

calder valley fell runners

SHEEP SHEET

.... August 2004....

Dave storms ahead to victory in Summer Handicap

Finish Position	Time of finish	Name	Starting position	Start Time	Split Position Position	Split time
1	20:16:01	Dave Culpan	4	19:15:45	11	1:00:16
2	20:17:03	Steve Smithies	10	19:21:10	7	55:53
3	20:17:26	Allan Breaks	3	19:13:40	14	1:03:46
4	20:17:30	Alec Becconsall	1	19:06:40	16	1:11:10
5	20:17:30	Richard Greenwood	14	19:27:50	3	49:40
6	20:17:40	Mark Everington	2	19:07:30	15	1:10:10
7	20:17:47	Sarah Noot	9	19:21:10	8	56:37
8	20:17:55	Karl Gray	16	19:34:00	1	43:55
9	20:18:17	Rod Sutcliffe	11	19:22:25	6	55:52
10	20:18:30	Graham Hill	13	19:26:35	4	51:55
11	20:18:40	Amanda Farrall	5	19:17:00	12	1:01:40
12	20:18:44	Andy Clarke	15	19:24:55	2	45:34
13	20:19:05	Dick Spendlove	8	19:20:45	9	59:20
14	20:19:27	Alex McGowan	7	19:20:45	10	59:42
15	20:20:01	Alex Cornish	12	19:24:55	5	55:46
16	20:20:28	Thirza Hyde	6	19:18:40	13	1:01:48

A good turnout for a well spirited evening. Bills original handicap start times with a few adjustments for Alex, Sarah and Steve meant that all the runners finished within 4 mins 27 seconds, excellent timing with a few sprints to the line, most notably between Alec and Richard.

The half way positions at the checkpoint of High Brown Knoll were more or less the same as at the start, but as predicted the runners were gradually grouping together along the drainage ditch. This is where Dave Culpan who had already taken over Allan on the long drag towards High Brown Knoll made his move to finish a minute clear of newcomer Steve who had not run all week after doing Snowdon at the weekend.

We enjoyed pie and peas at The Delvers afterwards which completed a good evening off (that was unless you were last!!!! Ha Ha! Ed). Adam Breaks

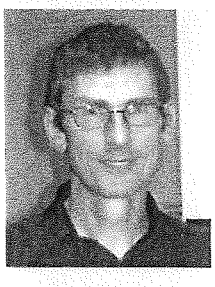




Now then girlies ....
have you heard that we are lying in Silver medal position in the British champs. We can also get a Silver in the English but we need to beat Ilkley at Shelf Moor as they have a 1 point advantage on us at the moment. Lets get a good flock out there !!!!!

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

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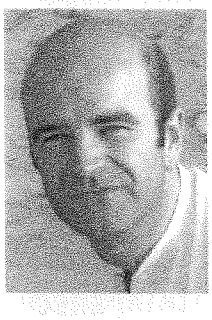


TREASURER
Adam Breaks



MEMBERSHIP/ SHEEPSHEET EDITOR
Thirza Hyde

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He's abit shy about getting his photo taken - he just likes taking other peoples

EQUIPMENT OFFICER
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STATISTICIAN
Bill Johnson

RACE RESULTS ....

Anniversary Waltz - Sat 17th April 2004
11.25mls/3600'

			Medium	Rating	improvement rating from 2003
1	Simon Booth	Borrowdale	1:32:35	-	-
2	Phil Davies	Borrowdale	1:35:58	-	-
3	Ben Bardsley	Borrowdale	1:37:16	-	-
7	Karl Gray	CVFR	1:42:50	-	-
32	Sharon Taylor	Bingley	1:59:04	-	-
87	Alex Cornish	CVFR	2:16:53	-	-

(167 ran)

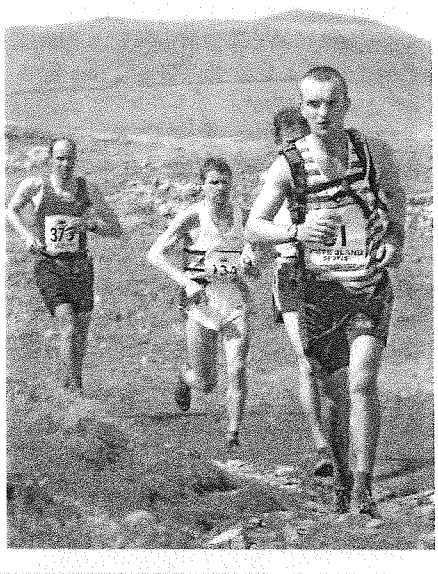
Karl had an excellent run coming in the top 10 of a Lakeland classic race. Very fast along a track to start with then its straight up Robinson, very steep walking climb, Hindscath next then onto Dalehead, descend and climb up High Spy and this ridge is a long way on tired legs to Cat Bells (Isn't Alex). Fast grassy descent and track and road to the finish at Stair and then you're finished in more ways than one. Alex did well to do this race after alay off with injury. You deserved your beer after this!!! Thirza

The Three Peaks - Sunday 25th April 2004
24mls/4500'

			Long	Rating	improvement rating from 2003
1	Andy Peace	Bingley	2:55:46	-	-
2	Simon Booth	Borr'dale	2:56:38	-	-
3	Ian Holmes	Bingley	3:02:38	-	-
13	Karl Gray	CVFR	3:15:00	1.02	7%
35	Adam Breaks	CVFR	3:29:05	1.10	10%
57	Louise Sharp	Keswick	3:39:49	1st lady	-
67	Andy Clarke	CVFR	3:45:54	1.18	-5%
94	Richard Greenwood	CVFR	3:57:26	1.24	-
124	Jo Smith	CVFR	4:05:02	1.28	-
135	Rod Sutcliffe	CVFR	4:08:23	1.30	1%
184	Barry Shaw	CVFR	4:19:23	1.36	-1%
225	Mike Wardle	CVFR	4:29:36	1.41	-7%
230	Allan Greenwood	CVFR	4:31:43	1.42	6%
244	Celia Mills	CVFR	4:34:01	1.44	-
256	Brian Shelmerdine	CVFR	4:36:36	1.45	2%
292	Thirza Hyde	CVFR	4:44:14	1.49	4%
336	Leigh Jepson	CVFR	4:55:31	1.55	-
379	Philip Jones	CVFR	5:10:41	1.63	-
381	Dave Culpan	CVFR	5:12:16	1.64	3%

508 started, 407 finished

Well what can you say except that it was a scorcher. That man Gray had a stormer picking up a Yorkshire Championship Bronze medal and placing 13th in a quality field, Adam had an excellent run and is getting the measure of these long races, Jo Smith was 5th lady and with Celia (her first time in Calder colours) and me we took 3rd team prize along with Dark Peak ladies. WELL DONE IF YOU GOT ROUND THIS ONE, IT TOOK A LOT OUT OF PEOPLE, OVER 100 RETIRED!!! Thanks to all who backed us up with drinks and kind words of encouragement!!!!!!





Tuesday 13th April 2004
Welsh 3000ers

Pen Y Pass was engulfed in mist as Mike Wardle and I set off towards out first summit of the day, Crib Goch. A challenge to even the experienced, especially in winter, Crib Goch according to recent Met Office Statistics is the wettest area in Britain, fortunately our day turned out to be mild and dry.

Mike's experience and confidence over rocky terrain provided a smooth passage over this section despite a shaky start especially with me being on all fours across the 400m arête with heart pumping.

From Crib Goch we tried to make a bit of lost time up by descending slightly so there was only one sheer drop to fall down (rather than the two). Unfortunately this turned out to be more treacherous than anticipated, we ended up down a blind alley so to speak and had to climb back up again steeply back onto the pinnacle of Crib y Delysgl where the path eventually widened and became run able towards Garnedd Ugain (the second summit of the day). The run on towards Snowdon was uneventful and deserted as snow prevented the train reaching the summit cafÈ; with thick mist early morning mist at the summit views were reduced to around 20m as the early morning mist still hadn't burnt away.

We descended along the rail track to the halfway station with Mike telling us tails of his woes of running the Welsh 1000m race, I have since learnt that this could well be a British Championship race in the not to distant future, upon reaching the Clogwyn station Mike pointed out the smoothest descent off Snowdon range towards Nant Peris, this included jumping a fence behind the station and descending (or sliding down a near vertical grassy bank).

We began the second section, The Glyders under a warm sunshine. Elidir Fawr a long steep grassy climb was our first summit of this section.

The sun eventually brought out the walkers, there dogs and toddlers in tow. As we travelled eastwards from Elidir Fawr we quickly ticked off Foel Goch and Y Garn both summits weighed down by the masses coming from Ogwen.

We had to drop steeply before climbing back up onto Glydir Fawr and Glyder Fach. At this point we watched various groups jump on the 'Cantilever' (famous photo opportunity for masses of walkers'– one day it'll break off) it was also pointed out that this was the 'point of no return' if I wanted to turn back!

Tryfan a rocky mass detached from the other Glyders was our next 3000er. A busy section saw Mike disappear quickly over the top, whilst I was stuck behind every man and his dog, quite literally. We descended the long rocky western face of Tryfan towards Ogwen.

The rolling undulated and sometimes steep Glyders section had taken its toll physically particularly on Mikes knees and as a pair mentally. We recovered beside the cafe at Llyn Ogwen by eating some warm pasties and tea with the sheer obstacle of Pen Yr Ole Wen staring us right in the face. Talk of jacking it in was quickly disrupted by the low flying RAF aircraft speeding through the valley.

Pen Yr Ole Wen is steep and rocky to begin with, but the convex slope quickly relents as height is gained. Time was made up as a refuelled Mike quickly made easy work of the short rocky climbs. We climbed on towards Carnedd Dafydd and the start of the final Carneddau range, described as a range of hills for the connoisseur; this high level plateau has plenty of good smooth running. The range seems almost featureless and I guess good map reading skills would be needed in mist where the hills can be deceptive, especially for low flying aircraft.

We made our last big climb of the day up Carnedd Llewlyn before dumping our bags for the only dog leg across to Yr Elen.

We rolled on to Foel Groch and visited the shelter nestled amongst the rocks. I then had to stagger after Mike, after nearly knocking myself out on the low door frame of the shelter. With the weather which had threatened all afternoon closing in we quickly ticked off the featureless lumps of Garnedd Uchaf and the latest addition Yr Argg, before triumphantly galloping towards the final summit Foel Fras with a handful of wild ponies in attendance to witness the challenge complete As we descended back towards Abergwyngregn the rain finally came.

We later reflected on a good, but draining day out over chips in Llanberis and noted that not only a good level of fitness is required to complete this challenge but also fair weather is also an important factor to a successful attempt.

Not many individuals complete the Welsh 3000ers in a day, less return to do it again so full credit to Mike and you can only marvel at Colin Donnelly's record time of just under 4 and half hours. CVFR will be hopefully doing a similar trip next Easter so come along.

Adam Breaks

WELSH GIT .....

A farmer was out on his Welsh hillside tending his flock one day, when he saw a fell runner drinking with a cupped hand from the stream, which ran down from one of his fields. Realising the danger, he shouted over to the runner ....

"Paid a yfed y dwr! Mae'n ych-y-fi!"
(Don't drink the water. It's disgusting)

The runner at the stream lifted his head and put a cupped hand to his ear, shrugged his shoulders at the farmer, and carried on drinking. Realising the runner at the stream couldn't hear him, the farmer moved closer.

"Paid fachgen! Dwr ych-y-fi! Sheep crappio yn y dwr!"
(Don't drink - water's disgusting - Sheep crap in the water)

Still the runner couldn't hear the farmer. Finally the farmer walked right up to the runner at the stream and once again said .....

"Dwr yn ych-y-fi! Dim drinkio!".
(Water's disgusting. Don't drink it!)

"I'm dreadfully sorry my good man, I couldn't understand a word you said dear boy!"
said the runner at the stream in a fine English accent

"Oh I see" said the farmer.
"I was just saying, if you use both hands you can get more in..."

Coniston Fell Race - Saturday 1st May 2004
9mls/3500'

				Medium Rating	improvement rating from 2003
1	Ian Holmes	Bingley	1.08.44	-	-
2	Rob Jebb	Bingley	1.09.18	-	-
3	Morgan Donnelly	NFR	1.10.06	-	-
40	Sally Newman	CVFR	1.28.01	1st lady	-

255 ran

Good to see Sally racing well again after injury problems. She had an excellent race beating a quality field of top lady runners such as Kate Beatty, Nicola Davies and Sharon Taylor. Weather was excellent (We were supposed to having a sunny chill out time in Spain with the club but the weather was better in the Lakes as Sally kept reminding me!!)

Thirza

RACE RESULTS ....

Cragg Vale Fell Race - Monday 3rd May 2004
5.7mls/570'

				Short Rating	improvement rating from 2003
1	Karl Gray	CVFR	0:35:10	1.02	1%
2	Shaun Livesey	Bowland	0:35:36	-	-
3	Neil Armitage	Pudsey	0:36:46	-	-
16	Dave Beels	CVFR	0:40:38	1.18	1%
21	Graham Hill	CVFR	0:42:20	1.23	-
23	Blue Haywood	Linc Well	0:42:24	1st lady	-
25	Jo Smith	CVFR	0:42:31	1.24	-
33	Anne Johnson	CVFR	0:45:01	1.31	-2%
53	Paul Frechette	CVFR	0:47:41	1.39	6%
62	Alistair Whitelaw	CVFR	0:49:47	1.45	-
74	Rose Carnochan	CVFR	0:58:26	1.70	1%
81	Mark Everington	CVFR	1:04:13	1.87	-13%

84 finished

An in form Gray takes first place and a dizzy blonde Jo Smith takes 2nd lady. She thinks that Blue Haywood (Under 12) is running the junior race (What Junior Race!!!!). Oh Jo what are we to do with you but we've had great fun taking the p**s!!!! Good turn up to support this local race with money raised going towards Cragg Vale School funds. Oh by the way Blue also broke Sally's record from last year - she's going to be one to watch.
Thirza

Buttermere Sailbeck - Sunday 9th May 2004
9.4mls/4250'

				Medium Rating	improvement rating from 2003
1	Rob Jebb	Bingley	1:27:15	-	-
2	Simon Booth	Borr'dale	1:28:18	-	-
3	Phil Davies	Borr'dale	1:33:41	-	-
8	Karl Gray	CVFR	1:37:15	1.00	3%
13	Adam Breaks	CVFR	1:44:13	1.08	1%
15	Andy Clarke	CVFR	1:44:34	1.08	0%
27	Kate Beaty	CFRA	1:49:31	- 1st lady	-
35	Richard Greenwood	CVFR	1:52:52	1.16	-5%
47	Jon Underwood	CVFR	1:59:27	1.23	-1%
94	Celia Mills	CVFR	2:19:11	1.44	-
106	Thirza Hyde	CVFR	2:24:55	1.50	-4%
129	Dave Culpan	CVFR	2:35:48	1.61	-7%
141	Adam Baker	CVFR	3:00:14	1.86	-
145	Allan Breaks	CVFR	3:10:22	1.96	-

151 started, 145 finished

This is a classic medium Lakeland race which everyone should do at least once in their racing careers. Fast start up the road on to fell and the first climb onto Knott Rigg follwing this ridge along the Derwnt fells before dropping into the valley near Rigg Beck quarry and then the scramble up onto Causey Pike. What a climb this is, thank god the jelly baby and water lady (Julie Underwood) was there. Along the ridge to Sail and then Whiteless Pike and down, down back to Buttermere. Then its 2 or 3 days with the classic Ben Nevis legs of very sore thigh muscles but it is a brilliant race (maybe not the best idea that Jon, Adam Breaks and I have had after not returning to the UK until 9 the night before from Spain) But hell you only live once go do it. Thirza

Moel Eilio - Saturday 15th May 2004
8mls/3000'

				Medium Rating	improvement rating from 2003
1	Rob Jebb	Bingley	1:01:54	-	-
2	Alun Vaughan	Eryri	1:02:02	-	-
3	Charles Stead	NFR	1:08:50	-	-
6	Adam Breaks	CVFR	1:10:55	1.08	0%
16	Sally Newman	CVFR	1:17:48	1.19	1%
75	Thirza Hyde	CVFR	1:37:12	1.48	-3%
80	Steve Garner	CVFR	1:41:14	1.54	-8%

102 finished

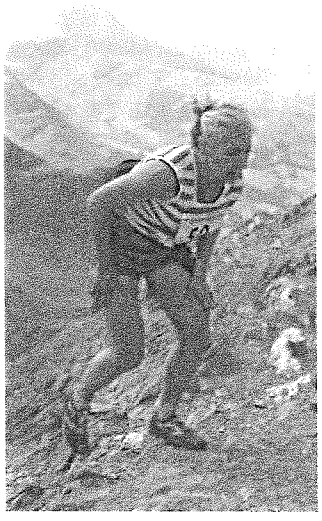
I made a quick return to North Wales to do this race, along with a small cluster of CVFR runners. Some runners were returning after last years British championship race which was ran in thick mist and high winds. This year saw the complete opposite, with mild sunny weather.

Moel Eilio is used as the Welsh trial race for World Championship selection and is all good running despite the steep grassy hill sides. At the start we were told that the course was flagged and we were to stick to the course not 'contour' round. (More on this later).

Rob Jebb and local Eryri runner Alan Vaughan quickly made a gap up on the long climb up Moel Eilio, there is defiantly a deep competative edge to this pair, as witnessed at the finish. Rob and Alan built a comprehensive six minute margin to the next man and a 10 minute gap on my self by the finish, a similar margin he beat me by a week earlier at Buttermere Sailbeck and I'm quite sure a similar margin at Fairfield held the next day that Rob also won, if I had ran.

Jebb won by just five seconds but you couldn't help feeling he was a little relieved to have won. Vaughan on the other hand said nothing but the pain of losing out to an English man was written on his face.

I ran quite well throughout and my sixth place might not have been gained if it wasn't for a certain James McQueen who didn't follow the flags and 'contoured' round a section that included a short sharp climb, I was running with a lad from Kendal at the time who pointed out who the cheat was, I didn't care and went on to chase him down and point out his mistake in plain English. I never did catch Mr McQueen and had calmed down by the finish to make my point. Thinking there'll be a next time. Plus I had to contend with a Welsh speaking farmer who summed up his five minute rant whilst trying to round his sheep by shouting in my ear 'do you not f***ing understand'. Well no obviously or I would have moved away from the gate I was resting against five minutes ago. Sally Newman had a stormer finishing first female and veteran at that. Sharon Taylor who is obviously on form this year finished almost two minutes down with Amy Green (who works in Halifax and runs for Spenbourgh) placing a very good third place. Thirza ran well to place 75th beating Steve Garner by 4 minutes. Adam Breaks



Old County Tops Race
Sat May 22nd - 37miles/10000'

1.	A.Schofield & J.McQueen	6hrs 54min
2.	A.Miller & R.Ansell (V80)	7hrs 42min
15.	M.Calvert & J.Brown (MIXED)	9hrs 08min
23.	J.Underwood & R.Sutcliffe	9hrs 55min
24.	A.Bramall & S.Clough (LADIES)	9hrs 56min

The Old County Tops race is a pairs event that takes in the highest points of the old counties of Westmorland(Helvellyn), Cumbria(Scafell Pike) and Lancashire (Coniston Old Man) in that order from a start at the New Dungeon Gill Hotel in the Langdale.

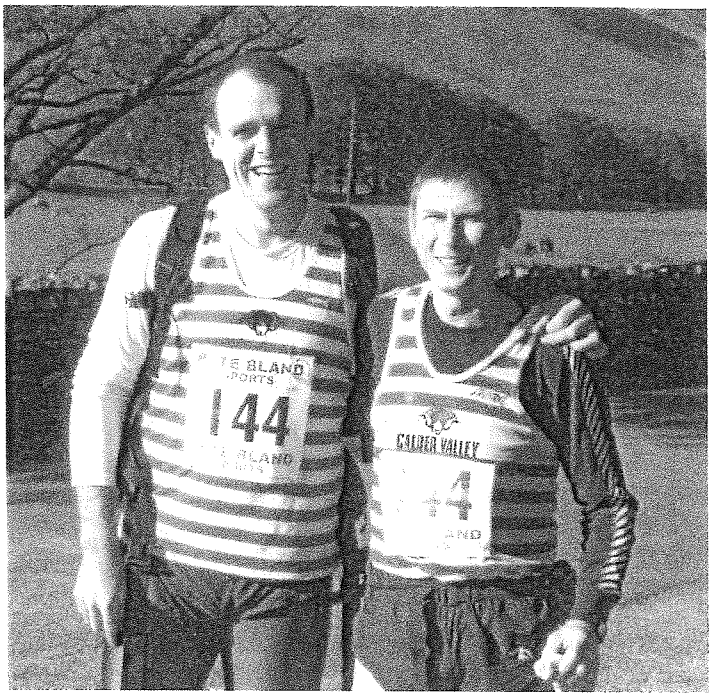
I was very keen to enter and Rod said that he had done the race a few years back and completed it. The story started at about five years ago when we were in the pub, 10 years ago just before the start and 13 years ago after we finished. I often heard 'I forgot how bad it was'.

From the start the route takes you along the Langdale valley and then up and over to Grassmere skirting the slopes of Silver Howe. Rod and I kept a very steady pace and were soon at towards the back of the 40 strong field. It was too early to start putting the pace down. We made steady progress up to Grizedale Tarn, passing many teams on route who were already paying for their fast start in what was going to become sweltering day. On went the sun hat. Rod pointed out a brilliant line that gained us many more places on the way up to the summit of Helvellyn; we were now about 12th position. Rod favoured the direct descent to the road rather than the path. I followed, but went over on my ankle on an easy fast traverse. It took two or three attempts to put my foot on the ground. Rod had looked back and was looking mightily pissed off, so I started hobbling, I dragged my already swollen right ankle the rest of the way to



the road at Wyburn. I took a flyer just before the road as I was only running on one leg. Rod offered me the retirement, but I said I'd go on, as he wasn't looking amused.

The next leg up to Scafell Pike, skirts round Raise, up to Angle Tarn and Esk Hause. I found that running and walking up hill was fine, but down hill was a more painful affair. I could tell Rod was getting tired and I knew my ankle would keep going



as long as I was careful. On top of Scafell Pike I rested while waiting for Rod and had a snack, I considered bandaging the ankle, but was more interested in the glorious views in a cloudless sky. We were still in 12 or 13th position. The drop down into Mosedale was very painful, Rod picked out the good lines and pointed out the track to Cockley Beck and I was soon setting the pace again.

After Cockley Beck where we met Julie for some well-needed food, we started up the final major climb up the slopes of Black Friar. This climb does really need a recc'y visit as there are no tracks and contours are obscured by the rocky terrain. Our line was better than some. I hadn't realized that I had lost Rod behind me, the heavy breathing behind my shoulder being another party. I waited at the top and looked down, I knew that Rod had had one hill too many.

We were loosing places but it didn't matter as it gave me the chance to take in the views in the cloudless and cooling late afternoon. At Coniston Old Man, Rod used the little know fellrunning technique of having a kip at the summit. The summit marshals were worried by Rod's appearance wanted to know if we wanted the helicopter, which was circling on exercise. 10 minutes and six lost places, we were off again. I offered Rod retirement at 3 Shires Stone, hoping that he wouldn't so that I could apply another hour of torture, to make amends for his 'look' when I went over on my ankle earlier in the day.

The run down the road from the Three Shires Stone was painful. The final half-hour is a small climb up and over to the Langdale valley where we started. The pace picked up and we took a few places back.



Nice long sleeve T-shirt.

A great day out and if we can get 3 teams out we would be virtually guaranteed the team prize.

Jon Underwood

Elidir Fawr - Sunday 23rd May 2004
5mls/2800'

			Short	Rating	improvement rating from 2003
1	Simon Bailey	Mercia	0:49:15(new record)		
2	Rob Jebb	Bingley	0:50:38	-	-
3	Simon Booth	Borr'dale	0:50:49	-	-
54	Tracey Brindley	Carnethy	1:00:52	1st lady	-
74	Sally Newman	CVFR	1:03:11	1.14	5%
135	Bill Johnson	CVFR	1:10:13	1.27	-2%
161	Anne Johnson	CVFR	1:13:47	1.34	-4%
185	Thirza Hyde	CVFR	1:19:14	1.43	0%
187	Amanda Farrell	CVFR	1:19:25	1.44	-
196	Steve Garner	CVFR	1:21:20	1.47	-9%
214	Linda Crabtree	CVFR	1:29:55	1.63	-16%

221 finished

Short, fast and steep, excellent route. Sally placed 3rd lady and not only is her running improving but she's becoming a mean cake maker. Picnic was excellent afterwards!!! Thirza



Waugh Well - Tuesday 8th June 2004
4mls/1000'

			Short	Rating	improvement rating from 2003
1	P Thompson	Clayton	0:30:09	-	
2	D Lewis	Ross'dale	0:30:17	-	-
3	Jonathan Ingram	Saddew'th	0:30:47	-	-
19	Lynn Clough	Wigan	0:36:17	- 1st lady	-
70	Thirza Hyde	CVFR	0:41:56	1.42	0%
95	Dave Culpan	CVFR	0:45:22	1.54	-2%
99	Linda Hayles	CVFR	0:46:04	1.56	-9%
122	Rose Carnochan	CVFR	0:57:28	1.95	-14%

124 finished

Excellent turn out for a mid week short race. This was counter number 4 of the South Pennines Grand Prix. Good weather beforehand and during this race made the going good as it can be incredibly boggy over the moor section. I did this race about 3 years ago and bettered my time by about 4 minutes, I can't decide if I'm getting better with age (like a good vintage port!!) or whether the Thursday night training sessions at Savile Park are doing the trick. Got a prize for being an old slapper anyway!!!! Thirza

Mytholmroyd Fell Race - Wednesday 9th June 2004
7mls/1350'

			Medium	Rating	improvement rating from 2003
1	Shaun Livesey	Bowland	0:45:56	-	-
2	Steve Oldfield	Brad/Aire	0:48:19	-	-
3	Adam Breaks	CVFR	0:49:06	1.06	2%
5	Richard Greenwood	CVFR	0:51:28	1.11	0%
11	Graham Hill	CVFR	0:55:44	1.20	-
13	Dave Beels	CVFR	0:56:11	1.21	0%
15	Jo Smith (1st lady)	CVFR	0:56:41	1.22	-
17	Rod Sutcliffe	CVFR	0:59:47	1.29	0%
20	Andy Carnochan	CVFR	1:00:48	1.31	0%
27	Dick Spendlove	CVFR	1:03:11	1.36	-
33	Jackie Scarf	CVFR	1:07:10	1.45	4%
36	Allan Breaks	CVFR	1:08:01	1.47	-

40 runners

Jo had a excellent run here to place well up the general field. Unfortunately this might have been the last running of this race due to the lack of support from runners and Halifax Harriers have decided not to put it on next year. Like our Sheepstones relay the race has probably run it's course. Shame but there is plenty of other races to go at. Thirza

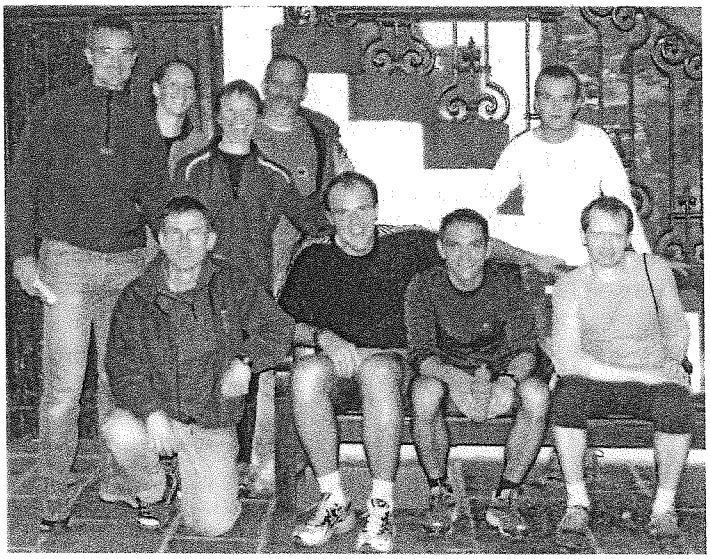
Edale Gala Fell Race - Sunday 13th June 2004
5.5mls/1400'

			Short	Rating	improvement rating from 2003
1	Tim Austin	Dark Peak	0:37:42	-	-
2	Dave Neill	Staffs	0:38:56	-	-
3	Phil Winskill	Dark Peak	0:39:25	-	-
7	Andy Clarke	CVFR	0:41:52	1.07	0%
8	Adam Breaks	CVFR	0:41:56	1.07	3%
40	Liz Batt	Buxton	0:48:54	- 1st lady	
43	Jon Underwood	CVFR	0:49:14	1.26	-5%
97	Gerry Symes	CVFR	0:55:30	1.42	-3%
107	Thirza Hyde	CVFR	0:57:03	1.46	-2%
132	Cerys Davies	CVFR	1:01:15	1.57	
161	Julie Underwood	CVFR	1:09:00	1.77	-5%

181 ran

This is a terrific short race doing the last part of the Edale Skyline in reverse and dropping off Grindslow Knoll. Steady climb towards Ringing Roger (descent route of the Edlae Skyline) and then onto the Skyline running on a mixture of roack and peat hags which were very dry today. Onto Grindslow Knoll and then an excellent, fast descent and then a bit of a crappy road run into the Gala field. This was the first time I had experienced the large blister on the sole of my heel and I wasn't the only one with sore feet due to the very dry and warm conditions. Good little gala afterwards chilling out eating cream teas, ice cream and a pint of real ale. Cerys you need practice at this art of beer drinking after a race - you deserve it afterall. I now have the Lady Vet 45 record for this race, haven't ever had one of these before!!!!! Great day out. Thirza

The longest day!



Having concentrated my training more on distance work through the early part of the year, in preparation for the clubs attempt at the Pennine way relay, I found myself searching for another target to aim for when the relay attempt had to be shelved. So it was then that I looked at doing a Bob Graham attempt.

The tales of BGR attempts seemed to be filled with stories of exhaustion, pain and suffering! On hearing these tales I came to understand the immense mental, physical and organisational challenge that it is. Previously I'd thought all fellrunners were just sadomasochists without the leather and whips! Planning a BGR 3 months before the attempt? Yes there were a few raised eyebrows! I don't know the average timescale for planning a BGR but I believe now that this is something that is thought about and planned well in advance! But, ignorance is bliss. I was soon sat in the Big Six with John, Andy and Thirza discussing the basic outline and schedule of my attempt. Have you thought about who will help you on the legs and road crossings? Have you thought about what to eat? What are you gonna do at Broad stand? My reply was no, no and what's Broad stand? Yes, I was a little under prepared. I was soon on the phone seeking help and advice but as Dave Hyde will testify, the food dilemma wasn't resolved until the day before.

Over the next couple of months and several recces into the lakes, things were more or less on track. There had been a huge amount of support and encouragement from within the club and a lot of organising and planning going on behind the scenes, as every problem that I thought of there was a response of either 'yes I can sort that' or 'that's already taken care of, so an so is doing it'! The wealth of knowledge from within the club is vast and anybody who may be considering a BGR attempt (not to mention advice on practically any race in the British isles) should be confident in completing it!

It was a glorious evening as Andy and I made our way up to Keswick. Andy had arranged for us to stop at his friends flat for the weekend. No problem Ben had said, 'I'll be out anyway, as the beer festival is on'. Soon, the time was upon us! We were ready to go. Ben had just arrived back presumably from a 'lock in' with another friend of Andy's, a guy called Dan and a female friend of his who seemed to take a bit of a liking to my legs? *(There's no accounting for taste!!! You did say she'd just come in from a lock in at the pub!!!! Ed)* As we arrived at Moot Hall, the revellers who either couldn't get a taxi or just didn't want one seemed to be in full swing. Now, it's not easy to avoid drawing attention to yourself at 2 in the morning wearing shorts, rucksacks and head torches. So we set off from moot hall to shouts, cheers, whistles and a knowing nod and''good luck' from the local constabulary.

Now it may be worth – for anybody planning a BGR – to actually recce the route out of town! What do you think Andy?! So already a minute or two down we made our climb up Skiddaw. The fantastic weather from the night before had gone and a good forecast didn't materialise. We climbed up on schedule and arrived on the summit in strong winds, rain and thick cloud. It turned out that we descended off Skiddaw a few hundred metres too soon and encountered treacherous wet rocks that seemed at the time to go on forever! Not at all disheartened we arrived on Great Calva ten minutes behind schedule. After a brief stop to take a bearing, we were on our way to Blencathra. When we had recced this descent the month before, it was a nightmare. There were no paths and masses of thick high bracken to negotiate, even Spike had had enough! However, this time we had picked a much better line and I think this is why we made up 5 mins at the summit of Blencathra. As most people from the club are aware, Andy and I don't really hang about when descending, so for us to descend Blencathra and lose time must put it into perspective of how tricky the wet rocks were!

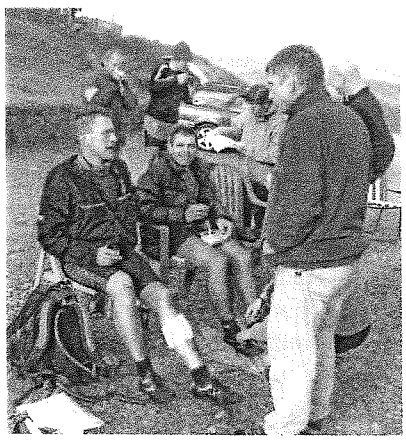
Adam was waiting at Threlkeld with food, fresh clothes and more importantly a hot cup of tea. It wasn't long before all three of us were making our way up Clough head. I was feeling great and was somewhat surprised to see Andy falling a bit behind. He wasn't feeling strong and wondered whether Adam and I should just push on? I decided that I would prefer to lose a little time and stay together to negotiate the Dodd's, rather than lose Andy's expertise on this tricky leg. Funny how my immediate concern was not for Andy's safety on being alone on the fells in dodgy weather?? This leg went superbly well. Andy being tired, stopped Adam and I charging off and potentially blowing later. Adam had clearly put a lot of work in to the navigational side of it and we didn't put a foot wrong, even when I kept saying 'are you sure', 'it doesn't look right' etc etc, Adam remained calm and just pointed me in the right direction. Andy headed down as we climbed Fairfield, which was followed by a near perfect line and descent off Seat Sandal.

I still felt good but I was definitely ready for a sit down and plenty of food here. Although I knew I was gonna be waited on, I didn't expect it to be literally hand and FOOT! Yes, special thanks must go to Julie and Thirza for taking my shoes and socks off at each rest point. (*don't get used to it as this is the one and only time that this happens ED)* that It took me by surprise, but was very welcome! It didn't seem long before Mike, Rod, Tim (friend of Mike's and who was going to put the rope up at Broad stand), Andy Shaw, Julien Rank (Holmfirth runners, recceing route) and myself were on our way up Steel fell. Mike and Rods experience and Navigational skills made our journey over the various Crags, Pikes and Stickles effortless. It seemed that the map was just for confirmation, as they seemed to know every inch of the route, often Mike would appear from nowhere 20 metres in front of me. I remember jokingly thinking 'Yeh, cheers Mike, I'll go the long way round, not like I've got far to go'. However, I literally didn't have to think about anything other than moving my legs. Rod made sure I was drinking and eating regularly, collected water from streams and even commented on the colour of my wee! On reflection, I think the fact that I ate well all the way round was the reason that I never really had any major''dips' during the attempt!

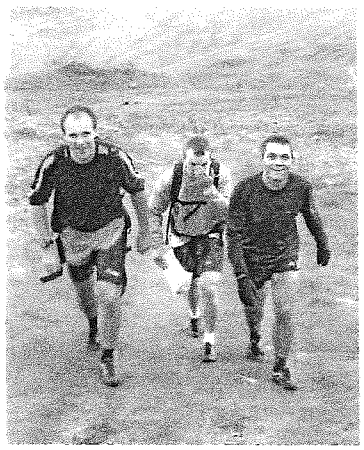
Now having said that I didn't have any dips (which is true!) I did have a bloody scary time going up Broad stand and above! When I arrived at Broad stand a smiling, Thirza and

Julie, who had lugged all the climbing gear up 3000 feet from Wasdale, greeted me. They informed me that Tim had got the rope in place but there was a bit of a traffic jam. Mike had gone on to see if he could arrange for our speedy passage through. In no time at all I was harnessed and attached to the rope and making my way onto the little plateau in front of Broad stand. What was I doing here? I was surrounded by rock climbers, looking in probable disbelief at a guy in shorts and a Helly Hansen flapping about trying to climb this little bit of rock! I remember looking up at Tim and then at this slippy, slimmy piece of rock and saying out loud,"How do I climb up there'? 'I can't climb that'! With a mixture of embarrassment, adrenaline and the support of the rope, I hauled myself up Broad stand. 'Ahh, the hard bit over' I thought! Mike was soon leading me up the scramble to the summit. Now I didn't expect it to be a series of mini rock climbs, on seriously slippy wet rock. At times it felt like playing twister on a rock face with a 15-foot leg-breaking fall below me. Mike was doing his Spiderman impression and would ask from time to time 'was I ok' then without waiting for a reply, disappear around the next series of rocks. Soon we were on top of Scafell, only 3000 ft of descent before a rest! The knee aching, thigh-sapping descent was nicely broken by an excellent scree run down a gully that led to path into the car park. With shoes full of stones the half mile run in to the rest point meant that each step was followed by a series of 'ooh, aah, ouch, bastard'.

I arrived at Wasdale just about on schedule. For me the pivotal part of this attempt would be the climb up Yewbarrow. This is a steep climb taking approx 44 minutes at BGR pace, which then leads on to a series of challenging climbs over to Green Gable. Therefore, any weakness ascending Yewbarrow would be multiplied several times on our way to Honister. So, after having my fill of food and drink (Special thanks to Jon's Mum and Dad for not only making the trip to Wasdale, but also putting on an excellent spread! Think both Jon and I were sorry we couldn't stay and eat a lot more!) Jon, Bill, Jez, Rod and I set off up Yewbarrow. An early strong pace up this climb was maintained and Rod's ambitious attempt to keep with us on leg 4 were put into doubt as he slipped further and further behind. He eventually decided on contouring around to Honister, rather than descend back down to Wasdale. Now as previously mentioned, I'd decided that this leg was make or break for my sub 20hr BGR. Therefore, as the summit came into view I decided to put a little extra into the climb and by the time I had reached the summit I was well clear of Jon, Bill and Jez and we had knocked 8 mins off the climb, putting us back ahead of schedule! A similar pace was set over Red Pike, Steeple and when we arrived on Pillar we were around 16 mins up on schedule. Now having lost Rod on Yewbarrow, we then lost Jez on our way to Red Pike. It must be said that I was a little concerned, but Jon and Bill reassured me they would be fine and that we needed to push on. No sooner had Jez caught back up with us donning a bloody and heavily strapped shin, Bill took a tumble that had been preceded by a noticeable cracking sound from his ankle. After a brief pause to check on Bill, who was ok but not able to continue, Jon and I pushed on and Jez stayed to help him. I remember thinking 'shit, three down only one left'! Note that you can never have enough helpers on a BGR!



By this time I was still climbing ok, but the descending was becoming very painful on the knees and thighs. One and a half descents off Kirkfell weren't my idea of fun. After taking a wrong turn coming off of Kirkfell, Jon very soon realised this, and after a brief but nice climb we were back on course heading towards Great Gable. Another, minor navigational error prior to the climb up Great Gable had cost us several more minutes, but the mistake had been quickly rectified, we had this to spare and we were still on schedule at the summit. Jon seemed a little disappointed, but I couldn't fault him. It was very thick cloud and we had come over these tricky mountains bang on schedule. After what had gone before, the remaining summits seemed like mere undulations as we headed over to a well-earned rest at Honister.



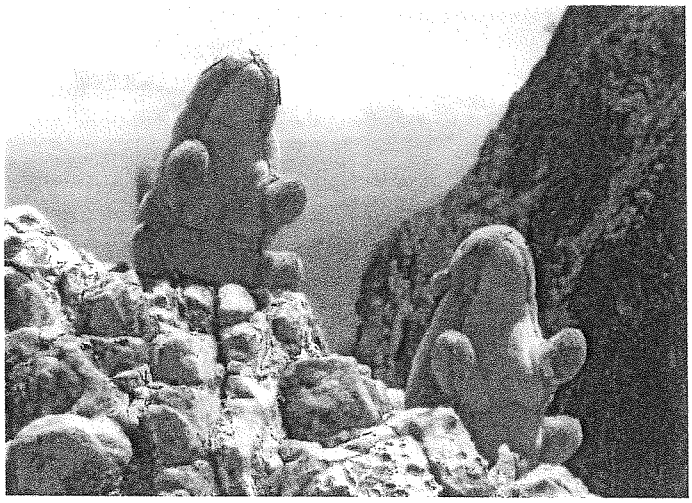
Oh Karl you've dropped one again .....

Now it must be said that hours and hours of running and eating don't do your digestive tract any favours at all, as Jon can probably testify! I had tried to be polite by dropping back 10 to 20 yards to break wind (to the immediate concerns of 'are you ok, Karl'). I had control of the when and where, but no control over wind direction! Therefore, apologies to those people who ended up down **WIND** on legs 4 and 5!

As I arrived into Honister it felt like the whole club had turned up to support me, what a feeling! As I tucked into yet another bowl of rice pudding, which was all I could get down at this stage, I remember thinking, 'this is it, I've done the Bob Graham'. I just had to get myself over the remaining peaks of DaleHead, Hindsgarth and Robinson. Joined by a now rested Adam Breaks and the ever-enthusiastic Allan Greenwood, Jon and I made our way up the last major climb. The first half of this leg seemed like a leisurely evening stroll, as we were all chatting and listening to some of Allan's recounted stories. However, the second half of this final leg was a complete contrast, resembling something more like a 10k road race. After descending Robinson the run into Keswick is pretty much flat, and once we started to stride out the tightness in my legs started to ease. Adam and Jon responded well to this and started to set a good pace, leading to Allan struggling to keep up. This final run around the back of Derwent water into Keswick felt tortuous, as it seemed to go on and on! Heading down tracks and paths and then onto the road our pace seemed to get ever faster as the end neared. Once Moot Hall was in sight, filled with euphoria and adrenaline I put in a final spurt and sprinted up the market square touching Moot Hall in a time of 19hrs 35mins.

No sooner had I finished, we were all posing for photos and drinking champagne (Thanks Andy). I'm sure you'll all be pleased to know that in true fellrunning tradition, I even managed a couple of pints as well!! A big thanks to everybody who helped me realise this achievement, I had a great time with the preparation and what a fantastic day, one I'll never forget! Karl.

MR AND MRS CHIPPER ON THE BOB GRAHAM ROUND



Mr and Mrs Chipper accompanied members of the club in support of Karl Gray's tremendous Bob Graham Round recently

"Did you know that the club are going to the Lake District to help Karl run 72 miles, climbing 42 summits in under 24 hours?" said Mr Chipper. "What a funny lot they are", said Mrs Chipper. "Shall we go and help?" said Mr Chipper. "I suppose so", said Mrs Chipper.

Mr and Mrs Chipper were at Dunmail Raise, Wasdale and Honister in support, though they declined to go with Julie and Thirza up to Broad Stand with a rope for Karl. Mike Wardle and his friend Ian helped the ***slightly frightened*** Karl up the rope after he waited for ten minutes in the queue contemplating it. Meanwhile Rod copped out of this and ran with Julian and his friend Andy down the hill and up to Scafell via Fox's Tarn, which turned out to be a very interesting spot if you had a few minutes to spare.

Andy (Clarke) supported Karl on the first two legs. Adam helped on leg 2 and then then the final leg 5. Julian and Karl's friend Julian's friend Andy accompanied the party on legs 2 and 3. Jon went on legs 3 and 4. Not to be outdone Rod, on completing leg 3 decided to carry on through leg 4. Everybody was so shocked that they were speechless. So was Rod when he tried to climb Yewbarrow from Wasdale. He was quickly so far behind that everybody got worried and tried to text Jez on his mobile to tell him to send Rod back. They don't do texting at Wasdale so the message was not received but Rod trotted down to Honister happy as a sandboy four hours later. He had cut out the hills and made straight for home. Mr and Mrs Chipper were very relieved.

Meanwhile, Jez was not happy as anything at all, since he cut open his shin on the run. He admitted to being squeamish as Rod cleaned and dressed it but Rod pretended strongly to know what he was doing. "The poor man, he's nearly fainting", said Mrs Chipper. Bill might have been happy at some things but he was not happy at his ankle which he had sprained again.

All was well in the end when the group celebrated Karl's success in front of the Moot Hall. In spite of the fact that drinking alcohol on the street is illegal in Keswick, and they were surrounded by real policemen as well as fifty women on a hen night in fancy dress as WPCs, the group downed a bottle of Champagne provided by Alec.

Mr and Mrs Chipper were a little bemused, but enjoyed the outing. "Didn't he do well?" said Mr Chipper. "I suppose so", said Mrs Chipper.

(Yes now you know that the club has gone completely nuts, if you need further explanation to this story please feel free to ask Jon or Julie Underwood - I'm speechless for once .... and seriously wondering about the sanity of some of our members any how I'm off now to talk to Sooty)

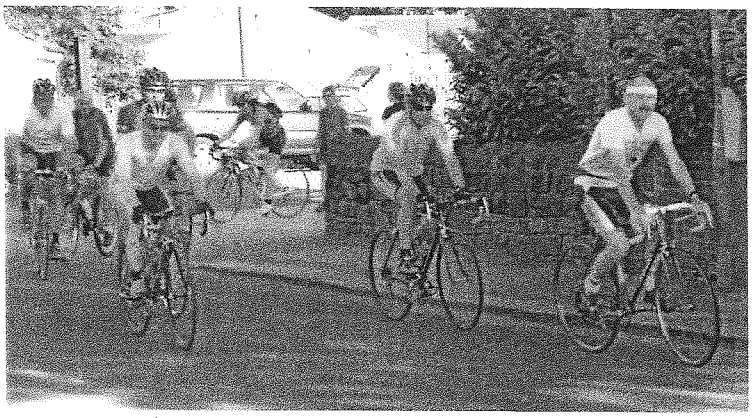
CVFR Bi-athlon Tuesday 15th June

		Bike Time	Overall Time
1.	Ant Mayer	1.03.10	1.39.38
2.	Pete Round & Ben	1.01.01	1.39.56
3.	Jon Underwood	1.05.08	1.42.25
4.	Dave Beels	1.12.27	1.48.44
5.	Phil Scarfe	1.08.31	1.51.32
6.	Jo Smith	1.11.09	2.00.00
Did biking only			
	Steve Cavell	1.13.54	-
	Carl Greenwood	1.14.23	-
	Amanda Farrell	1.18.39	-

This was an eventful evening with a hardy team of 9 setting off. A long climb up Cragg Road and then a right turn and downhill into Littleborough. Think the wind was playing havock here as it was hard to pedal downhill. Long flattish route back to MCC. Run up the handicap route to the ruin before Stoodley Pike and then a dash back. Jo decided to take a longer more scenic route (sorry we hadn't told you the right way) but she had a pleasant run on a good night. Amanda was crippled with cramp when she finished the biking and had to pull out of the run. I had to nearly physically lower her into her car and wondered how the hell she was going to get back out at the other end. More pressing concern for Amanda was that she was doing the Lowe Alpine up in Scotland that weekend and was seriously worried she had done some real damage to her body . No damage done thank god. Ant Mayer had an excellent bike ride and then run to take the Biathlon for the second year in a row.



THE NUMBERS SEEM TO BE DROPPING OFF ON THIS EVENT. IF ANYONE HAS ANY IDEAS FOR GETTING MORE INTEREST IN IT CAN YOU PLEASE LET US KNOW.



Buckden Pike Fell Race - Saturday 19th June 2004 4mls/1500'

			Short	Rating	improvement rating from 2003
1	Simon Bailey	Mercia		0:30:57	-
2	Rob Jebb	Bingley Harriers		0:32:12	-
3	Rob Hope	P & B		0:32:13	-
69	Vic Wilkinson	unatt'd (1st lady)		0:39:28	-
90	Richard Greenwood	CVFR	0:40:37	1.16	-
102	Sally Newman	CVFR	0:41:08	1.18	3%
116	Dave Beels	CVFR	0:42:06	1.20	-1%
136	Graham Hill	CVFR	0:43:31	1.24	-
151	Barry Shaw	CVFR	0:44:13	1.26	-3%
189	Celia Mills	CVFR	0:46:51	1.34	-
217	Thirza Hyde	CVFR	0:48:58	1.40	2%
251	Steve Garner	CVFR	0:52:58	1.51	-12%
255	Cerys Davies	CVFR	0:53:19	1.52	-
267	Dave Culpan	CVFR	0:55:16	1.58	-5%
277	Allan Breaks	CVFR	0:56:37	1.62	-

292 finished

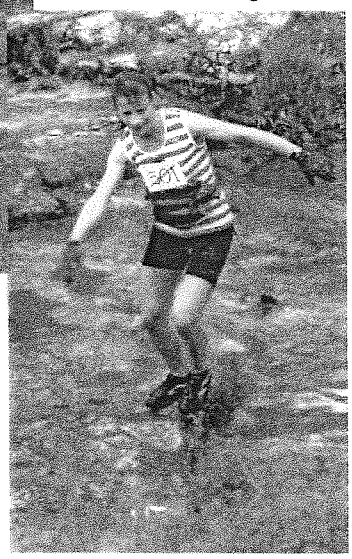
Buckden Pike marked both my first championship race and my first weekend away with the CV camping crew. And what a corker it was!

The girlies were given a 15 minute head start and with a field of 44 we missed out on the usual stampede. Sally shot off and was soon out of sight - as most things are when your ascending on all fours! Having also lost sight of Thirza my usual marker, I spent some time alone until I got caught by the lead men on the descent. Having never run with the fast boys it proved to be quite a shock - more akin to a gust of wind than a passing runner. I found the descent pretty harrowing and all that *'passing wind'* didn't help either. Then to the river crossing which the ***CV girlies tackled with grace and fine tuned precision!***

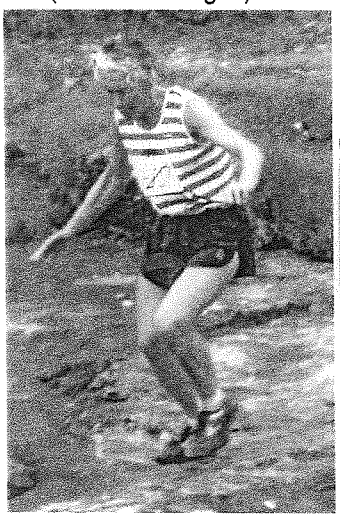
Cautious Cerys approach ....



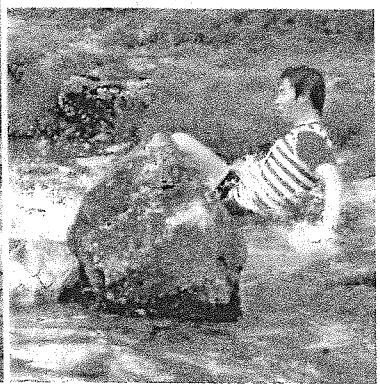
Celia - the poised, delicate, femine crossing ....



Sally with total focus and concentration (NOTE the tongue) ....



and the Thirza "To hell with it, I don't care COLONIC IRRIGATION" approach ....



Sally claimed 3rd place and 1st LV40, with Sally, Celia and Thirza making 4th team. After a well deserved mound of chocolate cake we finally made it to the pub to sample the local tipple – something else that is worth coming back for next year.

After slaughtering in the region of a million midges over breakfast we decided that another challenge was called for. So Thirza ,Sally and Steve helped me out with my *'get fit quick post injury regime'* and took me out for an 8 mile leg stretch. Great route, loads of variety, cracking views and some very noisy descending practice! All in all a brilliant weekend which reaffirmed my suspicion that I've joined the friendliest and possibly maddest fell club on the circuit! Cheers Cerys Davies

MID SUMMER MADNESS 3 DAY EVENT

Wicken Hill Whizz - Friday June 25th - 3mls/1000'

			Short	Rating	improvement rating from 2003
1	Ian Holmes	Bingley	0:22:00	-	-
2	Karl Gray	CVFR	0:22:56	1.01	2%
3	Chris Smales	Tod	0:22:56	-	-
4	Andy Clarke	CVFR	0:23:25	1.04	4%
8	Richard Greenwood	CVFR	0:24:46	1.09	
17	Dave Beels	CVFR	0:26:56	1.19	1%
18	Jon Underwood	CVFR	0:27:27	1.21	-1%
19	Barry Shaw	CVFR	0:28:00	1.24	-1%
26	Carl Greenwood	CVFR	0:29:55	1.32	-6%
29	Carole Waterhouse	Halifax	0:30:31	- 1st lady	
34	Jez Wilkinson	CVFR	0:30:47	1.36	2%
40	Thirza Hyde	CVFR	0:31:39	1.40	2%
45	Ben Davies	CVFR	0:32:16	1.43	-
47	Cerys Davies	CVFR	0:32:34	1.44	-
51	Philip Jones	CVFR	0:32:45	1.45	-
59	Jackie Scarf	CVFR	0:34:03	1.51	0%
66	Allan Breaks	CVFR	0:35:00	1.55	-
67	Dave Culpan	CVFR	0:35:06	1.55	-3%
69	Linda Hayles	CVFR	0:35:13	1.56	-9%
70	John Riley	CVFR	0:35:48	1.58	-
85	Mark Everington	CVFR	0:41:16	1.82	-10%
88	Rose Carnochan	CVFR	0:41:47	1.85	-8%

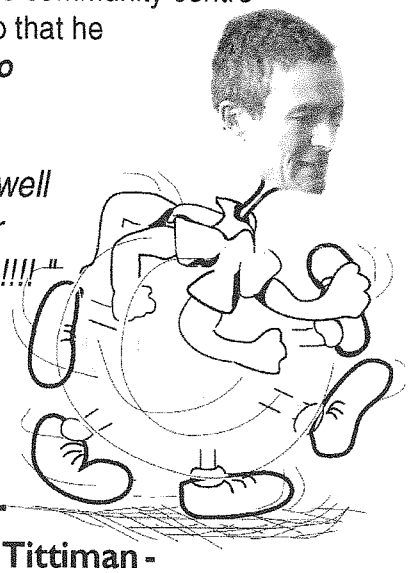
91 runners

We had a fine evening for this year's Wicken Hill Whizz, the first race in the Midsummer Madness weekend trio of races. It is one of the positive aspects of our sport that a national champion like Ian Holmes will turn up to run at a small, low-key event like this. He gave the local greyhounds someone to chase. There was inadvertently a slight deviation at the top of the hill, which caused times to be slightly slower than previous years. Ian Holmes finished in exactly 22 minutes, outside the record that he set last year, with Karl Gray and Chris Smales battling neck-and-neck for second place. Karl narrowly won the sprint finish, but Chris had the consolation of being first vet. Andy Clarke finished in fourth place as second vet, to help Calder Valley win the team prize, with Richard Greenwood anchoring the team in 8th place. In the ladies race, Carole Waterhouse was first home, just 7 seconds ahead of Sandra Grimes, one of the large contingent of Leicester Owls that grace this series of races each year. A few more seconds behind was Donna Allen, the first of a strong Radcliffe ladies team who won the team prize with Gerry Dewhurst and Carly Hancock in 6th and 8th places respectively. BILL JOHNSON

rumour has it that ....

after the Wicken Hill Race Andy Clarke drove his car from one end of the community centre car park to the door so that he didn't have to ***walk too far for a shower!!!*** -

"I guess that doing well in a race is a matter of pacing yourself!!!!!!!"



Tom Tittiman - Saturday June 26th - 4mls/600'

				Short Rating	improvement rating from 2003
1	Andy Shaw	Holmfirth	0:26:44	-	-
2	Karl Gray	CVFR	0:27:48	1.05	-2%
3	Chris Smales	Tod	0:28:11	-	-
4	Andy Clarke	CVFR	0:28:41	1.08	-1%
17	Graham Hill	CVFR	0:31:14	1.18	-
18	Dave Beels	CVFR	0:31:29	1.19	1%
20	Sally Newman	CVFR	0:31:54	1.21	0%
26	Andy Carnochan	CVFR	0:33:15	1.26	9%
33	Rod Sutcliffe	CVFR	0:34:04	1.29	-1%
37	Jez Wilkinson	CVFR	0:35:14	1.33	4%
43	Philip Jones	CVFR	0:36:29	1.38	-
44	Ben Davies	CVFR	0:36:31	1.38	-
46	Thirza Hyde	CVFR	0:36:34	1.38	3%
53	Cerys Davies	CVFR	0:36:55	1.39	-
55	Steve Coey	CVFR	0:37:20	1.41	-2%
64	Linda Hayles	CVFR	0:40:07	1.52	-6%

79 started, 77 finished

In contrast to the fine weather the previous evening, we had rain for this, the second race in the Midsummer Madness series. The race had also been selected as the Yorkshire Vets championship race, as it had been the year before as well. The rain did not seem to dampen enthusiasm at the small Wadsworth village gala, but it did send all the stalls and most of the people inside the community hall.

There was a children's race organised by the local school a little earlier than the Tom Tittiman fell race, and we took over at least half of their registration tent for our own race registration. Andy Shaw and Karl Gray, both proving that you can combine long distance training for Bob Graham rounds and still maintain speed for short races, finished first and second. Chris Smales had been ahead of Gray on the climb to High Brown Knoll, but as per the previous evening finished in third place.

Carole Waterhouse this time had to settle for second place in the ladies, as Sally Newman was the convincing winner. Julia Johnson finished strongly, overtaking her clubmate Diane Waite and several men on the descent to finish as third lady.

The male and female team competitions were closely contested between Holmfirth and Calder Valley. The Holmfirth men (Andy Shaw, Richard Griffiths and Matthew Davies) beat Calder Valley into second place, but the places were reversed in the ladies as Sally Newman, Thirza Hyde and Cerys Davies narrowly led the local ladies to victory. BILL JOHNSON

PS Sally did swear a bit at me at the end as I had told her it was a cracking course with good running, We hadn't accounted for the Tony Bradley flagging on the return route from High Brown Knoll through the deepest tussucks he could find. Thanks for that Tony, don't forget us girls have good memories!!! When will you be back racing!!!!!! WATCH YOUR BACK Thirza.

Reservoir Bogs - Sunday June 27th - 8mls/1000'

				Medium Rating	improvement rating from 2003
1	Adam Breaks	CVFR	0:57:33	1.02	6%
2	Karl Gray	CVFR	0:57:53	1.03	1%
3	Chris Smales	Tod	0:58:29	-	-
8	Graham Hill	CVFR	1:06:15	1.18	
13	Dave Beels	CVFR	1:12:58	1.30	-7%
21	Dick Spendlove	CVFR	1:17:29	1.38	-
23	Carole Waterhouse		Halifax1:17:40	1st lady	
-25	Andy Carnochan	CVFR	1:18:39	1.40	-6%
27	Jamie Dore	Un'att	1:18:51	-	-
28	Thirza Hyde	CVFR	1:19:02	1.41	2%
30	Philip Jones	CVFR	1:20:46	1.44	-
36	Linda Hayles	CVFR	1:22:56	1.47	0%
41	Cerys Davies	CVFR	1:27:50	1.56	-
42	Ben Davies	CVFR	1:28:01	1.57	-

61 started

The route of the final race in the Midsummer Madness series changes slightly each year, and it is unmarked between the checkpoints so either basic navigational skills, or the art of nonchalantly following the runner in front who looks confident as he heads in the wrong direction, are required. This caught out two groups of four runners this year, who all missed out the last checkpoint.

Adam Breaks and Karl Gray each took very different routes to the second checkpoint, but arrived simultaneously. They then battled together until the end, with Breaks finishing

very quickly down the final lane to take first place. For the third time this weekend, Chris Smales finished in third place, just behind Gray.

Breaks and Gray, along with Graham Hill in 8th place, comfortably led Calder Valley to the men's team prize.

Amongst the ladies, Carole Waterhouse led from the first checkpoint, but Sandra Grimes was steadily moving up the field, to finally finish just behind Waterhouse.

Thirza Hyde also overtook men all the way round, to finish as third lady. However she could not prevent the Leicester Owls from dominating the ladies team competition, with Alex Carvin and Julie Parsons coming in as 4th and 5th ladies to join Grimes as the first team. BILL JOHNSON

Midsummer Madness race series

With three second places over the weekend, Karl Gray was finally granted a prize for first place, in the 3-day series. Similarly, Chris Smales had three third places to take second place overall, and the prize for first vet. Unattached runner Dick Ballantine ran well in all three races, improving his result each time to clinch third place, and Dave Beels finished in 4th place as the first V50.

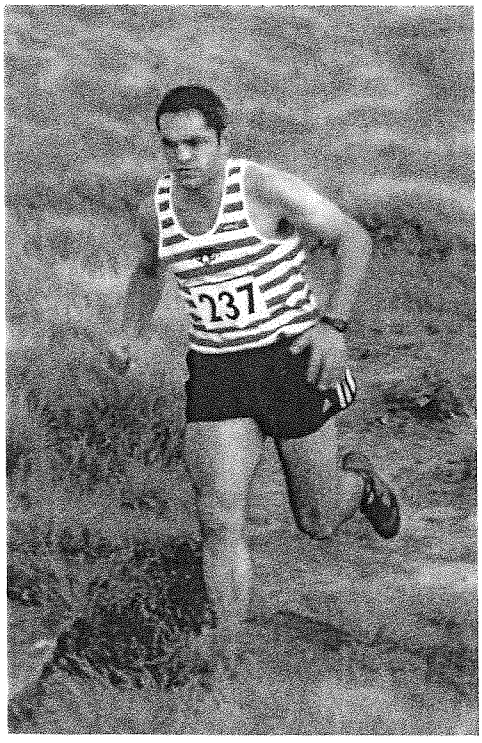
Carole Waterhouse had been on strong form all weekend, to stay ahead of Sandra Grimes and Thirza Hyde in each race. They were the first three ladies in the series, with Grimes first lady vet.

Every competitor who completed all three races in the series received a commemorative T-shirt kindly supplied by our ever-generous sponsors, Longcroft Engineering.

Many thanks to all from Calder Valley fellrunners who helped out over the weekend and put in a lot of hard work to make this series a success each year.

Finally, I must mention the ceilidh that was held on Saturday night as part of the race weekend. It was tremendous fun as the runners barn-danced with varying degrees of success all evening, naturally including the energetic, party-loving Leicester Owls. The band told us that they had never played to a group of fellrunners before and they rated it as the best gig they had ever done!

This was the first time that we had put on a social event as part of the race weekend. It was an excellent evening that we will certainly put on again next year. Thanks Bill Johnson



Karl on his way to winning 3 Day Event

Skiddaw Fell Race - Sunday 4th July 2004 9mls/2900'

			Medium	Rating	improvement rating from 2003
1	Tim Austin	Dark Peak		1:08.00	-
2	Mark Crosdale	Bingley		1:09.00	-
3	Chris Doyle	Trafford		1:11.00	-
8	Adam Breaks	CVFR		1:13:20	-
39	Sue Dolan	Harrogate		1:28:17	-
68	Celia Mills	CVFR		1:38:54	-
74	Gerry Symes	CVFR	MV50	1:41:44	-

This race was originally planned as an English trial for the forthcoming Snowdon race but due to subsequent events regarding the FRA committees and clashes with the inter counties the elite athletes stayed away. Tim Austin won by over a minute from Mark Crosdale and subsequently was the only person to be considered for a future England vest. The race starts in a field which after a mere 500m narrows to the width of a gate. Therefore there is a surge to this point and beyond. I normally start 'strongly' on this occasion despite my 'strong' start I still found myself around 12th place coming out of the start field. Tim was already building up his gap once up Latrigg. Conditions were favourably for a fast run with the early morning rain drying up. The summit was still surrounded in whisping cloud which held throughout the race. I climbed well to the car park at the back of Latrigg where the running up until there is a long drag on a well made path. As we turned left onto the lower slopes of Jenkins Hill I suddenly found I had lost more places, Mark Denham-Smith (MDS) had led a small party of runners around a little short cut. I tried in vain to catch them, I never did and lost ground all the way up Jenkins Hill as my running pattern became a walk. I lost time on the ascent and a few runners including Nimrod Lockwood of Keswick caught me, somehow this kick up the butt – kick started my climbing again and I quickly pulled away. The summit was under cloud as runners came off the main path and made straight for the summit cairn across the scree slopes. Tim was the first to re - appear from the cloud in the opposite direction, although my main concern was keeping sight of the Ambleside vest in front so I didn't take a wrong turning which wasn't always easy in the mist. After playing chicken with MDS on the summit plateau I quickly turned back and made for most of the runners who had cheated me on the ascent. I caught five runners on the way back down the final runner beating Lloyd Taggert who tried a little spurt on the path round Latrigg. Lloyd had ran the day before at the inter counties for Derbyshire is obviously running well and said he was slightly gutted to have been caught on the descent. I tucked in behind a guy called Duncan Frampton who has signed for Borrowdale. He had helped me on the way up with a bit of advise out of respect I kept my distance rather than run for sixth place which by now was out of the question and anyway Duncan was setting a reasonable pace. By now my feet were burning too, I really did think I had blistered them worse than I actually did. It only emerged that he was actually pushing himself to keep away from me when he collapsed breathless at the finish, maybe I should have told him two miles earlier of my intentions. Celia Mills also running her second race of the weekend after representing Warwickshire in the inter counties ran well for sixth place behind a relative unknown, Sue Dolan of Harrogate who finished a minute in front of Lynn Clough of Wigan Phoenix. Gerry Symes ran well for 74th, he said it was slightly slower than last year. We had a good laugh

with Gerry stating that he must be the oldest regular competing Calder-valleyite and remembers when he must have been the youngest. He still wasn't the oldest competitor, the demographics of fell running have been much publicised recently, and there were more V70 runners than intermediates in the race! Adam

Stoodley Pike Fell Race - Tuesday 6th July 2004 3.5mls/700'

				Short Rating	improvement rating from 2003
1	Karl Gray	CVFR	0:19:03	1.03	0%
2	Chris Smales	Tod	0:19:18	-	-
3	Garry Wilkinson	un'att	0:19:32	-	-
4	Andy Clarke	CVFR	0:19:35	1.06	2%
27	Marbeth Shiel	Carnethy	0:22:07	1st lady	
30	Graham Hill	CVFR	0:22:37	1.22	
37	Alex Cornish	CVFR	0:23:08	1.25	7%
38	Jo Smith	CVFR	0:23:10	1.25	
49	Lee Shimwell	CVFR	0:24:02	1.30	-6%
52	Andy Carnochan	CVFR	0:24:20	1.31	5%
53	Rod Sutcliffe	CVFR	0:24:29	1.32	-4%
59	Jez Wilkinson	CVFR	0:25:04	1.35	2%
62	Dick Spendlove	CVFR	0:25:10	1.36	
73	Thirza Hyde	CVFR	0:25:56	1.40	2%
89	Dave Culpan	CVFR	0:27:05	1.46	3%
97	Jackie Scarf	CVFR	0:27:34	1.49	2%
101	Allan Breaks	CVFR	0:28:00	1.51	
102	Linda Hayles	CVFR	0:28:03	1.51	-6%
110	Steve Cavell	CVFR	0:28:53	1.56	1%
124	John Riley	CVFR	0:30:16	1.63	
127	Mark Everington	CVFR	0:30:48	1.66	-1%
130	Julie Underwood	CVFR	0:31:10	1.68	-1%
133	Jon Underwood	CVFR	0:31:35	1.71	-42%

148 finished

UNDERWOOD TRIUMPH AND TRAGEDY .....

Rising star Julie Underwood finished in front of her husband Jon for the first time recently in the Stoodley Pike race. Jon suffered a severe ankle sprain when, on the hectic and tricky descent from the Pike, he looked behind to see if Jo Smith was coming (What a w**ker!). This was the same ankle that he sprained a few weeks previously seven miles into the 37 miles Old County Tops Race with ex-long distance partner Rod Sutcliffe. On that occasion Rod had looked so disgusted at the prospect of having to retire that Jon ran the final thirty miles on the bad peg without a rest. This was excluding the 15 minutes when Rod was lying supine at the top of Coniston Old Man having jelly babies stuffed into his mouth by Jon. After the ankle went again he was in pain and distress when Julie passed him as he hobbled along towards the finish. Later she said that she would have stopped to give comfort but this was her only chance to beat him. Mr and Mrs Chipper had nothing to say on the matter.



Arnie Grunenegger

Wasdale Fell Race - Saturday 10th July 2004 - 21mls/9000'

1	Phil Davies	Borrowdale	3.53.55
2	Andy Schofield	Borrowdale	3.54.21
3	Joe Blackett V40	N. Yorks M. AC V40	3.55.04
4	John Hunt	CFR	4.02.35
5	Gavin Bland	Borrowdale	4.12.55
6	Julian Rank	Holmfirth H V40	4.27.56
7	Gary Thorpe V40	Ambleside AC V40	4.28.57
8	Adam Breaks	Calder Valley FR	4.39.02
9	Ian Cowie	Mercia FR V45	4.40.55
10	Dave Tait	Dark Peak FR V55	4.44.19
22	Nicola Davies	Borrowdale LV45	5.08. 35

49 finished/70 starters

A Good day out', put simply by Julian Rank at the finish. Despite all the forewarnings, raised eyebrows from club members there is nothing like first hand experience. That's what I wanted to achieve from this race.

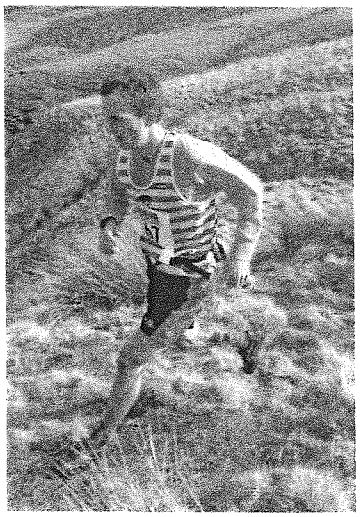
The onerous race has almost every aspect of terrain from the long grassy drag and rolling undulated moor land across to Whin Rigg (1st checkpoint), marshy fell across to Scoat Fell from Seatallen (2nd checkpoint), Greasy rocky climbs of Pillar and Great Gable, tourist paths from Esk Hause across to Scafell. Coupled with the unpredictable weather in these parts and various route choices off the course, including many leading you back to the finish early!

I quite enjoyed this testing course over new ground in fine weather, although contouring round Kirk Fell I would have told you otherwise, (I'm so glad I didn't quit then). My game plan, with advice from Mike (despite earlier preservations of me doing such a race) was not to start racing until Great Gable. That's what I simply did, despite a few bad lines from Joss Naylor's home at Greendale to Pillar the race seemed to pass by uneventful with always a few runners in the distance to follow.

I had a dip in morale and energy by the time we reached Kirk Fell and a few runners who had been chasing me finally passed me, but a strong climb after some food up Great Gable prevented me from becoming on of the sizeable number who made the DNF list. Majority being timed out, with the weather closing in, some on their own accord. The organiser told me later that they try and get everyone in within six hours!

The descent in thick mist off Scafell was certainly tricky and I was still unsure where I was when I could see the finish below just left of Lingmell; half hour earlier three runners had reached the same point together, before Phil Davies descended strongly from Andrew Schofield and Joe Blackett.

At the finish I was more concerned about the state of my first pair of PB Walsh's, the midsole gradually came away from the shoe from Great Gable onwards gradually getting worse until they were just a flopping mess at the end. This probably made my race the more special and kept me on my toes quite literally to the end.



Nicola Davies was first female and completed the winning Borrowdale team. Colin Valentine also continued his return to the Lakeland Long races for almost a decade by placing a credible 19th.

Callow Fell Race - Sunday 11th July 2004 5mls/2500'

1	Ed Davies	Mercia		63.11
2	Andrew Curruthers	Halesowen		63.33
3	Sally Newman	CVFR	1st lady	64.17
20	Celia Mills	CVFR		77.30
25	Thirza Hyde	CVFR		79.29
39	Steve Garner	CVFR		89.11

50 ran

This is a classic Shropshire race and well worth the trip down to do a 5 miler. Sally had the bright idea of introducing some of her Wreake Runner mates (this is Sal and Steve's local road club that they run for) to fell racing and what a race to choose. It's steep from start to finish either climbing hard or falling off the face of the earth. It's fabulous and us Calder Valley Babes loved it. Sally smashed the female record by 7 minutes, taking 1st lady, LV40 and with Celia and me won the team prize. Not sure if her team mates have forgiven her yet as most of them couldn't train all week because their legs were so sore. One lad was quoted as saying he'd never done anything as hard in his life. Well worth considering for a club race and camping trip for next year. Thirza

Kentmere Fell Race - Sunday 18th July 2004/11.9mls/3300'

			Medium	Rating	improvement rating from 2003
1	Simon Bailey	Mercia	1:22:36	-	-
2	Rob Jebb	Bingley	1:23:25	-	-
3	Ian Holmes	Bingley	1:25:55	-	-
29	Karl Gray	CVFR	1:34:53	1.04	0%
52	Andy Clarke	CVFR	1:39:31	1.09	0%
71	Tracey Brindley	Carnethy	1:42:40	- 1st lady	
86	Richard Greenwood	CVFR	1:45:26	1.15	-4%
123	Sally Newman	CVFR	1:47:48	1.18	1%
168	Jo Smith	CVFR	1:52:53	1.23	-
188	Barry Shaw	CVFR	1:54:47	1.25	1%
189	Dave Beels	CVFR	1:55:06	1.26	-4%
191	Jon Underwood	CVFR	1:55:17	1.26	-3%
232	Rod Sutcliffe	CVFR	1:59:50	1.31	-1%
296	Celia Mills	CVFR	2:08:36	1.40	-
319	Thirza Hyde	CVFR	2:13:16	1.46	-1%
330	Linda Hayles	CVFR	2:15:09	1.48	0%
345	Steve Coey	CVFR	2:17:35	1.50	-8%
362	Philip Jones	CVFR	2:20:44	1.54	-
365	Cerys Davies	CVFR	2:21:08	1.54	-
367	Ben Davies	CVFR	2:21:09	1.54	-
387	Dave Culpan	CVFR	2:25:36	1.59	-6%
388	Steve Garner	CVFR	2:25:58	1.59	-11%
429	Julie Underwood	CVFR	3:02:22	1.99	-14%

439 runners

Another excellent day for this counter in the English and British Champs. It was a massive field and no chance of getting lost. Very fast runnable race starting up a track then onto the fell steadily climbing all the way. Electronic tagging was used for this race and I was well on my way to the top of High Street when I suddenly realised that I hadn't dibbed at III Bell. I had a slight panic at this point thinking "Oh hell all that hard work and I'll be disqualified" . The marshall had gone to the wrong place with his machine!!! don't know where he might have ended up if the weather had been grim. Excellent turn out from the club. We had a little party for Celia for her 40th, to welcome her into the world of the "Old Slappers". Thirza

Widdop Fell Race - Wednesday 21st July 2004/7mls/1200'

			Medium	Rating	improvement rating from 2003
1	Karl Gray	CVFR	0:49:32	1.02	2%
2	Steve Oldfield	Brad/Aire	0:50:59	-	-
3	Adam Breaks	CVFR	0:51:16	1.06	3%
15	Richard Greenwood	CVFR	0:55:50	1.15	-4%
29	Graham Hill	CVFR	1:01:21	1.26	-
33	Barry Shaw	CVFR	1:02:09	1.28	-1%
39	Rod Sutcliffe	CVFR	1:04:08	1.32	-2%
40	Dick Spendlove	CVFR	1:04:35	1.33	-
46	Kate Rogan	Wharfedale	1:06:00	- 1st lady	
60	Jackie Scarf	CVFR	1:10:33	1.45	4%
75	John Riley	CVFR	1:19:16	1.63	-
80	Mark Everington	CVFR	1:24:40	1.74	11%

82 runners

Well the Bob Graham doesn't seemed to have slowed the "Gray" man down. He bettered his time on this race by about 2 minutes to take a well earned 1st place. With Adam placing an excellent 3rd and Richard feeling the pace after Kentmere to take 15th the lads took the team prize. Jackie had a brilliant run and is showing great improvement in her running this year. All those Tuesday night training sessions have paid off. Well done to Andy Clarke for organising his first successful fell race. Thirza

Two Breweries

Don't forget that this race is pre-entry by the 18th September. Julie Underwood is looking for some accommodation so if you are interested please ring her on 01422 249195.

And for all you new members .....

Alec Becconsall has a good stock of kit including Sweatshirts at £12.00. They are excellent quality and wash well so go on get youself one. (Tel. 01422 884623)