CALDER VALLEY FELLRUNNERS

Sheep Sheet

July 95

Monthly Newsletter to keep you in the running

WHAT'S NEXT.....

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

DEADLINE FOR NEXT ISSUE
Mid August

Alot seems to be happening in the club with people doing plenty of racing, long distance challenges,etc. and a Club Biathlon which was an excellent night, hard work but made a pleasant change from the usual Tuesday night training runs. Thanks to Dave Gilyeat who did a fine job in organising this event. What will he have in store for us next year?

The away run that we did in June was good. There was only a few of us there but we had a fine run with Brian Peters out towards Beamsley Beacon and then we made our way back to have a drink in Addingham. Thanks to Brian for a good night. The away run in July was an epic. Read all about it further on.

Some of us went to the Isle of Jura at Spring Bank to TRY to do the fell race. A detailed report is in with the results.

We're having a good busy year in the club so keep it up.

Cheers Thirza

AWAY RUN IN AUGUST

Duncan is organising the away run on August 8th. It will be from The Friendly Inn at Stanbury at 7.00pm



Shorts

• The lad at MCC has asked me to mention if your fell shoes are muddy can you please take them off before you go into the building. He is getting complaints from other people about the state of the floor. If you haven't paid your yearly membership get it renewed now or don't forget to pay for your shower. Show your pink cards please as proof of membership.

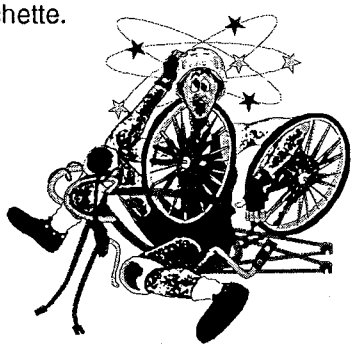
• MARSHALLS/HELPERS
Help is still needed for Sheepstones on August 9th (Andy Thompson) and for Mount Skip on 26th August (Tony Bradley).

• The Tuesday night run on July 25th we will be running to flag the Widdop race.

• After the results of the questionnaire the club dinner was discussed at committee and it was decided to leave the format as last years. Tony Bradley is looking into the dates to book.

• We are hoping to put teams in for the Ian Hodgson Relay (October 1st) and the FRA relay (October 15th). One ladies team for both and two mens teams for Ian Hodgson and one for FRA. If you are interested let Tony Bradley or Richard Kellett know.

• This is what can happen when you go kerb crawling!!- ask Paul Frechette.



Congratulations ....

• to Geoff Bell on his completion of the Bob Graham Round on the 1st of July. Well done

• to Ted Long for his Cycling effort from Lands End to John O' Groats at Spring Bank.



• to the club for having done well at the Holme Moss Race. We cleared most of the prizes with Louise taking 1st lady, Irene 1st lady vet, Graeme Barrie 2nd male, Steve Houghton 1st vet - 40 and the men took both team prizes.

• to Pete White and Jess Palmer for their completion of the Yorkshire Round (report inside).

• to Charlotte Roberts on her second lady (first lady vet) on the Ennerdale Horseshoe Fell race and to her first place position on the Capricorn Mountain Marathon in the A Class. This was all about navigation but she went astray with this on the club biathlon. In Littleborough she managed to miss the sign for Todmorden but realised as she hit the dual carriageway at Rochdale that she had gone a wee bit wrong. This is what it looks like Charlotte.



KARLS RESULTS .....



Karl Smith has been busy, travelling in his camper van, to run all over the place and these are some of his results

Criffel Micro Hill Race - March 12th '95 (7 mls/1800')

1.	John Brooks	Lochaber	53.44
8.	Karl Smith	CVFR	61.24

(56 finished)

The Wrekin Fell Race - April 9th (5.5 mls/1700')

1.	Mark Kinch	Warring'n	35.12
6.	Karl Smith	CVFR	41.21

(45 finished)

Wray Caton Moor Fell race - May 8th (6 mls/1000')

1.	Billy Burns	Preston	39.05
9.	Karl Smith	CVFR	41.02

(186 finished)

Belmont Winter Fell Race - May 13th (4.5 mls/1000')

1.	Billy Burns	Preston	30.55
8.	Karl Smith	CVFR	33.50

(164 finished)

Edenfield Fell Race Race - June 4th (7.5 mls/1600')

1.	S. Willis	Ambleside	45.13
5.	Karl Smith	CVFR	46.26

(96 finished)

Walker Run - June 7th (2.25 mls/650')

1.	Brian Crowther	Holmfirth	16.07
2.	Karl Smith	CVFR	16.16

(28 finished)

Waughs Well Fell Race June 14th '(4 mls/1000')

1.	Mervyn Keys	Rossen'le	29.40
5	Karl Smith	CVFR	31.59

(140 finished)

Fairfield Race May 20th

1.	D. Neill	Mercia	1.17.27
10.	Karl Smith	CVFR	1.24.07
26.	Graeme Barrie	CVFR	1.30.10
109.	Mick Banks	CVFR	1.48.01

(193 finished)

CLUB RESULTS .....

The Three Peaks - April 30th '95 (23.5mls/4500')

1.	Andy Peace	Bingley	2.52.52
57.	Graeme Barrie	CVFR	3.39.18
68	Duncan Thompson	CVFR	3.41.37
77.	Dave Hyde	CVFR	3.42.47
107.	Pete Horne	CVFR	3.48.35
110.	Jean Rawlinson	Clayton	3.48.40
123.	Denis Gildea	CVFR	3.51.45
131.	D. Hurton	CVFR	3.52.54
137.	Pete White	CVFR	3.54.22
153.	Mike Wardle	CVFR	3.58.12
157.	Rod Sutcliffe	CVFR	3.58.43
166.	Chris Peart-Binns	CVFR	4.00.10
169.	Andy Thompson	CVFR	4.00.30
175.	Geoff Bell	CVFR	4.01.43
200.	Louise Atkin	CVFR	4.09.11
207.	Mick Banks	CVFR	4.10.11
233.	Thirza Hyde	CVFR	4.15.26
254.	Jez Wilkinson	CVFR	4.19.06
255.	Graham Spencer	CVFR	4.19.12
308.	Allan Greenwood	CVFR	4.34.27
318.	Tony Bradley	CVFR	4.35.48
325.	Graham Fry	CVFR	4.37.34
377.	Pete Regan	CVFR	4.56.25
391.	Val Bell	CVFR	5.14.13

(441 started 396 finished)

Pre race nerves were worse than ever. Toilet every two minutes then if was off remembering what had been said about going off too fast too soon and blowing. Up Penyghent and then the long slog to Whernside. It was grand to see and hear the welcome support from some of our other club members. Plenty fluid was needed as it was a warm day. I Obviously took on too much as I needed to go at the top of Whernside. Crouched down I suddenly realised I had a problem. My knicker elastic was firmly pinned to my race number. SABOTAGE. Louise had helped to repin my number before the start of the race. What a thing to do. Here's me desperate to go, crouched down at the top of the hill, being buzzed by a helicopter with camera on board, wasting time trying to get them off and nearly doing myself a mischief when the elastic eventually broke and was let loose. OUCH!! Off I went again (with no Louise now in sight) down to the Hill Inn only to see Richard Kellett sunnying himself after jacking it in. Having given him some grief up the climb to Ingleborough and then the long slog to the finish. This was cramp alley for alot of the men. Pete Horne glued with severe cramp to a stile, cursing loudly, until freed by some old dear of a walker who fondly massaged his aching thighs. Meanwhile Dennis, who had led a stormer of a race up to the top of Ingleborough, was now having a right old tussel with a group of walkers who kept catching up and overtaking him whilst he was wrything about in agony. The mens team came sixth overall and the auld buggers team - Dave Hyde, Pete Horne and Pete White placed fourth. Louise was fifth lady and I was third lady vet. The day was enjoyed by most!!?

Flower Scar Fell Race - May 10th ' (4.5 mls/1150')

1.	S. Livesey	CLEM	26.58
6.	Karl Smith	CVFR	29.19
7.	Graeme Barrie	CVFR	29.21
15.	Duncan Thompson	CVFR	30.38
40.	J. Kenyon (lady)	Horwich	33.00
42	Mike Wardle	CVFR	33.02
43.	Damian Whitehead	CVFR	33.05
50.	Pete Round	CVFR	33.42
55.	Gerry Symes	CVFR	34.39
60.	John Crummet	CVFR	34.50
80.	Louise Atkin	CVFR	37.26
102.	Jimmy Sheard	CVFR	44.27

(107 finished)

Buttermere Sailbeck - May 14th '95 (9.4mls/4250')

1.	Ian Holmes	Bingley	1.27.32
16.	Graeme Barrie	CVFR	1.40.15
43.	Nicola Davies	U/A	1.48.28
48.	Denis Gildea	CVFR	1.51.29
69.	Mick Wardle	CVFR	1.57.08
87	Jez Wilkinson	CVFR	2.04.43
101.	Gerry Symes	CVFR	2.09.21
105.	Louise Atkin	CVFR	2.10.17
120.	Charlotte Roberts	CVFR	2.14.20
124.	Thirza Hyde	CVFR	2.15.28

(154 finished)

Simons Seat - May 18th (5 mls/1350')

1.	Gary Devine	P & B	33.29
5.	Karl Smith	CVFR	35.46
5.	Robin Skelton	CVFR	37.18
15.	Mark Horrocks	CVFR	38.16
29.	Alistair Sheriffs	CVFR	39.51
36	Duncan Thompson	CVFR	40.33
48.	Denis Gildea	CVFR	41.34
62.	Gerry Symes	CVFR	42.42
68.	E. Hodgson (lady)	F & D	43.09
83.	Mick Banks	CVFR	44.47
89.	Graham Spencer	CVFR	45.24
97.	Louise Atkin	CVFR	46.12
112.	Thirza Hyde	CVFR	47.59
125.	Steve Cavell	CVFR	50.21
139.	Jimmy Sheard	CVFR	55.38

(144 finished)

Whirlaw Fell Race - May 23rd (5 mls/1350')

1.	M. Aspinall	Clayton	37.38
6.	Karl Smith	CVFR	40.18
10.	Robin Skelton	CVFR	41.03
16	Mark Horrocks	CVFR	42.06
21.	Alistair Sheriffs	CVFR	42.55
23.	Duncan Thompson	CVFR	43.05
28.	Denis Gildea	CVFR	43.20
38.	Richard Kellett	CVFR	45.18
46.	Jean Rawlinson	Clayton	46.21
52.	Graeme Woodward	CVFR	47.42
60.	Graham Spencer	CVFR	48.15
63.	John Crummet	CVFR	48.27
75.	Pete White	CVFR	49.58
92.	Charlotte Roberts	CVFR	51.48
95.	Thirza Hyde	CVFR	52.10
99.	Steve Cavell	CVFR	52.29
122.	Jimmy Sheard	CVFR	58.56

(126 finished)

Saddleworth - May 28th '95 (3ml/900')

1.	Mark Kinch	Warr	19.20
9.	Graeme Barrie	CVFR	21.54
25	Matt Drake	CVFR	24.09
27.	Mike Wardle	CVFR	24.21
31.	Tony Bradley	CVFR	25.26
33.	Glynda Cook	Roch'd	25.51
50.	Mick Banks	CVFR	27.07
75.	Irene Neville	CVFR	30.13

(103 finished)

Duddon Valley - June 3rd '95 (20ml/6000')

1.	Gavan Bland	Borr'dle	2hr 54m
30.	Steve Houghton	CVFR	3hr 31m
39.	Denis Gildea	CVFR	3hr 31m
50.	Graeme Barrie	CVFR	3hr 36m
58.	Greg Houghton	CVFR	3hr 43m
59.	Pete Horne	CVFR	3hr 45m
106	Mike Wardle	CVFR	4hr 29m
126	Mick Banks	CVFR	4hr 49m

Weather was rubbish with the cloud level very low and a few people had fun getting lost. Mike (I should have gone to Jura cause I can navigate) Wardle went for a sight seeing trip , in the opposite direction, to Crinkle Gill instead of going towards the Three Shires Stone. Nice one Mike.

Chevin Fell Race - June 7th '95 (3ml/900')

1.	P. Sheard	P & B	18.22	
37.	Anne Buckley	CVFR	22.29	
39.	Mike Wardle	CVFR	22.32	
48.	Mick Banks	CVFR	23.19	
63.	Louise Atkin	CVFR	24.25	(2nd)

Carneddau - June 10th '95 (10ml/3400')

1.	Gary Williams		2.00.45
17.	Grey Houghton	CVFR	2.30.29
24=	Steve Houghton	CVFR	2.43.59
=	Denis Gildea	CVFR	2.43.59

Well now Denis and Steve must be in close contention for the Wallies of the Year award after this race. It says in the description for the race - usual stuff like full body cover, spare food, a compass and MAP. Now this race was run in thick clag and these two managed to get lost. "Now then Steve, lets work out where we are." "But Denis I've only got a map of Scotland" "Oh No Steve, I've got a map of the Duddon Valley. Well it didn't say in the desciption that you had to have A MAP OF THE RIGHT AREA, NOW DID IT.

Moffat Chase - June 24th '95 (12mls/3000')

1.	M. Kinch	Warr	1.37.07 (record)
51	Steve Houghton	CVFR	1.53.11
52.	Sarah Rowell	CVFR	1.53.18 (record)
84	Greg Houghton	CVFR	2.03.36

This was a British Championship race with a very high quality field especially when you think that Gavin Bland was placed somewhere in the twenties. Both the Mens and the Womens Records were broken.

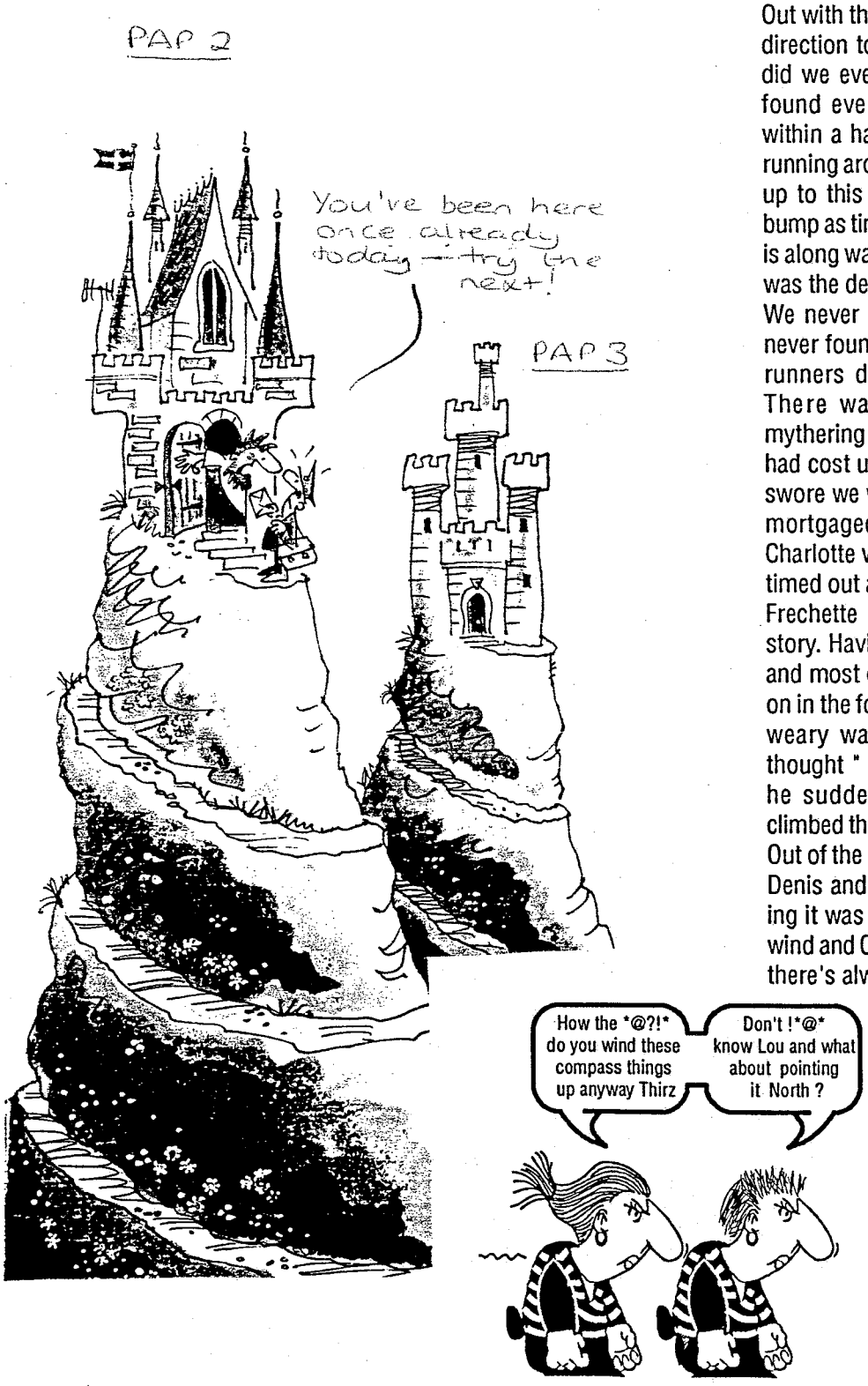
MORE RESULTS . . . . . .

Bens of Jura - May 27th '95 (16ml/7000')

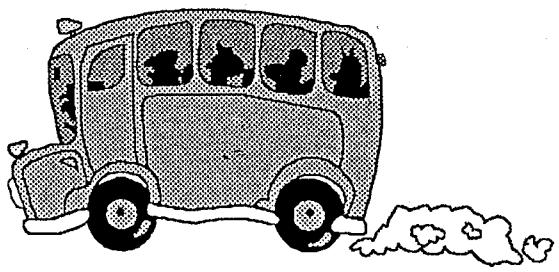
1.	Duncan Richardson	Jura	4.26.04
29.	Rod Sutcliffe	CVFR	5.27.34
32.	Dorothy Dundas	Jura	5.29.21
45.	Denis Gildea	CVFR	5.42.33

(135 started 83 finished)

Louise and myself spent alot of time, the night before, (with Dave's expert advice on what NOT TO DO with a compass) working out bearings and getting abit worried as we hadn't done anything as serious as this race before. There was alot of debate on the morning of the Race as to whether to run the alternative course as the weather was pretty grim. It was cold and windy with slight drizzle and the mountains were shrouded in mist. It was decided to go for the full thing. Off we set to the sound of the pipe band. It was a great atmosphere but the excitement of the start was soon to disappear as we got lost. We had been with a large group of runners up to the first check point and as we stopped to put on our cags they all disappeared into the mist. Out with the compass to work out the direction to the next check point but did we ever find it. Did we hell. We found every other ridge and bump within a half mile radius as we were running around like headless chickens up to this point and then up to this bump as time was slipping away.""Jura is along way to come to get timed out" was the description on the race entry. We never even managed that as we never found the second check (some runners didn't even find the first). There was alot of wittering and mythering all the way down and if it had cost us money for every time we swore we would have had to have remortgaged our houses. Meanwhile Charlotte was abit unlucky as she got timed out at checkpoint four and Paul Frechette - well that was a different story. Having done the first two Paps and most of the hard work he carried on in the foul weather. As he made his weary way up to the final Pap he thought " S--t this looks familiar" as he suddenly realised that he had climbed the highest, middle Pap again. Out of the six who went up to run only Denis and Rod finished the race saying it was hard going with the strong wind and Clag on the tops. Never mind there's always NEXT YEAR.



RHYLSTONE EDGE JULY '95



An old fellrunner called Pete
Wanted to give his clubmates a treat
So he hired a bus
To take all of us
To the Rhylstone Edge running meet.

We all sat in fear
As Pete crashed the gears
And Jess he just covered his eyes
But we all got there
And in the cool evening air
Set off up the fellside.

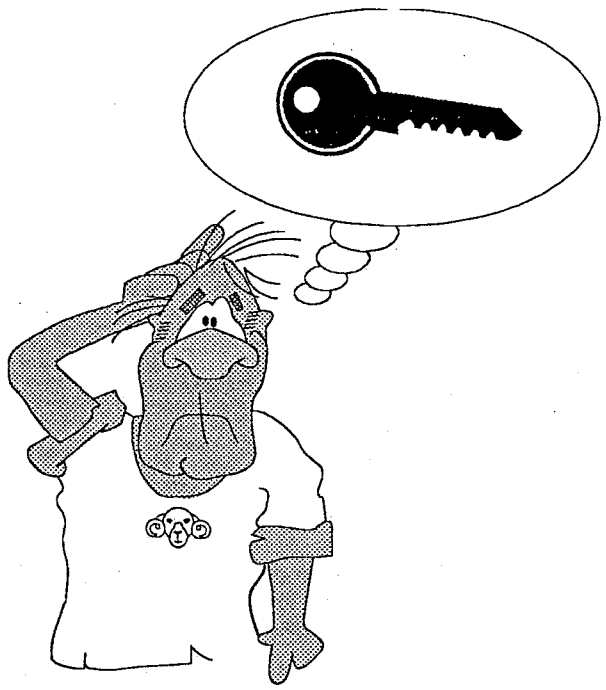
The weather was fine
And it took us no time
To soon go alittle astray
But Pete put us on track
And soon got us back
To the bus at the end of the day.

Now Pete's a kind lad
And so he had
Arranged a snack in a local hotel
But smiles turned to groans
As Pete he did moan
"Oh shit, I've lost the keys on the fell".

We broke into the bus
And Pete we did cuss
"How are we going to get home"?
National Breakdown couldn't cope
And Pete felt a dope
So for devine intervention he phoned.

We all thought this odd
A HOTLINE TO GOD!!
"Pull the other one Pete" now please
But whilst eating our grub
Into the pub
Came a vicar bearing spare keys.

So if you need a driver
Forget Yorkshire Rider
Pete White's your man anyday
The rides abit ropey
And the bus driver dopey
But Gods just a phone call away



FELLSMAN HIKE - MAY 13TH

61 miles - 11,500' - Ingleborough - Whernside - Greygareth - Gt. Coumbe - Blea Moor - Gt. Knoughtberry - Dodd Fell - Fleet Moss - Middle Tongue - Buckden Pike - Gt. Whernside.

In near perfect conditions we all met at Ingleton for the 9 o'clock start. As this is my 17th Fellsman and Pete's I5th there are many old friends to catch up with. Our partner and team mate Dave Wallace has travelled down from Edinburgh to take part. Ted and Irene are looking keen, resplendent in team vest, whilst Geoff Bell looks decidedly relaxed.

A fast start sees me over Ingleborough with Dave Wallace thinking I may run with him to show him the way. However a casual enquiry about his training reveals he is doing 120 - 150 miles per week, **WOW!** Dave disappears in to the distance on Whernside as I look for someone sensible to run with; no one to be found, so I team up with Pete

We settle to a pace and see four runners travelling "Frechette" style, (ie in the opposite direction) returning to the missed checkpoint on Greygareth. I sympathise. Pete grins, "that's another four places we can make".

Requests for raw meat and broken glass to eat at the checkpoints are met with quizical looks, so we settle for jam butties. These do the job and we arrive at Fleet Moss to see Charlottes friendly face waiting to cheer us on.

Thus lifted we gallop over Fleet Moss and arrive at Cray well up on schedule. We now realise a 'sub 12' is on and dig in.

Pete nearly bonks over Buckden before pigging out on jam butties at Park Rash. I foolishly eat only a biscuit. As I pay the price for this, jam powered Pete runs relentlessly on giving me a real caning.

The pain is worth it as we finish in 11.51, an ambition achieved for me and a massive Ihr 41mins off Petes previous best.

Incredibly despite that time and 9th position Pete is pipped for the over 50 prize. Our buddy Dave Wallace however clocked 11.37 on his first Fellsman so the team prize was on for Calder Valley.

Ted retired at Stonehouses as pre-planned leaving Irene to finish in 17.42 with plenty to spare. Geoff clocked an impressive 13.32 (exactly Pete's previous best so is it 11.51 next year Geoff?)

This was a great day in ideal conditions which will take some beating.

However, next year.....
Jess Palmer

YORKSHIRE ROUND - 20 PEAKS/17000'

Simon Fell - Drumaldrace - Ingleborough - Dodd Fell - Whernside - Yockenthwaite Moor - Gt. Knoughtberry - Buckden Pike - Little Fell - Gt. Whernside - Hugh Seat - Darnbrook Fell - Archy Styrigg - Fountains Fell North- High Seat - Fountains Fell South - Gt. Shunner Fell - Pen-y-Ghent - Lovely Seat - Plover Hill

The February '95 issue of Fellrunner saw me reading Tony Wimbush's account of the inaugural "Yorkshire Round" using Nuttall's list. This round seemeed quite a challenge and I suggested it to Jess one night in the Shoulder. Jess was very enthusiastic and from that moment on set about mastering the various sections of the route, particularly the remoter areas. I have to say, for my part, that my contributions to the planning was virtually nil and all credit must go to Jess for his painstaking preparations.

Our plan was to leave Horton-in-Ribblesdale at 11.00pm but it was such a beautiful evening that we decided to leave at 10.00 instead!

A steady walk/jog saw us at Ingleborough Summit at 11.05 then rapidly moving along the summit we were treated to a vivid red sunset over Lake Land with the peaks silhouetted in the rapidly darkening sky. The lights of Lancaster and Morecambe twinkled in the distance whilst to our left loomed Whernside. A quick stop and then Simon Fell's high point saw us making good progress to the Hill Inn where we arrived at 11.50.

Jess had hidden a caché of food in the wall - Jam sandwiches and Almond tarts yummey! Over Whernside and down to Stonehouse - some tricky navigation here, but Jess had things under control.

We arrived at our second food caché at 1.55am - another good tuck in before the climb over Gt. Knoutberry Hill. We found after 15 minutes of walking that torches were no longer needed. This was good because earlier, dropping off Whernside my torch went very dim and I have to claim a further nomination to "Wally of the Year" award! I said to Jess "Hang on while I change the batteries" when I dismantled the torch I discovered that I had brought the wrong batteries - pretty stupid eh? As Jess had forgotten his compass we were now equal!

We ran down the road to a very quiet Garsdale with the light rapidly improving (3.55am). Another secret stack of food well hiddden by Jess! Tuna in garlic and mayo. 20 miles done and feeling fine despite the unearthly hour - and we were still chatting away to each other.

Descending into Garsdale we noticed clouds/mist beginning to form over Wild Boar Fell and surrounding peaks. The Mallerstang ridge is not a good place to be in mist.

We began the climb, to "Sails", in increasing wind speed and rapidly descending mist. It became very murky and navigation became difficult. Time was spent ensuring our direction was okay and we finally reached the ridge summit of High Seat at 5.25am. From here we had a mini "nightmare" of a run to Gt. Shunner Fell - this seemed to last forever and we were both at a low ebb when the summit finally loomed ahead. 20 minutes later and feeling much more comfortable as we dropped out of the mist we were at Buttertubs Pass on the Hawes road. 7.45am saw us running off the summit of Lovely Seat - unfortunately we hadn't seen the "Lovely Views".

8.30 saw us running through Hawes and up to Gayle when we met Sue, had a change of clothes, some more food and we were off pretty much on schedule despite the earlier set backs over the Mallerstang.

The meadows climbing out of Hawes were at their best at this time in the morning, all around us the mist on the fells was beginning to lift. It was still windly but the temperature was just right.

Drumaldrace is a wide flat plateau which the Roman Cam Road straddles. This looks a good spot for mountain bikers!

We jogged along the track to brightening skys and saw the tail lights of Jackies car just reversing onto the Cam Road complete with cups of hot tea and bananas.

We arranged to see her at Fleet Moss for some more warm food, pasta etc.

A near navigational nightmare occurred on Dodd Fell, without map or compass we became disorientated for a short time but fortunately the mist lifted and we retraced our route to Fleet Moss somewhat relieved.

A good stoke up here before the crossing to Middle Tongue & Cray. We had covered this section on the Fellsman in 1.25 - Jess reckoned on 2hrs ! (little did he know!) - We did it in 1.15! making up for lost ground.

Jess manged to be sick as we left Cray and he suffered up Buckden Pike but recovered on the ridge run to Park Rash. I had a mild semi-bonk going up Gt. Whernside but stuffing in a whole topic bar saw me recovering rapidly on the descent through green tracks to Kettlewell where we arrived again, near to schedule.

From Kettlewell there is a nasty climb over to Arncliffe which took us 45 minutes (Jess had allowed an hour). We had food again on the road ascending Darnbrook Fell - this was a long stop and we arrived finally at 5.16 - 4minutes up on schedule.

Jess Managed to navigate us through the mist brilliantly on Fountains Fell and by 6.20 we were at Dale Head drinking tea and eating bananas and custard provided by Sue and Jackie.

We looked up and saw Pen-y-Ghent shrouded in mist - we were almost there!

Girding up the loins we decided on a nice steady walk to the summit (after 76 miles it seemed a good idea).

7.01 saw us at the summit and 7.19 at Plover Hill. A neat piece of navigation dropped us just off the summit to the side of the cliff and at 8.12 we finally arrived back in Horton 82 & a half miles and 22 hours 12 minutes later.

We looked round and saw all the mist had vanished - it was a fitting end to a super route. A big thank you to Jackie and Sue for their roadside support and my buddie Jess for doing such a good job sorting it all out. *Pete White*

CALDER VALLEY MID SUMMER BASH

DISCO **KARAOKE** **BAR B QUE**

SATURDAY 19 AUGUST 1995
8.00P.M. UNTIL MIDNIGHT!

CHILDREN WELCOME WITH ADULTS

VENUE:- WINDMILL INN, STANAGE LANE, SHELF, NR HALIFAX TEL. 01274 679027

FOR DETAILS AND TICKETS CONTACT ALLAN JONES
TEL. 01274 679894 OR TONY BRADLEY TEL. 01422 360999

DON`T BE SHY! - MAKE ONE IN!
LET`S GET TOGETHER AND HAVE A GOOD SOCIAL EVENING!

TICKETS: £4.00 - ADULTS £2.00 - CHILDREN
(INCLUDING BAR-B-QUE SUPPER)

EVERY TICKET SOLD - £1 DONATION WILL SUPPORT CALDER VALLEY FELL RUNNERS CLUB.

