



calder valley fell runners
SHEEP SHEET

... May 2003 ...

The View from Behind



2003 British & Northern Irish
Championship, Short

Happy Valley, Mourne
Mountains County Down.
4 miles/2700 feet

Weather, clear and sunny but
not too warm.

Slieve Bearnagh - 5th April 2003

I still don't know why, I thought it a good idea to enter. It may have been the copious amounts of alcohol and or the knowledge that the club was entering en masse but with the triumph of optimism over experience I did. Anyway more likely no matter how steep, 4 miles is still 4 miles and how long can that take ? with the subsequent pain limitation.

In either event we ended up in the Mourne Mountains, and yes its very green and sweeps down to the sea. This is not the first time I had been there. I had been on the Mourne Mountain 2 Day Event twice previously. However the only thing I remember, is a very substantial wall and dont bother to change your money to Punts, (as I had done the first time I went).

Anyway this time I was better prepared, I even went over the course the day before. I do feel the early morning " Ulster Fry " may have been a mistake but that was three hours before and come the start I was like a coiled spring.

The organisers (looking like the had come straight from an Orange order parade) kept up a pre race report on the public address system. This featured the merits or otherwise of the various contestants that was reminiscent of a Racehorse meeting.

The Start

The start was straight uphill to gain the ridge of the first climb, Slieve Meelbeg. My immediate thought was how far could I climb before I was forced to walk. This was answered very quickly, about 10 metres before I graduated into a shambling stagger. The fitter and quicker runners (henceforth referred to as the rest of the field) were soon a small speck in the distance and I commenced my steady and lonely trek to the top. By the time I attained the peak of



Slieve Meelbeg I swear I could hear the cheering for the first runner at the finish. Once free of the initial climb, I staggered through a gap in the wall and zimmered down to the lower pass, before the second and steepest ascent.

The second climb had interest in being straight up and down the same way although there was segregation with the descending runners keeping to the left. This didn't stop them dislodging huge boulders aimed at my head however, forcing me to take refuge behind a sprightly OAP in front of me. Eventually I climbed up to the wall corner at the top of Slieve Bearnagh. After seeing the rest of the field skipping down on the descent, now was my turn to skip. I was terrified, it was very steep and treacherous underfoot. I had the distinction of being the only "runner" and I use this term very loosely, who was slower going down than up.

Thank God, I was now back down at the lower pass, I girded my loins for the final ascent up Slieve Meelmore. I vaguely remember being given a drink of water and seeing Jez some 50 metres in front (Blimey ! he must be having a bad run). The last summit/ tower was eventually reached and I staggered over the wall, (yet again) and bounded like a wounded gazelle down through the heather and grassy descent led by two women runners to the finish.

The Finish

The finish was similar to the three peaks with the public address announcing the times and position of the finishers. Although interest had no doubt waned by the time I staggered in. On the plus side, all finishers were given a bottle of flavoured water. Special mention to Anne Taylor and the rousing cheer from her team mates on finishing her first real fell race.

This was a cracking weekend with excellent team spirit and I remembered why I don't and shouldn't race any more.

Paul Frechette (Retired)

Full results later in the newsletter

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CLUB CAPTAIN
Tony Bradley



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Jon Underwood

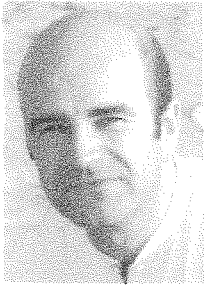


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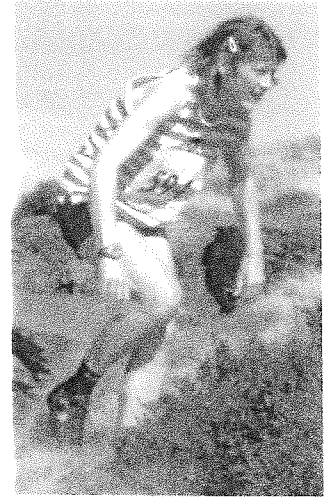


STATISTICIAN
Bill Johnson

RACE RESULTS

Noonstones - 9ms/2300' - Saturday 1st March

| | | | Time | Race Level | Ratio |
|-----|-----------------|-----------|---------|------------|-------|
| 1 | George Erhardt | Todmorden | 1:08:11 | - | - |
| 2 | Rob Jebb | Bingley | 1:08:20 | - | - |
| 3 | Gary Devine | P & B | 1:08:59 | - | - |
| 31 | Andy Wardman | CVFR | 1:23:14 | 3 | 1.22 |
| 36 | Dave Beels | CVFR | 1:24:28 | 3 | 1.23 |
| 38 | Jamie Dore | CVFR | 1:24:37 | 3 | 1.24 |
| 41 | Wayne Brown | CVFR | 1:25:35 | 3 | 1.25 |
| 42 | Barry Shaw | CVFR | 1:26:43 | 3 | 1.27 |
| 45 | Karen Davison | Dark Peak | 1:27:46 | (1st lady) | - |
| 51 | Paul Gallagher | CVFR | 1:28:47 | 3 | 1.30 |
| 61 | Keith Cadby | CVFR | 1:31:46 | 4 | 1.34 |
| 62 | Allan Greenwood | CVFR | 1:31:48 | 4 | 1.34 |
| 66 | Graeme Woodward | CVFR | 1:32:40 | 4 | 1.35 |
| 70 | Lee Shimwell | CVFR | 1:34:12 | 4 | 1.38 |
| 84 | Rob Acheson | CVFR | 1:37:37 | 5 | 1.43 |
| 105 | Linda Crabtree | CVFR | 1:43:31 | 6 | 1.51 |
| 110 | Linda Hayles | CVFR | 1:45:00 | 6 | 1.53 |
| 121 | Dave Culpan | CVFR | 1:52:50 | 7 | 1.65 |
| 132 | ran | | | | |

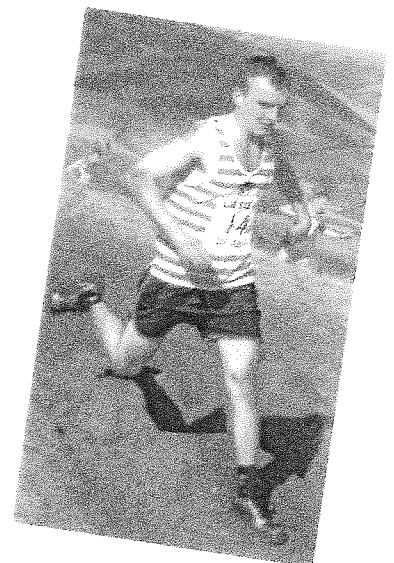


Fiendsdale - 9ms/2600' - Saturday 8th March

| | | | Time | Race Level | Ratio |
|----|--------------------|----------|---------|------------|-------|
| 1 | Stefan Macina | P & B | 1:30:19 | - | - |
| 2 | Chris Reade | Bowland | 1:30:28 | - | - |
| 3 | Jason Hemsley | P & B | 1:30:51 | - | - |
| 26 | Helene Diamantides | Carnethy | 1:53:45 | (1st lady) | - |
| 47 | Gerry Symes | CVFR | 2:17:54 | 6 | 1.52 |
| 70 | ran | | | | |

Windmill Whizz - 6ms/800' - Saturday 8th March

| | | | Time | Race Level | Ratio |
|-----|----------------|----------|---------|------------|-------|
| 1 | Robin Lawrence | Bingley | 40:08 | - | - |
| 2 | Stuart Gregory | Holme PP | 40:22 | - | - |
| 3 | Rob Howarth | Horwich | 40:41 | - | - |
| 21 | Andy Wardman | CVFR | 44:06 | 1 | 1.09 |
| 27 | Adam Breaks | CVFR | 44:54 | 2 | 1.11 |
| 37 | Paul Gallagher | CVFR | 45:26 | 2 | 1.12 |
| 44 | Sarah Rowell | P&B | 45:53 | (1st lady) | - |
| 50 | Jamie Dore | CVFR | 46:29 | 2 | 1.15 |
| 59 | Barry Shaw | CVFR | 47:31 | 2 | 1.18 |
| 80 | Rob Acheson | CVFR | 49:11 | 3 | 1.22 |
| 118 | Lee Shimwell | CVFR | 52:35 | 4 | 1.30 |
| 130 | Anne Johnson | CVFR | 53:32 | 4 | 1.33 |
| 162 | Dave Culpan | CVFR | 56:15 | 4 | 1.39 |
| 207 | Rose Carnochan | CVFR | 1:03:47 | 6 | 1.58 |
| 229 | ran | | | | |



My car doesn't run very well (if at all) when it rains, so as it coughed and splutter up Keighley Road to the venue, it was just an indication of the amount of rain that had fallen throughout the previous night.

This being my first 'off road' race since my school days and most importantly first in Calder Valley colours, I wanted to arrive early to get details

of the course route and a feel of the conditions under foot. I was still beaten by Paul Gallagher meeting him at the registration desk inside the Ogden water cafe.

We decided to take a brief walk up the first hill on to the fell, to get a feel of the conditions before returning to the car park to see it steadily filling up, with many familiar faces including a good turn

Continued overleaf

out from Calder Valley.

The 11.00am start soon came around and after a short delay for a few late arrivals the start marshal had all 230-odd competitors 'rammed' onto the starting area along the bridal path leading out of the car park. After being thanked by the organiser for a great turn out, despite the horrendous weather, we were off.

Like in the Lads Leap race at Cowden, I had started further back in the pack than anticipated, consequently the opening 50 yards was at walking pace, despite this it didn't stop the occasional impatient pillock elbowing me for position, likewise I was always playing catch up trying to get onto the early pace makers consequently using too much energy early on.

The early ascent up Hambleton Lane

to Hambleton Top was tough going with a cold head wind and spray from a light rain shower. A good route on this well-worn 4 x 4 track was hard going. Going off the track meant you found yourself negotiating small heather covered boulders.

Along White Moor Lane descent from Hambleton Top down to the Nab Wood Lane, the semi paved track seemed to hold a lot of standing water. Negotiating the large puddles uncertain of depth was always going to be trail and error, this I did with great enjoyment, but the very cold water and wind soon took its toll, with my legs beginning to stiffen up.

I apparently got onto the Nab Wood Lane in 17th position, the 'off-road' section of this multi terrain event was largely over and it was the long ascent up past the

wind farm to the Withins Pub. I was soon caught by Andy Wardman and the explicates explaining how I felt can't be repeated in writing.

The choice of shoe had been discussed at length prior to the start of the race, many athletes choosing multi terrain trainers rather than fell runners certainly benefited on this last road section.

By the time the race reached the high point of the Within's Pub it was down hill to the finish beside Ogden water, consequently the weather had relented and sure enough the sun appeared through the clouds. Allowing for a steady descent along side the golf course knowing I had finally completed the race and all for a good cause too.

Adam Breaks

Black Combe - 9ms/3800' -

Sunday 9th March

| | | | Time | Race Level | Ratio |
|----|----------------|------------|---------|------------|-------|
| 1 | Jim Davies | Borrowdale | 71.10 | - | - |
| 2 | Phil Davies | Borrowdale | 40:22 | - | - |
| 3 | Andy Schofield | Borrowdale | 74.50 | - | - |
| 4 | N. Spence | Borrowdale | 76.32 | (1st V40) | |
| 23 | Steve Houghton | CVFR | 1:27:20 | 3 | 1.20 |
| 24 | Nicola Davies | Borrowdale | 1.28.20 | (1st lady) | - |
| 29 | Yanis Tridimas | Bowland | 1.33.55 | (1st V50) | - |
| 34 | Greg Houghton | CVFR | 1.35.58 | 4 | 1.32 |

72 ran

A fine, mild day for this brilliant race, but with the inevitable mist on Black Combe Summit (Is it ever clear???) which made it interesting finding the checkpoint on the way back and also the way off the top. For those of you that have never done the race it's unusual for a Lakes race in that there's no rock. The whole race is run on the grass and the track to and from the summit. You also climb Black Combe twice, the second climb an absolute killer as your legs are tired on the way back and then it's a mad flat out descent to the finish. Greg

Wuthering Hike AKA Haworth Hobble

31 mls/4400' - 15th March 2003

| | | | |
|-----|-------------------------------------|-------------------|---------------------------------|
| 1. | Donald Naylor | Hunters | 4:05:45 |
| 2. | Mark Hartell | Macclesfield | 4:08:20 |
| 3. | Andy Brooks | Shelton | 4:14:40 |
| 4. | Graham Cunliffe & Roger Brewster | Clayton | 4:21:30 (First Team) |
| 18. | Paul Gallagher & Jon Underwood | CVFR | 4:46:06 (4 th Team) |
| 37. | Steve Coey | CVFR | 5:09:38 |
| 58. | Richard Allen & Julian Symonds | CVFR Fell&Dale | 5:44:00 (16 th Team) |

167 Ran (Excluding Partners)

This was to be my 7th Hobble. I had asked all the usual suspects if they wanted to partner me, but not much success. Thursday night, a quick pint after one of Tony's training sessions, Paul starts to publicly worry about his lack of training for the London marathon. I started to persuade Paul to partner me in the Hobble.



Another pint, a few words of wisdom from Rod and I had Paul signed up.

Saturday Morning 7:30. Paul decides he wants to use the toilet and I get left at registration as a very unconvincing 24 year old. (Paul is 26, but I didn't know at the time). We didn't bother with a warm up. I tried to persuade Paul that we needed a slow start. We missed the announcements at the start for some reason and off. Steve Coey was really going for it and we lost him in the mist as we headed for the Bronte Falls. Having

not heard the announcements we followed the old route to the Pennine Way missing the shorter route direct to the Withins Ruin. I admitted my mistake to Paul as we overtook many parties who were previously behind us. We ran on to Widdop, speeding up slightly on the road.

Due to Julie's support we didn't stop at Widdop or the halfway point. (the Halfway point at the beginning of Stoney Lane used to serve hotdogs). By this time we had started to overtake tiring runners keeping to our steady pace. Paul wanted to drop in some 7-minute miles to catch Steve, but I managed to convince him otherwise.

We spotted Steve on the climb up to Stoodley. He looked to be tiring and we passed him on the descent to Hebden Bridge. We felt a bit guilty flying past but were determined to break 5 hours. I had my second navigational blunder on the decent for Heptenstall to Horse Bridge. We ran into this guy's garden where he was drinking coffee. I asked whether this was the race route, to which he replied that we could cross if we wanted, but he hadn't seen any other runners.

Paul tired going over the packhorse track over to Crimsworth Dene and then over Top O' Stairs, but he dug deep and we took a couple of places. Finally the cruel uphill road section to Westfield Lodge, and the finish.

A great day out, Paul made it to Lads Leap the next day, I soaked in the bath. Thanks to Julie who fed Steve, Paul and myself on the way round. Sorry Richard we didn't see you.

Jon Underwood

**Lads Leap - 5.5mils/1700' -
Sunday 15th March**

| | | | Time | Race Level | Ratio |
|-----|-----------------|----------------|---------|---------------|-------|
| 1 | John Brown | Salford Harr's | 44:56 | - | - |
| 2 | Tim Davies | Mercia FR | 45:02 | - | - |
| 3 | Ian Holmes | Bingley | 45:21 | - | - |
| 33 | Karl Gray | CVFR | 50:49 | 2 | 1.13 |
| 130 | Adam Breaks | CVFR | 57:44 | 3 | 1.28 |
| 147 | Andy Wardman | CVFR | 58:51 | 4 | 1.30 |
| 148 | Dave Beels | CVFR | 58:54 | 4 | 1.31 |
| 157 | Rod Sutcliffe | CVFR | 59:20 | 4 | 1.32 |
| 158 | Bill Johnson | CVFR | 59:21 | 4 | 1.32 |
| 171 | Barry Shaw | CVFR | 1:00:12 | 4 | 1.33 |
| 173 | Steve Houghton | CVFR | 1:00:15 | 4 | 1.34 |
| 191 | Mike Wardle | CVFR | 1:01:52 | 4 | 1.37 |
| 199 | Graeme Woodward | CVFR | 1:02:23 | 4 | 1.38 |
| 233 | Tony Bradley | CVFR | 1:05:28 | 5 | 1.45 |
| 239 | Greg Houghton | CVFR | 1:06:14 | 5 | 1.47 |
| 265 | Jez Wilkinson | CVFR | 1:09:20 | 6 | 1.54 |
| 292 | Andy Carnochan | CVFR | 1:12:42 | 7 | 1.61 |
| 338 | ran | | | | |

| | | | | | |
|----|------------------|---------|------------------|----|------|
| 1 | Christine Howard | Matlock | 56:12 (1st lady) | - | - |
| 3 | Sally Newman | CVFR | 56:31 | 3 | 1.25 |
| 22 | Sarah Noot | CVFR | 1:04:44 | 5 | 1.44 |
| 30 | Anne Johnson | CVFR | 1:06:03 | 5 | 1.46 |
| 37 | Linda Crabtree | CVFR | 1:07:55 | 6 | 1.51 |
| 42 | Linda Hayles | CVFR | 1:09:34 | 6 | 1.54 |
| 52 | Helen Wilkinson | CVFR | 1:10:55 | 6 | 1.57 |
| 75 | Julie Underwood | CVFR | 1:24:36 | 9 | 1.88 |
| 79 | Rose Carnochan | CVFR | 1:25:53 | 10 | 1.90 |
| 80 | ran | | | | |

Excellent turn out from the club for this first counter in English Camps - and what a glorious day. Sally has got off to a flyer placing an excellent 3rd in ladies race taking 1st LV40 and Karl has got some points in the bag. Well done everyone. We hung around at the finish sitting on the grass and chatting - it was like a summers day. Seemed strange to me as I had just got off the plane from skiing - from one extreme of weather to the other!!!!!! with the good weather being here for a change. Thirza

**Half Tour of Pendle - 9mi/2250' -
Saturday 22nd March**

| | | | Time | Race Level | Ratio |
|-----|-------------------|-----------|---------|---------------|-------|
| 1 | Matthew Whitfield | Bingley | 1:06:00 | - | - |
| 2 | Shaun Livesey | Clayton | 1:06:09 | - | - |
| 3 | Phillip Winskill | Dark Peak | 1:06:15 | - | - |
| 31 | Sarah Rowell | Pudsey | 1:17:22 | 1st lady | |
| 66 | Keith Cadby | CVFR | 1:24:40 | 3 | 1.28 |
| 141 | Dave Culpan | CVFR | 1:41:36 | 6 | 1.54 |
| 161 | ran | | | | |

Fantastic Morning, crisp and dry for a good fell race, Got to pendle registered and decided that I was going to take it easy and enjoy the race, set off at the start along the path towards the first climb (which felt like a long drag) reached the top of Pendle then chance to let your legs stretch and push it for 4 miles, half way round I felt the sun starting to get hot, (luckily I took water) so I slowed down slightly. Then we dropped down into the valley onto the reservoir at this point I felt quite healthy, until I notice where the rest of the runners were heading (oh god) straight up the bank, at this point it was time to dig in and crawl up the bank, 3/4's the way up I decided to push it a bit and started to run. We got on top, ran across the moor for about a mile then a hell of a steep drop, in which I caught up a lot of people, (unfortunately they decided to

jump on my back on the way down) I tried to look cool crossing the stream (just about to get my picture took) when I fell up the bank, IDIOT!!!!, steady climb up the bank and a bit of a push back to the finish. A very enjoyable race!!!.

Note:- The men of the club beware of your ladies helping you to get your kit ready for the race, Melanie (love her to bits) decided to wash my fell shoes two days before the race. They looked very very clean and new, BUT she decided to dry them on top of the gas fire in which the right fell shoes went from a size 8 to a size 6 and when I put them on my foot went straight through the sole.

Keith Cadby

**Criffel Hill - 7mils/ 2000'
Sunday 23rd March**

| | | | Time | Race Level | Ratio |
|-----|-----------------|------------|---------|---------------|-------|
| 1. | Jonny Bland | Borrowdale | 51:32 | - | - |
| 2. | Graham Bartlett | ? | 52:38 | - | - |
| 3. | Gavin Bland | Borrowdale | 54:15 | - | - |
| 13. | Nicola Davies | Borrowdale | 1:03:01 | - | - |
| 18. | Jon Underwood | CVFR | 1:03:43 | - | - |
| 69. | Julie Underwood | CVFR | 1:34:05 | - | - |
| 71 | Ran | | | | |

A really nice day, a sociable 1pm start, and the ground much better than last year. A fast road start followed by a hard uphill slog, dodging the bogs that will leave you floundering. I set a steady ascent but lost the plot just before the summit and five places. My legs took a some time to adjust to the downhill, but thanks to the guy in front finding every bog there was going, got a couple of places back. Julie wanted a kiss as I passed her on the decent, but I was flying. Another ascending runner offered, which made Julie speed up to maintain her distance. There is now a ban from washing in the duck pond. It's a hard race and Julie had a rough time, but managed to keep it going on the final climb on the road causing her pursuant to blow.

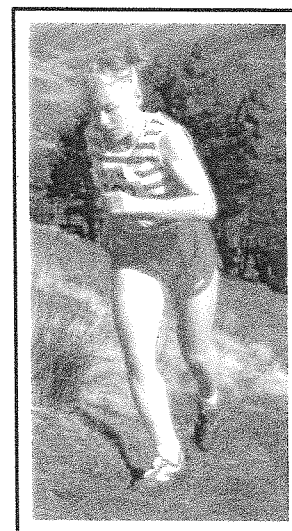
Jon Underwood

**Edale Skyline - 21mils/5000' -
Sunday 23nd March**

| | | | Time | Race Level | Ratio |
|-----|------------------|-----------------|---------|---------------|-------|
| 1 | Mark Hayman | Dark Peak | 2:49:55 | - | - |
| 2 | Andrew Schofield | Borrowdale | 2:51:03 | - | - |
| 3 | Lloyd Taggart | Buxton | 2:51:56 | - | - |
| 6 | Andy Clarke | CVFR | 2:59:45 | 1 | 1.05 |
| 10 | Karl Gray | CVFR | 3:05:53 | 1 | 1.09 |
| 17 | Sally Newman | CVFR (1st lady) | 3:16:34 | 2 | 1.15 |
| 130 | ran | | | | |

Sally comment "Overall Team Winners:- CVFR - Andy, Karl and Me - Yippee! (I have the trophy - makes a very nice Silver tea tray, for impressing visitors) Runners up Dark Peak Fell runners (all men)". What an excellent race between Andy and Karl with Andy edging in in front this time and with Sally having a flyer. She broke her own record as the course was slightly changed. As you can see from the comment Sally then counted in the Elite for Calder Valley to take the team prize which she was rather chuffed with along with most of the other runners at the prize giving as a big cheer went up when she went to pick the shield. She's still grinning ...WELL DONE

TEAM.....



**White Horse Wanderer - 7mils/1000' -
Sunday 23rd March**

| | | | Time | Race Level | Ratio |
|----|----------------|---------|-------------|---------------|-------|
| 1 | C. Stead | NFR | 42.09 (rec) | - | - |
| 2 | B. Roberts | Mandale | 43.50 | - | - |
| 3 | R Pattinson | Pudsey | 44.81 | - | - |
| 16 | Steve Houghton | CVFR | 49.29 | 2 | 1.14 |
| 38 | Greg Houghton | CVFR | 54.34 | 3 | 1.25 |

Arrived at Sutton Bank visitors centre at 9.45am and was welcomed by a lovely crisp morning After entering the race Greg and I went for a jog on the route out and got an immediate adrenalin rush, crossing the path in front of us was a large adder 'fantastic'. the first time either of us have seen a live snake in the wild. Start time of 10.30 arrived and it was off on a long fast track past a glider club and past the *Famous Leyburn White Horse* (PS didn't see it, red mist and all that), steep descent from here down to the bottom of Sutton Bank and into the woods surrounding the *Famous Leyburn White Horse* (still didn't see it!!). Lots of us and own in the woods, very fast and good climbs and descents, the last climb being an absolute killer back onto the ridge at the side of the *Now Famous Leyburn White Horse* (and still didn't see it) and from here it was along fast run in all along a limestone path for about a mile or so. With the sun reflecting on the path it was like coming through Sulber Nick on the 3 Peaks in the last mile or so when you've gone ... or it felt like it anyway. Brilliant race, fantastic day, loads of prizes... only one thing we passed the *Famous Leyburn White Horse* 3 times and didn't see it once, but never mind we did see a snake so it wasn't a complete waste. "Great" Steve Houghton

**Midgley Moor - 5mils/1250' -
Saturday 29th March**

| | | | Time | Race Level | Ratio |
|----|------------------|-----------------|---------|---------------|-------|
| 1 | Steve Oldfield | Brad' Airedale | 38:07 | - | - |
| 2 | Karl Gray | CVFR | 38:59 | 1 | 1.01 |
| 3 | Jason Hemsley | P & B | 39:16 | - | - |
| 14 | Jeff Winder | CVFR | 42:45 | 2 | 1.10 |
| 19 | Sally Newman | CVFR (1st lady) | 44:17 | 2 | 1.14 |
| 23 | Adam Breaks | CVFR | 46:01 | 2 | 1.19 |
| 29 | Dave Beels | CVFR | 46:22 | 2 | 1.20 |
| 30 | Andy Wardman | CVFR | 46:23 | 2 | 1.20 |
| 34 | Anne Johnson | CVFR | 49:21 | 3 | 1.27 |
| 42 | Louis Scott | CVFR | 51:10 | 4 | 1.32 |
| 60 | Linda Hayles | CVFR | 53:10 | 4 | 1.37 |
| 61 | Paul Gallagher | CVFR | 53:11 | 4 | 1.37 |
| 63 | Linda Crabtree | CVFR | 54:06 | 4 | 1.39 |
| 64 | Paul Frechette | CVFR | 54:25 | 5 | 1.40 |
| 78 | Dave Culpan | CVFR | 59:01 | 6 | 1.52 |
| 80 | Philip Jones | CVFR | 1:00:19 | 6 | 1.55 |
| 82 | Catherine Graham | CVFR | 1:01:05 | 6 | 1.57 |

86 ran
We had a good turn out of both runners and helpers for this race in lovely summer March weather. Thanks everybody. Although Steve Oldfield has made this race his own by winning it three times in succession, Karl was on his heels this year and will no doubt be after his crown in the future. Sally won the women's category in a new record time, joining Anne and Linda H for the women's team prize (surely one of many this year). Jeff also ran well to take the V50 category. The competition is hotting up at the faster end of the club, with only twenty two seconds separating Adam, Dave and Andy. Veterans made up over two thirds of the field, including the open and women's category winners.

Rod

**Causey Pike - 4.5mils/1780' -
Sunday 29th March**

| | | | Time | Race Level | Ratio |
|----|----------------|------------|-------|---------------|-------|
| 1 | J Davies | Borrowdale | 33:31 | - | - |
| 2 | J Bland | Borrowdale | 34:02 | - | - |
| 3 | T Austin | Dark Peak | 34:36 | - | - |
| 29 | N Davies | Borrowdale | 40:55 | 1st lady | |
| 31 | Steve Houghton | CVFR | 41:38 | 3 | 1.22 |
| 62 | Greg Houghton | CVFR | 47:09 | 4 | 1.38 |

**Slieve Bearnagh - 3.9mils/2680' -
Saturday 5th April**

| | | | Time | Race Level | Ratio |
|-----|-----------------|---------------------|---------|---------------|-------|
| 1 | Rob Jebb | Bingley | 41:52 | - | - |
| 2 | Jim Davies | Borrowdale | 42:26 | - | - |
| 3 | Phil Davies | Borrowdale | 42:29 | - | - |
| 29 | Karl Gray | CVFR | 46:52 | 2 | 1.11 |
| 35 | Angela Mudge | Carnethy - 1st lady | 47:57 | | |
| 46 | Andy Clarke | CVFR | 49:35 | 2 | 1.17 |
| 89 | Steve Houghton | CVFR | 54:07 | 3 | 1.28 |
| 105 | Adam Breaks | CVFR | 56:14 | 4 | 1.33 |
| 111 | Rod Sutcliffe | CVFR | 56:43 | 4 | 1.34 |
| 126 | Paul Gallagher | CVFR | 59:52 | 5 | 1.42 |
| 133 | Anne Johnson | CVFR | 1:01:12 | 5 | 1.45 |
| 135 | Greg Houghton | CVFR | 1:01:33 | 5 | 1.46 |
| 145 | Allan Greenwood | CVFR | 1:03:35 | 6 | 1.50 |
| 155 | Linda Crabtree | CVFR | 1:05:15 | 6 | 1.54 |
| 157 | Thirza Hyde | CVFR | 1:05:35 | 6 | 1.55 |
| 168 | Jez Wilkinson | CVFR | 1:07:38 | 7 | 1.60 |
| 171 | Linda Hayles | CVFR | 1:07:50 | 7 | 1.61 |
| 176 | Paul Frechette | CVFR | 1:09:33 | 7 | 1.65 |
| 189 | Helen Wilkinson | CVFR | 1:15:00 | 8 | 1.77 |
| 204 | Anne Taylor | CVFR | 1:28:18 | 11 | 2.09 |

208 finished
The Happy Band in Ireland after the race. We won a bottle of wine for the second club that made the biggest effort to get people across there Watch this space for next years trip.



**Guisborough Moors - 12.5mils/2600' -
Sunday 6th April**

| | | | Time | Race Level | Ratio |
|----|---------------|--------------|---------|---------------|-------|
| 1 | Paul Lowe | Middles'boro | 1:21:10 | - | - |
| 2 | Charles Stead | Noruthumbria | 1:22:52 | - | - |
| 3 | Andy Bissell | Knivesmire | 1:24:27 | - | - |
| 39 | Alison Raw | Darlington | 1:40:53 | 1st lady | - |
| 74 | Greg Houghton | CVFR | 1:51:56 | 4 | 1.35 |

137 finished

Greg didn't get home from Ireland until 3 on the Sunday morning but being a real man headed up to North York Moors to do this tough race. The only thing I can say is that either you didn't try hard enough in Ireland or that your thighs were in a better state than mine. I had "Ben Nevis" legs on the Sunday. Good on you.

**The Bunny Runs - 3mils/300' -
Tuesday 1st April**

| | | | Time | Race Level | Ratio |
|-----|-----------------|---------|-------|---------------|-------|
| 1 | Rob Hope | P & B | 17:46 | - | - |
| 2 | Mark Buckingham | ?? | 17:58 | - | - |
| 3 | Ian Holmes | Bingley | 18:18 | - | - |
| 13 | Andy Clarke | CVFR | 19:33 | 1 | 1.09 |
| 43 | Adam Breaks | CVFR | 21:53 | 3 | 1.21 |
| 63 | Anne Buckley | ?? | 23:08 | 1st lady | - |
| 102 | Brian Horsley | CVFR | 24:51 | 4 | 1.38 |
| 162 | Allan Jones | CVFR | 28:07 | 6 | 1.56 |

Tuesday 8th April

| | | | Time | Race Level | Ratio |
|-----|-------------------|-----------|-------|---------------|-------|
| 1 | Ian Holmes | Bingley | 16:55 | - | - |
| 2 | Rob Hope | P & B | 17:11 | - | - |
| 3 | Mark Buckingham | ?? | 17:20 | - | - |
| 13 | Andy Clarke | CVFR | 18:52 | 2 | 1.10 |
| 25 | Adam Breaks | CVFR | 19:50 | 2 | 1.16 |
| 36 | Natalie White | Holmfirth | 20:40 | 1st lady | - |
| 78 | Brian Horsley | CVFR | 22:42 | 4 | 1.32 |
| 111 | Darren Armstrong | CVFR | 23:56 | 4 | 1.40 |
| 134 | Richard Henderson | CVFR | 25:09 | 5 | 1.47 |
| 162 | Allan Jones | CVFR | 26:15 | 6 | 1.53 |

Tuesday 15th April

| | | | Time | Race Level | Ratio |
|-----|-------------------|------------|-------|---------------|-------|
| 1 | Tom Tipping | Inverclyde | 17:27 | - | - |
| 2 | Mark Buckingham | ?? | 17:43 | - | - |
| 3 | Will Smith | K & C | 18:02 | - | - |
| 7 | Andy Clarke | CVFR | 18:34 | 1 | 1.05 |
| 14 | Adam Breaks | CVFR | 19:22 | 1 | 1.09 |
| 43 | Sarah Rowell | P & B | 21:36 | - | - |
| 64 | Brian Horsley | CVFR | 22:44 | 3 | 1.28 |
| 120 | Richard Henderson | CVFR | 25:07 | 5 | 1.42 |

**Anniversary Waltz - 11.25mils/3600' -
Saturday 19th April**

| | | | Time | Race Level | Ratio |
|-----|----------------|---------|---------|---------------|-------|
| 1 | Ian Holmes | Bingley | 1:28:27 | - | - |
| 2 | John Brown | Salford | 1:29:23 | - | - |
| 3 | Rob Jebb | Bingley | 1:29:51 | - | - |
| 95 | Louise Sharp | Keswick | 1:51:10 | 1st lady | - |
| 102 | Sally Newman | CVFR | 1:52:00 | 3 | 1.26 |
| 123 | Steve Houghton | CVFR | 1:54:39 | 3 | 1.28 |
| 175 | Rod Sutcliffe | CVFR | 2:00:33 | 4 | 1.35 |
| 180 | Greg Houghton | CVFR | 2:01:16 | 4 | 1.36 |
| 191 | Jamie Dore | CVFR | 2:02:00 | 4 | 1.37 |
| 203 | Dave Beels | CVFR | 2:03:20 | 4 | 1.38 |
| 205 | Mike Wardle | CVFR | 2:03:23 | 4 | 1.38 |
| 223 | Anne Johnson | CVFR | 2:06:10 | 5 | 1.41 |
| 262 | Keith Cadby | CVFR | 2:13:31 | 5 | 1.50 |
| 277 | Thirza Hyde | CVFR | 2:15:41 | 6 | 1.52 |
| 332 | Tony Bradley | CVFR | 2:26:46 | 7 | 1.64 |
| 411 | finished | | | | |

What a fast furious start ... along a track and up the road for about 2 miles ish but very runnable and in oxygen debt straight away before even starting the climbs. A good day for a race with nice temperatures, good running underfoot and nice views if you had time to look. Sally had a stormer with only 50 seconds between her and Louise. We all felt the fast start and were glad of the refreshments afterwards including some free beer to sample. Good running all and nice to see people making the effort to get up to the Lakes races but aren't they long climbs!!!! Just a bit more than our moors eh Thirza

**Middlefell - 6.6mils/1700' -
Saturday 12th April 2003**

| | | | Time | Race Level | Ratio |
|----|-----------------|---------|-------|---------------|-------|
| 1 | Alan Bonness | CFR | 47.08 | - | - |
| 2 | John Brown | Salford | 51.09 | - | - |
| 3 | Brian Taylor | CFR | 56.20 | - | - |
| 14 | Steve Houghton | CVFR | 60.57 | 4th V40 | - |
| 16 | Dave Spedding | Keswick | 62.02 | 1st V50 | - |
| 34 | Debbie Thompson | Keswick | 72.41 | 1st Lady | - |

After the previous weeks epic journey to Ireland this journey was gonna be a doddle (*Greg & Steve travelled to Ireland by ferry and public transport on Friday leaving at 7ish in the morning arriving in Newcastle at 7 at night and then travelled back directly after the race on Saturday arriving back in Halifax around 3 on the Sunday morning!!!!*). Only 3 hours up to Nether Wasdale & the Screes Inn. With the forecast good and not having to work I thought I'd sneak up and do this race if only to keep the climbing & descending in the legs. Fast furious start for about one and half miles along paths and tracks through Greendale and out onto the fell where you go on the Wasdale Fell race (Jos Naylor was here giving everyone a friendly word of encouragement). From here you go up the path and strike straight up onto Middlefell. Here's where you're 1700ft of climbing starts. 1700ft in about one and half miles - bloody hell it felt like it. Dave Spedding caught me here and proceeded to put about 200 yards into me onto the summit. Round the summit and from here you could enjoy lovely views of Wasdale, West Water and the Screes, (You could - but I couldnt see a bloody thing, *Steve I was just about to say what were you doing sight seeing you were supposed to be racing Ed.*) Off the summit and the one and half and 1700ft back down chasing Dave all the way. Quite surprised but I started to catch Dave and Colin Valentine as I'm descending well again. Great. Caught Dave on lower slopes and passed him on the run over to the road. Jeff Winder, you'll be proud of me I thought as I dug in all the way to the finish passing another 2 runners on the way. Finishing 14th in a lakeland race and beating Dave as well and only a minute behind Colin - there is light at the end of the tunnel after a one and half years of struggle. (*Steve has struggled with a back injury which his doctor told him was Arthritis, to stop running and take these pills but he persevered at the Physios who were sure he didn't have arthritis and look at him now. Good on you, glad to see you getting back to some form*) Great. PS Next week is Anniversary Waltz and another culture shock in store, oh well I can dream can't I. Steve

**Rivington Pike - 3.25mils/700' -
Saturday 19th April 2003**

| | | | Time | Race Level | Ratio |
|----|-------------|---------|-------|---------------|-------|
| 1 | Billy Burns | Salford | 17:12 | - | - |
| 2 | D Walker | Clayton | 18:14 | - | - |
| 3 | M Armstrong | U/A | 18:25 | - | - |
| 23 | Adam Breaks | CVFR | 20:54 | 2 | 1.16 |

Two Breweries Hill Race

**Saturday 27th September - 18mils/4900'
Innerleithen near Peebles, The Borders.
Fancy a weekend away. I'm looking to book
some self catering accommodation for this
weekend. Can you ring me if you are
interested so that I can get numbers.
Thirza - 01422 343736**

**The 3 Peaks - 24mils/4500' -
Sunday 27th April 2003**

| | | | Time | Level | Race Ratio |
|--------------|-------------------|------------|---------|-------|------------|
| 1 | D Walker | Clayton | 3:06:07 | - | - |
| 2 | J Helmsley | P&B | 3:12:49 | - | - |
| 3 | A Schofield | Borrowdale | 3:16:55 | - | - |
| 126 | Tony Bradley | CVFR | 4:31:58 | 5 | 1.42 |
| 130 | Linda Crabtree | CVFR | 4:33:54 | 5 | 1.43 |
| 138 | Allan Greenwood | CVFR | 4:38:09 | 5 | 1.45 |
| 140 | Richard Henderson | CVFR | 4:38:53 | 5 | 1.45 |
| 205 finished | | | | | |

Well done to all for getting round on a very windy day. Linda managed to stay upright on the run in off Ingleborough (last year she did her ankle in and was rescued) and felt this to be the toughest part of her race especially when Tony went past to just pip her to the post. The numbers have dropped massively on this race but rumour has it that it will be a championship race next year!!!!

**Stuc A Chroin- 15mils/5000' -
Saturday 3rd May**

| | | | Time | Level | Race Ratio |
|-----|----------------|----------|---------|----------|------------|
| 1 | Ian Holmes | Bingley | 2:04:41 | - | - |
| 2 | Rob Jebb | Bingley | 2:05:42 | - | - |
| 3 | Andy Peace | Bingley | 2:06:04 | - | - |
| 20 | Angela Mudge | Carnethy | 2:18:04 | 1st lady | - |
| 42 | Andy Clarke | CVFR | 2:29:40 | 2 | 1.19 |
| 104 | Steve Houghton | CVFR | 2:47:56 | 4 | 1.34 |
| 116 | Jon Underwood | CVFR | 2:50:55 | 4 | 1.36 |
| 136 | Rod Sutcliffe | CVFR | 2:57:13 | 5 | 1.41 |
| 141 | Anne Johnson | CVFR | 2:59:16 | 5 | 1.43 |
| 173 | Greg Houghton | CVFR | 3:15:05 | 6 | 1.55 |
| 182 | Linda Hayles | CVFR | 3:18:20 | 6 | 1.58 |
| 188 | Jez Wilkinson | CVFR | 3:20:20 | 6 | 1.60 |
| 199 | Thirza Hyde | CVFR | 3:26:48 | 7 | 1.65 |

270 started, 260 finished and if it hadn't been that I had to get round to get our team points only 259 would have finished. I had one of those 'It just didn't happen' days where the legs were somewhere else like still on the campsite in the tent asleep ... a tough course over the scottish mountains but at least the weather was kind to us. Fast start through the woods for a couple of mile then onto the fell, up and then down and then up steady again and then down steeply (we had to come back up this on the return route!!!) and then up even steeper. We had a wire fence along side us that we used to haul ourselves up, and up. I'm sure if it wasn't for the fence it would have been a case of one up two down. Along a ridge that went up and down until around the corner you could see this bloody great mountain that was Stuc A Chroin. You could make out runners approaching the top and they looked just like ants ... well it was along way but on a better day I'm sure I would have enjoyed it. Anne had an excellent run coming in 11th place in the ladies race. Linda had an exceptional run to come in 19th place, I finished and we placed 4th team overall. Enough vets turned out and we were 5th V40 team. We had an excellent weekend even although the weather was a bit mixed... We were wetter on the inside by the end of Saturday night that's for sure.

Thirza



**Ravenstone Brow - 10mils/1250' -
Saturday 3rd May 2003**

| | | | Time | Level | Race Ratio |
|---------|----------------|-----------|---------|-------|------------|
| 1 | Paul Green | Sale | 1:09:55 | - | - |
| 2 | Malcolm Fowler | Pennine | 1:10:25 | - | - |
| 3 | Rob Baker | Dark Peak | 1:13:40 | - | - |
| 24 | Sally Newman | CVFR | 1:22:05 | 2 | 1.15 |
| 37 | Jamie Dore | CVFR | 1:26:17 | 3 | 1.21 |
| 81 | Steve Garner | CVFR | 1:43:04 | 5 | 1.44 |
| 85 | Dave Culpan | CVFR | 1:47:35 | 6 | 1.51 |
| 104 ran | | | | | |

Despite what turned out to be very poor conditions Sally Newman of Calder Valley managed to improve on the ladies course record, which was held by Lucy Whittaker and came in, in 82-05 bettering the record by over a minute. Paul Green of Sale won the men's race in a time of 69-55. He managed to hold off Malcolm Fowler of Pennine who finished in a very credible 70-25. The men's team prizes went to Dark Peak who had 3 runners finish in the first ten Rob Barker 3rd, Andrew Middleditch 6th, and Matthew Crane 7th. The ladies team prize went to Saddleworth who were led home by Karen Mather 55th followed by Sue Ratcliffe 68th and Jill Davis 83rd. The recent heavy rain made the running difficult and treacherous but despite the poor conditions the entire 104 runners who set out finished the race some the worse for wear. Many thanks to all of those who helped out on the day and made the race such a success. Special thanks to the Saddleworth Mountain Rescue and the St. Johns Ambulance team who ensured that everyone enjoyed the event.

Bob Waterhouse - Race Organiser.

**West Nab Fell Race - 6.25mils/2042' -
Sunday 4th May**

| | | | Time | Level | Race Ratio |
|----|-----------------|-----------|-------------|-------|------------|
| 1 | John Brown | Salford | 38.44 (Rec) | - | - |
| 2 | Mark Buckingham | Holmfirth | 40.10 | - | - |
| 3 | L Taggart | Buxton | 40.33 | - | - |
| 13 | Adam Breaks | CVFR | 46.09 | 2 | 1.16 |
| 19 | Sally Newman | CVFR | 48.48 | 3 | 1.23 |

This was the second counter on Sally quest to climb the same amount as she would have at Stuc A Chroin (her van broke down - see ladies report overleaf for details). Well done to Adam, who is improving all the time and obviously getting into the fellrunning.

**Cragg Vale Race - 4.5mils/500' -
Monday 5th May**

| | | | Time | Level | Race Ratio |
|----|-----------------|------|-------|-------|------------|
| 1 | Karl Gray | CVFR | 36.48 | - | - |
| 2 | Adam Breaks | CVFR | 37.06 | - | - |
| 5 | Ant Mayer | CVFR | 40.54 | - | - |
| 6 | Dave Beels | CVFR | 41.03 | - | - |
| 10 | Sally Newman | CVFR | 45.28 | - | - |
| 16 | Jamie Dore | CVFR | 46.32 | - | - |
| 18 | Andy Carnochan | CVFR | 47.01 | - | - |
| 22 | Steve Garner | CVFR | 48.36 | - | - |
| 29 | Alex Beconsall | CVFR | 59.07 | - | - |
| 30 | Rose Carnochan | CVFR | 59.43 | - | - |
| 32 | Mark Everington | CVFR | 61.03 | - | - |

Good tussles between CVFR members on this low key fell race. Karl just getting in before Adam, Ant before Dave and Sally 2 seconds in front of Helen Johnson from Bingley (they got a bit lost as well). Alex Becs making his comeback to racing just pipping Rose and Mark, he got well lost !!! Race abit longer than the published distance. I was please with the turn out. Thanks to all for helping to raise money for Cragg Vale School.

Jackie Scarf

Ladies Captain report



The ladies have been going from strength to strength in the club. We've managed to get teams out to all English and British championship races so far, Stuc a chroin by the skin of our teeth. Sally and her trusty camper van conked out near Preston and ended up being towed back to Leicester! Twenty minutes before the start of the race Thirza and I weren't sure if we had a team, then Linda Hayles appeared. We were very pleased to see her. We all survived

the tough course and came 4th ladies team. Sally was furious she'd missed the race and went in to racing overdrive that weekend running three races in 3 days and breaking the Ravenstones Brow race ladies record along the way. There are some good battles going on amongst the ladies. Thirza, Linda Crabtree and Linda Hayles are all running well and close together. At the Jack Bloor race there was a sprint finish between Linda Crabtree and Thirza but Linda just got ahead. Sarah Noot and I are battling during races but I can't keep with Sarah on the descents. Sarah has had some brilliant runs recently coming first lady at the Blackstone Edge race and at the Jack Bloor race. Rose, Julie, Helen and Anne are all coming on and adding depth to the team at some of the championship races. Our present position is 7th in the English championships and 2nd in the British which is excellent.

Keep up the good running, Anne

(Can you let Anne know which championship races that you are running to ensure that we get a team out at all of them)

Blackstone Edge - 3.5mils/1200' -

Wednesday 7th May

| | | | Time | Race Level | Ratio |
|----|----------------|-----------------|-------|------------|-------|
| 1 | Gary Devine | P & B | 30:07 | - | - |
| 2 | Karl Gray | CVFR | 31:06 | 1 | 1.01 |
| 3 | P. Stevenson | P & B | 31:13 | - | - |
| 4 | Andy Clarke | CVFR | 31:30 | 1 | 1.02 |
| 6 | Adam Breaks | CVFR | 32:24 | 1 | 1.05 |
| 15 | Anthony Mayer | CVFR | 34:45 | 2 | 1.13 |
| 18 | Dave Beels | CVFR | 35:28 | 2 | 1.15 |
| 21 | Nigel Fenwick | CVFR | 36:10 | 2 | 1.17 |
| 22 | Sarah Noot | CVFR (1st lady) | 36:12 | 2 | 1.17 |
| 24 | Rod Sutcliffe | CVFR | 36:31 | 2 | 1.19 |
| 26 | Mike Wardle | CVFR | 36:55 | 2 | 1.20 |
| 28 | Lee Shimwell | CVFR | 37:05 | 3 | 1.20 |
| 31 | Anne Johnson | CVFR | 37:13 | 3 | 1.21 |
| 36 | Tony Bradley | CVFR | 38:17 | 3 | 1.24 |
| 53 | Andy Carnochan | CVFR | 41:13 | 4 | 1.34 |
| 54 | Thirza Hyde | CVFR | 41:26 | 4 | 1.34 |
| 65 | Dave Culpan | CVFR | 44:22 | 5 | 1.44 |
| 70 | Steve Cavell | CVFR | 46:59 | 6 | 1.52 |
| 76 | ran | | | | |

What a good turn out from the club - we made up nearly quarter of the field, Karl having a stormer in 2nd and it put a smile back on his face as he's been injured, Sarah first lady - brill. We then took the mens team prize (they a bottle of something alcoholic) and the womens team prize (WE WON A BUNCH OF BANANAS EACH). I know we are cheeky monkeys but this is ridiculous, we still like our alcohol. Don't you just love fell running. Thirza

Mount Famine - 5mils/1700' -

Saturday May 10th

| | | | Time | Race Level | Ratio |
|-----|-------------------|-----------|---------|------------|-------|
| 1 | J Brown | Salford | 40:43 | - | - |
| 2 | L Taggart | Buxton | 41:45 | - | - |
| 3 | P Winskill | Dark Peak | 44:12 | - | - |
| 27 | Steve Houghton | CVFR | 51:47 | 3 | 1.23 |
| 33 | Mary Edgerton | Pennine | 53:13 | 1st lady | - |
| 48 | Anne Johnson | CVFR | 54:50 | 3 | 1.30 |
| 69 | Brian Shelmerdine | CVFR | 57:51 | 4 | 1.37 |
| 86 | Thirza Hyde | CVFR | 1:00:38 | 5 | 1.44 |
| 120 | ran | | | | |

Well it was the third race in a week for Anne and I and what a belter of a start. Straight up through this wood, boy was it steep. Anne set off running and after 2 minutes she was in oxygen debt before even reaching the ridge. Steve could feel it in his legs and I just kept it going. This is a great race and well worth considering for the club championships. You climb through the woods, onto the ridge up to Mount Famine on to South Edge, all runnable, drop off and descend along way into the valley and then a punishing climb back to the ridge and return via the same way except for the steep wood as I think they might be concerned that the runners would land on people's heads as they walked along the path that ran along the bottom. A very fast track and road into the same finish field as the Kinder Downfall finish. I had to hang on for grim death and had a sprint finish to keep in front of a lass that I had competed against all the way round. Just what I needed after all these races Thirza

Jack Bloor Races - 5.2mils/1150' -

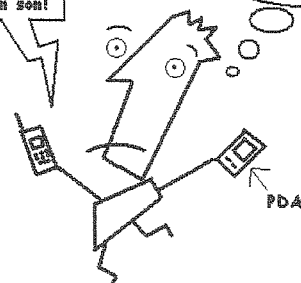
Tuesday May 13th

| | | | Time | Race Level | Ratio |
|-----|-------------------|---------------|---------|------------|-------|
| 1 | G Hull | Leeds | 40:22 | - | - |
| 2 | G Devine | P&B | 40:44 | - | - |
| 3 | M Speake | EBOR | 41:02 | - | - |
| 5 | Karl Gray | CVFR | 43:47 | 1 | 1.08 |
| 7 | Andy Clarke | CVFR | 44:57 | 2 | 1.10 |
| 38 | Nigel Fenwick | CVFR | 50:24 | 3 | 1.24 |
| 42 | Sarah Noot | CVFR 1st lady | 51:02 | 3 | 1.25 |
| 48 | Anne Johnson | CVFR | 51:59 | 3 | 1.28 |
| 52 | Jon Underwood | CVFR | 52:25 | 3 | 1.29 |
| 68 | Alex Cornish | CVFR | 54:25 | 4 | 1.34 |
| 94 | Brian Shelmerdine | CVFR | 57:15 | 5 | 1.41 |
| 105 | Linda Crabtree | CVFR | 57:42 | 5 | 1.42 |
| 106 | Thirza Hyde | CVFR | 57:55 | 5 | 1.42 |
| 111 | Linda Hayles | CVFR | 58:27 | 5 | 1.44 |
| 147 | Dave Culpan | CVFR | 1:05:28 | 7 | 1.61 |

Training runs ain't like what they used to be!

Have you got clean underwear on son!

Can I fit in a drink with the lads thursday week?



Carl G.



Calder Valley Fell Runners THREE DAY EVENT

**Friday 27th June
Wicken Hill Whizz**

**Saturday 28th June
Tom Tittiman**

**Sunday 29th June
Revervoir Bogs**

Allan will need help for this weekend. These races are now under our remit so to make them as successful as they were last year we need club support.

As many club members as possible will be allowed to run but we do need your help first please.

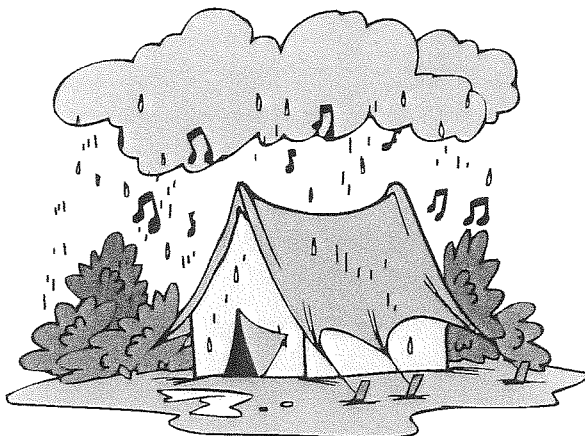
Allan Greenwood 01422 375682

Doing Well Yes we are.

Look on the website @ fellrunner.org.uk to see that Andy Clarke is lying 4th in V40's in British Championships and the men's team are 5th Vets team and as Anne mentioned earlier in the newsletter the girlies are doing well too

What's happened to some of our new recruits are you wearing your club vests down town on a Saturday night or what? For anyone that feels that they aren't fit enough to run with us as they've had a long lay off - Get off your arse and come down. There is always someone to run with and it is alot easier getting fit again with the help of some club mates taking the mickey than it is slugging away on your own feeling as though you're getting no where fast See new sheet for June and July's club runs

Camping Weekend



YES ... we know that everytime we've tried it so far it's rained on us at the camping weekends but we don't give in easily now do we? Surely we are due some good weather. Anyway we are camping at CASTLERIGG FARM, Keswick (GR 283 223) for the weekend of July 5/6/7 for the Skiddaw race. It is the campsite on the left hand side after leaving the main A591 Keswick/Ambleside road. Some people will be there Friday and Saturday night. Even if you're not racing but fancy a weekend away get yourselves up there. Need anymore info ring Anne Johnson on (01422) 881312 or Thirza (01422) 343736

CAPTAINS CORNER



Well here we are again, another top notch edition of Sheepsheet, with many race results to show just how busy we all have been. A little bit of creeping there, but seriously,

it has been great so far this year to turn up at races and see so many of you out there hopefully enjoying themselves.

Unfortunately, news has come to me that one of our more experienced runners has taken her foot of the gas a little and is turning up unprepared, not knowing the course, no food, and even thinking that the race organisers hadn't done a good enough job with the route so adding little bits to it to make it more challenging. This person shall remain nameless for now and if a couple of pints are slipped my way the next time I see them, it shall remain that way, ok Sally.

At the time of writing, Allan should be about 2/3rds of his way around his first 100 miler, hope it all went well for him now that he has joined our growing number of long distance eventers.

The Bi-athlon is taking place on July 1st this year, the same routes as in previous years so hope you can make it as it is a really good event and this year I have had lessons with the stopwatch so we might even get some times to publish!

Thursday night training is returning to Savile Park where we will be doing track work in an attempt to build up some speed for these short races coming up, think how much easier Hutton Roof would have been if we had carried on with it.

Hope you all enjoyed the descending practice, I think people turned up expecting an easy night – how wrong they were! The good news is there will be another one in August, to help all those doing the Ben. That's about it for now so keep on turning out for the club races, it is making the championship tighter then ever with so many taking part, and all being well I should see you there.TONY

FELL SHOE SALE

Need a new pair of Walshes ... George Barrow from Tod Harriers is coming down to the pub with various styles and sizes. He'll be in the Shoulder of Mutton from 8.45pm on Tuesday 10th June.
Shoe prices range from £25 to £35.

**They've moved house..
new address for**

**Rose & Andy Carnochan
4 Elphin Grove
Cragg Road
Mytholmroyd
HX7 5EE
01422 882783**

&

**Rod & Maria
Sherwood
Cragg Road
Cragg Vale
Mytholmroyd
HX7 5RX
01422 882082**

Congratulations...

**to Stewart Gardner and
Charlotte Roberts who are
getting married on 29th August. All the
best for the future**

**and to Allan Greenwood who has just
completed his first 100 miler. He got a bad
burn type blister and by the 90mile mark
couldn't hardy put his foot on the floor ...
but all credit to him he kept it going and
completed it.**

WELL DONE

ANY ARTICLES FOR NEWSLETTER PLEASE

email:- thirza.dave@virgin.net or tel 01422 343736

ANY COMMENTS OR INFO FOR WEBSITE

email:- carlgreenwood@hotmail.com

CALDER VALLEY FELL RUNNERS PENNINE WAY RELAY RECORD

About 15 years ago there was a fashion for fell running clubs to race the Pennine Way as a relay. Two formats were used – the 24 person relay and the eight leg relay. The rules for the eight leg version were that the start and finish points of the legs were pre-set, that up to 12 runners should be used, and that runners must run in pairs on legs that were run during the night.

Calder Valley Fell Runners still hold the record for this relay, having completed the 269 miles in 38 hours 9 minutes and 47 seconds in 1992. Great memories of the event are indelibly printed in the minds of all those who were involved, but more recent members may not be aware of the achievement. My 1992 article about this event is reprinted below. There has been some talk about having another go at it. What do you think?

PENNINE WAY – THE CLIMAX!

I think it was Peter White who brought to our attention the eight-stage Pennine Way Relay set up by Clayton-le-Moors Harriers in 1985. Their time was 41 hours 29 minutes, and we tried to beat this in the Halifax Harriers attempt the following year. Although we slipped behind schedule and finished over two hours outside the Clayton time, we knew it was a “soft” record that we were capable of beating. I was surprised and pleased to find myself record holder for the final leg with a time of 4 hours 21 minutes from Byrness to Kirk Yetholm. The Calder Valley attempt in 1988 was well outside the record but Gary was keen we should try again and so the 1992 attempt was planned.

From the strength and commitment of the team it was clear that, with good weather and good luck, the record would be ours. Jeff set off at 5.15am on Friday 19 June. I was working that day and on call that night, and was planning to drive up in the morning to Byrness. It had been said that there was no leeway in the schedule of the first three legs but as the day progressed news came back to base of first Jeff Winder, then Steve Houghton and then Gary Webb all breaking their leg records by several minutes.

I awoke on Saturday morning to the amazing news that Duncan Thompson and Andy Wimpenny had also broken the leg record from Hardraw to Middleton and that Steve Skelton and Paul Cleary had lopped an amazing 1 hour 13 minutes off the record from Middleton to Garrigill. Greg Houghton was also 12 minutes ahead of his schedule half way round. If this pace continued I risked performing my usual trick of arriving at my start (in this case Byrness) just as Jeff Coulson finished his. After a hectic dash northwards we arrived at Byrness at 2.45pm – nobody there! Ten minutes later the whole travelling circus arrived (amazed to see me ready to run), and I heard that Greg had also beaten his leg record, and that Jeff was “absolutely flying” down the forest tracks towards us.

Having been lulled in a false sense of security by knowing that the overall record was easily within our grasp I now realised that the pressure was on for me to break my own leg record or be the only team member who failed to do this. Quite nervous now, I waited until Jeff arrived like an express train at full tilt and we touched hands as he broke his leg record by an incredible 21 minutes.

In Club vest and Gary’s white hat I set off at a good speed up the steep hill through the forest and over the crag onto the northern edge of the backbone of England. Andy was waiting at the top with my bumbag and water. Most of the final 29 miles of the Way runs along the border fence between England and Scotland. It is a high ridge run with no water anywhere along the route until two miles from the finish. The route crosses no roads, and therefore there is little opportunity for support. In dry conditions (and it was very dry) the running is quite fast and now even faster than previously with over a mile of duckboards and paving stones crossing previously boggy stretches.

I made good progress and felt comfortable early on, reaching Ravens Knowe after 30 minutes, passing through the Roman fort at Chew Green and arriving at Windy Gyle, almost half way, in just under two hours. Duncan and Andy had run up here to meet me with a very welcome bottle of water. Two weeks previously whilst recce-ing I had hidden two cans in the grass near the trig point at King's Seat a couple of miles further on. Ten paces out from the trig point, there's the tussock – no cans! After running round in circles for half a minute looking under numerous identical tussocks I paced it out again accurately and there they were.

From here on the route was harder, and my legs were tiring. A short but seemingly interminable stretch of peat groughs at the bottom of the long climb to the Cheviot had me walking for the first time. A mile further on and I reached the point where the 1_ mile detour up the Cheviot started. Up to this point I had thought that beating my leg record was on but I was beginning to realise how tough it was going to be. Although the route up to the Cheviot was a lot drier than a fortnight previously I was still up to my knees in bog twice and my feet were getting sore. However, a fast descent back to the main route and a fast run along half a mile of duckboards to Auchope Cairn raised my spirits again. A flying descent increased my confidence further, but the long drag up to the Schil seemed endless and I was walking once more. It had taken me an hour from the Schil to Kirk Yetholm when recce-ing. Could I do it in 50 minutes? I reached the summit with 54 minutes left to get inside my record.

I still found myself able to run fast down hill and reached Burnhead Farm in the valley quite quickly. Two miles of road ahead of me and half an hour to go. I was met a mile from the finish by Andy, Duncan and Gary without whom I would not have kept running up the last cruel climb of the road half a mile from Kirk Yetholm. As the top passed I was flying again down the road and touched the Border Hotel after 4 hours and 5 minutes, 16 minutes inside my leg record, with the team having wiped 3 hours 20 minutes off the record for the whole relay.

Calder Valley Fell Runners now hold the record for the eight-stage Pennine Way Relay with a time of 38 hours 9 minutes and 47 seconds. This event will remain one of my greatest memories of fell running. I am very proud to have been part of such a committed team and extremely pleased to have helped to gain the Pennine Way Relay record for the Club.

| Leg | Start-finish | Runner(s) | Dist. (miles) | Time | Prev. record |
|-----|----------------------------|----------------------------------|------------------|--------------|-----------------|
| 1 | Edale to A58 (White House) | Jeff Winder | 34 | 4-53 | (5-02) |
| 2 | White House to Gargrave | Steve Houghton | 36 | 4-43 | (4-47) |
| 3 | Gargrave to Hardraw | Gary Webb | 38 | 4-53 | (5-04) |
| 4 | Hardraw to Middleton | Duncan Thompson Andy Wimpenny | 33 | 5-15 | (5-23) |
| 5 | Middleton to Garrigill | Steve Skelton Paul Cleary | 38 | 6-19 | (7-32) |
| 6 | Garrigill to Peel Road | Greg Houghton | 28 | 4-08 | (4-17) |
| 7 | Peel Road to Byrness | Jeff Coulson | 33 | 3-52 | (4-15) |
| 8 | Byrness to Kirk Yetholm | Rod Sutcliffe | 29 | 4-05 | (4-21) |
| | TOTAL | | 269 | 38-09 | (41-29) |



Training to Improve Your Performance



If you are wanting to improve your fitness but don't know where to start then this article is intended to get you looking in the right direction, but you should read up further on the topics mentioned. (A good website is highlighted at the end of this text, also try searches on the web or look up books relating to training).

As fell runners we are classed as endurance athletes, and if we want to run at the peak of our performance we need to concentrate our training in 5 key areas.

1. Raise our aerobic capacity (V02max).
2. Raise our lactate threshold.
3. Improve our efficiency.
4. Learn about resting.
5. Get a grip on our psychology.

Raising Aerobic Capacity (V02max)

This is relatively easy to improve, as an increase in mileage will increase your V02max. However doing this alone will only increase your V02max to a certain level (dependent on mileage and your physical makeup etc...). Intensity of training becomes the key to improving aerobic capacity, lifting the heart rate to 95% of our maximum heart rate. But you will need to maintain this rate for 4 – 5 minutes over several intervals during a training session, resting for a while between these surges in activity.

Raising Lactate Threshold

The raising of the lactate threshold (the point at which lactic acid increases appreciably in your blood) is achieved as a secondary product when raising your V02max limits.

However, it is possible to raise levels in another way, and that is to train at about 85 – 90% of your max heart rate for periods of 20 – 25 minutes. If you don't have access to a heart monitor a rough guide to telling if you are training at the right level is that it is difficult to say more than a few words without needing to take a breath. You shouldn't be able to hold a conversation with anyone. Have you ever had someone talking to you whilst climbing a hill and you're breathing too hard to reply? – That person could run much faster and they're not gaining as much as you from the run!

Improving Efficiency

The key here is strength. If you strengthen a muscle, fewer muscle cells are required to do the same activity you did before strengthening, therefore your energy demands will be lower and this equals efficiency! This means that you could either keep going for longer if running at a pace you ran at before you did any strengthening or you could run faster over a set distance and therefore beat last years PB for a race!

To achieve this efficiency you do have to train harder – *nobody said it was going to be easy!* To get stronger you will have to train at levels harder than those you use in competition!!

To do this you run 30 – 90 seconds intervals at as close to your maximum capacity as you can with rests in between intervals. These rest periods can be done in one of two ways. The first style is to take a rest that is equal in time to the time run at your maximum capacity; this helps muscles develop lactate tolerance. The second style is to take longer rests thereby allowing you to do more intervals. The best solution is probably to do one type in one workout and the other type in the next workout.

Another way is to practice the exact tempo you will need to achieve the required result (time) in a race. This is done by working out the time you will need to cover each mile of the race in and then running at that pace for half to two thirds of the distance of the race. This will condition your body into co-ordinating everything that is needed to run at this pace and allow you feel what it will be like. You don't just have to learn the course you've also to learn how to run it.

How to Rest

It can't be stressed too strongly that resting is as an important a part to training as the actual training itself. If you don't take adequate rests then you will start getting fatigued and your performance will drop as will your immune system, this self-destructing cycle could lead to injury and / or depression. The great Kenyan athletes take two months a year rest so that they can train hard the rest of the year. There follows some possible types and interval periods for resting that you could adopt, try which ever you think will suit you or make up your own.

- Take two consecutive months off doing little or no training. You could walk, swim, jog etc... but don't push it.
- Take one month off in every six. Again you could walk, swim, jog etc... This could be timed with annual summer holidays and Christmas – times you maybe having to reduce your training anyway so why not go the whole hog and relax!
- Try five weeks training with a weeks rest. In this case it is best to rest completely and not be tempted to do any *light* training.
- If you are one of those people who simple must do something every day of the week then at least try to vary it, i.e. try cycling, swimming or Yoga. The latter will help you rest and keep you supple and is therefore good when you should be resting. Or try resting when you get ill instead of training through a cold or other virus. Training with a viral infection can be very dangerous and could even kill you! The cyclist Beryl Burton died out on a training ride whilst training with the Flu.

Two things are true, you can't train hard all year ever year without paying for it latter and you won't be running at your best which is what you are probably trying to achieve by training in the first place!

The main source of information in this article was "Sports Coach" @ <http://www.brianmac.demon.co.uk> Sports Coach provides coaching and training advice from a UK Athletics Senior Coach (UKA 4) for coaches, athletes and students studying sport related qualifications. This site should be viewed to get more specific training advice. The site covers many aspects of training and can also be found via the links page on our website <http://www.cvfr.co.uk>

For further examples look at the following pages;

- | | |
|---|---|
| <i>Raise our aerobic capacity (V02max).</i> | - http://www.brianmac.demon.co.uk/vo2max.htm |
| <i>Raise our lactate threshold.</i> | - http://www.brianmac.demon.co.uk/lactic.htm |
| <i>Improve our efficiency.</i> | - http://www.brianmac.demon.co.uk/economy.htm |
| <i>How to Rest.</i> | - http://www.brianmac.demon.co.uk/recovery.htm |
| <i>Get a grip on our psychology.</i> | - http://www.brianmac.demon.co.uk/psych.htm |

Disclaimer

*I do not claim to be any kind of expert, far from it!
Any application of the techniques, ideas, and suggestions in this article are undertaken at the reader's sole discretion and risk. As with any training you should consult a doctor before starting or increasing training schedules particularly if you have a medical condition or are on any form of medication.*

Carl.

Psychology

Psychology is one of those woolly things often talked about but thought to be just a load of hot air by many people, but is it? Ever seen the start of an athletics race on TV where the competitors are just staring down the track, what is it they are doing? The answer is that they are probably imagining themselves running the race and trying to tap into the feelings they feel when running a good race. This approach could work for you as it helps keep you focused and relaxed prior to the start.

In training it is worth trying to keep focused on what you are doing, the techniques of what you are trying to do and what your body is actually doing. Give yourself positive feedback when things seem to be going well. Notice when things aren't going to well and try to adjust your technique by imagining what you should be doing not just forcing yourself into a different style of running. The key here is to stay focused and relaxed whilst listening to your body (breathing, running action, and general feelings such as tension and where that tension is are things you could concentrate on).

When you get to know what it feels like to run well then you can imagine yourself running like that prior to a race (or any run) and get you head ready to let those feelings come again during your run. If you do have a bad run ask yourself why? What did it feel like? How could I have run better? But don't dwell on it too much accept that you will have off days and get on with remembering the good days it's a great sport that we are involved in so just enjoy it!

Calder Valley Fell Runners

Ladies Championship 2003

| | Points | Faces | SHORT | | | | MEDIUM | | | | LONG | | | | | | |
|----|--------|-------|--------|-------|--------|--------|--------|--------|--------|---------|--------|-------|-------|---------|--------|--------|-------|
| | | | Mar 16 | May 7 | June 7 | Sep 21 | TOTAL | Feb 23 | May 24 | July 20 | Aug 23 | TOTAL | Feb 2 | June 22 | Oct 11 | Nov 15 | TOTAL |
| 1 | 42 | 3 | | 13 | | | 13 | 15 | | | | | | | 14 | | 14 |
| 2 | 29 | 2 | 14 | 15 | | | 29 | | | | | | | | | | 0 |
| 3= | 27 | 2 | 13 | 14 | | | 27 | | | | | | | | | | 0 |
| 3= | 27 | 2 | 12 | | | | 12 | | | | | | | | 15 | | 15 |
| 5 | 25 | 2 | 11 | | | | 11 | 14 | | | | | | | | | 0 |
| 6 | 23 | 2 | 10 | | | | 10 | 13 | | | | | | | | | 0 |
| 7 | 15 | 1 | 15 | | | | 15 | | | | | | | | | | 0 |
| 8 | 9 | 1 | 9 | | | | 9 | | | | | | | | | | 0 |
| 9 | 8 | 1 | 8 | | | | 8 | | | | | | | | | | 0 |

Lads Leap
Blackstone Edge
Pen Y Ghent
Dalehead

Long Mynd
Hutton Roof
Kentmere
Chipping Show

Mickleden Straddle
Kinder Trog
Langdale
Tour of Pendle

Calder Valley Fell Runners

Grand Prix Championship 2003

| | | | Lads Leap | Blackstone Edge | Jack Bloor Races | Stodley Pike | Crow Hill | Ragley Run | |
|-----|-------------------|--------|-----------|-----------------|------------------|--------------|-----------|------------|--------|
| | | Points | Races | Mar 16 | May 7 | May 13 | July 8 | Aug 5 | Aug 30 |
| 1 | Karl Gray | 90 | 3 | 30 | 30 | 30 | | | |
| 2 | Sarah Noot | 70 | 3 | 19 | 24 | 27 | | | |
| 3 | Anne Johnson | 63 | 3 | 17 | 20 | 26 | | | |
| 4 | Andy Clarke | 58 | 2 | | 29 | 29 | | | |
| 5 | Adam Breaks | 56 | 2 | 28 | 28 | | | | |
| 6 | Nigel Fenwick | 53 | 2 | | 25 | 28 | | | |
| 7 | Dave Beels | 52 | 2 | 26 | 26 | | | | |
| 8 | Rod Sutcliffe | 48 | 2 | 25 | 23 | | | | |
| 9 | Mike Wardle | 43 | 2 | 21 | 22 | | | | |
| 10 | Thirza Hyde | 38 | 2 | | 17 | 21 | | | |
| 11= | Linda Crabtree | 37 | 2 | 15 | | 22 | | | |
| 11= | Tony Bradley | 37 | 2 | 18 | 19 | | | | |
| 13 | Dave Culpan | 35 | 2 | | 16 | 19 | | | |
| 14 | Linda Hayles | 33 | 2 | 13 | | 20 | | | |
| 15= | Andy Carnochan | 29 | 2 | 11 | 18 | | | | |
| 15= | Sally Newman | 29 | 1 | 29 | | | | | |
| 17= | Andy Wardman | 27 | 1 | 27 | | | | | |
| 17= | Anthony Mayer | 27 | 1 | | 27 | | | | |
| 19 | Jon Underwood | 25 | 1 | | | 25 | | | |
| 20= | Alex Cornish | 24 | 1 | | | 24 | | | |
| 20= | Bill Johnson | 24 | 1 | 24 | | | | | |
| 22= | Barry Shaw | 23 | 1 | 23 | | | | | |
| 22= | Brian Shelmerdine | 23 | 1 | | | 23 | | | |
| 24 | Steve Houghton | 22 | 1 | 22 | | | | | |
| 25 | Lee Shimwell | 21 | 1 | | 21 | | | | |
| 26 | Graeme Woodward | 20 | 1 | 20 | | | | | |
| 27 | Greg Houghton | 16 | 1 | 16 | | | | | |
| 28 | Steve Cavell | 15 | 1 | | 15 | | | | |
| 29 | Jez Wilkinson | 14 | 1 | 14 | | | | | |
| 30 | Helen Wilkinson | 12 | 1 | 12 | | | | | |
| 31 | Julie Underwood | 10 | 1 | 10 | | | | | |
| 32 | Rose Carnochan | 9 | 1 | 9 | | | | | |

TRAINING RUNS FOR JUNE & JULY

JUNE

Tuesday 3rd; Blue Pig race route. 7.00pm

Thursday 5th; Meet at Savile Park - quality Session. 7.00pm

Tuesday 10th; Mytholmroyd Race Route. Either helping to flag or familiarising yourself with race route. 7.00pm (Sale of Walshes in pub after run....)

Thursday 12th; Meet at Savile Park – quality session. 7.00pm

Tuesday 17th; Meet at White House for away run. 7.00pm

Thursday 19th; Meet Savile Park - quality session 7.00pm

Tuesday 24th; Sheepstones, Jerry Farm, Wade Woods, Throstle Bower, Ferney Lee, Churn Milk Joan, M.C.C. 7.00pm

JULY

Tuesday 1st; Bi-athlon, handicap route to Stoodley and back followed by circular through Littlebrough on bike. **Start 6.45pm Prompt.**

Thursday 3rd; Meet at Savile Park for quality session 7.00pm.

Tuesday 8th; Stoodley Pike race, Grand Prix counter. 7.30pm start.

Thursday 10th; Meet Savile Park for quality session.

Tuesday 15th; Meet at Cat In th' well, Wainstalls for away run. 6.45pm.

Thursday 17th; Meet at Savile Park for quality session 7.00pm.

Tuesday 22nd; Meet at Pack Horse Inn, Widdop to flag race route for following night 7.00pm.

Thursday 24th; Meet at Savile Park for quality session 7.00pm.

Tuesday 29th; Daisy Bank, Pennine Way, Callis Bridge, Blackshaw Head, Calderdale Way back to Mount Skip, M.C.C.

Just a quick reminder that all Thursday night runs will be from the same venue, as more people seemed to be showing an interest in this type of session.