40
2	Tim Austin	Dark Peak	48.23	
3	M Wyatt	BFR	48.38	MV40
5	Adam Breaks	CVFR	48.46	
17	Natalie White	Bingley	54.16	1st lady
24	Jo Waites	CVFR	57.16	2nd lady

152 ran

Garburn Trail - 4th June 2006
12.4mls/1200'

			Long	Rating	Improve from Long races over last 12 months
1	Andy Norman	Altrincham	1:15:37	-	-
2	Andi Jones	Salford	1:16:32	-	-
3	Jethro Lennox	Shettleston	1:20:44	-	-
7	Mary Wilkinson	Skipton	1:24:49	1st lady	-
28	Jo Buckley (2nd lady)	CVFR	1:36:24	1.23	3%
41	James Williams	CVFR	1:39:56	1.27	0%
174	Cerys Davies	CVFr	1:59:51	1.53	2%
223	Neil Croasdell	CVFR	2:09:13	1.65	14%
238	Linda Hayles	CVFR	2:12:08	1.69	-5%

320 finishers (83 ladies)

Congratulations

to Lee Shimwell who got married to Carolyn on August 5th.
Here's to many happy years together

Ennerdale Horseshoe - 10th June 2006
23mls/7500'

			Long	Rating	Improve from Long races over last 12 months
1	Simon Booth	Borrowdale	3:37:52	-	-
2	Rob Jebb	Bingley	3:38:57	-	-
3	Lloyd Taggart	Dark Peak	3:41:19	-	-
15	Adam Breaks	CVFR	4:20:46	1.06	3%
19	Christine Howard	Matlock	4:23:34	1st lady	
44	Sally Newman	CVFR	4:43:31	1.15	4%
77	Andy Clarke	CVFR	5:02:00	1.22	-9%
120	Mike Wardle	CVFR	5:32:54	1.35	0%
144	Clare Kenny	CVFR	5:47:39	1.41	-1%
169	Celia Mills	CVFR	6:01:35	1.47	1%
218	Dave Culpan	CVFR	6:54:49	1.68	-7%

224 finishers



First time attempt at a Lakeland Super Long Race,the weather was'nt ideal for such a long and arduous race,it was extremely hot and humid with gusting gale force winds thrown in for good measure, I knew it was going to be an achievement to make the cut off times which had been extended by 10 minutes as it was an English Championship event. There were white caps on Ennerdale water with waves splashing over the track as we made our way up the steep climb to the first checkpoint on Great Bourne. The course then took in the summits of Red Pike, Black Beck Tarn and Green Gable for the first part of the race,I felt okay passing through these with plenty of time to spare.I was getting plenty of food down and fluids as the sun was beating down on my head sapping my strength,I was glad I wore my hat as sunstroke could have been a problem without it, however keeping it on my head in the gale force winds was another matter! By now I was beginning to pass people through Pillar and Haycock, I got to Iron Crag and my feet were beginning to blister, people that had been passed were now passing me,running became more difficult.The last 4 miles or so were walked fast rather than run as both the blisters and heat began to take their toll,I was just glad to get round in the end to finish in 6 hours and 54 minutes. The soaking I got at the finish with ice cold water soaked sponges was brilliant. Dave Culpan

Waughs Well - 13th June 2006
4mls/1000'

			Short	Rating	Improve from Short races over last 12 months
1	Darren Kay	Horwich	29:19	-	-
2	James Logue	Horwich	29:57	-	-
3	Alex Whittem	Todmorden	31:33	-	-
20	Steve Smithies	CVFR	36:06	1.23	1%
21	Gary Hodgkinson	CVFR	36:12	1.23	3%
26	Cath Wilson	Clayton	38:20	1st lady	
84	Mick Banks	CVFR	45:29	1.55	-4%
103	Clare Kenny	CVFR	49:38	1.69	-24%

122 started, 119 finished

LAMM - Ullapool, Way up North on 17th June

Oh my word...that's a long way away...north of Ullapool...there's nowhere else after Ullapool is there.....but yes there was...and a flock of 6 of us wee calder valley sheepies made the brave journey up.

Day one was a bit pissy wet with big rocky hills and big bogs. Alistair navigated smoothly for us to finish 10th in the A class with a few scary wet steep ridge "just get up there and I'll push you" type moments. Rod and John were possibly helped by their well proportioned whiskey bottle and drugs cabinet... 11th on the elite. Ben and Jez seemed a bit disappointed by their one hour extra loop they decided to add on for fun on the B. Maybe that was the toilets that was upsetting them actually.....

The overnight camp was beautiful on the edge of a sea loch, with a wee stone bothy and the biggest waterfall in the country within view. Really peaceful setting with lots of old friends from all over to catch up with...and a few heads to suture as evening entertainment. The toilets were just the grimmest poo fest you'd ever imagine .... no portaloos in the wilderness .... (read this bit with a posh accent!!!) *it's not the Karrimoor you know.*



The chasing start on Sunday was ace. We were a minute down on the 1st mixed pair and lost them on different route choices. We plodded happily on with no major boobs (although we nearly navigated from control 6 on day 2 to control 2 on day 1....urm...) and did one leg well being the fastest on that leg..no boulders or descents in the way there ....getting 6th and 1st mixed pair jumpers after a fun sprint finish. Ben and Jez were 56th out of loads of people. John and Rod kept their 11th with some famous names behind them.

Thanks for the the lift Jez and Ben.
Thanks for the entertainment Rod and Jon.
Thanks for waiting for me Alistair.

Jo BS XXX

Big Als Kit Shack Closing Down Sale

After many years of happy trading (well one actually) I am sorry to have to let tell you that Big Als Kit Shack will be ceasing to trade in the new year. That is if someone else will step up to the mark to be **Club Equipment Officer** and lets face it who wouldn't want to given the glamorous position the role has become over the past 18 mths. Anyway now's the time to take advantage of all the special offers as all stock must go. Here are just a few of the bargains that can be yours for the small matter of the simple process of exchanging petty amounts of money in return for items of sportswear.

Two legged tracksters – yes that's right TWO LEGGED TRACKSTERS
Vests you don't have to tuck into your pants that can be worn without a shirt (new members yes you do need one of these)
Sweatshirts with club logos
T- Shirts similar to Sweatshirts but with less material in the arms

If that isnt enough to bedazzle you then we still have a number of car stickers in stock (no instructions provided but a replacement can be also be purchased when you've knackered the first one trying to peel the white background off). All stories of them ripping off rear-demisters have been greatly exaggerated.

We do have to lay out quite a lot of money to buy in kit due to the processes involved in making the vests etc with the logos. Much of which has been recouped along the way but the accounts will look healthier at the year end the more support we have.

Down at Big Als Kit Shack this year we are offering the new service of providing gift wrapped presents for either your loved ones or your selves (which may or may not be the same thing). All purchased gifts will come individually wrapped in a charming range of plastic covers.

As always the Kit Shack is open to all request for purchases by email on BigAl@firenet.uk.net or by phoning me Alistair Whitelaw on 07812 593660.

Anyone interested in a crash course of customer service with just a hint of sarcasm and a liberally springling of brusqueness then pleased make yourselves known at the AGM. Big Al

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A bit of Socialising ....

is to be had by Calder Valley members on Saturday 30th September in the Shoulder of Mutton in Mytholmroyd. Anytime after 8.30pm. Hope to see you there.



Junior Update

The reason I need to give up the Equipment Officer job is because I have taken ion the job of co-ordinating the development of the junior section. Its something that has been talked about for a long time now and to be honest well over a year ago I told my eldest son that there was going to be a junior section and he was dead keen to join. After several months of "dad when is the junior section going to start" I could stand it no longer and decided to start up the junior section.
For those of you who don't know we launched the whole thing off at the Coiners Race with the running for the second year of the junior race prior to the senior one. It is intended that this will become a club race from next year. Since then we have started a programme of Tuesday evening training sessions. These took a break over the summer, but have restarted again now schools have gone back. Prior to this break we had 13 juniors turning up for training, although this might not sound like a lot, I don't think that we will ever have huge numbers unlike other clubs because we don't offer any other discipline except fell running. We are advertising all the time and hoping to increase the numbers as we develop.
Th training sessions are organised and overseen by our very own club coaches Alec and Andy who have been assisted by several other club members.
We have also organised a junior race as part of the club 3-day event and also re-started the junior races at Widdop.
This autumn we are aiming to encourage the juniors to enter other fell races as a precursor to organising a full-blown junior club championship next year.
For those of you who were at Widdop it must have surely warmed the cockles of your heart to see the red and white hoops representing the club. You can see from the photo how good they look. It is going to great to let other clubs around know that Calder Valley is set fair for the future.
Keep an eye on the junior website to see how they get on because let me tell you now we have some great runners already and they are only going to get better.
It would be really nice to see more kids coming down so if you know a junior looking for something to do on a Tuesday evening then bring them down to Mytholmroyd Community Centre on a Tuesday evening from 5.45 – 6.45 or give me a ring to find out more. You can get me on 07812 593660. Or if you are interested in helping out get in touch.

Alastair, Welfare Officer

Buckden Pike - 17th June 2006
4mls/1500'

			Short	Rating	Improve from Short races over last 12 months
1	Rob Jebb	Bingley	33:25	-	-
2	Dave Taylor	Dark Peak	34:36	-	-
3	Chris Smales	Todmorden	34:46	-	-
17	Sally Newman	CVFR	40:47	1.14	2%
22	Gareth Pemberton	CVFR	41:50	1.17	2%
23	James Williams	CVFR	41:56	1.17	-4%
35	Steve Smithies	CVFR	43:36	1.22	1%
36	Rob Sharratt	CVFR	43:50	1.23	-1%
79	Gerry Symes	CVFR	53:16	1.49	-4%
88	Neil Croasdell	CVFR	54:24	1.52	3%
91	Linda Hayles	CVFR	54:57	1.54	0%

106 runners

Well how does she keep doing it!!! Sally ran this faster than when it was a championship race back in 04. Like a good wine ... she just gets better with age!!!!!

Coiners - 19th June 2006
7.5mls/1100'

			Medium	Rating	Improve from Medium races over last 12 months
1	Darren Kay	Horwich	49:07	-	-
2	James Logue	Horwich	49:12	-	-
3	Andy Wrench	Tod	50:17	-	-
5	Karl Gray	CVFR	50:46	1.05	-5%
10	Andy Clarke	CVFR	54:05	1.12	-1%
18	Graham Hill	CVFR	57:22	1.19	3%
21	James Horne	CVFR	58:43	1.22	1%
22	Gary Hodgkinson	CVFR	58:49	1.22	2%
23	Dave Beels	CVFR	58:58	1.22	-2%
28	Rob Sharratt	CVFR	61:06	1.27	-2%
34	Kerry Jenkin	CVFR	62:46	1.30	
35	Sue Becconsall	Bingley	63:26	1st lady	
41	Clare Kenny	CVFR	68:06	1.41	-2%
43	Dave Culpan	CVFR	68:13	1.41	2%
44	Dave Beston	CVFR	68:17	1.41	3%
45	Jackie Scarf	CVFR	68:28	1.42	0%
52	Mick Banks	CVFR	73:32	1.52	-1%
54	Clare Fothergill	CVFR	75:58	1.57	

58 runners

Thanks to everyone who helped with both the senior and junior races so close to the Midsummer Madness Weekend. This was a midsummer madness evening, but a success. Alistair did an excellent job, with Andy and Alec, of getting the junior race on again with some improved junior courses. Clare, Jackie and Clare came away with the women's team prize. Dave Beels knew the route so well that he did not need to follow the flags. Unfortunately we'd changed it near the finish to avoid the horses in the bottom field. Dave's detour (encouraged by a rogue arrow we had accidentally left at the bottom) allowed James and Gary to overtake him. Rob knew Daisy Bank so well that he ran most of the way down it and had to run back up again. The famous Coiners coasters were awarded to all senior runners and will be a feature again next year, so don't miss it. We hope to make the combined junior and senior races an annual event, and will get up ahead with the planning next year. Rod

Mid Summer Madness 3 day event

Whicken Hill Whizz - 23rd June 2006
3mls/1000'

			Short	Rating	Improve from Short races over last 12 months
1	James Logue	Horwich	20:47		(new record)
2	Adam Breaks	CVFR	20:50	0.99	7%
3	Chris Smale	Todmorden	21:21	-	-
7	Alistair Morris	CVFR	23:00	1.10	3%
8	Andy Clarke	CVFR	23:07	1.10	1%
12	Richard Greenwood	CVFR	23:56	1.14	2%
20	Jo Waites	CVFR	25:16	1.20	-3%
22	James Horne	CVFR	25:23	1.21	1%
37	Kerry Jenkin	CVFR	27:18	1.30	(new record)
41	Ben Davies	CVFR	28:04	1.34	-1%
44	Mike Wardle	CVFR	28:21	1.35	-1%
51	Clare Kenny	CVFR	29:02	1.38	-2%
57	Cerys Davies	CVFR	29:40	1.41	1%
62	Jackie Scarf	CVFR	29:56	1.43	-2%
78	Philip Jones	CVFR	31:56	1.52	-6%
82	Clare Fothergill	CVFR	32:54	1.57	-

101 runners

First of all, thank you to everyone who helped out over the weekend. With a total of 50 marshalls,etc required over the three days it can be a headache to get enough people to help. So thank you all for putting yourselves out to help the club stage this event.

There were some very fast times set in the opening race of this year's Midsummer Madness weekend in the Calder Valley. The first three runners back were all inside Ian Holmes' record time of 21:36 set in 2003, and the ladies' record time was shattered.

Last year's winner, Chris Smale, improved his time from 2005 by 30 seconds but still could not keep up with the front two. Heading over the rough ground towards the top of the ascent, James Logue managed to pull away from Adam Breaks. They both hurtled down the descent. At the bottom, a few hundred yards from the finish and thinking he had a good lead, James almost eased off but heard Adam's thundering footsteps right behind him just at the last moment and made a final sprint for the line, winning the race by 3 seconds and setting a new record time in the process. With Chris in third place, Alex Whittem in fourth and Shaun Godsman in fifth, Todmorden Harriers took the team prize with ease. Our remarkable Jo Waites set yet another race record, finishing in 20th place overall and breaking the previous mark set by Swedish orienteer Pernille Karsson in 2002 by more than 2 minutes. Clare Kenny managed to keep ahead of Sandy Grimes to claim the second lady's position. 48th and 50th at the summit they finished in 51st and 53rd place at the line.

20 seconds behind, Cerys Davies finished in 4th place to help Calder Valley ladies to an emphatic team victory.

Just one minute separated the second to sixth ladies, with Jackie Scarf and Tracey Woodyard swiftly following.

Unusually for the current trend in grey-power, there were only 2 veterans in the first 12 places. Disappointingly, though, there were fewer juniors than in previous years. Having said that, both Aaron Kelly of Rossendale and Ashley Wright of Todmorden ran superbly, to take 14th and 27th place and the prizes as first U18 and first U16 respectively. As was to be the case in all three races in this Midsummer Madness series, there were more runners this year than in any of the previous years that I have results from, which must be a good sign for this great weekend of fell running.

Reservoir Bogs - 24th June 2006
7mls/1100'

			Medium	Rating	Improve from Medium races over last 12 months
1	James Logue	Horwich	46:03		
2	Adam Breaks	CVFR	46:34	0.95	9%
3	Andy Wrench	Todmorden	48:43		
28	Kerry Jenkin	CVFR	1:10:22	1.44	-11%
34	Tracey Woodyard	Springfield	1:11:00	1st lady	
39	Dave Culpan	CVFR	1:11:50	1.47	-2%
50	Cerys Davies	CVFR	1:14:47	1.53	-5%
51	Philip Jones	CVFR	1:14:48	1.53	-3%
57	Clare Fothergill	CVFR	1:15:16	1.54	2%
58	Dave Beston	CVFR	1:15:23	1.54	-6%
60	Linda Hayles	CVFR	1:15:37	1.54	0%
73	Neil Croasdell	CVFR	1:25:41	1.75	-9%
77	Ben Davies	CVFR	1:41:21	2.07	-54%

The challenge of working out your best route between the checkpoints adds spice to this race, with checkpoint marshals reporting runners converging on them from all directions. James Logue, leading the series after the first race, was looking forward to this one. He's told me not to refer to him as a "crack orienteer" as I did in last year's report, so we'll call him an "ex-international orienteer" instead. Adam Breaks stuck close to James for the first two checkpoints, then James stopped to let Adam go racing past and crept off in a different direction. Adam turned round to see that James had disappeared! Adam turned up the pace but by the time he got to the next checkpoint (number 3) James had been and gone. Mike Wardle, marshalling at that point, said that the leading runners appeared from the west, whereas the majority of the following runners surprisingly appeared from the east of the checkpoint. Dave Collins admits to leading a large contingent of runners on a long diversion across the moor to this checkpoint and he says he was concerned about being lynched if he led them on another diversion across the moor to checkpoint 4, so he played it safe and stuck to the paths. Meanwhile, Adam raced hard to catch James up over the final sections of the race, but he couldn't quite make up the time, finishing 30 seconds behind. A number of runners saw the flags set up for the junior races and automatically followed them, heading on the junior race route despite being told that their route was not flagged! Fortunately the junior race route did lead close to the next checkpoint so they could drop off the junior course at that point. As far as I know none of the seniors were included in the prizes for the junior races!!! A good battle had developed amongst the ladies. Cerys Davies was in the lead at the first two checkpoints, with Julie Carter, Sandy Grimes and Tracey Woodyard swapping places behind her. Julie and Sandy chose excellent routes to checkpoint 3, gaining 16 and 12 places respectively to be 1st and 2nd ladies at that stage. Cerys chose a poor route, dropping to 4th lady behind Tracey. Then it was Tracey's turn to select the best line to checkpoint 4, gaining 9 places and reaching there as first lady, a position she was to retain to the end of the race. Julie's route to that checkpoint was not so quick, dropping her behind the leading pair of Tracey and Sandy. Those positions remained the same to the finish line, with Tracey Woodyard winning by 30 seconds from Sandy Grimes. A little further back, Julie Carter held off Cerys Davies by 7 seconds and Zoe Woodward, who had steadily moved up the field all the way round, by 11 seconds. For the second day, Todmorden won the team prize, this time with the support of Andy Wrench in 3rd place, Shaun Godsman in 4th and Chris Smale in 7th. With Allison Cook completing their team, the Springfield Striders took the ladies team prize for the first time in this event.



Timmy Taylors Tom Tittiman -
25th June 2006 - 4mls/700'

			Short	Rating	Improve from Short races over last 12 months
1	James Logue	Horwich	27:12		
2	Adam Breaks	CVFR	28:27	1.08	-3%
3	Shaun Godsman	Todmorden	29:05		
14	Jo Buckley	CVFR	31:58	1.21	0%
15	Steve Smithies	CVFR	32:08	1.22	2%
19	Rob Sharratt	CVFR	32:41	1.24	-2%
33	Jez Wilkinson	CVFR	35:06	1.33	1%
34	Kerry Jenkin	CVFR	35:26	1.34	-3%
40	Jackie Scarf	CVFR	36:26	1.38	2%
47	Cerys Davies	CVFR	37:06	1.41	2%
67	Philip Jones	CVFR	40:46	1.55	-6%
70	Clare Fothergill	CVFR	41:40	1.58	-1%

92 runners

Timothy Taylors had been keen to sponsor this race, and they provided trophies for the first man, lady and veteran, as well as T-shirts and beer for all the normal prize winners. The front pairing in the race remained unchanged from the previous two races, with James Logue completing a superb third race victory in as many days and Adam Breaks holding off the other runners to claim his third second-place of the series, despite competing in a 10k on the morning of the race. Four races in 3 days: surely that is grounds for insanity? Shaun Godsman, getting steadily faster over the weekend, finished in 3rd place. His club, Todmorden, completed a hat-trick of team victories, with Alex Whittem returning to claim 4th place and Chris Smale completing the return of Friday night's line-up, in 6th place. Jo Buckley turned at the summit in 10th place. She lost places on the descent, but could afford to, with 41⁄2 minutes lead on the second lady, Jackie Scarf. Like James, Jo sets the inaugural record for this new race route (the start and finish have been amended to be close to the pub!) All of the next six ladies gained places on the run-in, none more so than Julie Carter who moved up 13 places to move away from Karen Ballantine and Tracey Woodyard who were just behind her at the summit, and to overtake Sandy Grimes and Cerys Davies, finally finishing in 3rd place. Jo, Jackie and Cerys claimed the ladies' team prize for Calder Valley. Good descending was also exhibited by Aaron Kelly, who overtook Ashley Wright on the run-in to claim the prize as the first junior. Ashley was just 12 seconds behind Aaron – a fine run by the first under16.

Midsummer Madness race series

Fine weather, good company and plentiful beer, with three fell races thrown in as an extra made for another great Midsummer Madness fellrunning weekend. Once more we were generously sponsored by Longcroft Engineering (or Alec Becconsall as he is more commonly known!) All the runners who completed the series went away with commemorative caps, plus sweatshirts for the category winners.

This year's invincible victor was James Logue of Horwich: the fourth different winner of the series over the last four years. With three second places, Adam Breaks must have been sick of the sight of James' heels.

Chris Smale was the first vet, with Howard Jardine of the Springfield Striders the first V50. The supervets proved their experience on the navigationally-based Reservoir Bogs race, with Howard, Les Chesterton, John Williams, John Mason and Kevin Wright all finishing well up the field on Saturday's event.

The ladies competition was a close-fought contest. Sandy Grimes took an early lead after the Wicken Hill Whizz; then Tracey Woodyard took first place at Reservoir Bogs to challenge for the series. At the deciding race, Tom Tittiman, Tracey overtook Sandy on the descent, finishing just 2 seconds ahead. However that was not quite enough, and Sandy – 4th in 2003, 2nd in 2004, 3rd in 2005 – finished the 2006 series as first lady.

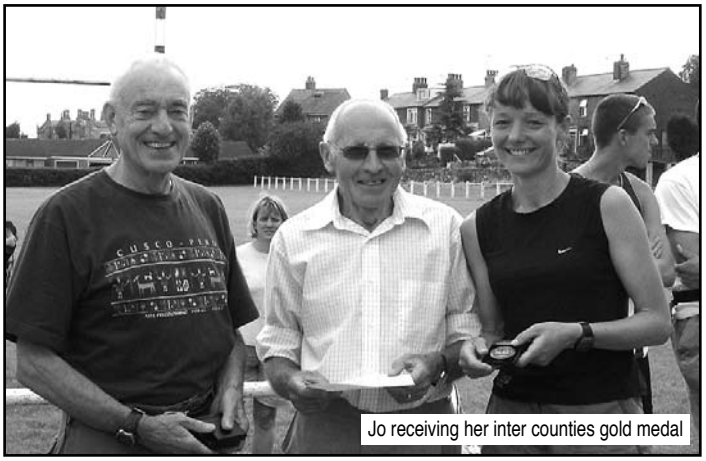
Cerys Davies finished ahead of both those ladies in the final race, but could not match them at Reservoir Bogs and finished in a close 3rd place.

Sweatshirts also went to the runner who had improved the most from last year's series to this year: Tim Hayles, and to the runner who has improved the most over the four years that I have been doing the results: Keith Markley has competed each year, improving from 29th out of 45 who completed the series in 2003, to 19th out of 48 this year. Cheers, Bill Johnson

Settle Hills - 1st July 2006
7mls/1750'

			Medium	Rating	Improve from Medium races over last 12 months
1	Andi Jones	Salford	48:01	-	-
2	Alistair Brownlee	Bingley	49:35	-	-
3	John Brown	Salford	50:02	-	-
35	Jo Waites	CVFR	58:59	1.12	5%
52	Sally Newman	CVFR	62.40	1.18	-1%
68	Graham Hill	CVFR	66:03	1.25	-3%
97	Jez Wilkinson	CVFR	72:03	1.36	-6%
161	Alison Wright	CVFR	92:56	1.76	-

169 runners



Jo receiving her inter counties gold medal

Congratulations .....

to Duncan Thompson who has recently married Ruth. All the best for the future

Saunders Mountain Marathon
1st July/The Lake District

Kirkfell class	**Day 1**	**Day 2**	**Total**
46 Ben Davies/Cerys Davies	7:37:24	6:02:07	13:39:31
64 Neil Croasdell/ Linda Hayles	8:59:58	5:32:01	14:31:59
68 Sandra Grimes/ Eva Taylor	9:20:38	5:26:46	14:47:24

90 teams started, 78 finished

The Saunders Lakeland Mountain Marathon was based in Grasmere, the routes went out west into the Langdale hills with a midway camp at Stonethwaite. Having done a couple of Lowe Alpines and KiMMs the SLMM is definitely of a more relaxed affair. There were a few ultralightweight nutters with a glint in their eye, but in general how serious can an event be when there's beer at the midcamp? The same weekend as Settle hills, the weather was hot, too hot for fast running, too hot really for any running. Every stream crossing was an opportunity to refill the water bottles. Every bog was opportunity to cool the feet. Linda and Neil get an amended time for being in the Vets category so their time was then 12:06:39. Rydal water was the perfect place for a swim on the Sunday afternoon to wash away two days of sweat and suncream. Ben

Wasdale - 8th July 2006
21mls/9000'

			Long	Rating	Improve from Long races over last 12 months
1	Lloyd Taggart	Dark Peak	3:48:51	-	-
2	Mark Palmer	MDC	3:52:05	0.94	-
3	Pete Vale	Mercia	3:53:55	-	-
6	Adam Breaks	CVFR	4:06:49	1.00	7%
11	Jackie Lee	Eryri	4:19:08	1st lady	-
41	Jason Stevens	CVFR	4:51:02	1.18	-6%
42	Richard Greenwood	CVFR	4:51:02	1.18	2%

128 finishers

As a result of the cancellation of the Pennine Way attempt some of the lads decided to use their long disatnce training for this toughest of tough Lakeland races. Adam had a stormer pacing the race right and getting a top placing. Jason and Richard must have held hands on this one!!!! You'll get talked about lads. Only joking. This was Jason first attempt at anything as serious and Richard is finding his feet with this long distance stuff. Well done to you both for getting round . Jackie Lee had a great race breaking the womens record.

Gribsdale Gallop - 11th July
8mls/1400'

P'st	Name	Club	Time
1	Andy Hilton	Acorn	48.33
2	Marco Cara	Cleve	50.51
3	Brian Roberts	North York	51.23
34	Katy Rawnsley	Scarborough	61.45
61	Dave Beston	Calder Valley	68.34

85 ran

An eight mile jaunt from just above Great Ayton.
Mainly forest tracks but with a couple of climbs,firstly up to Captain Cook's monument on Easby Moor and then up to the summit of Roseberry Topping. We did consider walking up that earlier in the afternoon, thankfully we decided against it,to climb it once in the day was quite enough. It was a bit of a d-i-y duathlon really since I had been cycling all afternoon to get there, approx 15 mile along the picturesque Esk Valley and then up via Guisborough. And of course I had it all to do again after the race, resulting in me climbing back into my tent at half past midnight after a bit of a white knuckle ride along unlit country roads back towards Whitby. Dave

Stoodley Pike - 11th July 2006
3.5mls/700'

			Short	Rating	Improve from Short races over last 12 months
1	Andy Peace	Dark Peak	19:01	-	-
2	James Logue	MDC	19:12	-	-
3	Ben Mounsey	Stainland	19:25	-	-
7	Adam Breaks	CVFR	19:59	1.05	0%
21	Gareth Pemberton	CVFR	21:48	1.15	3%
36	Candice Leah	Clayton	22:56	1st lady	-
49	Kerry Jenkin	CVFR	24:02	1.27	4%
58	William Stiegeler	CVFR	24:36	1.30	-
61	Lee Shimwell	CVFR	24:43	1.30	-4%
64	Phil Scarf	CVFR	24:51	1.31	2%
77	Dick Spendlove	CVFR	25:16	1.33	2%
82	Alex Cornish	CVFR	25:31	1.35	-
91	Mike Wardle	CVFR	26:00	1.37	-2%
97	Jackie Scarf	CVFR	26:12	1.38	1%
101	Clare Kenny	CVFR	26:30	1.40	-2%
105	Dave Culpan	CVFR	27:07	1.43	0%
132	John Riley	CVFR	29:45	1.57	-2%
152	Andy Burn	CVFR	33:05	1.75	-7%
161	Allan Breaks	CVFR	35:35	1.88	-4%
167	Neil Croasdell	CVFR	42:53	2.26	-45%

174 started, 172 finished

Adam did this race off the back of Wasdale and did well to place 7th in a quality field. His muscle were abit tired and he ended up twisting his ankle and this put him out of action for abit. Linda Hayles came a right cropper and had to retire injured from the race. This also put her out of running for a while until her swollen ankle had recovered. It was a very warm July night with good running on this fast blast. Good turn out from the club on this one of the clubs favourite local mid week races.

Stirton Fell Race - 12th July
5.5mls/1200'

P'st	Name	Club	Time
1	Chris Smale	Tod	40.28
2	Mathew Cox	Otley	40.47
3	Owen Bielby	Wharfedale	41.39
18	Jo Buckley	CVFR (1st lady)	46.08
38	Jez Wilkinson	CVFR	49.15
53	Ben Davies	CVFR	52.30
60	Thirza Hyde	CVFR	53.43
64	Cerys Davies	CVFR	54.26

93 ran

Well Ben knows how to treat his wife on her birthday!!! What a lovely surprise ... go and thrash yourself round a fell race and then if you are a good girl we can go for something to eat afterwards. Only joking Cerys actually pick this race to run before we went to nosh . A fast eye balls out race with some good climbs over mixed terrain. A good mid week race. Thirza

Holme Moss - 16th July 2006
16mls/4000'

			Long	Rating	Improve from Long races over last 12 months
1	Adam Breaks	CVFR	2:25:14	0.98	7%
2	Dave Watson	Holmfirth	2:27:08	-	-
3	Julian Rank	Holmfirth	2:28:14	-	-
8	Christine Howard	Matlock	2:43:21	1st lady	-
20	Jon Emberton	CVFR	3:07:05	1.27	0%
40	Jez Wilkinson	CVFR	3:31:24	1.43	2%
48	Ben Davies	CVFR	3:43:55	1.52	-2%
55	Jackie Scarf	CVFR	3:47:53	1.55	-1%
58	Nick Murphy	CVFR	3:56:18	1.60	-
63	Cerys Davies	CVFR	3:59:02	1.62	-6%
64	Dave Culpan	CVFR	4:01:25	1.64	-3%
66	Alastair Whitelaw	CVFR	4:02:56	1.65	16%
78	Dave Beston	CVFR	4:19:25	1.76	-14%

101 started, 85 finished

Fantastic result for Adam on what was a very hot day. Well done to all that got round ... Dave Beston you need to get the bus or get a lift from the club to these races. Know wonder you were knackered at the end after pedalling to get there to. Thirza

Kentmere Horseshoe - 16th July 2006
11.9mls/3300'

			Medium	Rating	Improve from Medium races over last 12 months
1	Jim Davies	Borrowdale	1:30:48	-	-
2	Andy Norman	Altrincham	1:31:26	-	-
3	C Roberts	Kendal	1:31:27	-	-
50	H Jones	Dallam	1:52:55	1st lady	-
59	Jeff Winder	CVFR	1:56:10	1.19	1%
147	Barry Shaw	CVFR	2:15:23	1.39	-8%
173	Roy Tomlin	CVFR	2:21:53	1.45	-

226 finishers

Widdop Fell Race - 19th July 2006
Abit of climbing ... over tussocks

			Medium	Rating	Improve from Medium races over last 12 months
11	James Logue	Horwich	49:03	-	-
2	Ted Mason	Wharfedale	51:15	-	-
3	Steve Oldfield	Brad Aire'dle	51:35	-	-
13	Jon Emberton	CVFR	56:50	1.16	0%
18	Gareth Pemberton	CVFR	58:29	1.20	0%
21	Dave Beels	CVFR	59:07	1.21	-1%
23	Jon Underwood	CVFR	59:22	1.22	-1%
28	Jo Buckley	CVFR	60:05	1.23	1%
35	James Williams	CVFR	62:19	1.28	-6%
37	William Stiegeler	CVFR	62:59	1.29	0%
41	Phil Scarf	CVFR	63:32	1.30	2%
42	Lee Shimwell	CVFR	63:35	1.30	-1%
43	Dick Spendlove	CVFR	63:41	1.30	2%
48	Jez Wilkinson	CVFR	64:36	1.32	-2%
55	Clare Kenny	CVFR	66:07	1.35	2%
56	Rod Sutcliffe	CVFR	66:13	1.36	-3%
58	Nick Murphy	CVFR	66:27	1.36	0%
66	Jackie Scarf	CVFR	69:37	1.43	0%

92 started, 90 finished

Was an interesting night from Andy Clarke, the race organiser point of view. Before he even got the race under way he was approached by a farmer about where the race went and about permission for running over the land. Andy had written for permission but for all these years that the club has being organising this race we've been writing to the wrong farmer!!!! The farmer was ok about it. And then Andy realised that we hadn't any plastic cups and I did a bit of rally driving back to Hebden Bridge to get some. Other than that it all went very well!!! It was another gorgeous night but very, very warm for racing. James Logue is flying and had a convincing win over Ted Mason. First time that a junior race was run from here for along time and it was just great to see the little red and white vest competing. Thirza



The Calder Valley juniors watch Andy giving out the prizes and medals at the Junior Widdop race

(Just incase you were wondering We have permission from all the parents so far to print their kids photos. We have it in writing on the kids membership forms)

Snowdon International - 22nd July 2006
Up to the top and back down

			Medium	Rating	Improve from Medium races over last 12 months
1	Andi Jones	England	1:07:25		
2	Tim Davies	Wales	1:07:57		
3	Ian Holmes	England	1:09:10		
35	Mary Wilkinson	England	1:19:38		1st lady
69	Craig Walker	CVFR	1:27:33		1.18
76	Jo Waites (8th lady)	CVFR	1:28:13		1.19
225	Paul Atkinson	CVFR	1:47:17		1.44

439 started, 430 finished (57 ladies)

Crow Hill - 1st August 2006
5mls/1000'

			Short	Rating	Improve from Short races over last 12 months
1	Ian Holmes	Bingley	29:25	-	-
2	Andy Peace	Bingley	29:30	-	-
3	Adam Osborne	Leeds City	30:33	-	-
6	Karl Gray	CVFR	31:09	1.06	-7%
15	James Williams	CVFR	33:36	1.14	0%
27	Jo Buckley (1st lady)	CVFR	35:24	1.21	0%
36	Kerry Jenkin	CVFR	36:28	1.24	4%
38	Dave Beels	CVFR	36:33	1.25	-3%
68	Rod Sutcliffe	CVFR	40:13	1.37	-4%
75	Dave Culpan	CVFR	40:57	1.40	3%
87	Alastair Whitelaw	CVFR	42:50	1.46	3%
88	Allan Greenwood	CVFR	42:50	1.46	-
89	Jackie Scarf	CVFR	42:59	1.46	-5%
100	Linda Hayles	CVFR	45:31	1.55	0%
101	Neil Croasdell	CVFR	45:51	1.56	0%
104	John Riley	CVFR	46:42	1.59	-3%
112	Kay Pierce	CVFR	53:30	1.82	-1%

114 runners

Fantastic turn out for this race and for Clive's first go at race organiser. He did just sound with a little help from his club mates. Ian Holmes did a record time but as the race route was tiny bit different it doesn't count as a new record. The Bingley lot turned up on their bikes, raced and then looking like they'd not just raced they got back on them and toddled off home. Must be a good feeling to be an athlete!!!!. A good night was had by all. Thirza

Calderdale Way

Can you please let Andy Clarke know if you want to run in the Calderdale Way relay.
4 teams have been entered,
2 open, 1 vets and 1 ladies.

Borrowdale - 5th August 2006
17mls/6500'

			Long	Rating	Improve from Long races over last 12 months
1	Simon Booth	Borrowdale	3:01:48	-	-
2	Mark Palmer	MDC	3:04:40	-	-
3	Jim Davies	Borrowdale	3:07:36	-	-
27	Helene Diamantides	Carnethy	3:44:24	1st lady	-
48	Richard Greenwood	CVFR	3:52:48	-	4%
117	Barry Shaw	CVFR	4:21:13	-	0%
144	Clare Kenny	CVFR	4:27:10	-	4%
256	Celia Mills	CVFR	5:17:49	-	-9%
257	Allan Greenwood	CVFR	5:18:26	-	-9%

321 finishers

Richard Greenwood seems to be getting the measure of these long races after a fair few struggles with the distance. Wasdale and Borrowdale this season ... well done. Celia and Allan had a good day out with Alland showing Celia the various Bob Graham paths as they went along.



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Giant's, Withins and Windmills -
8th August/5mls/1000'

			Short	Rating	Improve from Short races over last 12 months
1	Lloyd Taggart	Dark Peak	23:45	-	-
2	Adam Osbourne	Leeds City	24:17	-	-
3	Richard Pattinson	P & B	24:56	-	-
19	Graham Hill	CVFR	28:49	1.21	-
24	Emma Clayton	Scunthorpe	29:28	1st lady	-
32	Kerry Jenkin	CVFR	30:31	1.28	-
35	Brian Horsley	CVFR	30:47	1.30	-
55	Clare Kenny	CVFR	33:19	1.40	-
61	Graeme Woodward	CVFR	34:19	1.44	-
63	Alastair Whitelaw	CVFR	34:30	1.45	-

90 runners

Creag Dhub - 5th August 2006
4.5mls/1225'

			Short	Rating	Improve from Short races over last 12 months
1	Simon Bailey	Mercia	27:11	-	-
2	Lloyd Taggart	Dark Peak	27:23	-	-
3	Rob Hope	Pudsey	27:37	-	-
41	Angela Mudge	Carnethy	32:21	1st lady	-
65	Jo Waites	CVFR	34:59	1.16	1%
88	Graham Hill	CVFR	36:42	1.22	1%
95	Jo Buckley	CVFR	37:36	1.25	-3%
97	Rob Sharratt	CVFR	37:38	1.25	-2%
154	Thirza Hyde	CVFR	43:56	1.46	0%
193	Paul Gallagher	CVFR	51:07	1.69	

207 finishers

Well what a fantastic weekend. Yes I know it was along way to go to run 4 miles but we made a long weekend of it and went biking and walking too. Oh and we had the occasion beer. Great atmosphere in the start field as this was part of the highland games with men tossing the caber and throwing hammer etc in their kilts. Calm down now girls!!!! Jo Waites had a fabulous race to take 3rd place and was also in in record time. Jo Buckley ran the 400 metres (won a £10) after the fell race and then talked Jo Waites, myself and Naomi Sharrat into running the relay. It was only a bit of fun be were 3rd team.

Golf Ball - 23rd August
5mls/900'

			Short	Rating	Improve from Short races over last 12 months
1	Simon Thompson	Clayton	36:35	-	-
2	Ben Mounsey	Stainland	36:56	-	-
3	Malcolm Fowler	Cheshire	37:22	-	-
10	Jason Stevens	CVFR	39:36	1.10	2%
18	Gareth Pemberton	CVFR	41:53	1.16	1%
21	Jo Waites	CVFR	42:26	1.18	-1%
51	Clare Kenny	CVFR	50:10	1.39	0%

103 started, 102 finished

Bunny Run - 22nd August
Short and fast round Penistone Hill

			Short	Rating	Improve from Short races over last 12 months
1	Mark Buckingham	Holmfirth	12:50	-	-
2	Alistair Brownlee	Bingley	12:53	-	-
3	Simon Bailey	Mercia	13:27	-	-
12	Mary Wilkinson	Skipton	14:51	1.10	-
15	Jason Stevens	CVFR	15:02	1.12	1%
55	Jez Wilkinson	CVFR	18:13	1.35	-2%
68	Dave Beston	CVFR	18:40	1.39	3%

144 runners

Sebergh Hills - 20th August
14mls/6000'

			Long	Rating	Improve from Long races over last 12 months
1	Mark Buckingham	Holmfirth	12:50	-	-
1	Rob Jebb	Bingley	1:59:41	-	-
2	Lloyd Taggart	Dark Peak	2:01:28	-	-
3	Ian Holmes	Bingley	2:08:29	-	-
31	Karl Gray	CVFR	2:20:50	1.04	-6%
46	Natalie White	Bingley	2:25:21	1st lady	-
66	Adam Breaks	CVFR	2:30:20	1.11	-6%
127	Jo Buckley	CVFR	2:44:53	1.22	1%
130	Jo Waites	CVFR	2:45:55	1.23	-
158	Barry Shaw	CVFR	2:55:46	1.30	-2%
162	Phil Scarf	CVFR	2:56:39	1.31	-
163	Steve Smithies	CVFR	2:57:26	1.31	6%
180	Dave Beels	CVFR	3:02:55	1.35	-
181	James Horne	CVFR	3:02:59	1.35	-
201	Clare Kenny	CVFR	3:05:55	1.38	-3%
208	Celia Mills	CVFR	3:06:33	1.38	7%
217	Rob Sharratt	CVFR	3:09:44	1.40	8%
225	Thirza Hyde	CVFR	3:13:30	1.43	5%
243	Jez Wilkinson	CVFR	3:16:47	1.46	0%
257	Jackie Scarf	CVFR	3:20:01	1.48	4%
259	Dave Culpan	CVFR	3:22:17	1.50	6%
268	Dave Beston	CVFR	3:26:32	1.53	0%
291	Cerys Davies	CVFR	3:33:34	1.58	-1%

361 started, 329 finished

Well what a great race but hard over very steep, grassy hills. I had done a reccie run with my race guru Steve Houghton and felt confident of the way especailly between checkpoints 3 and 4 and then the final bit from Winder. It helped lots as I knew what was coming next. I would recommend to anyone doing races that are tricky with navigation to try and get a run round with someone like Steve who know the races well. And then there's Sally's story ... even after looking at her compass set at a bearing of due east she thought "Oh well it's rougly in the right direction" but she didn't realise that the men that she was with couldn't read a map or a compass and had no idea where they were going. They had a long run but not in the right direction. Sal recons she visited all of the Howgill Fells on this race!!!! We had a fantastic picnic after the race consisting of soup, sandwiches and cake. Yummy.

Norland Moor - 27th August
7mls/800'

			Medium	Rating	Improve from Medium races over last 12 months
1	Karl Gray	CVFR	42:56	1.06	-5%
2	Ian Nixon	P & B	43:28		
3	Jon Wright	Tod	43:58		
22	Steve Smithies	CVFR	49:34	1.22	-1%
26	Adrian Muir	CVFR	50:23	1.24	-4%
27	Sue Becconsall	Bingley	51:02	1st lady	
39	Kerry Jenkin	CVFR	53:46	1.32	3%
59	Allan Greenwood	CVFR	57:03	1.40	3%
68	Hugh Tooby	CVFR	58:27	1.44	-3%
76	Linda Crabtree	CVFR	59:53	1.47	0%

116 finishers

Calder Valley AGM
Tuesday 14th November
in Shoulder of Mutton
at 8.00pm

New Members

If this is the first fell running club that you've joined it 's a good idea to join the FRA as you get a yearly calendar and magazine quarterly all about the sport. Information can be found on www.fellrunner.org.uk

And finally ...

I'm resigning as Sheep Sheet Editor at the AGM as I feel the newsletter needs some new blood as I've done it for almost all the time that I've been a member of the club. Can I thank all those who have contributed over the years and can you please support your new Sheep Sheet Ed by sending in reports. You will see that I've done a fair few results without reports as I just can't keep trying to work out what has happened at the race if I wasn't there!!! Please you only need to write a few lines about the race and send it to the Editor. It makes life so much easier and quicker. Apologies for taking so long between newsletters. I've been busy with British Relay stuff and have got involved with the juniors and have been playing out while the weather has been good. Thanks again. Thirza