

CALDER VALLEY FELLRUNNERS

SHEEP SHEET



JULY 97

WHAT'S NEXT.....

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

DEADLINE FOR NEXT ISSUE Early SEPTEMBER

Thanks to everyone who has contributed to this newsletter. Since my little moan in the last newsletter I've had a good response with reports and results from quite a few people and because of this I've been able to produce a newsletter alot sooner this time. Keep 'em rolling in.

I've got a supply of the club kit which I'll bring down to the Club on Tuesday nights, so if you want anything give us a ring and I'll try to make sure that I've got what you're after.

After the summer I'll be producing a newsletter with a description of the jobs on the committee. The Present Committee members should have notified the committee, in August, as to whether they are resigning from their posts. This should give people enough time to have a look at what is involved with the jobs before the AGM in October and if you would like to be on the committee, please don't be shy, volunteer. It is always good to get new members with a fresh outlook and enthusiasm to volunteer rather than members being press ganged into something that they might not really want to do.

Cheers Thirza

Monthly Newsletter to keep you in the running

PUBLICITY

OR LACK OF IT!!!!

Nobody is letting Tony Bradley know if they've been racing. This is important for the survival of the club, to encourage new members and to let others know that we're out there doing it and, alot of the time, making a good job of it for a small club. I've mentioned this to a few of the club members in conversation but it doesn't seem to have made any different - so come on

**- it only takes a phone call -
Tony Hx. 360999**

MOUNT SKIP - 30th AUGUST

**Helpers will be needed on
Tuesday night (26th) to get stung
to death flattening the nettles
and brambles on the course and
help will be needed on the day
ring Jez on 01943 876190**

COMMITTEE MEMBERS

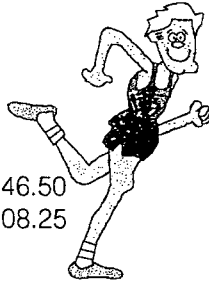
will **ALL** the committe members who are resigning from their posts please let Jez Wilkinson know before the next committee meeting or before the end of August.

CLUB RESULTS

Long Mynd - February 16th (10.5mls - 4500')

1.	M. Kinch	Bingley	1.46.50
22	Greg Houghton	CVFR	2.08.25

(144 finished)



Pendle Fell Race - April 5th (4.5mls - 1500')

1.	B. Burns	S. Ribble Har.	31.15
56	Jeff Winder	CVFR	36.33
63	Wayne Brown	CVFR	36.55
206.	Graham Spencer	CVFR	47.50
309	Steve Cavell	CVFR	52.40

(333 finished)

A rough day. Very Poor visibility once onto the hill and a very strong, bitter crosswind didn't help but it wasn't raining!!

Wayne

Trailblazer '5" - April 6th (5mls)

1.	A. Meskimmon	Holm Valley	35.34
6.	Wayne Brown	CVFR	37.26
206.	Graham Spencer	CVFR	47.50
309	Steve Cavell	CVFR	52.40

A very tough but enjoyable race presented by the effervescent Keith Parkinson (Did you ever do the original Trailblazer ??) This race certainly worthy of being called a fellrunners course despite the Tarmac sections and Keith said the race will be run again next year, on a summer evening - one to look out for.

Wayne

(Tony Bradley is now running the original Trailblazer 7 which was a success this year with all the money raised going to the Hospice. Keep this in mind for next year as well. Ed)

Baildon Boundary Way - April 20th

1.	P. Sheard	P & B	1.16.30
38.	Jeff Coulson	CVFR	1.25.46
46.	Wayne Brown	CVFR	1.26.23
105	Damina Whitehead	CVFR	1.33.39

(581 finished)

A good warm up to the Sunday before the 3 Peaks. Got round wearing walshes but possibly more suited to a good gripping roadshoe. Last 3 miles "Down hill" to enabled us fellrunners to blast past road runners tip toeing about.

Wayne

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

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

(256 finished)

A good Calder Valley turnout for this race considering it's a five hour drive away. Most of us went up on the day arriving about 2 hours before the race so we could have a good walk around and get the journey out of our legs. The race itself is an out and back, with the main climbing up Beinn Each and it's an absolute killer. On the run along the ridge to Stuc a Chroin the clag was down (again) resulting in quite a few runners going wrong, with 21 retirements. Myself and Rod were together on the ridge and almost went wrong with a bunch of other runners but luckily as we started to drop down Andy Hauser and some others were coming up and said it was the wrong way. Considering the quality of the field Gary's 18th place was an excellent run and the Calder Valley vets were 1st vets team which puts the club in a good position to get among the medals at the end of the season in the vets championships.

Greg.

Ravenstones Brow - May 4th

1.	C. Beecham	Highgate	72.00
2.	Dave Woodhead	Horwich	72.43
10.	Wayne Brown	CVFR	76.07

(581 finished)

A classic course, in my books anyway and just right for getting legs back up to speed after the 3 peaks. Chris Beecham, Highgate (London) out paceing Dave Wood head (Horwich) over the last two miles

Wayne

REPLACEMENT RACE

Shelf Moor will replace Gaddings as a club championship race - It is also an **English Championship** race.

MORE RESULTS



Buttermere Sailbeck - May 11th (9.4mils/4250')

1.	Mark Roberts	Borrow'le	1.28.05
45	Nicola Davies	Borrow'le	1.50.11
59.	Greg Houghton	CVFR	1.53.51
91.	Carl Greenwood	CVFR	2.06.11

(143 finished)

This race was also run as an inter-counties championship, with Cumbria taking first place from Yorkshire then Lancashire. I somehow managed to fall in exactly the same place on Sail that I fell on the last time I did this race in 1992 while Carl got off to a bad start having left his tallies in the car before the race. Luckily his car was parked up the road on the race route so he was able to collect them on the way past.

Greg

Fairfield Horseshoe - May 18th (9mils/3000')

1.	Craig Roberts	Kendal	1.22.02
4	Gary Webb	CVFR	1.23.43
16.	Robin Skelton	CVFR	1???
59	Greg Houghton	CVFR	1.42.51
?.	Steve Houghton	CVFR	2.05.55

(202 starters)

Gary continued his fine early season form showing that when he's fit he can compete with the very best of them, while Rob also had a good run in 16th place. The race was run in very warm, humid conditions with clag down all round the ridge. Steve came jogging in towards the back of the field, having taken a detour in the mist off Hart Crag and finishing up halfway to Hartsop, before returning to Fairfield, then finishing the race. I know he likes to get in a long Sunday run, but this is ridiculous. At least he could laugh about it afterwards

Greg

White Lion Fell Race (Kildswick) - June 4th (4mils/800')

1.	Alfie Atkinson	Bingley	24.08 (rec)
9	Wayne Brown	CVFR	27.57
20.	Karen Slater	CVFR	29.39

(143 finished)

A beautiful summer evening, a testing course and a pint and a natter to follow. Watching the earlier Junior races is an education in itself (U9s & U17s). Overheard after a young lass had given 100% and abit more.

Girl: "Mum she's been sick,

Mum: "Never mind your dad does it all the time!!"

Wayne

Pen-Y-Ghent - June 7th (5.5mils/1650') (British/English)

MENS RACE

1.	Mark Roberts	Borrow'le	42.54
105	Jeff Winder	CVFR	51.54
116.	Wayne Brown	CVFR	52.34
123.	Duncan Thompson	CVFR	52.59
143.	Tim Janaway	CVFR	54.06
151.	Jeff Coulson	CVFR	54.34
157	Rod Sutcliffe	CVFR	54.44
166	Steve Houghton	CVFR	55.04
203	Chris Robinson	CVFR	56.56
232	Carl Greenwood	CVFR	58.17
248	Jez Wilkinson	CVFR	59.22
303	Eddie Procter	CVFR	62.55
334	Mick Banks	CVFR	65.03

WOMENS RACE

1.	Carol Greenwood	Bingley	50.22
24	Liz Pyne	CVFR	61.32
38	Helen Taylor	CVFR	67.36

The hail shower was a bit of a problem on this race with some of the real men (Chris Robbo) hiding behind a wall while the women, being tough, carried on with Helen still having the bruises and black eye quite a few days later.

Carneddau - June 22nd (10mils/3500') (British)

1.	Mark Roberts	Borrow'le	1.31.40(rec)
18	Gary Webb	CVFR	1.41.24
49.	Duncan Thompson	CVFR	1.52.12
51	Steve Houghton	CVFR	1.52.39
57	Wayne Brown	CVFR	1.55.57
65	Rod Sutcliffe	CVFR	1.59.10
71	Greg Houghton	CVFR	2.00.12
81	Jez Wilkinson	CVFR	2.06.28
97	Carl Greenwood	CVFR	2.11.31
130	Helen Taylor	CVFR	2.53.57

Another good result for Gary but a smaller field of Calder Valley members for this race. This was a counter for the British **BUT** we could have done with more vets to count and since the club is made up of mainly old gits we could have been well up there.

Wasdale - July 12th (21mils/9000') (English)

1.	Jon Bland	Borrow'le	3.48.18
10	Gary Webb	CVFR	4.11.26
17	Marie Todd	Amble	4.22.10 (rec)
23.	Steve Houghton	CVFR	4.23.15
31	Duncan Thompson	CVFR	4.56.28
87	Liz Pyne	CVFR	5.57.00

Well done to everyone who did this race but what a let down for the vets in the club. They needed one more to count and the English title would almost certainly have been ours. **So come on and get your arse in gear** for the last two races left in the English championships - **Shelf Moor, Winder Grind and The Three Shires.**

36th Fellsman Hike - 10 - 11 May 1997

The weather forecast said it would be scattered showers and up to 14th! So I decided that as it was my 20th year of the hike and in spite of feeling like a dead dog for the past 2 weeks, I would rise like the proverbial Phoenix from the ashes and dressed in my tight fitting leotard, become "Wilson" of the moon once again. (Sorry some of you won't remember the Wizard Comic!)

Having had a decent run in the Calderdale Hike and teaching Messrs Windsor, Coulson and Bell the finer arts of navigation, the mind was willing even though the body was weak!

In the car park at Ingleton I met Geoff Bell and Joe Kyle, who had been in our winning team last year so we looked around for our fourth counter. Geoff went off to look for Ian Hill who won the Calderdale Hike and he agreed to join us. The Calder VFR were on for their hat trick!!

The race started in beautiful conditions, but it soon cooled down over Ingleton where there were patches of snow, the descent from Whernside, along the ridge to Kingsdale was very cold but the rain kept off.

At the summit of Gargareth I was in about 15th position and tracking an old rival Ted Adamski a Fellsman and Calderdale Hike stalwart.

At the Dent checkpoint I finally caught a group of 4 runners I had been tagging along the ridge, as soon as they saw me run in, they ran out! Two banana sandwiches quickly disappeared, a drink of staminad and I was after them. I caught them all on the summit of Blea Moor. They were running around like headless chickens near the trig point looking for the control. The problem was the marshalls were still plodding up the hill! I ran off chuckling to myself "the first shall be last" as they say, lots of angry muttering followed me down to the Stonehouse check (25 miles), where the weather started to deteriorate.

I was feeling good at this point and moved up into 6th position, as I started to climb Great Knoutbery the rain started and the run into Redshaw was terrible with headwinds and rain. Jackie, Jess and Sue were there out on the road in the terrible weather cheering me in. I was soaked through and frozen. I could not open my rucksack to get out warm gear. Jess came to my rescue and whilst Jackie sorted me out a hot drink I proceeded to climb into all the warm gear I had with me. Ted Adamski was shouting at me to hurry up as about 4 others were leaving! I managed another banana buttie, 2 coproximol and I walked out of the tent into beautiful blue sky, wondering what I was doing with all the gear on!!

After leading the group up to the top of Snaizeholme Fell I started to struggle for the first time and had to dig in. Ted was pushing the pace, then over Dodd Fell to Fleet Moss where I arrived happy to see Jackie, Jess and Sue, but feeling tired.

I only had time for cold rice pudding and a cup of tea before the group of four were off again over the Peat Hags of Fleet Moss. Somehow I got in the front again, but died off about 2 miles from Middle Tongue. Ted's navigation was spot on - a true Fellsman and he dragged us on to the checkpoint at Cray. It had take us 1.30 min, only 5 minutes slower than my PB! It felt like hours.

This is the part of the race where you switch off totally. Jess was there chatting away and telling me not to worry about Great Whernside! I was thinking about the "3 steps to the moon". That's what we had christened the slog up Buckden Pike. Our group was now quite a friendly lot, Ted, Paul, Steve and myself all telling each other "it's only 16 miles to the finish"!!

I started to drop back with Paul on the climb and we thought they would get away from us, it was absolutely chucking it at us now my hand and fingers felt like Macdonalds sausages! A big effort on the Top Mere road and we caught them just before the checkpoint. We ran on together through clearing skies to Park Rash. I had 2 more coprox's here and 2 jam butties - it wasn't enough, halfway up Great Whernside Ted and Steve were rapidly disappearing into the next rain shower that was heading towards us. My brain was now, however, in a state of hyper activity - last year I had got lost on top of the Great Whernside after the checkpoint and here I was with Paul who, on having his tally clipped at the check, said "which way now Pete".

I had checked and rechecked the map and also walked the section at easter with Jackie. So with heart pounding I ran off in the direction of "the fence" - it was there! What a relief. For me the 1997 Fellsman at this point was over and as we saw the flashing light of Capplestone Gate checkpoint my spirits were lifted. We checked watches and reckoned we should break 13:30 so that became our target.

Half way down the road from Yarnbury we met Val Bell who had been following the race for some time and 200 yards further down the road there I saw in the distance a white blob - which rapidly turned into Penny and Jackie - we were almost there. Jackie and Penny fell in with Paul and myself and we ran into the finish at Highfield to find Jess and Sue waiting to greet us just 13 hours and 23 minutes after leaving Ingleton.

Jess had been doing some checking and found out I was the first over 50 vet back.

So after 5 years of trying I won the trophy at last! The icing on the cake came at 10.00am on Sunday morning when at the prize giving we found Calder VFR had won the team trophy for the 3rd year on the trot. After 20 years of the Fellsman I think that's enough.

Team Result

Ian Hill	11:02 (2nd position)
Pete White	13:23 (9th position)
Joe Kyle	13:29 (10th position)
Geoff Bell	15:50 (23rd position)
Mike Bell	DNF

259 started, 147 finished, 112 retired.

(Winning time was 10.47 !?! - Mike Hartnell)

WELL DONE PETE - YOU ARE A STAR AND YOU WELL DESERVED TO WIN THAT TROPHY. ED.

See overleaf for Mike's report.

THE FELLSMAN HIKE - 10/11 MAY

During the week before I watched the weather forecast change on the hour, every hour. The Friday was glorious, pity the event was on Saturday. On the day we saw snow (on the ground), hail, rain, wind, mist and even bright sunshine.

259 competitors started from Ingleton Community Centre with the promise of "A dry morning, showers in the afternoon and a fine cold night" . More or less accurate, more rain, more wind, more mist, less dry.

Congratulations to:

- i) Peter White on winning the Old Man of the Mountains Trophy - more properly "The County Commissioner's Trophy";
- ii) The CVFR team who won the team prize (see previous page for details of positions and times).

I'd never tackled anything like this before and it was certainly an experience; in part humbling as I reached the Hill Inn (6 miles) at a slower average speed than Pete managed the whole 61 miles; in part - impressive, a well organised event in wonderful scenery; in part interesting - coffee flavoured rice pudding and soup with hailstones were culinary highlights. The solution to this, taking mug and plate would be boring.

I knew I was in trouble when the first bad patch came as I came off Great Coum, a hill previously known to me only for a recent botanical report of a dwarf willow.

I struggled up the long climb out of Dent in heavy rain but felt better as the miles went by and enjoyed crossing the valley to Blea Moor. Some lucky folk saw a steam train producing eerie effects as the smoke emerged from the ventilation shafts.

Bright sunshine and rice pud at Stonehouse led on to a good climb up Great Knontberry and I then learned a better route across to Redshaw than the one I found on my recce.

The worse part came on the climb to Dodd Fell, despite stuffing in Mint Cake and drinking accolade I struggled legless along the road to Fleet Moss, better to retire than be the object of a Mountain Rescue.

So, as it is a long time until next May has anyone any suggestions as to what I might tackle (and finish) in the meantime?

Suggestions....

..... for a guest speaker for the Club Xmas dinner. Ring Duncan if you can think of anyone that will be interesting, witty and most definitely won't send us to sleep. The dinner will be on 31st January '98 in a Halifax location (but a different place from last year with much better tasting and cheaper beer). The committee are hoping to finalise the dinner soon and there will be tickets for sale well before the dinner - so keep the 31st January free.

The Yellow T'Shirts....

..... we have quite a lot of the yellow duster t-shirts left which we are trying to sell off cheap. They are excellent for training and for letting everyone see you in the dark. If you want one let one of the committee know and we'll sort it out (£3.00 for cash)

**Whittle Pike Fell Race "Do This Race!"
May 28th 4.5m/1400'**

1.	S. Livesey	Clayton	38.06
13	Robin Skelton	CVFR	42.21
19	Carol Greenwood	Bingley	43.30
54	Carl Greenwood	CVFR	48.38

(118 finished)

Here is why I think this race is a must for us Fell Runners. For its length it has a surprising amount of climbing made more so by the fact that it is almost on our doorstep, just over the border in Lancashire (unless like Duncan you live in Lancashire). It starts near Rawtenstall at a place called Coupe Village. The race is a midweek evening affair and is 4.5m in length with 1400 feet of climbing!

The race begins on the road opposite the playing fields. It gets off to quite a fast start up the road and then onto a track before the first climb starts. There is plenty of opportunity for overtaking for those who prefer to start off at a more sedate pace. A long gradual descent soon follows where a faint path offers the best running.

The second climb starts fairly steeply, but soon eases off and heads for the summit of Whittle Pike itself (complete with large cross), over some tussocky ground which may be boggy in the wet.

Once the summit is reached you turn left, now you are on the return leg and the running looks easy. How wrong can you be! For soon the sting of the tail is seen as a stream cuts deeply into the hillside right across your path. A very steep descent follows down to the stream and an even steeper ascent climbs out the other side. You will need strong arms as well as legs to get up this!

Now you really are on the run in, with only the odd undulation to contend with before you meet the first climb, but in descent now. If you can manage a sprint at the finish, up the playing fields, then shame on you! You should have pushed yourself harder on the climbs or taken your brain out of gear on the descents or indeed both!

Now to my only grip about the race. No way was it 4.5m in length! I may be slow, but I can usually cover a mile in a lot less than 11 minutes, but this was my average speed for the race! The records are down as 33:50 for the men (Ian Holmes) and 39:18 for the women (Carol Greenwood). Only the first two competitors got inside Carol's record! Conditions were perfect so all I can assume is that the course has changed, but the records have been left unaltered. Like I say this is my only grip and it doesn't detract from what is a great little race. It would be nice to see this in the club champs sometime, it's a classic route with real character.

Do this race next year, make a note in your diaries, you won't regret it?

Carl Greenwood

PS The results took just two days to arrive. Now that's a record time!



Congratulations

..... to John Crummet who got married on Friday 30th May

Gear Cupboard....

..... has been tidied out so if you need anything for one of your races please tidy up afterwards.

97 GRAND PRIX

Grand Prix

	RACE 1		RACE 2		RACE 3		RACE 4		RACE 5		TOTAL POINTS
	BUNNY RUN 1	Apr-01	BUNNY RUN 3	Apr-15	FLOWER SCA	May-07	BLACKSTONE	May-14	MYTHOLMROYD	Jul-01	
1 CHRIS ROBINSON	35	34	31	32	34	34	35	34	33	33	170
2 ROD SUTCLIFFE	27	30	32	30	30	32	35	35	34	35	160
3 CARL GREENWOOD	39	38	39	38	39	39	39	39	34	34	158
4 MIKE JONES	38	39	38	39	39	39	37	40	0	0	155
5 DUNCAN THOMPSON	28	28	28	28	27	27	30	29	29	29	142
6 ANDY THOMPSON	34	33	33	33	33	33	0	36	36	36	140
7 STEVE HOUGHTON	32	33	37	31	0	0	0	32	32	32	128
8 RICHARD KELLETT	40	40	40	37	0	0	0	0	0	0	117
9 ROB SKELTON	25	27	0	0	0	0	28	27	27	27	107
10 RICHARD HENDERSON	33	33	0	36	36	36	33	33	37	37	106
11 TIM JANAWAY	33	33	0	35	35	35	0	36	0	0	104
12 MIKE WARDLE	0	0	29	28	28	28	31	31	0	0	88
13 JEZ WILKINSON	0	0	0	26	26	26	27	27	31	31	84
14 GRAHAM WOODWARD	0	0	0	40	40	40	40	40	0	0	80
15 GARY WEBB	0	0	0	0	0	0	38	38	39	39	77
16 WAYNE BROWN	37	37	0	36	36	36	0	0	0	0	75
17 JEFF WINDER	0	0	36	0	0	0	0	0	38	38	74
18 ALISTAIRE SHERRIFF	0	0	25	22	22	22	25	25	0	0	72
19 HELEN TAYLOR	0	0	35	29	29	29	0	0	0	0	64
20 BRIAN HORSLEY	29	30	0	0	0	0	0	0	0	0	59
21 TONY BRADLEY	36	29	0	21	21	21	0	0	0	0	57
22 CHRIS GODRIDGE	26	26	0	23	23	23	29	29	0	0	55
23 EDDIE PROCTOR	18	18	26	0	0	0	26	26	0	0	49
24 THIRZA HYDE	23	23	0	0	0	0	0	0	0	0	49
25 LIZ PYNE	20	20	0	0	0	0	0	0	25	25	45
26 GRAHAM SPENCER	20	20	0	0	0	0	0	0	23	23	44
27 STEVE CAVELL	31	31	0	0	0	0	0	0	0	0	31
28 DENIS GILDEA	0	0	0	0	0	0	0	0	30	30	30
29 STUART GARDNER	0	0	0	0	0	0	0	0	28	28	28
30 FRANK MALLINSON	0	0	0	0	0	0	0	0	26	26	26
31 JOHN RILEY	0	0	0	0	0	0	25	25	0	0	25
32 JESS PALMER	0	0	0	24	24	24	0	0	0	0	24
33 KEVIN BARKER	0	0	0	0	0	0	0	0	0	0	24
34 JUDITH HOWARD	0	0	24	0	0	0	0	0	0	0	24
35 IAN LAW	24	24	0	0	0	0	0	0	24	24	24
36 DAVE GILYEAT	0	0	0	0	0	0	0	0	0	0	22
37 GERRY HUGHES	22	19	0	0	0	0	0	0	0	0	22
38 MICK BANKS	19	0	0	0	0	0	0	0	0	0	19

VETS

	NOON STONES	BLACK COMBE	EDALE SKYLINE	RIVINGTON PIKE	BUNNY RUN 1	STUC A CROIN	FLOWER SCA	BLACKSTONE EDGE	PEN-Y-GHENT	CARNE DDAU	MYTHOLM ROYD	TOTAL POINTS
	M	M	L	S	S	L	S	S	S	m	M	
1 ROD SUTCLIFFE	19	15	17	18	15	15	17	18	17	18	18	156
2 STEVE HOUGHTON	0	19	20	0	18	20	18	0	16	19	19	149
3 MIKE WARDLE	19	16	18	19	17	18	19	19	0	0	0	145
4 DUNCAN THOMPSON	0	20	0	0	20	19	0	20	19	20	20	138
5 JEFF WINDER	20	0	0	20	17	17	20	0	20	0	0	116
6 EDDIE PROCTOR	17	14	0	0	14	16	0	17	15	0	0	77
7 GREG HOUGHTON	0	17	16	0	0	0	0	0	0	17	0	65
8 THIRZA HYDE	0	12	0	0	9	13	13	16	0	0	0	50
9 RICHARD KELLETT	0	0	15	0	16	0	16	0	0	0	0	49
10 DAVE GILYEAT	15	0	0	0	0	0	0	0	0	0	0	41
11 KEVIN BARKER	13	13	19	0	0	0	14	0	0	0	0	40
12 DAVE HYDE	16	0	0	0	0	0	0	0	0	0	0	37
13 JOHN RILEY	0	0	0	0	0	0	0	0	0	0	0	29
14 FRANK MALLINSON	12	0	0	0	0	0	0	0	0	0	0	26
15 MICK BANKS	0	11	0	0	0	0	0	0	14	0	0	24
16 IAN LAW	11	0	0	0	10	0	0	0	0	0	0	24
17 GERRY HUGHES	0	0	0	0	13	0	0	0	0	0	0	23
18 JEFF COULSON	0	0	0	0	12	0	0	0	16	0	0	18
19 STUART GARDNER	0	0	0	0	0	0	0	0	0	0	0	16
20 BRIAN HORSLEY	0	0	0	0	0	0	13	0	0	0	0	15
21 ANDY THOMPSON	0	0	0	0	0	0	0	0	0	0	0	15
22 PETE WHITE	14	0	0	0	0	0	0	0	0	0	0	14
23 CHARLOTTE ROBERTS	0	0	14	0	0	0	0	0	0	0	0	14
24 GRAHAM SPENCER	0	0	0	0	0	0	0	0	0	0	0	12
25 STEVE CAVELL	0	0	0	0	11	0	0	0	0	0	10	11

SHEEPSTONE RELAY - 17 JUNE 1997

Brilliant weather on the night helped to boost this years event along with more publicity and extra prizes and food.

Bradford Airedale and Pudsey & Bramley battled it out for first place but Gary Oldfield put in a superb last leg to clench victory for the Airedale team in a record time.

Calder Valley was well represented with Duncan, Alistair and Wayne receiving prizes. The Slapheads came a credible 13th with the Two Fat Gits (Guess Who) and Jez not far behind. Poor Gerry Hughes was left to carry the invalids who limped home before we all went to the pub. Hope Mike and Tony have recovered.

The support we received from CV and all other entrants was brilliant. Thanks to you all.

Sue and Jess

SHEEPSTONES RELAY TUESDAY 17 JUNE 1997

Posn	No	Cat	Team Name	Total Time	Leg 1	Time	Leg 2	Time	Leg 3	Time
1	3		Bradford Airedale	73.10	Steve Oldfield	23.43	Richard Crossland	25.21	Gary Oldfield	24.06
2	16		Pudsey & Bramley 'A'	74.42	Shane Green	24.59	Paul Sheard	23.54	Boff Whalley	25.49
3	4		Keighley Hill Runners 'A'	78.58	Mark Sandanas	25.36	Jeff Emmott	26.45	Geoff Slater	26.37
4	23		Ilkley Harriers 'A'	79.23	Jason Hemsley	25.42	Bob Hamilton	26.43	Nick Pearce	26.58
5	20		Pudsey & Bramley 'B'	80.34	Jamie Noon	25.16	Mike Felgate	28.33	Crawford Oliphant	26.45
6	19		Calder Valley 'B'	80.52	Wayne Brown	27.09	Alistair Sheriff	26.33	Duncan Thompson	27.10
7	15		Todmorden Harriers	81.07	John Wright	26.21	Andrew Horsfall	27.36	Simon Anderton	27.10
8	11		Denby Dale 'A'	82.29	John Cartwright	26.43	Jim Beel	28.40	Derek Hutton	27.06
9	26		Fellandale 'A'	86.25	Dave Britton	27.21	Ian Wilson	31.07	Richard Falls	27.57
10	5	V45	Rochdale Vets	86.43	Dave Beels	27.42	Mick Moran	29.58	Jamie Dore	29.03
11	24		Ilkley Harriers 'B'	87.43	Graham Pearce	28.06	Mike Baldwin	29.00	Phil Chappell	30.37
12	28		Todmorden Harriers 'B'	87.51	Dave Collins	28.32	Marcel Harnandaz	31.20	Joe Kuterescz	27.59
13	21		Calder Valley Slapheads	88.10	Chris Robinson	28.56	Andy Thompson	30.31	Carl Greenwood	28.43
14	18	V40	Keighley Hill Runners 'A'	89.20	Neil Bland	29.20	Barry Slater	29.53	Paul Rogan	30.07
15	12		Denby Dale 'B'	93.31	Ralph Barker	30.38	Martin Hirst	31.32	Mike Horsfield	31.21
16	8		Galloping Gummeries	94.28	William Ray	35.18	S Harrington	35.48	Kenny Stirrat	23.22
17	10	L	Pudsey & Bramley Girlies	95.40	Sally Corvin	33.05	Jean Shotter	31.12	Ann Buckley	31.23
18	13	V40	Denby Dale 'C'	95.42	Steve Robinson	32.38	Tony Sharp	31.19	Mick Collinson	32.45
19	25		Two Fat Gits and Jez	97.34	Jez Wilkinson	31.23	Graham Woodward	31.26	Mick Banks	34.45
20	17	L	Keighley Hill Runners 'A'	97.46	Nicole Slater	35.42	Jo Prowse	32.40	Karen Slater	29.24
21	1	V40	Keighley Hill Runners 'B'	98.22	Paul Webber	32.27	Kevin Rogan	33.10	Trevor French	33.45
22	29	V40	Fellandale 'C'	99.21	Neil Shotter	34.17	Carl Prendergast	32.37	Dave Hodgson	32.27
23	27		Fellandale 'B'	101.00	John Varley	32.46	Alison Curle	33.42	Paul Davies	34.32
24	14		Denby Dale 'D'	102.34	J Bagshaw	35.27	David Gill	30.30	P Andrews	30.37
25	7		Bingley Jebbs	104.32	Robert Jebb	24.47	Ann Jebb	46.49	Peter Jebb	32.56
26	22		Team Slow	104.46	Lee Mercer	32.43	Jim Whalley	37.17	Mark Whitaker	34.46
27	9		Calder Valley 'A'	110.52	Gerry Hughes	34.07	Tony Bradley	32.02	Mike Wardle	44.43
28	2	JL	Keighley Hill Runners 'B'	116.45	Gillian Troth	40.19	Carrie Hastings	39.42	Kate Rogan	35.44
	6		Lone Ranger - Rossendale	-	Gary Sumner	25.40				

CLIPS FROM ULTRARUNNING
(FROM THE USA)

Hardrock 100 Mile Mountain Run
Silverton, CO 6 a.m.
A tough loop course starting and finishing in Silverton; extremes of altitude and the accompanying dangers associated with running in wild, remote country. High point is 14,048'; altitude gain is 32,700'; eleven passes above 12,000'. Runners must qualify to enter. \$140 pre-entry only by June 15. \$280 thereafter. Limited to 100. Hardrock 100, P.O. Box 55, Silverton, CO 81433 (303) 387-5887 (h), e-mail: <http://reality.sgi.com/stanj/HR>.

Wickham Park Marathon and 50 Mile Fun Run
Melbourne, FL 7:30 a.m. Sun, May 25
Seven or 13 loops of 3.75 miles through scenic, flat forest trails, fields, swamp, palmetto scrub, sand, dirt, grass, mud, water, and unfortunately, 200 yards of paved road. 12-hour time limit. No fee, no aid. Matt Mahoney, 415 Rutgers Avenue, Melbourne, FL 32901 (407) 724-1582 (h), e-mail: matmahoney@aol.com.

Olander Park USATF National Championships 24 Hour Run
Toledo, OH Noon Sat, Sep 27
A flat, 1.1-mile asphalt and woods path around Olander Lake.
Some travel expenses available for qualified runners. Prize money.
\$65 pre-entry until September 14, \$75 until September 26. Dave Payette, Olander Park 24 Hour, 2338 Lasky Road, Toledo, OH 43613, (or Tom Falvey (419) 475-0731).

RESULTS OF 3RD STOODLEY CRAGG BIATHLON

	Hour	Min	Secs						
1 Duncan Thompson	1	47	13	Vet	11 Kevin Barker	2	07	52	Vet
2 Rod Suttcliffe	1	53	04	Vet	12 Liz Pine	2	10	10	Lady
3 Philip Helliwell	1	54	48	Sup Vet	13 Eddy Procter	2	13	51	Vet
4 Paul Frechette	1	57	10	Vet	14 Graham Spencer	2	16	45	
5 Chris Robinson	1	58	19		15 Judith Howard	2	19	10	Lady Vet
6 Carl Greenwood	1	59	53		16 Alistair Sherriffs	2	19	11	
7 Stewart Gardner	2	00	28	Vet	17 Jimmy Sheard	2	21	29	Vet
8 Andy Thompson	2	01	40	Vet	Graeme Woodward	Retired			
9 Peter white	2	02	18	Sup Vet					
10 Dave Gilyeat	2	04	04	Sup Vet					

3RD STOODLEY - CRAGG BIATHLON RACE REPORT

There was a excellent turn out for this event with 18 competitors lined up at the start. The weather was overcast but dry with a sneaky wind which made its self felt on the final section of the bike ride. Duncan broke the run record set by Dennis Gildea in 1995 and went on to win the race outright. The pre race favourite Alistair Sherriffs who had won the race on the previous two occasions decided at Littleborough he wanted to view the roads of Lancashire and set off on a mystery tour! When he failed to arrive at the finish a search party was dispatched to Blackstone Edge to see if he had shot off the road and was lying injured, as this seemed the only place where he could not be accounted for. Having found his way back on course he eventually finished way down the field, needless to say the search party were not impressed! This surely must be in the frame for wally of the year. In the ladies race Liz proved to be a strong cyclist and finished a very credible 12 overall.

I would like to take this opportunity to thank again those who made the event possible particularly Sue Palmer and Steven Lilley who did Sterling work on all 3 events.

I am looking for a different course next year maybe on the other side of the valley, any suggestions welcome, one or two in Tod Harriers have said they would like to become involved, lets think about it over the winter.

Finally thanks to all those who took part I hope you enjoyed the races as much as I did.

Through Death Valley and back

TO MOST people, "normal" jogging — pounding pavements and gulping clouds of car exhaust — is bad enough. But imagine pulling on your trainers and track-suit, then fastening on a belt with a car tyre attached before setting off for a 10-mile run along a busy road.

If that sounds an extreme form of exercise, consider the race for which it is only a preparation: the Hi-Tec Badwater 146 on Thursday, a little under 150 miles on a surface as hot as 200F (93C) and climbing to almost 15,000ft through Death Valley.

Rob Lambert, the man with the tyre among other eccentric training techniques, is currently in California to run it for the third time. He then plans to turn around and run back, completing "the double" for the second time.

It will mean sleeping only about seven hours in five days which, combined with exhaustion, provokes hallucinations usually associated with drugs. "The white lines in the middle of the road become small walls and you're trying to reach down to touch them as you run," he says, from personal experience.

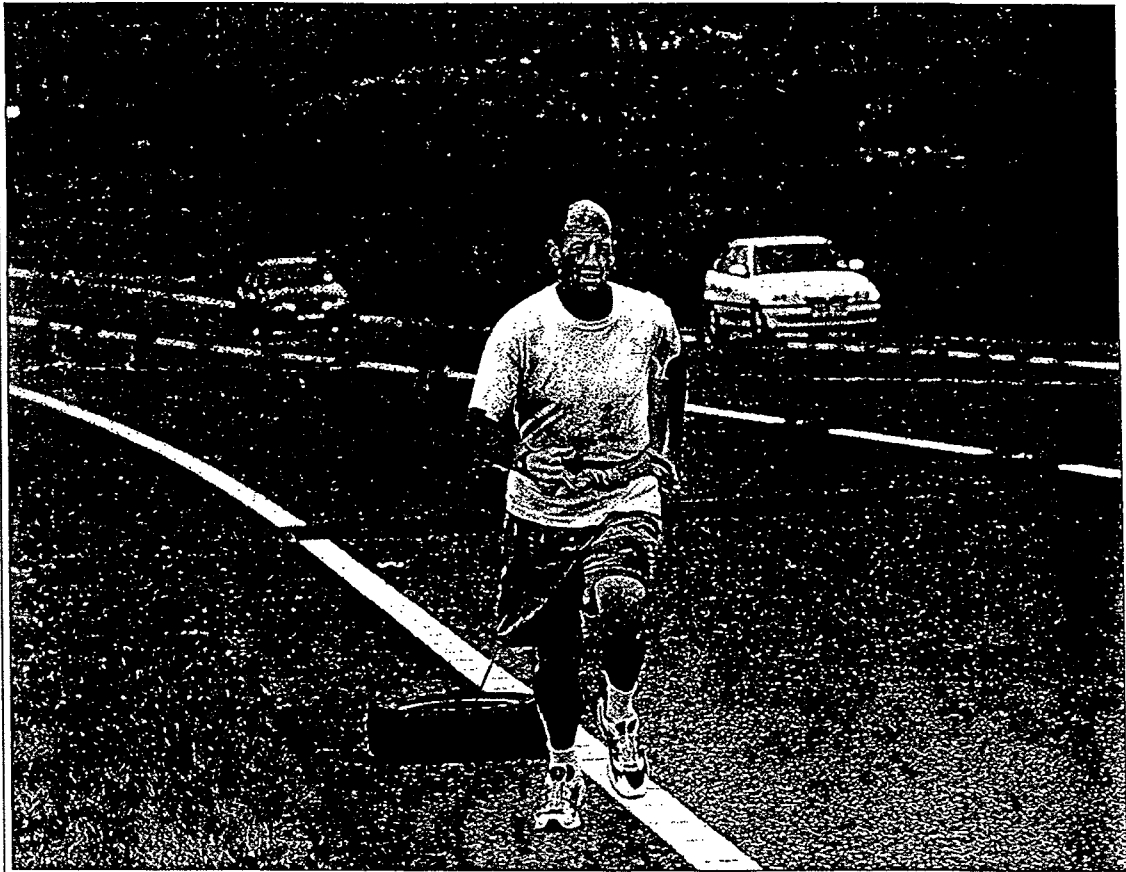
"You start thinking trees and rocks are people and you say hello to them. The back-up crew will be saying, 'Who are you talking to?' and you'll say, 'That woman with her baby, didn't you see her?'"

There are precious few people, let alone mothers with prams, in the desert; only the 40-odd competitors and their back-up teams, which are compulsory to prevent fatalities.

One foolhardy athlete who tried, without support, to run an unofficial recreation of the event died in the fearsome conditions. As the organisers say: "Heat illness or sunstroke are serious risks. These can cause death, kidney failure and brain damage. The high altitude plus exertion can also produce various degrees of altitude sickness. This can lead to severe lung and brain swelling — and even death."

Which begs of Lambert one question: why? "I suppose I'm looking for my limits. I like to take myself to my extremes." And all for a first prize of \$500 (£300), a commemorative belt-buckle and a couple of shirts from an expedition costing more than £6,000.

The race was originally staged in 1987 by a shoe company to test the durability of its trainers and is now claimed to be the most demanding race in the world. Conditions could not be more inhospitable. The start in Badwater is 282ft below sea



Get your kicks on the A66... another hard run on the hard shoulder near Darlington for Rob Lambert with his tyre in tow PH-TOGRAPH: RICHARD RAYNER

level, the lowest point in the western hemisphere; the finish, at 14,494ft, is the freezing peak of Mount Whitney, described as the "highest point in the lower 48 States". In between are two peaks of 4,000ft and 4,960ft, divided by valleys in which the ground temperatures melted the glue in the first trainers tested on the course.

Technological advances mean more reliable footwear is now available, but the athletes' bodies are not so easily heat-proofed. Lambert, of course, has had one major disadvantage compared with his rivals: he has been training in the distinctly un-Death Valley conditions of Darlington. To recreate the debilitating conditions, however, he has often sat for hours on end in the sauna suite of his local fitness centre, walked through the town's streets

barefoot and jogged in the early hours.

"I have got to get used to running when I don't want to run. In the valley the temperature drops to a cool 90F at night so it's a good time to clock up the miles," he says.

It also pays to know the risks: "When you're up at

One of the team will run in front, another behind while the third rests. They also operate a rota system to service Lambert on the flatter, lower reaches, giving him six to eight pints of water each hour, timing his 45-minute dozes and feeding him tinned pasta — heated on the engine

cases over their heads to run through a sandstorm.

Such trying conditions might have deterred many athletes after they had completed the course once. But Lambert, who first read of the race in a long-distance running magazine, was determined to raise the stakes.

After his 1993 debut, he returned the following year to become the first Briton to run there and back, even though his time of 118hr 57min was a bitter disappointment; a groin injury at 275 miles meant he missed the record by four hours.

He missed the next two races when the army posted him to Bosnia to "play soldiers". Now demobbed, he is back in Badwater to break the record of 110hr 26min set last year.

However, it has meant a desperate search for funding to replace the subsidy he

received from the army, which treated the race as a training exercise. This year he had to find commercial backing, including a planned television documentary.

It has also meant pain: his blistered feet swollen by two sizes despite regular plunges into an ice bucket, and what he calls a general "body hang-over" in the comedown from the adrenalin rush. "I was on a high for one and a half hours when I got back last time but after that I was just out of it," he says. "I was in bits. I was in a bucket, as they say."

But he insists the race is worth every sacrifice, and he is even talking of doing "the triple": to the top of Mount Whitney twice. "I don't care what other people think, I just want to make sure I achieve my goal." And then another and another.

'You start thinking trees and rocks are people and you say hello'

15,000ft on a mountain track, you're exhausted and it's dark, you need to rely on your back-up to make sure you're okay. It can be quite hairy; there are times when you can quite easily go off the edge. You just have to have someone with you, talking to you and keeping you going."

of the back-up vehicle — along with hundreds of peanuts and pretzels to maintain his salt level.

The van is air-conditioned to allow brief respite from the heat, but less advanced techniques sometimes have to be adopted: in a previous race team members put pillow

DESCRIPTION IN ULTRA RUNNING (USA MAG.) FOR THIS RACE

Hi-Tec Badwater Race, 135 miles

Badwater, CA

6 a.m.

Thu, Jul 17

From the lowest point in Death Valley to Mt. Whitney Portals on paved roads; temperature extremes from 40°F to 130°F. Must provide your own crew, water, supplies, vehicles and fuel. Entrance by invitation only. Tenth annual. \$100 due when invitation is accepted. Limited entries; you must submit your running resumé for the past two years by January 31, 1997. Invitations will be sent in early March. Matt Frederick, Hi-Tec Sports USA, Inc., 4801 Stoddard Road, Modesto, CA 95356 (209) 545-1111 (w).

OTHER NUTTY RACES FROM THE USA

Buffalo Soldier 24-Hour

Sierra Vista, AZ

10 a.m.

Sun, Aug 31

A 0.53-mile paved road circuit around a shopping plaza adjacent to a hotel. Lapcounters and food provided. \$30. Gary Cross, 460 South Buffalo Avenue, Bisbee, AZ 85603 (520) 432-7889 (h).

Indian Land 24 Hour Run

Indian Land, SC

7 a.m.

A quarter-mile dirt track around a football field; remote setting!! \$30 pre-entry only. Limited to 30. Claude Sinclair, 4573 Old Church Road, Lancaster, SC 29720 (803) 286-8388 (h). e-mail: clsinclair@infoave.net.

Sat, May 10

Having run most of the races on this list over the past few years I have found them worthy additions to anyone's "programme". These are B.O.F.R.A. races usually organised/marshalled by K.H.R.

Fields tend to be small and friendly. Be prepared to scale a few 8 foot high dry stone walls and vault a few gates! Entry fees vary from 50p to £3.00. The start times at some of the show races can vary a little so be prepared. Toilet facilities can also "vary" but nothing new there.

The list of races are of special interest to any juniors, or members with kids who fancy a run, and with the show races a good family day is guaranteed.

Wayne Brown

English Sports & Fell Races

Saturday	2nd August	Hellifield Gala	K.H.R.	N. Yorks	3.00 p.m.
Sunday	3rd August	Weeton Show Fell Races		N. Yorks.	1.30 p.m.
Tuesday	12th August	The Guides Fell Races	K.H.R.	W. Yorks	6.30 p.m.
Saturday	16th August	Rusland Sports and Show	*	Cumbria	12.00 noon
Saturday	16th August	Gargrave Show	K.H.R.	N. Yorks.	3.00 p.m.
Thursday	21st August	Grasmere Sports	P.E.	Cumbria	12.00 noon
Saturday	23rd August	Malham Show		N. Yorks	3.00 p.m.
Saturday	23rd August	West Witton Fell Races		N. Yorks	5.30 p.m.
Monday	25th August	Hebden Sports	*	N. Yorks	2.30 p.m.
Tuesday	26th August	Kilnsey Show	P.E.	N. Yorks	2.00 p.m.
Wednesday	27th August	Reeth Show		N. Yorks	2.00 p.m.
Thursday	28th August	Crosby Ravensworth		Cumbria	6.30 p.m.
Wednesday	3rd September	Muker Show	*	N. Yorks	2.00 p.m.
Wednesday	3rd September	Ennerdale Show		Cumbria	2.00 p.m.
Saturday	6th September	Alwinton Show		Northumbria	2.00 p.m.
Saturday	6th September	Lowick Show		Cumbria	2.00 p.m.
Saturday	6th September	Hawkswick Dash	*	N. Yorks	12.00 noon
Sunday	7th September	Kettlewell	*	N. Yorks.	12.00 noon
Sunday	7th September	Bradley Show	K.H.R.	W. Yorks.	3.30 p.m.
Saturday	13th September	Lothersdale Show	K.H.R.	W. Yorks	3.00 p.m.
Saturday	13th September	Egremont Sports		Cumbria	2.00 p.m.
Sunday	14th September	Burnsall Fell Races	*	N. Yorks	12.00 noon
Sunday	21st September	Embsay Fell Races	K.H.R.*	N. Yorks	12.00 noon
Saturday	27th September	Eskdale Show		Cumbria	2.00 p.m.
Sunday	28th September	Hare and Hounds - Lothersdale	K.H.R.	W. Yorks	11.30 a.m.
Sunday	5th October	Helvellyn		Cumbria	12.00 noon
Sunday	5th October	Bronte Way - Wycoller	P.E. K.H.R.	W. Yorks.	11.00 a.m.
Saturday	11th October	Wasdalehead Show Fell Races	*	Cumbria	2.00 p.m.
Saturday	18th October	Buttermere Show		Cumbria	1.00 p.m.
Sunday	26th October	Malham Relay Races		N. Yorks	10.30 a.m.

* Denotes B.O.F.R.A. Championship Races

P.E. Denotes Pre-Entry Required

K.H.R. Denotes Keighley Hill Runners Championship

(PLEASE NOTE: Strict start times at Ambleside)

B.O.F.R.A. Presentation Dinner and Dance. Saturday 8th November, 1997 at the Carlton Inn, Morecambe.

OPEN HILL RACES IN SCOTLAND

Wednesday	2nd July	Kenmore Highland Games			6.00 p.m.
Saturday	12th July	Alva Highland Games (U.K. Hill Championship)			1.00 p.m.
Sunday	13th July	Rosneath & Clynder Highland Games			12.00 noon
Wednesday	16th July	Luss Highland Games			11.00 a.m.
Saturday	19th July	Tomintoul Highland Games			11.00 a.m.
Saturday	19th July	St. Ronan's Border Games			2.00 p.m.
Saturday	19th July	Lochearn Head Games			12.30 p.m.
Friday	25th July	Durness Highland Games			12.30 p.m.
Saturday	28th July	Dufftown Highland Games			11.30 a.m.
Saturday	2nd August	Aboyne Games			12.30 p.m.
Thursday	7th August	Ballater Highland Games			12.30 p.m.
Saturday	9th August	Atholl & Breadal Bane			2.00 p.m.
Saturday	16th August	Helmsdale Games			12.00 noon
Thursday	21st August	Argyllshire Games (Oban)			11.00 a.m.
Saturday	23rd August	Lonach Highland Gathering			1.00 p.m.
Saturday	6th September	Braemar Highland Games			11.00 a.m.
Sunday	7th September	Blaigowrie Highland Games			11.00 a.m.

BEFORE TRAVELLING Please confirm date with Mr. Andrew Rettie
Perth 01738 627782

KEIGHLEY HILL RUNNERS

SUMMER CHAMPIONSHIP RACES 1997

Seniors and Under 17s to count best 9 from 16 Under 12s and Under 14s to count best 8 from 16
 Under 9s to count best 7 from 14 X Start times given for first Junior Race. Senior to follow if not stated. +

VENUE	TIMES APPROX. JNRS/SNRS	DATE	DAY
X 1 Jack Bloor (Ilkley) 5mls (Also Under 9s) <i>Record: 1995 Greg Hull 39.03</i>	7.20/7.15pm	May 13th	Tuesday
X 2 Cross Hills Gala Fell Races 5 mls (Also Under 9s) <i>Record: 1994 Steve Oldfield 32.21</i>	2.30/3.30pm	May 17th	Saturday
3 White Lion Fell Races (Kildwick) 4mls (Also Under 9s) <i>Record: 1996 Andrew Atkinson 24.48</i>	6.30/7.30pm	June 4th	Wednesday
4 Cracoe 3 mls (Also Under 9s)	12.00/1.00pm	June 8th	Sunday
5 \$\$\$Junior Murder Mile 1ml	7.15pm	June 24th	Tuesday\$\$\$
6 ***Worth Way Relay (pre-entry) 2 ³ / ₄ mls <i>Record: Men 1995 65.31/Ladies 1994 79.15</i>	6.45pm	July 3rd	Thursday***
7 Stirton and Thorlby Cup 6mls (Also Under 9s) <i>Record: 1995 Andy Smith 36.22</i>	6.30/7.30pm	July 9th	Wednesday
8 The Great Yorkshire XCountry Races 5 ¹ / ₂ mls Addingham (Beamsley Beacon) (Also Under 9s) <i>Record: 1995 Paul Sheard 36.09</i>	6.30/7.30pm	July 15th	Tuesday
9 Wharfedale Fell Races (Grassington) 5mls (Also Under 9s) <i>Record: 1995 Andrew Atkinson 30.16</i>	2.00/3.00pm	July 20th	Sunday
10 Cowling Gala Fell Races 2 ³ / ₄ mls <i>Record: 1996 Gary Devine 17.11</i>	4.00/4.15pm	July 26th	Saturday
11 Hellifield Gala 4mls	5.00/3.15pm	Aug 2nd	Saturday
12 The Guide Races (Hainworth) 2 ³ / ₄ mls (Also Under 9s) <i>Record: 1995 Ian Holmes 15.09</i>	6.30/7.30pm	Aug 12th	Tuesday
13 Gargrave Show Fell Races 4mls (Also Under 9s) <i>Record: 1994 Brenda Taylor/1995 Andy Maloney = 21.25</i>	1.45/2.30pm	Aug 16th	Saturday
14 Bradley Family Show Fell Races 4 ¹ / ₂ mls (Also Under 9s) <i>Record: 1996 Andrew Atkinson 23.29</i>	3.30/4.30pm	Sept 7th	Sunday
15 Lothersdale Show Fell Races 1ml (Also Under 9s) <i>Record: 1995 James Wadsworth 7.49</i>	3.00pm	Sept 13th	Saturday
16 Embsay Fell Races 3 ¹ / ₂ mls (Also Under 9s)	12.00/1.00pm	Sept 21st	Sunday
17 Hare & Hounds (Lothersdale) 4mls (Also Under 9s) <i>Record: 1995 Andy Smith 23.02</i>	12.00/1.00pm	Sept 28th	Sunday
18 ***Bronte Way Point-to-Point Race 9mls (pre-entry) (11.00am Wycoller) Hartington (Seniors and Under 17s) <i>Record: 1996 Gary Oldfield 50.39</i>	10.00am	Oct 5th	Sunday***

K.H.R.A. - PRESENTATION EVENING
 FRIDAY OCTOBER 31ST 1997 (SILSDEN TOWN HALL)

THE WANDERER RETURNS.....

Sri Chinmoy 3,100 Mile
New York, NY 6 a.m.
Certified loop on pavement. No-running curfew from midnight to 6
a.m. 51-day time limit. Sri Chinmoy 3,100 Mile Race, 150-47 87th
Avenue, Jamaica, NY 11432 (718) 786-6377 (h), fax: (718) 380-
7651. Fri, Jun 13

Just thought I had better touch base and let you know that I have re-emerged from my world tour (since last September I have visited Majorca - that WAS holiday-, Mexico, India, Nepal - holiday-, Jordan, Portugal, the U.S. and China), and I am now trying to get fit to do some racing over this latter part of the year. BUT I have done some running! For information if you ever go to these places: Majorca is great for all outdoor jaunts, no chance in Mexico, India or Nepal for a lone female to run (either dangerous or socially unacceptable), had an outing in the desert in Jordan (much to the surprise of the Bedouin), and in China in some amazing sand dunes (for the camera) plus a couple of days when we were in a 'suitable' place...no time in Portugal but I am sure you could....and quite a lot of times in the U.S. as you might guess.

The problem with the U.S. is that there isn't a network of footpaths for running like there is here so if you want to go off road you have to go to a state or national park or just some recreational area which, of course are all crowded with people (one of my greatest bugbears about the U.S. apart from the beer which IS improving). In St. Louis, Missouri where I was at a conference we were right next to a park so every morning (with dozens of others) I was out. In Washington DC I was staying on a farm so could run around their land but it was limited. In Kentucky I was introduced to a group of road runners from the University I was working at so ran with them a couple of times but running round house lined streets is not my idea of fun. In Colorado I also had a holiday and did some running on mountain bike trails out in the next state over, Utah - that was great but SO HOT (96 degrees F one day). My final run was the day after my 40th birthday in Boulder, Colorado. The Boulder Boulder is a 10K road race at 5430 feet ASL and attracts a lot of people. It is claimed to be the 8th largest road race in the world (you can imagine what it was like but it had to be done). Around 35,000 people ran or walked it this year (16,985 men and 17,772 women..now that's interesting). I was 9,044th overall and the 2,134th woman. There were 488 women in the 40-45 age group and I came 61st (1st woman in that category did it in 36-58...no I am not telling you my time....all I can say is that this race was at altitude!). The male winning time was 28-55 and female 33-25. The altitude 10K record is 27-52 male and 31-43 female.

It was a very atmospheric race and was incredibly well organised. Starting at 7.30am (in waves according to estimated time) it did not finish until about 11am! Some famous people ran too, including Frank Shorter who lives in Boulder and started the race 20 years ago. I expect it is much like the London Marathon although that is something I have never done (and don't want to). What was brilliant about the race was the backdrop of the Flatiron mountains as the view while you ran. I would recommend it

So...I didn't vegetate...but I did miss the fells immensely....see you out there!

Charlotte Roberts

Knee-Knacking North Shore Trail Run, 30 miles
West Vancouver, BC 6 a.m. Sat, Jul 12
Point-to-point along challenging Baden-Powell Trail in Vancouver's north shore mountains; complete with waterfalls, breathtaking views, and 8,000' of climb. Ninth annual. \$80CDN, \$60US pre-entry by February 15. Lottery system with 150 limit. Enzo Federico, 1143 Montroyal Blvd., North Vancouver, BC V7R 2H8 (604) 988-0694 (h), (604) 661-2773 (w), fax: (604) 988-5694, e-mail: enzo_federico@mindlink.bc.ca.

UltraRunning

APOLOGY LETTER

September Cottage
15 Ashley Road
Walton-on-Thames
Surrey
KT12 1JA

24th July 1997

Tel: 01932-269563

Dear Thirza,

Well look what the cat just dragged in. Immense apol's for not being in touch sooner, but I was some-what indisposed for a while following my attempt to join the CVFR team for the Calder Valley Relay in November. Allow me to explain...

New (to me) Landrover. Attempt to drive like Astra on M1. Landrover does not steer well on off-road narrow-profile mud-cutters. Astra-imitating Landie stopping distance much longer than expected, but thanks to unbalanced brakes, misses queue of Service station traffic and slides off roadside onto embankment. Falls over.

Contrary to popular belief, Landrovers do not offer better crash protection than other cars. To cut a long story short, the Landie wasn't too bad but I got slightly bent. Fortunately nothing permanent (twitch) but I kind of lost interest in general proceedings for some while.

Anyway, absolutely HUGE apologies to the lads in the team: I imagine I wasn't too popular but claim extenuating circumstances. Mild cerebral oedema put running off the agenda for a while, and by the time I was corpus mentis again I couldn't find any contact numbers for the club, as all my stuff was in storage until I was sorted out. Anyway, I came across the club membership list and wondered if I might be allowed to join again? I started training a few months ago and have been racing for a couple of weeks. I managed a 4th in the Weybridge 10K (220 finishers) and a 6th in the Whitely Village CC race (198), so that's not too bad. However I have the sneaking suspicion that the Southerners are a bunch of mincing poofs so I'm not getting too excited. I'm certainly not overkeen on the roadclub atmosphere as hitherto experienced. Fortunately, I am able to nip up to Calder Valley/Ilkley to do longer fell runs on alternate Tuesdays: however I need to get back to Leeds so the 20.15 Train so if anyone's interested in doing routes earlier than the normal club time, please do contact me. Otherwise I have to train on Box Hill, which is actually bloody steep in places.

Good luck to you all this year, and I look forward to seeing you and doing some proper races!

Yours in the South,

Darren R Partridge

Helvelyn Fell Race 26th May

11 mile 3,700' climb.

1st	Gavin Bland	Borrowdale	1.51.43.
8th	Geoff Winder	Calder Valley	2.02.46.
28th	Greg Houghton	Calder Valley	2.52.48:
-	Steven Cavell	Calder Valley	D.N.F.
-	Graham Spencer	Calder Valley	D.N.F.
-	Carl Greenwood	Calder Valley	D.N.F.

87 runners started, 40 finished the course.

The day started fine for this out and back course to Helvelyn summit via Calthow Pike and the Dodds. However by the start time of noon the fog had dropped to 1500 feet and the race became a navigation exercise. Graham, Carl and myself failed, but Geoff and Greg did very well on a difficult day. We'll try again next year - if it's clear.

