

calder valley fell runners

SHEEP SHEET



THE MID SUMMER MADNESS - 3 DAY EVENT

on Friday 21st, Saturday 22nd and
Sunday 23rd June.

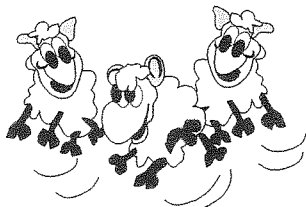
Allan Greenwood will need help. I'm sure if you
want to run as long as you can help out in some
other way I don't think

it will be a problem so come on. If you've never marshalled at a race just
think of the others who've had to give up their race to let YOU run.
So be fair - MANY HANDS MAKE LIGHT WORK.



WRINKLIES LIMP ON TO LEAD ENGLISH CHAMPIONSHIPS

CONGRATULATIONS to the Over 50's who are giving the English Championships a real go. With the effort being made to get a team out they are in first place leading Clayton by 2 points. Jeff Winder is having a stormer in the individual championships lying in 2nd place behind Mike Walsh in the English but is leading the British by a fair way. **THANKS TO EVERYONE WHO IS MAKING THE TEAM POSITION POSSIBLE. WE KNOW SOME OF YOU HAVE HAD A TOUGH TIME AT SOME OF THE RACES BUT A BIG THANKS.** We still need to field a team for Sedbergh on August 18th and Thieveley Pike on September 28th. The Saga holiday will have to wait - get the Vitamins down you and the zimmers serviced ready for a few more miles. **WELL DONE.**

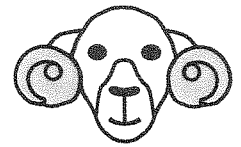


SHEEPSTONES RELAY
Tuesday 2nd July
£6.00 per team

Graeme doesn't have a problem with people making up teams and having a run as long as they either marshal or help before they run or afterwards.

CLUB BIATHLON - TUESDAY 25TH JUNE

AT THE EARLIER TIME OF 6.45PM AT MCC. WE HAVE SOME GUESTS COMING FROM TOD HARRIERS SO THERE WILL BE A BIT OF COMPETITION.
GET RUNNING - GET PEDALLING - GET WINNING



YOUR CLUB OFFICERS

CHAIRPERSON

Rod Sutcliffe
01422 882082

TREASURER

Steve Cavell
01274 576733

SECRETARY

Jon Underwood
01422 249195

CLUB CAPTAIN

Tony Bradley
01422 360999

MEMBERSHIP SEC

Dave Hyde
01422 343736

SHEEP SHEET ED

Thirza Hyde
01422 343736

PUBLICITY OFFICER

Allan Greenwood
01422 375682

WEB OFFICER

Carl Greenwood
01422 886587

STATISTICIAN

Phil Swaine

EQUIPMENT OFFICER

Chris Robinson
01484 716341



June
2002

Name	Lady	Vet	SHORT RACES						MEDIUM RACES						LONG RACES						LONG TOTAL	GRAND TOTAL						
			Ilkley Moor	Saddleworth	White Wells	Chevin	Buckden Pike	Burnsall	Thieveley Pike	SHORT TOTAL	Noon Stone	Half tour of Pendle	Black Combe	Coniston	Ingleborough	Ben Nevis	Lordstones/Wainstone	MEDIUM TOTAL	Gisborough	Duddon			Dockray Helvellyn	Holme Moss	Sedbergh	Petrs Horse Shoe	Pentland Skylene	
1 Mike Wardle		V	28	25	29					82	25	27	28	28			108	29	27						56	246		
2 Rod Sutcliffe		V	27	26	27					80	26	26	29	29			110	28	28							56	246	
3 Jeff Winder		V		29						29	29	30	30	30			89	0	30							30	148	
4 Karl Gray					30	29				59	30		30				60		29							29	148	
5 Thirza Hyde	L	V	18	23	26					67				24			24	24	24							48	139	
6 Bill Johnson				27						27	27		27				54	30								30	111	
7 Gerry Symes		V	22							22		24	26				50	26								26	98	
8 Anthony Mayer										0	28	29					57		26							26	83	
9 Carl Greenwood			30							30	24		27				51									0	81	
10 Jez Wilkinson			20							20			25				25	25								25	70	
11 Andy Clarke				30						60							0									0	60	
12 Richard Allen			29							57							0									0	57	
13 Dave Beels		V		28						28		28					28									0	56	
14 Paul Wilson					28	27				55							0									0	55	
15 Greg Houghton		V								0							0									52	52	
16 Paul Frechette		V								0		25					25		23							23	48	
17 Simon Yearsley			21							21		26					26									0	47	
18 Allan Greenwood		V	24							24	19						19									0	43	
19 Phil Swaine			23							23	20						20										0	43
20 Helen Wilkinson	L		17							17							0		23							23	40	
21 Adam Baker										0	18	22					40									0	40	
22 Andy Wardman		V	26							26							0									0	26	
23 Denis Gidea			25							25							0									0	25	
24 Steve Cavell		V			25					25							0									0	25	
25 Anne Johnson	L			24						24							0									0	24	
26 Chris Robinson		V								0		23					23									0	23	
27 Jon Underwood										0	23						23									0	23	
28 Robert Acheson										0	22						22									0	22	
29 Dave Culpán				22						22							0									0	22	
30 John Murray		V								0	21						21									0	21	
31 Steve Coey		V								21							0									0	21	
32 Linda Crabtree	L	V	19							19							0									0	19	

HANDICAP CHAMPIONSHIP

Calder Valley Fell Runners

Name	Handicap	SHORT RACES								MEDIUM RACES								LONG RACES								GRAND TOTAL	
		Ilkley Moor	Saddleworth	White Wells	Chevin	Buckden Pike	Burnsal	Thieley Pike	SHORT TOTAL	Noon Stone	Half tour of Pendle	Black Combe	Coniston	Ingleborough	Ben Nevis	Lordstones/Wainstones	MEDIUM TOTAL	Gisborough	Duddon	Dockray Hevellyn	Holme Moss	Sedbergh	Pens Horse Shoe	Pentland Skylene	LONG TOTAL		
1 Rod Sutcliffe	126.00	27	28	27				82	27	26	30	29				112	28	28							56	250	
1 Mike Wardle	124.00	28	26	29				83	25	28	28	28				109	29	26								55	247
2 Thirza Hyde	146.00	24	25	26				75				27				27	25	27								52	154
3 Karl Gray	114.00			25	29			54	29		29					58		29								29	141
4 Jeff Winder	116.00		30					30	30	30						60		30								30	120
5 Gerry Symes	134.00	23						23	22	27		26				53	27									27	103
6 Bill Johnson	114.00		22					22	22	29		25				47	26									26	95
7 Anthony Mayer	119.00							0	28	29		27				57		25								25	82
8 Carl Greenwood	122.00	26						26	19		27					46										0	72
9 Jez Wilkinson	128.00	18						18				24				24	23									23	65
10 Helen Wilkinson	170.00	30						30								0	30									30	60
11 Andy Clarke	111.00	29						59								0										0	59
12 Simon Yearsley	140.00	29						29			26					26										0	55
13 Paul Wilson	124.00							55								0										0	55
14 Phil Swaine	134.00	25						25	26							26										0	51
15 Richard Allen*	122.00	22						50								0										0	50
16 Dave Beels	114.00		24					24		25						25										0	49
17 Paul Frechette	128.00							0		24						24										24	48
18 Greg Houghton	124.00							0								0	24									47	47
19 Allan Greenwood	130.00	21						21	20							20										0	41
20 Adam Baker	155.00							0	18	23						41										0	30
21 Steve Cavell	155.00							30								0										0	27
22 Anne Johnson	136.00		27					27								0										0	24
23 Robert Acheson	130.00							0	24							24										0	23
24 Jon Underwood	127.00							0	23							23										0	23
25 Dave Culpin	150.00		23					23								0										0	22
26 Chris Robinson	119.00							0		22						22										0	21
27 John Murray	126.00							0	21							21										0	21
28 Steve Coey	145.00		21					21								0										0	20
29 Linda Crabtree	136.00	20						20								0										0	19
30 Andy Wardman	124.00	19						19								0										0	19
31 Denis Glidea	118.00	17						17								0										0	17

Handicap Champ/times in O

AT = actual time

HT = handicap time

Name	SHORT RACES					MEDIUM RACES					LONG RACES					LONG TOTAL	GRAND TOTAL									
	Lady Moor	Saddleworth	White Wells	Chevin	Buckden Pike	Burnsal	Thieley Pike	SHORT TOTAL	Noon Stone	Half tour of Pendle	Black Combe	Coniston	Ingleborough	Ben Nevis	Lordstones/Wainstones			MEDIUM TOTAL	Gisborough	Duddon	Dockray Helvellyn	Holme Moss	Sedbergh	Peris Horse Shoe	Pentland Skylene	
1 Rod Sutcliffe	19	18	19					56	19	17	20	19				75	19	19						38	169	
0 Mike Wardle	20	17	20					57	18	18	19	18				73	20	18							38	168
1 Jeff Winder		20						20	20	20		20				60		20							20	100
2 Thirza Hyde	L	14	16	18				48				16				16	16	16							32	96
3 Gerry Symes		16						16		15		17				32	18								18	66
4 Dave Beels			19					19		19						19									0	38
5 John Murray								0	17							17		17							17	34
6 Allan Greenwood								17	16							16									0	33
7 Paul Frechette								0		16						16		15							15	31
8 Linda Crabtree	L							15	15							15									0	30
9 Steve Cavell								27								0									0	27
10 Andy Wardman								18								0									0	18
11 Greg Houghton								0								0		17							17	17
12 Dave Culpin								15								0									0	15
13 Chris Robinson								0		14						14									0	14
14 Steve Coey								14								0									0	14

RESULTS ... Results ...



Midgley Moor - Saturday 30th March 5mls/1250'

1.	Steve Oldfield	Brad/Airedle	37.06
2.	George Erhardt	Tod	38.45
3.	Gary Oldfield	P & b	38.54
9.	Anthony Mayer	CVFR	43.47
12.	Dave Beels	CVFR	44.15
22.	Carl Greenwood	CVFR	46.21
30.	Rod Sutcliffe	CVFR	47.21
32.	Graeme Woodward	CVFR	48.05
33.	Sean Farrar	CVFR	48.09
37.	Mike Wardle	CVFR	48.33
47.	Anne Johnson	CVFR	50.46
68.	John Riley	CVFR	58.46
71.	Adam Baker	CVFR	60.52
72.	Dave Culpán	CVFR	65.17
78	ran		

It was a brilliant day for this race, run for the second time after missing last year. Helen Jackson broke the women's record and Steve Oldfield equalled his own men's record of two years ago. Saddleworth produced a good turnout in one on of their club championship races and took both the men's and women's team prizes. Again the last leg on the moor proved decisive. Runners must leave the moor at the final checkpoint, but various routes to it can be taken. The more direct routes through the heather are proving to be faster for some people than the loops round the paths, but require strong leg
Rod Sutcliffe.

Craig's Cracker Fell race - Saturday 6th April 2002 - 6mls Fell and Track

1.	Paul Targett	Clayton le Moors...	40-41
2.	Michael Fryer	Halifax H	45-19
3.	Andrew Cutts	Valley Striders	45-35
6.	Jane Clarke	Pudsey & Bramley	47-15
10.	Linda Crabtree	Halifax H	50-29
17.	David Culpán	CVFR	57-15

Beautiful day the sun shining not the usual snow, rain and cold windy days we are used to up at Ogden. This was a low key race to celebrate Craig Barretts 40th birthday. He's a Halifax Harrier and a graded timekeeper, who is always willing to help at races.

He asked if Allan and I could put a charity race on for his birthday do" We had 22 runners on the day, a bit disappointing, but at least 12 of the Halifax Harriers didn't run as they didn't want to injure themselves over the terrain as it was too close to the London marathon. These road runners!!!!. The course was a climb to the Giants Tooth, exactly as the New Years' day race from here, winding through the Ogden woodland trail to a stile halfway up the main track to the Withens, then across the road and down the other side on a long track to the Moorcock, following the Calderdale Way over Hunter Hill (now the Ogden Moors race route). A steep climb then to cross the road to a long descent, across some fields (a few runners had problems with two young inquisitive bullocks (BULLOCKS I SAID!) and their mother!) turning left on to the edge of the golf course and another very steep climb over Hunter Hill - by which time you are knackered - to a track which joins the Withens Lane once more for a very fast downhill finish to the reservoir embankment. Everyone enjoyed the race which was won by Giant's Tooth record holder, Paul Targett of Clayton le Moors. Craig kindly donated all the prizes and made £63 for The Calder Valley Search and Rescue team. ...
Linda Crabtree

Lad's Leap Sunday - Sunday 7th April - 6mls/1700

1.	Lloyd Targett	Buxton	43-46
2.	George Ehrhardt	Tod	46-48
27.	Helen Hargreaves	Pennine	56-22
47.	Linda Crabtree	Halifax H	62-57
100	ran		

Not sure why Thirza asked me to write a few lines about this race as there wasn't any Calder Valley runners in it. Allan should have run but due to a heavy head from the previous night (Craig's 40th birthday do) he didn't feel like running. (*Don't be so polite A.G. was too bloody hung over to run after Craig's Party and it was worth you writing this Linda just to let everyone know about Allan's drinking habit Ed.*) Anyway I ran - and what a great race. **Get it in next years calendar as a club race.** We set off along a lane from the Youth Hostel in Crowden over a footbridge and up a very long steep climb, rocky in places to reach the top and then across some peaty rough moorland to a track along a wall side with some marvellous views looking down on Crowden and across to Woodhead and Holme Moss - shouldn't have time to look at the views. This track went on for a mile or so and a sharp left at the end of the wall to a very steep decent with only a very small track to go down. Went down on my bum in a few places it was so steep. At the bottom there were a few people to cheer us on our way back up to the top. It was a long climb on a much better track to take us back up to the stile which we crossed going out by the wall, back over the peaty moorland which was hard going as your feet kept sinking in to it even though it was bone dry due to the weather we've been having. This time we had to descend the path which we had previously climbed in the outward route and I put in some fast running trying to keep my team-mate Carole in my sights. Once we hit the lane she was off, but felt I'd run well considering I didn't get too much sleep the night before. First man home, Lloyd Targett of Buxton broke the record after a lot of pressure from Todmorden's George Ehrhardt. The Women's record also fell to Pennine fell runner Helen Hargreaves who outsprinted previous record holder Ros Dunnington. ...
Linda Crabtree

Guisborough Moors - Sunday April 7th - 12.5mls/2600'

1.	Joe Blackett	Mandale	83.46
3.	Jeff Winder	Scarborough	88.22
29.	Bill Johnson	CVFR	97.49
36.	Geoff Bell	Scarborough	100.38
39.	Mike Wardle	CVFR	102.10
52.	Rod Sutcliffe	CVFR	104.18
75.	Greg Houghton	CVFR	110.50
81.	Gerry Symes	CVFR	111.23
89.	Jez Wilkinson	CVFR	114.38
128.	Thirza Hyde	CVFR	125.38
139.	Helen Wilkinson	CVFR	128.14
141.	Val Bell	Scarborough	128.55
161	ran		

A bit of a controversy surround this race as the first three runners were disqualified for missing checkpoint 4 out. This run was at a fast pace (well if you've got fast legs!!) better suited to anyone with good flat pace and I knew it was going to tough when I noticed that almost everyone was wearing road/multi terrain shoes and not studs. The only good descent was coming off Roseberry Topping. I enjoyed the race and would certainly do it again. Jeff, Geoff and Val ran in their Scarborough colours and all had good runs with Jeff taking the over 50 prize. There's no stopping him at the moment.
Thirza

RESULTS continued ...

Bunny Run 2 - Tues. 9th April - 3mils/300ft

1.	Robert Hope	P&B	17.10
2.	Steven Hawkins	U/A	17.21
3.	Mark Buckingham	Holmfirth	17.55
15.	Andy Clarke	CVFR	19.35
42.	Karl Gray	CVFR	20.48
48.	Pauline Munro	Bingley	21.14
63.	Graham Woodward	CVFR	21.57
75.	Carl Greenwood	CVFR	22.22
89.	Paul Wilson	CVFR	23.07
95.	Richard Kellet	CVFR	23.24
115.	Jez Wilkinson	CVFR	24.30
146.	Tony Bradley	CVFR	26.09
171.	John Riley	CVFR	27.59
203.	Steven Cavell	CVFR	29.50

Chris Robbo doesn't have much luck at these Bunny Runs as he badly twisted his ankle last year and had to go on a rescue mission this year. A young lad was in tears down at the Shoe Eating Bog on the second larger loop as Robbo approached it - the bog had swallowed the lads shoe and he'd hurt his ankle. Robbo got stuck in the mud up to his arm pit to find the shoe and had to walk the lad back to the finish and he scored no points in the Grand Prix. Oh lets hear it for Robbo. Not likely.

Erringden Moor Race - Saturday April 13th - 8 mls/1900'

1.	George Ehrhardt	Tod	61-35
2.	Simon Thompson	C le Moors	61-46
3.	Andrew Wrench	Tod	62-01
12.	Karl Gray	CVFR	67-42
17.	Dave Beels	CVFR	69-37
	(1st V 50)		
38.	Carl Greenwood	CVFR	74-19
51.	Robert Acheson	CVFR	77-48
54.	Karen Pickles	Spen	78-51
	1st lady		
61.	Anne Johnson	CVFR	80-19
	(4th lady and 2nd over 35)		
65.	Allan Greenwood	CVFR	81-18
100.	John Riley	CVFR	95-52
101.	Adam Baker	CVFR	100-44
108.	David Culpan	CVFR	103-30

Congratulations to both George & Karen on fine runs, both running the event for the first time. £220 was raised for Overgate Hospice from the race, so thanks to you all for taking part. The weather turned out to be perfect and I hope that everybody enjoyed the course. If anybody has any comments about the race, good or bad please let me know, hope to see you all next year,
Tony

THURSDAY NIGHT TRAINING

Tony is trying to get training on Thursday nights from Savile Park. If you are interested can you ring him 01422 360999 or email him on TBradley58@aol.com

Spelga Skyline - Saturday 13th April - 13mils/6175' - British Championship

1.	Simon Booth	Borrowdle	2.21.23
2.	Rob Jebb	Bingley	2.21.58
3.	Brian Ervine	Ballydrain	2.22.59
32.	Jeff Winder	CVFR	2.53.19
36.	Louise Sharp	Keswick	2.53.32
42.	Andrea Priestley	Ilkley	2.58.32

Hello all - pleased with my run in Ireland mainly because I had a really bad time early on I was about 11th vet 50 with two big climbs and three mile to go. At this stage I decided it is now or never to completely die trying to catch them - luckily the effort paid off and on the next to last decent (really hard I caught Bob Whitefield - Ken Taylor Jack Holt & Dave Tait) the Irish guy and Dave Spedding had got away and were no where to be seen - The last climb was vertical for 800 ft I could see two vets 50 in front a Scottish guy and Jackie from CFR - luckily the training held me together long enough to catch them. Must admit to be a little tired on that climb. There was a half mile steep descent to the finish I managed to keep everyone behind me. So finished 3rd Vet 50 & 32nd in race. I was hoping for a better result but on the day was really please to come back from the dead - I had a had a very busy week with a lot of late nights and felt very tired on the first climb not a good sign. The piss up was something else - I used to think I could drink but now realise I am a wimp my 10 pints was not worth a mention with the hard Bingley lot - How ever they looked after me and took me home. The Irish made everyone really welcome - everyone in the town were interested in the race and how everyone had done. The course was 6500 ft in thirteen mile very hard underfoot a bit like the Chew with 6500ft for good measure - bogs - heather very steep climbs in general a really good course but one you had to be right on the day for. Simon Booth won Rob Jebb second Ian Homes was leading but bonked just before the last two big climbs and finished 9th. Binley won the team prize and no doubt the drinking prize. There was a lot of drunken people speaking some strange talk at 2 pm when I surrender and wobbled home. The ladies race was very close - (For me too they nearly beat me) Louise Sharpe from Keswick won after a hard cat and mouse all the way round from the Ilkley girl. So all in all a great weekend - I still believe I am in with a shout - but as you have heard me say before one word TRAINING. So see you all at Coniston I hope to be fit recovered and fresh on the line - What ever happens its great to be in the hills and racing again. Take care Jeff.

Middlefell Fell Race - Sunday April 21st - 6.6mils/1700' (Wasdale)

1.	Rob Jebb	Bingley	47.39	Record
2.	Alan Bowness	CFR	50.02	
3.	Nick Sharp	Ambleside	50.11	
10.	Gary Byres	CFR	56.14	1st vet 40
15.	Louise sharp	Keswick	58.33	1st lady
32.	Joe Richardson	CFR	1.06.29	1st vet 50
42.	Greg Houghton	CVFR	1.09.27	

This is an out and back race from the Screes Hotel at Nether Wasdale. It starts with 1/4 mile run down the road towards Wastwater, then left onto footpaths and fields to Greendale where the climb starts to the summit of Middlefell. Then a flat out descent and a blast back along the valley bottom. Included in the entry fee was a helping of "tattie pot" at the pub afterwards which went down a treat with a pint.
Greg Houghton

RESULTS ... Results ...

Bunny Run 4 - 23rd Tues April - 3mils/300ft

1.	Robert Hope	P & B	17.08
2.	Steven Hawkins	U/A	17.23
3.	Ian Holmes	Bingley	17.42
28.	Karl Gray	CVFR	20.24
52.	Pauline Munro	Bingley	21.28
100.	Lee Shimwell	CVFR	23.49
140.	Tony Bradley	CVFR	25.23

And here lies another tale about little boys and the Bunny Runs. Lee admitted in all innocence that he was overtaken by a six year old and then corrected himself to admit that he might have been all of FIVE. Well Lee.....

Bunny Run Relay - Tuesday April 30th - each leg all of 2.5mils/250'

Karl Gray, Lee Shimwell and Paul Wilson all fairly new recruits and raring to go went over to do the Bunny Run Relay. On arriving at the car park it started to rain but that doesn't bother them - they are roughy, toughy fellrunners now since joining a club!!!! "Oh look it's raining and cold out and I might get my new fell shoes wet" said Karl, "Oh so it is and I don't like getting wet and the footballs on tonight" said Paul "As long as we don't let this get back to Thirza" says Lee "We could go back now, have a Pizza, a few beers and watch the match (PS exactly who says what varies depending on which one you ask but the results the same).

BEER, PIZZA, FOOTBALL 1 CVFR 0.

Flower Scar - Wed. May 1st - 4mils/1100'

1.	Alex McVey	Horwich	25.41
2.	Steve Oldfield	Brad/Airdle	25.58
3.	James Wadsworth	Wharfedale	27.12
9.	Karl Gray	CVFR	28.07
32.	Graeme Woodward	CVFR	32.37
61.	Thirza Hyde	CVFR	38.29
62.	John Riley	CVFR	38.31
68.	Steve Cavell	CVFR	40.03
75.	Kay Pierce	CVFR	46.28

This race has changed venue which makes the race slightly different but no jumping straw bales to get over the wall at the start. To avoid the congestion on the single track near the start of the original race it was decided by changing venue and getting people straight onto the moor there would be no hold ups and so the times would be accurate. It involves slightly less climbing but uphill to the finish which is always hard work. Sorry to see that not more of the club turned out but glad that Karl did actually run this time but I think it was dry. He did well, picking up a prize and I also won 3rd lady but there was only about 8 ladies running. Never mind the really sad thing was that I thought I had picked up a nice bottle of wine and it turned out to be fancy fruit juice!!!!!! Thirza

Coniston - Saturday 4th May - 9mils/3500'

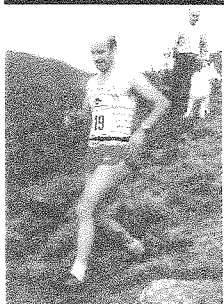
1.	Ian Holmes	Bingley	66.02
56	Jeff Winder	CVFR	80.17
64.	Andrea Priestley	Ilkley	81.01
159.	Rod Sutcliffe	CVFR	91.33
185.	Mike Wardle	CVFR	95.20
219	Bill Johnson	CVFR	97.32
319.	Gerry Symes	CVFR	110.10
320.	Jez Wilkinson	CVFR	110.15
352.	Thirza Hyde	CVFR	116.19

(418 ran)

Just an update on the Coniston - I was Lucky and did manage to win after a tussle with Bob Whitefield - I tried hard to stay with Mick Wallis - Tony Helskey and Bob Whitefield on the climb up Wetherlan but could not. They had about 80 yards at the top - I pulled some back over to Prison Band but they got away on the climb again. Over to Coniston I remembered the good lines from past visits and got back to within 80 yards again. I had walked Coniston with Rebecca two weeks earlier and decided on the best line off - Straight off the top not down the path - I felt I could catch Mick & Tony on the descent but was not expecting to see Bob - Luckily the reccie paid off and when I rejoined the main path I could see Bob about 20 yards in front . I had reccied all the best lines down to the main path at Walna Scar Road and was just behind here - I did not know where every one else was but knew I was now in a position for 2nd or third. I managed to get in front of Bob by the end of the path off the fell - I was running on fear at this stage - fear he would come back on the path down - He was 20 yards behind me going over the bridge - I put a 100 yard sprint in to try to fool him I was stronger than I felt (I was not smiling) - I looked round at the cattle grid and was really please he was no where to be seen - Legs had gone all funny and were wobbling about a bit . I did not realise I was first until I saw Mick and Tony coming in a bit after Bob - The feeling was a mixture of fantastic to disbelief - I was lucky to have found the best line off the top - I have been hill reping three time a week hoping to stay with everyone on the climbs - this work has really improved my descending so a lot of luck and hard work paid off .Only trouble is I have to do it all over again ready for Duddon. The ladies race was excellent again - weather fantastic - Rod said we had a team in the over 50 is .So all in all one to remember when the slippers come out (Not for a long time yet!!!) All The Best Jeff.

Blackstone Edge - Wednesday May 8th - 3.5mils/1200'

1.	John Taylor	Bingley	29.16
14.	Andy Clarke	CVFR	33.14
25.	Dave Beels	CVFR	35.10
31.	Carl Greenwood	CVFR	36.33
36.	Graeme Woodward	CVFR	37.04
38	Mike Wardle	CVFR	37.19
44.	Robert Acheson	CVFR	39.05
56.	Tony Bradley	CVFR	43.44
??	John Riley	CVFR	????
72	Dave Culpán	CVFR	49.08



CONGRATULATIONS to ...
 Carl and Sally on their recent marriage.
 All the best for the future.

And Yes More RESULTS ...

Buttermere Sailbeck - Sunday 12th May - 9.4mls/4250

1.	Jonny Bland	Borrow'dle	1:28:48
2.	B.Bardsley	Borrowdale	1:30:58
3.	A.Schofield	Borrowdale	1:35:00
4.	Gary Webb	CVFR	1:36:32
28.	Lucy Whittaker	Saddleworth	1:57:05
33.	Jon Underwood	CVFR	2:02:33
38.	Greg Houghton	CVFR	2:04:46
88.	Geoff Bell	Scarborough	2.49.43
89.	Val Bell	Scarborough	2.49.44

90 ran

Gary was in 3rd until Causey Pike where he took a few duff sheep tracks and missed the main track to the top leaving him floundering in strength sapping heather but still an excellent run from him to take 1st vet 40. I beat my previous best (run for Milton Keynes) by 20 minutes. (The Tuesday Night training is paying off Jon. Ed) Passed Greg on the first climb and picked off places towards the end. Greg had me in sight all the way round and made a valiant effort on Sail to catch me, but he never made it across. Run in brilliant sunshine, few clouds and now bad sunburn Jon.

Saddleworth - Sunday 19th May - 3mls/950'

LADIES

1.	Sally Newman	Glossop'dle	23.39
2.	Louise Sharpe	Keswick	23.54
3.	Sara Carson	CFR	24.41
22.	Anne Johnson	CVFR	27.53
37	Thirza Hyde	CVFR	30.46

48 ran

MENS

1.	Simon Bailey	Staffs Moorl	19.13
2.	Tim Davies	Borrow'dle	19.28
3.	Rob Jebb	Bingley	19.37
50.	Andy Clarke	CVFR	22.41
51.	Jeff Winder	CVFR	22.45
97.	Dave Beels	CVFR	24.15
118.	Bill Johnson	CVFR	25.20
123.	Rod Sutcliffe	CVFR	25.46
126.	Mike Wardle	CVFR	25.58
189	Dave Culpan	CVFR	33.02
193	Steve Coey	CVFR	35.22

I enjoyed the race something of a first for a short - I have been putting the mile in for Duddon so was expecting a worst result . I felt ok at the start so decided to try to stay with Mike on the climb thinking I could out descend him - "the best laid plans of man and beast !" I was with him at the top - I worked on the principle what ever he did I did - when he walked I walked when he ran I ran this work But I could not run at any speed across the top - legs would not function as they are supposed to. Thus Mike had about 40 yards at the start of the descent I ran hard off the top but did not make an impression on his lead (Bastard) And too add insult to injury Andy wiped past me as we entered the Mill . What can you say some people just do not have the respect for their elders .!! Good day - Duddon looks critical . Be an interesting race must admit to being a bit excited about the whole thing - Just hope I can put a good race to-gether on the day . Jeff Winder

White Wells - Saturday 25th May - 3.5mls/1100'

1.	John Taylor	Bingley	27.54
21.	Karl Gray	CVFR	33.48
33.	Mike Wardle	CVFR	35.03
35.	Paul Wilson	CVFR	35.16
42.	Rod Sutcliffe	CVFR	35.57
??	Thirza Hyde	CVFR	43.13
??	Steve Cavell	CVFR	43.35

I don't think that anyone over here can count as the mileage on this race was definately over 3 and half same as Ilkley is never 4 and half. Another tough but good race with plenty of climbing in a short distance. Karl Gray and myself made the same mistake getting lost (can you believe it) near the reservoir. We carried straight on following a path instead of proceeding around the res. We both realised that we had lost the runners in front of us and retraced our steps and asked someone where the runners had gone. (What chance is there of us getting round Duddon next weekend). This race has a sneaky up hill finish where our club treasurer Steve Cavell tried to cheat to get past me but he never made it. Just watch him. Thirza



Duddon Valley Fell Race - Saturday 1st June - 20mls/6000'

1.	Simon Booth	Borrow'dle	2.49.05
2.	Johnny bland	Borrowdale	2.52.48
3.	Nick Sharp	Ambleside	2.53.25
35.	Jeff Winder	CVFR	3.24.20
43.	Karl Gray	CVFR	3.26.26
44.	Louise Sharp	Keswick	3.26.27
77.	Rod Sutcliffe	CVFR	3.49.37
106.	Mike Wardle	CVFR	4.05.59
110.	Ant Mayers	CVFR	4.06.38
111.	Jo Smith	Dark Peak	4.06.39
157.	Greg Houghton	CVFR	4.32.33
166	Thirza Hyde	CVFR	4.39.06
169	Paul Frechette	CVFR	4.39.23

(197 ran)

It was a lovely day for this race. Very warm and a lot of fluid was need to keep hydrated. It's an excellent course but the climb up to Little Stand is a killer. It's very steep and sustained and you've still a long way to go. Jeff had a good run coming 2nd vet 50 and the club again fielded a V50 team to take 2nd place. Karl Gray did his first long lakes race and had an excellent run and had to give it his all to beat the first lady who did an amazing time. I met up with Paul, who had suffered very bad cramp, on the way up to Caw which is the last climb (unless you choose Jon Underwoods Duddon Variation - ask him). I kept him company and tried to make him forget that it was hurting so much. I won't say that I had to hold his hand to get him to the top. I was being chased back down the hill by one of my Clayton rivals and had to dump oh! I mean leave Paul on the descent. That's us even now Paul after the trick you pulled on me in the club handicap earlier in the year. Jo Smith who has been training and entertaining us at Mytholmroyd on a Tuesday was pleased to complete as this was one of the longest races she has done. Ant Mayers had a nasty fall and gashed his knee but managed to limp in. Well done everyone. Thirza.

RESULTS, RESULTS...

Chevin Fell Race - Wed. 5th June - 3.5mils/900'

1.	Greg Hull	Leeds City	18.30
2.	Robert Hudson	Bingley	18.38
3.	Jason Hemsley	P&B	18.53
4.	Andy Clarke	CVFR	19.15
8.	Karl Gray	CVFR	19.53
21.	Richard Allen	CVFR	21.52
30.	Paul Wilson	CVFR	22.39

Greg Hull won the first of his victories in the Chevin Fell Race in 1988 when running for Leeds University. He was a serial winner in the early 1990s and last week, now running for Leeds City, he was victorious again beating Robert Hudson (Bingley) into second place by 8 seconds. By the top of the climb up to Surprise View the pair had opened up a small gap from the second pair which included Otley-based Jason Hemsley (Pudsey & Bramley). Jason held on to third place and also won the shield for first local runner for the third consecutive year. It may be June but as usual it rained during the evening of the race. However in a spirit of optimism race organiser Neil Clayton had purchased a barbecue for the first prize and the weather did clear up as the 90 runners assembled for the start. First lady was Erica Nutter (Ripon Runners) and other category winners included Vet 40 Steve Webb (Valley Striders), Vet 50 Paul Rogan (Wharfedale Harriers) who was only 3 seconds ahead of local International Fred Gibbs (Bingley) who was first Vet 60. Keighley & Craven's Jo Anne Prowse was second lady and first Over 40, whilst the heroine of the night was Dorothy Carr who took a tumble on the Chevin and came in last with blooded knees but was still the first lady Over 50.

Waughs Well Race - Tuesday 11th June - 4mils/1000'

1.	Danny Hope	P & B	30.23
2.	Andy Wrench	Tod	30.51
3.	Simon Thompson	Clayton	30.58
8.	Karl Gray	CVFR	34.48
11.	Andy Clarke	CVFR	35.52
24.	Rod Sutcliffe	CVFR	38.50
29.	Graeme Woodward	CVFR	39.22
35.	Paul Wilson	CVFR	40.17
40.	Lee Shimwell	CVFR	41.02
61	Thirza Hyde	CVFR	46.02

75 ran

We were lucky at this race in that it didn't actually rain on us but it was incredibly boggy, wet and muddy underfoot. Steep climb to start and then a short down before climbing for a fair bit and then it's running into the bogs with a squelch. A runner in front of me ended up to his waist so I avoided that bit and ended up to the tops of my thighs in it instead. A longer descent onto the Rossendale Way and then another steep shorter climb back to the cross that you pass on the way out and then a long run in back the same way but you were much muddier this time. Karl beat Andy at long last and had a big grin on his face (only one point between them now the Grand Prix), Rod picked up 1st vet 50 and I was third lady. Thirza

Mytholmroyd Fell Race - Wednesday 12th June - 7mils/1350'

1.	Steve Oldfield	Brad/Airdle	46.46
2.	Stefan Macina	P & B	48.00
3.	Colin Moses	Bingley	49.06
7.	Dave Beels	CVFR	52.47
9.	Bill Johnson	CVFR	54.45
10.	Jon Underwood	CVFR	56.02
14.	Andy Wardman	CVFR	56.56
17.	Rod Sutcliffe	CVFR	57.23
18.	Jo Smith	Dark Peak	57.57
21.	Richard Kellett	CVFR	60.13
28.	Allan Greenwood	CVFR	62.32
38.	Linda Crabtree	Halifax	65.53
40.	Thirza Hyde	CVFR	67.23
45	Dave Culpan	CVFR	72.49

After a changeable day weatherwise it became quite cool before the race started so I wore a thin "airtex" type shirt under the vest. Once we got underway I was much too warm however and sweating up the steps from Castle Carr was no joke. I managed to persuade Andy and Stuart from work to come and run the race. Stuart is over 50 now and he hardly ever does less than 20 milers or maybe a Bob Graham section. Last weekend he helped Wendy Dodds on her successful 50 at 50, (Wendy in fact doing 54 peaks in 22 hours odd!). A few weeks ago I had enjoyed a long day out along the Calderdale Way and although my speed has now totally gone (was it ever there!?) it was a good feeling to run along the "fourth leg" again in this race. 46 started and 45 finished the race, Dave Beels taking the Vet 50 prize in 7th, Jo Smith who trains with our club won the ladies race with Linda and Thirza taking prizes among the women. I ended up in the late twenties as Andy and Stuart battled in the teens. Stuart bombing down the last descent to finish 11th. How they can run that fast and live to tell the tale is beyond me. Well done to all those who turned out for the club and flew our colours again on the fells. Allan Greenwood



SUMMER HANDICAP

TUESDAY 16th JULY
from Windmill Car Park, Ogden
GR 043 308
at 7.00pm

7miles. We'll try and get as many people over the route as possible before hand

INFORMATION FOR ALL OUR NEW CLUB MEMBERS

Joining The Fell Runners Association

Welcome to Fell Running

The Fell Runners Association was formed in 1970 to cater for the needs of of fell runners throughout the the country. We now have about 4500 individual members. Nearly 300 athletic clubs are involved with fell running through their regional athletic associations.

The association is the only athletic body which looks after fell runners' interests. We hope that when you read about the benefits which come from being a member you will join us. We look forward to meeting you on the fells!

Our sport has a relaxed low-key atmosphere where friendships are easy to make and the hills are there to be enjoyed. There's something for just about everybody in fell running, whether its the thrill at the sharp end, the pleasure of taking exercise amongst the hills, or the loneliness of the long distance.

The Benefits of Joining

THE FELL RUNNER MAGAZINE

Three times a year we produce a magazine which is packed full of race reports, results, features, articles and photographs. "The Fell Runner" is posted to you and not only is it the official journal of the association it contains articles written by members. The magazine keeps you up to date with championships, committee news, courses on race training and navigation, ultra distance and international news.

HANDBOOK AND FIXTURES CALENDAR

Each year a fixtures calendar is prepared and sent to each member. Well over 400 races are listed with full race details. It contains race information from England, Wales, Scotland and Northern Ireland.

The Handbook tells you about all the various championships, the rules of fell running, safety requirements, access and environmental guidelines and the F R A constitution.

The Championships

The English championships consists of six races, two at each distance, short, medium and long. A runners best four races at least one at each distance are given points which are totted up to decide the the winners. There are championships for women, men, veterans and team. There is also a British relay championship.

Annual Dinner and Awards

At the end of each season we hold an annual dinner and the presentation of championship awards. Speeches are kept to a minimum, something which can not be said for the eating and drinking fortunately.

The Environment

Fell running is perhaps unique amongst sports in that it does not seek to attract ever greater numbers of participants. The reason for this policy is that we have to balance our sporting interests with the impact on the environment. The sad fact is that the hills of Britain simply will not cope with ever increasing pounding of feet. Protecting the environment is one of our primary aims. We continually liaise with agencies and land owners over access and racing over environmentally sensitive areas. The Fell Runners Association will continue to protect your interests in these and many other matters.

If you are not a member of the F R A now would be an excellent time to join.

website: www.fellrunner.org.uk

F. R. A MEMBERSHIP WEB APPLICATION

Data Protection Act 1984.

You are advised that F.R.A. Membership Records are held on Computer

F. R. A. Membership Secretary
C/O Pete Bland Sports
34a Kirkland
KENDAL
Cumbria LA9 5AD

Forename

Surname

Address

.....

.....

Postcode

Telephone (STD)

Date of Birth

Club Calder Valley Fell Runners

Please send a cheque or postal order for the appropriate amount (payable to the F.R.A) with this form to the Membership Secretary. Please do not pay the funds directly into our account by BANK GIRO as we have no way of knowing who has paid. Rates are as follows:

Life Membership: £100.00

Annual Membership: Seniors £9.00

Juniors (under 20 on 1st Jan 2002) £6.00

Please circle the amount you are enclosing.

My (Calderdale) Way

By Allan Greenwood

For many years I had toyed with the idea of running the whole of the Calderdale Way in one go. A few of the races I organise and a very great many of my training runs pass along sections of the Way and I have grown very fond of this, England's first ever long-distance footpath.

I have raced every individual section while competing in the Relay that Halifax Harriers organise in Winter, but I was a bit misty about one or two stretches, particularly on the second and third legs which I hadn't done for a few years.

On the second Saturday in May, I set out with the intention of recci'ing the bits I wasn't quite sure of, starting from Mytholmroyd MCC and climbing up over Erringden Moor to Dick's Lane then down to Withen's Clough reservoir via Stoney Royd, so picking up the Way where it passes alongside the res.

It was a perfect day for running with a cool breeze and overcast sky, but as I reached Withen's Gate, where the Pennine Way and Calderdale Way cross, it became quite blustery and the cagoule was needed. Down to Mankinholes and over the section I was rusty on, following the guide book route description and soon I reached the road crossing and was climbing to Dobroyd Castle from Todmorden. Some of the place names we find in Calderdale really stimulate the mind, such as Hoo Hole and Bog Eggs, and the houses above the castle, Model Farm and Ping Hold.

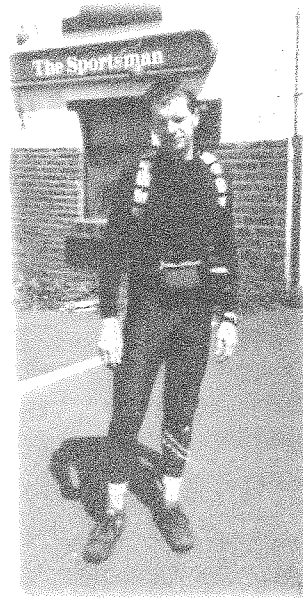
I got as far as the little detour through the trees just before Heptonstall and remembered the fine runs we had during the Foot and Mouth crisis, coming up through Eaves Wood, one of only a few 'safe' open stretches in Calderdale at the time.

I was running low on water so I hurried down into Horse Bridge where I filled my humps and bottles up in the working men's club bogs and wolfed some chocolate raisins down. They look just like rabbit tots and taste almost as good. Then to ensure a quick climb up to Pecket Well, I promised myself I could have another good long drink and some more chocolate when the level ground of Midgley Moor was gained. The level run along to Mount Skip was a joy, as the sun came out lighting the village of Old Town.

As I looked across the Calder Valley to Langfield Common and Stoodley Pike, I marvelled at how far I'd come alone on foot and it made me feel glad to be alive.

I had intended dropping back down to Mytholmroyd through Wicken's Farm, the way the Sheepstone Relay goes but felt full of running, even though I'd been out over 5 hours, so kept on the Way as far as Churn Milk Joan standing stone near Crow Hill and dropped down on the walled lane down Foster Clough, to join Midgley Road, a way I hadn't been for years.

I was really chuffed with the run and full of confidence and so decided to attempt the whole lot the following Saturday. If I could reach 40 miles in my 40th year, that would be an achievement in itself. But if I could run the whole lot, 50 miles with 6000 feet of climb, in my 20th year of running, that would be doubly satisfying.



Friday came and that evening I loaded my day bag up with gear for every eventuality on a mostly solo off-road marathon run. Full waterproofs, thermal lifas mini first aid kit, whistle and foil space blanket packed small and weighed nothing but the 3 bottles of water made the bag droop a bit. 3 bananas and some adrenaline babies and chocolate raisins went in the top, and the mobile 'phone in the pocket. I put a disposable camera in as well, just so as I could record the run in some way, then ate a great bowl of pasta

and tomato with loads of bread and tea before a very early night for me, at 8-45pm. I had trouble getting to sleep, even though I felt calm and relaxed. It isn't a race, I told myself, just a challenge. Even so, it was about 10-30pm before I managed to nod off.

I got out of bed at 4am and was standing at the wooden guide post marking the start of the Calderdale Way 50 minutes later. Standing around on the path to the rear of Clay House I felt a bit daft. It was silent, no-one around and I wondered why I hadn't simply set off. Soon 5am came and away I went. "Pace it", I thought, "Don't forget it's two marathons back to back so steady all the way".

I decided to follow the route exactly as in the guide book and ignored the new path which sets off the opposite way and climbs through the woods. No signs of life as I passed over Norland Moor and dropped to Ripponden, everyone was still tucked in bed. As I left The Rock Inn, the sun broke through a hole in the clouds and the valley was lit up beautifully. The light spread out to Pole Moor and Scammonden. I stopped and took a photo. The forecast was for showers and brighter later, so I thought I'd get a picture early on with the low sun casting long shadows from trees across the fields. The first signs of life I saw were three separate postmen in the space of about 5 miles by the hillside houses above Todmorden.

Apart from a bit of drizzle the weather throughout the day was absolutely perfect with a few very light showers and cool wind 'til about mid day, then cool wind and sunshine with occasional light showers later on.

The great advantage of the Calderdale Way over other long distance routes is that you can split it into the 6 relay sections and set little goals in your mind.

Though I wasn't racing or trying to set a time, i'd made myself a rough schedule with a target of 11 hours, (2 hours per leg, except leg 3 for which I allowed what I thought was a generous one hour). As it happened, it took me 2 hours 10 minutes to do leg one to Hinchliffe Arms Cragg Vale, but I reached Centre Vale Todmorden at the end of leg two in 3hrs 45, fifteen minutes up on schedule.

I made it a rule to walk every hill, running every flat and downhill section, keeping in mind that Heptonstall church on leg 4 would be at about halfway, and in fact, that from there I would have a marathon distance still to do.

Leg 3 actually took over an hour even though I felt I was moving quite well with no stopping, but I was then welcomed to Ted and Irene Longs' house at Blackshawhead for coffee and biscuits which lasted for half an hour! I had intended to simply ask for my water bottles filling and away but how could I resist such wonderful hospitality?

Linda backed me up at the A629 road crossing after Ogden on leg 5 with tea and sandwiches outside The Sportsman pub, and then my workmate Andy Wardman' - a recent CVFR recruit - met me at Shelf for the final section, run in very warm conditions, at a bit of a snails pace, my feet starting to get sore and the hot sun burning my face and neck. Linda then drove down to the road crossing at Bailiff Bridge and jogged back up with her dog Lucy to meet us, then the same on the Rochdale Canal from Brighthouse to Cromwell Wood. This was my worst bit as my feet were getting extremely hot and blistered as the ground had been rock hard for so long.

Andy set a superb pace up Cromwell Wood and we reached Southowram with 20 minutes left to get inside 12 hours.

I guessed it to be about 3 miles back to Clay House (a wild exaggeration!) and knew there was no way I could run sub 7 minute miles. I threw myself down to Exley and along the canal and road back to Clay House. Down to the canal and we had about 10 minutes left. Running along the road we passed a long line of cars at a road works. I must have provided some entertainment, sweating along with the rucksack, legs covered in mud. A last effort past the carpark and up the driveway to reach the rear of Clay House and I desperately grabbed the signpost and stopped my watch, 4 minutes inside the hour. I had been on my feet for 11 hours 56 minutes completing the run in less than half a day. Sub 12 hours however is painfully slow but I guess I must have had almost an hour in stops so I will console myself with that.

I shook hands with Andy and Linda and thanked them for their support.

Linda took my 'photo then we returned to the carpark, where she gave me soup, tea and sandwiches, then as she went home, dropping Andy off on the way, I rushed for a shower and a lie down before she returned to pick me up for the social curry night with the rest of the CVFR club curry monsters in Bradford. What a perfect day, one I shall never forget.

Allan Greenwood

SECOND CLAIM **CLUB RULE**

At a recent meeting the committee has had to decide on a rule for 2nd claim members. If you are 2nd claim you can only score points in Our Club Championships if you run the race for Calder Valley in club colours.

CONGRATULATIONS.....

to Stewart Gardner who was a Calder Valley Member for many years in completing his Bob Graham in 23 hours and 38 minutes on the weekend of June 15th/16th. The weather conditions were awful with high winds, rain and of course the ground was saturated which made for very heavy going.

**THANKS TO ALL
THE CALDER VALLEY MEMBERS
WHO HELPED TO GET HIM ROUND.**

KEEP YOUR EYE ON THE NOTICE BOARD AT MYTHOLMROYD OR LOOK AT YOUR EMAILS AS TONY HAS SOME AWAY RUNS PLANNED. TONY CAN NOW BE CONTACTED ON EMAIL: Tbradley58@aol.com

THE CLUB HAS PLACED AN ORDER FOR NEW CLUB VEST SO IF YOUR OLD ONE IS TATTY OR YOU'VE NEVER HAD ONE THEY WILL BE AVAILABLE IN A FEW WEEKS FROM CHRIS ROBINSON

**ANY ARTICLES FOR NEWSLETTER PLEASE
email:- thirza.dave@virgin.net or tel 01 422 343736
ANY COMMENTS OF INFO FOR WEBSITE
email:- carlgreenwood@hotmail.com**