

SHEEPSHEET

LATE EDITION !! MARCH-APRIL-MAY

My humble apologies for the lack of a Sheepsheet for the past 2 - 3 months.

This started out as being a lack of information to publish in March, (few races, light nights, etc.) and hence the March - April edition.

Unfortunately as the race reports started to come in we were the victims of a burglary on the Tuesday of the second Bunny Run and this completely threw the club newsletter out of the window. We are just about getting back to normality after going through the full gambit of Police, S.O.C.O., insurers, loss adjusters, etc, etc. and to cap it all I have just had to spend 2 weeks on a training course down in Staffordshire. So I am now attempting to get something out before it becomes the March-April-May-June edition.

Once again I must thank the regular contributors for all their info. (Rod, Carl, Graham)and also a Spotlight feature from Steve Houghton which may have to appear in the next issue There may be a lot of results in this issue & not many race reports, as these obviously take time to set out & type up but don't worry everything that I have got in will be published in the near future. There is a good amount of info. as regards back issues of Sheepsheet / Rampage to make some sort of start on the library but as always I am sure there is much more out there that we can use.

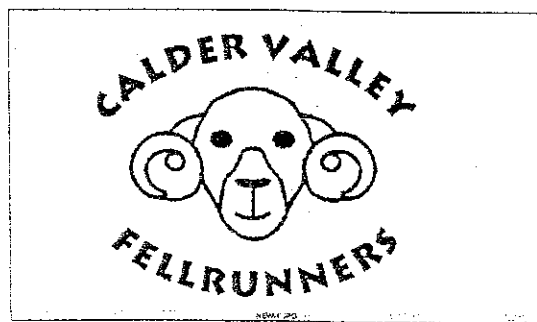
On the subject of the Calder Valley Millenium Library, any suggestions as to a book list or map list that you may want the club to aquire can be passed on to any of the committee members either in writing or verbally, any time you see us.

We realise from past experience that most club members are a bit shy about making a contribution so don't complain if you haven't said anything & the committee have to decide for you !!

THIS IS YOUR CLUB !! WE JUST WORK HERE GIVING IT OUR BEST GUESS !!

(whoops I'm starting to sound like Thirza did when she was doing this job)

Suggestions at the moment are along the lines of maybe "sports injuries", "long distance walks titles" maps of The Lakes, etc. but I'm sure you all have lots more ideas. Anyway thats enough from me! (this page filled up an awful lot quicker when I used bigger text)!!



Inside this Issue;

- BUNNY RUN SEASON
- RESULTS, RESULTS, RESULTS. .
- SHORTS.

BUNNY RUN ONE, 3 MILES / 300FT. 30-03-99

What a marvellous race (to be stood watching !!) this is. I did all four last year and finished up injured for the rest of the year, so this year I offered to go along with Brian & hold his coat while he ran round with a few of our other C.V.F.R. lunatics. It was quite a good turnout from the club with 7 members taking part, but maybe most people were waiting for Bunny Run Two. The weather was excellent, a warm & sunny evening , when vest (if you had bought one Adam) & shorts was the order of the day. I ran round the course before the start of the race & it is actually quite pleasant when it doesn't feel like someone is dragging your lungs up through your throat.

When the race started I had already got in position at the end of the track where the short lap & long lap merge and wasn't surprised to see Andy Clarke flying past closely followed by Duncan. At this stage Ian Holmes had already opened a gap of about 30m and they had only run about 400m. Not far behind was Chris Robbo with Brian & Dennis in close pursuit & the further down the field came Adam & Steve Cavell. At the end of the short lap the only surprise was that Chris had dropped back behind Brian & Dennis. The long lap ensued & it seemed like only a couple of minutes before Ian Holmes was flying back across the moor & back on the finishing straight along the track (nobody else had a chance, it was just like he was doing intervals round a 400m track). Also having a good run were Gary & Steve Oldfield and Mark Horrocks (former C.V.F.R.), followed by Dick Crossland (former C.V.F.R.). Ever the joker, Brian told me to shout to Dick that he was the first V50, which I did & he very kindly came to see me after the race to point out that he was only just V40.

Nothing changed on the long lap with our club & despite a valliant effort from Duncan (his words) he just couldn't catch Andy. Chris was still behind Brian & Dennis and had some lame excuse about having fallen & the pulled his hamstring aswell (he's there, bought the tee shirt & the video). Brian finished well but Dennis had an excellent run (to say he hasn't been doing anything) to come in less than a minute behind. Adam sneaked past me in his black vest and Steve came in very close behind him in a respectable time of 25.04.

ALL IN ALL A VERY GOOD EVENINGS ENTERTAINMENT !!

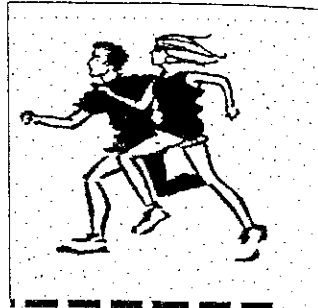
Editor

C.V.F.R. COMMITTEE 1998 // 99

<i>Chairperson;-</i>	<i>CHARLOTTE ROBERTS</i>	<i>01535 - 647082</i>
<i>Treasurer;-</i>	<i>JEZ WILKINSON</i>	<i>01943 - 876190</i>
<i>Secretary;-</i>	<i>SUE PALMER</i>	<i>01535 - 646742</i>
<i>Member. Sec;-</i>	<i>RICHARD KELLETT</i>	<i>01422 - 202923</i>
<i>Club Captain;-</i>	<i>ROD SUTCLIFFE</i>	<i>01422 - 882082</i>
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<i>Publicity;-</i>	<i>KEVIN BARKER</i>	<i>01422 - 375068</i>
<i>Equipment Officer;-</i>	<i>DAVE GILYEAT</i>	<i>01422 - 885826</i>
<i>Sheepsheet;-</i>	<i>SIMON TOWLER</i>	<i>01274 - 501957</i>

*Co-opted;- BRIAN HORSLEY, STEVE CAVELL & CHRIS
>>>>>> ROBINSON*

RESULTS



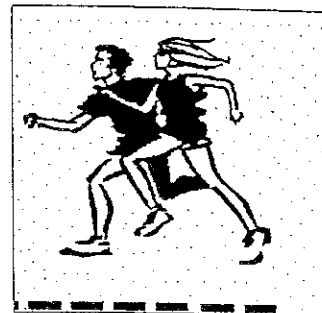
BUNNY RUN ONE. 3M - 300 FT

POSITION	NAME	CLUB	TIME
1	IAN HOLMES	BINGLEY	17.4
31	SARAH ROWELL	P & B	20.41
23	ANDY CLARKE	C.V.F.R.	20.1
24	DUNCAN THOMPSON	C.V.F.R.	20.21
46	BRIAN HORSLEY	C.V.F.R.	21.32
72	DENNIS GILDEA	C.V.F.R.	22.29
94	CHRIS ROBINSON	C.V.F.R.	23.16
133	ADAM BAKER	C.V.F.R.	24.5
138	STEVE CAVELL	C.V.F.R.	25.04

BUNNY RUN TWO. 3M - 300 FT

POSITION	NAME	CLUB	TIME
1	IAN HOLMES	BINGLEY	17.23
72	KATH DRAKE	SPEN	22.24
14	ANDY CLARKE	C.V.F.R.	19.41
40	DUNCAN THOMPSON	C.V.F.R.	21.05
56	CARL GREENWODD	C.V.F.R.	21.49
67	GRAHAM WOODWARD	C.V.F.R.	22.18
80	SEAN BIRTWELL	C.V.F.R.	22.46
84	JOHN MURRAY	C.V.F.R.	23
87	JEZ WILKINSON	C.V.F.R.	23.05
89	RICHARD KELLETT	C.V.F.R.	23.08
98	ROD SUTCLIFFE	C.V.F.R.	23.4
106	PETE ROUND	C.V.F.R.	23.52
109	STEVE HOYLE	C.V.F.R.	24
134	ADAM BAKER	C.V.F.R.	25.04
137	LINDA COOPER	C.V.F.R.	25.2
154	GRAHAM SPENCER	C.V.F.R.	26.21
180	HELEN WILKINSON	C.V.F.R.	27.51
190	PETE WHITE	C.V.F.R.	28.29
226	NIGEL PHILLIPS	C.V.F.R.	37.08

RESULTS



BUNNY RUN THREE. 3M - 300 FT

POSITION	NAME	CLUB	TIME
1	SHAUN LIVESEY	P & B	18.23
47	HELEN JOHNSON	ILKLEY	22.2
21	DUNCAN THOMPSON	C.V.F.R.	20.39
42	BRIAN HORSLEY	C.V.F.R.	22.04
61	DENNIS GILDEA	C.V.F.R.	22.51
67	ROD SUTCLIFFE	C.V.F.R.	23.07
103	RICHARD HENDERSON	C.V.F.R.	24.37
153	PETE WHITE	C.V.F.R.	28.04

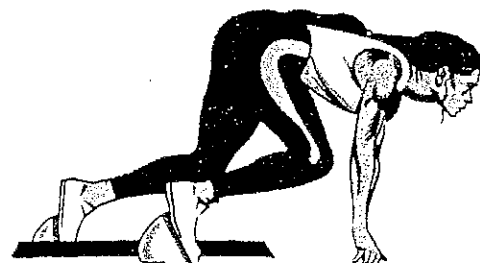
BUNNY RUN FOUR. 3M - 300 FT

POSITION	NAME	CLUB	TIME
1	IAN HOLMES	BINGLEY	18.41
59	LISA LACON	HOLMFTH	23.12
21	ANDY CLARKE	C.V.F.R.	20.51
52	BRIAN HORSLEY	C.V.F.R.	22.59
62	CHRIS ROBINSON	C.V.F.R.	23.28
66	ROD SUTCLIFFE	C.V.F.R.	23.43
100	RICHARD HENDERSON	C.V.F.R.	25.22
141	CHARLOTTE ROBERTS	C.V.F.R.	29.1

WADSWORTH TROG 1999

POSITION	NAME	CLUB	TIME
1	JASON HOWARD	ROSSENDALE	2.55.33
50	SUE BECCONSALL	TODMORDEN	3.48.45
9	DUNCAN THOMPSON	C.V.F.R.	3.08.34
28	BRIAN HORSLEY	C.V.F.R.	3.30.52
32	ROD SUTCLIFFE	C.V.F.R.	3.33.36
38	DARREN PARTRIDGE	C.V.F.R.	3.42.31
45	SHAUN BIRTWELL	C.V.F.R.	3.47.53

SHORTS INC. RUMOUR CONTROL



GRAHAMS ALMOST 40 BASH

Whilst out running on Tuesday 18th May, just as we had passed above Gibson Mill Graham Woodward suddenly asked me when the next Sheepsheet was out and then started to download various details about a BBQ at his house to celebrate his 39th birthday. Unfortunately I didn't have my trusty tape recorder in my bum-bag (as you know it's always chock full of food & water) so I hope the details from memory are correct !

DATE;- SUNDAY, 13 TH JUNE TIME;- 13.00 HRS - 17.00 HRS

**IF THE WEATHER IS AT ALL INCLEMENT PLEASE PHONE GRAHAM ON 01422 - 885185
TO CHECK WHETHER IT IS STILL GOING AHEAD !!**

**(GRAHAM DOESN'T MIND YOU TRASHING HIS GARDEN BUT YOUR NOT GOING TO DO THE
HOUSE ASWELL)**

Please bring your preferred foods for BBQ & also vast quantities of your favourite drinks (so Graham can stock up for Christmas)

CONGRATULATIONS

Mrs Kellett & Richard (baby Simon), Mrs Clarke & Andy (baby twins). By the time I get this issue out the "new " babies will be about 2 years & 1 year respectively. Rumour has it that the Clarke family now have enough members to start their own athletic club !!

Charlotte & Stewart competed & completed their Everest Marathon 1999 & had a great time by the sound of it !! (Charlottes report will appear hopefully in the next issue & their will also be a slide show of the trip at Stewarts on 7th July at 7.30 pm. Please ring them if you intend going on 01535 - 678620 or 01535 - 647082)

I don't know if you remember sponsoring Charlotte & Stewart but if you did they are now collecting money in. (for the various local charities in Nepal)

Charlotte has provided me with photographic evidence in order to prise my £5.00 contribution out of me !! This will also be in the next issue just to prove that they were really there.

**A NEW CLUB MEMBERSHIP LIST WILL APPEAR WITH THE NEXT
ISSUE. IF YOU HAVE PAID YOUR CLUB SUBS !!!!!!!**

