



CALDER VALLEY FELLRUNNERS

Sheep Sheet

October 96

WHAT'S NEXT.....

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

DEADLINE FOR NEXT ISSUE Early December

Some of us have started the long trudge on the roads for our winter training. Great fun! and bloody hard work. Tony has again put to-gether a list of runs to see us through the winter. There is a copy of this list up on the notice board in the Community Centre so that if anyone is late they know where we have gone and can hopefully catch up. I reckon Rod will get the most use out of this.

The Club is having a Do at Allan's Pub. This was originally organised to help to raise some cash when we had our little money problem. Although the problem has been resolved we would still like to see as many club members and partners there as possible for a good social night. Make the effort if you can as it always seems to be the same people who support these Dos. Remember it is **YOUR CLUB**. Runners from other local clubs have also been invited to join us.

Cheers Thirza

Monthly Newsletter to keep you in the running



CALDER VALLEY BASH

FRIDAY 6th DECEMBER

at
THE WINDMILL INN , SHELF

Tickets will be on sale shortly

from Tony or Allan

£2.00 including supper

**SUPPORT YOUR CLUB.
DONATIONS FOR RAFFLE PLEASE**

ANNUAL GENERAL MEETING

Tuesday 12th November 1996 at the Coach and Horses, Luddendenfoot - 8.00 pm prompt



RACE - RACE - RACE

**Run off your Christmas
Pudding or your ten
pints of lager on
Friday December 27th
12 o'clock
from Old Brodleians**

For race route or more details
ring

Allan Jones 01274 679894
or Bob Horne 01422 201269

URGENTLY NEEDED

Club members to go out with the "Bradford Lads" for a few drinks around the Hipperholme area to get 'into the spirit of things' before everyone gets tied up in other Christmas arrangements

EVERYONE WELCOME

HARE AND HOUNDS

HIPPERHOLME- 8.00pm

FRIDAY 29th NOVEMBER

Ring Brian Horsley or Allan Jones if you want anymore info.

Sorry to hear....



that Pete Horne has broken his arm on the Three Peaks Cyclo Cross. Hope you'll soon be on the mend and that you have a better '97.

CLUB RESULTS

Pendle & Burnley Grand Prix This is a series of races run both on the fell and road that Mark took part in.

Colne Lions 10k - 24 May

| | | | |
|-----|---------------|---------|-------|
| 1. | Phil Hall | Clayton | 33.19 |
| 11. | Mark Horrocks | CVFR | 35.49 |

(152 finished)

Pendle Hill Challenge 8 - 7 June

| | | | |
|----|-----------------|---------|-------|
| 1. | Roger Brewester | Clayton | 44.58 |
| 6. | Mark Horrocks | CVFR | 48.12 |
| 8. | Babs Bukunola | CVFR | 48.32 |

(189 finished)

Hendon Brook 13.5 - 16 June

| | | | |
|----|---------------|---------|---------|
| 1. | Phil Hall | Clayton | 1.25.38 |
| 4. | Mark Horrocks | CVFR | 1.27.48 |

(88 finished)

Barley Fell Race - 21 June

| | | | |
|----|---------------|---------|-------|
| 1. | Shaun Livesey | Clayton | 28.08 |
| 4. | Mark Horrocks | CVFR | 29.27 |

(124 finished)

Trawden Celtic 7 - 14 August

| | | | |
|----|---------------|---------|-------|
| 1. | Mark Aspinall | Clayton | 39.33 |
| 5. | Mark Horrocks | CVFR | 41.47 |

(100 finished)



Welsh 1000m Race - June 1st

| | | | |
|-----|------------------|-------|---------|
| 1. | Colin Donnelly | Eryri | 3.37.55 |
| 6. | Mike Wardle | CVFR | 4.22.12 |
| 15. | Denis Gildea | CVFR | 4.44.10 |
| 41. | Darren Partridge | CVFR | 5.22.22 |

(72 finished)

First Team Prize was taken at this race. Well done to Darren for stepping in for an injured Chris Godridge and enabling the lads to take the prize.

Airedale Pikes - June 25 **(5.5ml/1000')**

| | | | |
|----|---------------|-----------|-------|
| 1. | G. Hull | Leeds Cty | 35.18 |
| 3. | Mark Horrocks | CVFR | 37.30 |

(114 finished)

Comptons Cross Fell Race - **July 2nd**

| | | | |
|----|---------------|----------|-------|
| 1. | M. Keys | Ross'dle | 47.10 |
| 3. | Mark Horrocks | CVFR | 50.35 |

(53 finished)

Wasdale - July 13 (21mls/9000')

| | | | |
|-----|----------------|------------|---------|
| 1. | Gavin Bland | Borrowd'le | 4.11.55 |
| 8. | Steve Houghton | CVFR | 4.55.20 |
| 11. | Greg Houghton | CVFR | 5.01.40 |
| 22. | Rod Sutcliffe | CVFR | 5.50.59 |
| | Mike Wardle | (retired) | |

(33 finished - NO female starters)

Only 33 finishers out of 56 starters, due to the appalling conditions, with rain and thick mist for virtually the entire race. Phil Rigby of Lancs & Morecambe made the biggest cock up, eventually turning up in Eskdale after going wrong off Scafell Pike. He phoned in on the emergency number, the organiser being within half an hour of calling out the mountain rescue. Mike retired at Greendale, (said he was knackered), myself and Steve got around OK despite Steve having a bad time from Pillar to the finish, (not enough miles in his legs!!) Rod got all the way to the finish to find he had a tally left over. It turned out he had come down Lingmeil Gill instead of down the "nose", and had missed the last checkpoint on the wall. He went all the way back up to hand in his tally and avoid disqualification, a climb of about 450'. He was then able to claim his finishing certificate (and club championship points). There's never a dull moment with Rod around.

Greg Houghton

Three Peaks - April 28th **(23.5mls/4500')**

| | | | |
|------|-------------------|---------|----------------|
| 1. | Andy Peace | Bingley | 2.46.03 (rec.) |
| 17. | Mark Horrocks | CVFR | 3.15.21 |
| 20. | Sarah Rowell | CVFR | 3.16.17 |
| 57. | Mike Wardle | CVFR | 3.34.57 |
| 61. | Paul Cleary | CVFR | 3.35.23 |
| 93. | Rod Sutcliffe | CVFR | 3.40.36 |
| 109. | Geoff Bell | CVFR | 3.44.28 |
| 112. | Denis Gildea | CVFR | 3.45.03 |
| 130. | Brian Horsley | CVFR | 3.49.37 |
| 144. | Andy Thompson | CVFR | 3.50.55 |
| 147. | Chris Godridge | CVFR | 3.51.25 |
| 148. | Gerry Symes | CVFR | 3.51.39 |
| 157. | Richard Henderson | CVFR | 3.54.25 |
| 172. | Pete White | CVFR | 3.57.04 |
| 199. | Mick Banks | CVFR | 4.10.33 |
| 201. | Richard Kellett | CVFR | 4.02.02 |
| 325. | John Riley | CVFR | 4.28.35 |
| 391. | Graham Fry | CVFR | 4.55.16 |
| 394. | G. Hughes | CVFR | 4.56.30 |

MORE RESULTS



Stoodley Pike - July 16th (3.5mls/700')

| | | | |
|------|-----------------|------------|-------|
| 1. | G. Hull | Leeds City | 17.14 |
| 10 | Mark Horrocks | CVFR | 19.22 |
| 29. | Babs Bukunola | CVFR | 20.36 |
| 44. | Brian Horsley | CVFR | 21.53 |
| 48 | Carl Greenwood | CVFR | 22.10 |
| 53. | Stewart Gardner | CVFR | 22.18 |
| 62. | Tony Bradley | CVFR | 22.43 |
| 68. | Graham Woodward | CVFR | 23.16 |
| 69. | Rod Sutcliffe | CVFR | 23.20 |
| 72. | Andy Thompson | CVFR | 23.30 |
| 107. | Eddie Proctor | CVFR | 25.05 |
| 114. | Paul Coughlan | CVFR | 25.27 |
| 128. | Dave Gilyeat | CVFR | 26.21 |
| 131. | Pete Round | CVFR | 26.24 |

(193 finished)

Borrowdale - August 3th (17mls/6500')

| | | | |
|------|-----------------|---------|---------|
| 1. | Ian Holmes | Bingley | 2.45.56 |
| 79 | Duncan Thompson | CVFR | 3.35.14 |
| 88. | Greg Houghton | CVFR | 3.38.36 |
| 120. | Brian Horsley | CVFR | 3.49.32 |
| 140. | Mike Wardle | CVFR | 3.55.01 |
| 151. | Andy Thompson | CVFR | 4.03.03 |
| 270. | Paul Coughlan | CVFR | 5.00.15 |

(306 finished)

Weets Road Race - August 4th

| | | | |
|----|---------------|-------|-------|
| 1. | Lee Warburton | Spenn | 33.25 |
| 8 | Mark Horrocks | CVFR | 35.19 |

(178 finished)

Downham Fell Race - August 7th (6.5mls/2400')

| | | | |
|----|---------------|---------|-------|
| 1. | S. Thompson | Clayton | 55.58 |
| 2 | Mark Horrocks | CVFR | 56.56 |

(119 finished)

Cliviger 6 Road Race - August 11th

| | | | |
|-----|---------------|---------|-------|
| 1. | S. Livesey | Clayton | 32.14 |
| 10. | Mark Horrocks | CVFR | 34.56 |

Tour of the Hameldons - August 13th

| | | | |
|----|---------------|---------|-------|
| 1. | S. Thompson | Clayton | 54.13 |
| 2. | Mark Horrocks | CVFR | 55.59 |

(66 finished)

Golf Ball Fell Race - August 28th

| | | | |
|----|---------------|-----------|-------|
| 1. | Mark Horrocks | CVFR | 36.58 |
| 2. | B. Cole | Horwich | 37.00 |
| 3. | J. Wleczorek | Accring'n | 37.01 |

(156 finished)

Well done Mark. A first at long last after a busy August racing.

Pendleton Road Race - August 31st (5mls/1500')

| | | | |
|----|---------------|---------|-------|
| 1. | S. Livesey | Clayton | 33.13 |
| 3. | Mark Horrocks | CVFR | 34.53 |

(190 finished)

Stretton Skyline - September 1st (18mls/4450')

| | | | |
|-----|----------------|---------------|---------|
| 1. | M. Flint | Telford | 2.32.30 |
| 6. | Steve Houghton | CVFR | 2.44.26 |
| 41. | Greg Houghton | CVFR | 3.13.35 |
| | Denis Gildea | RETIRED AGAIN | |

Grisedale Horseshoe - September 7th (10mls/5000')

| | | | |
|-----|-------------------|-----------|---------|
| 1. | Jonny Bland | Borrow'le | 1.46.28 |
| 10. | Steve Houghton | CVFR | 2.05.29 |
| 23. | Greg Houghton | CVFR | 2.09.25 |
| 31. | Jeff Winder | CVFR | 2.12.31 |
| 49. | Emma Moody | WCOC | 2.19.19 |
| 93. | Charlotte Roberts | CVFR | 2.41.29 |

(114 finished)

A very warm day for this race with winner Jonny Bland deciding to 'stay at home' instead of going to 'the Ben' with Gavin. (Too many Scots up there Jonny said) (Are you sure that Jonny said this and not you Greg because I would watch it if I were you. ED!!)

Steve and Charlotte picked up nice prizes in their categories, with myself and Jeff having a good tussle all the way round, until Jeff ran out of steam on the climb out of Grisedale.

Greg Houghton

AND YET MORE RESULTS



The Ben Nevis Race - September 7th (10mls/4400')

| | | | |
|------|-----------------|----------|---------|
| 1. | D. Rodgers | Lochaber | 1.31.23 |
| 8. | Mark Horrocks | CVFR | 1.42.56 |
| 31. | Duncan Thompson | CVFR | 1.53.25 |
| 62. | Brian Horsley | CVFR | 2.01.35 |
| 97. | Rod Sutcliffe | CVFR | 2.08.00 |
| 120. | Carl Greenwood | CVFR | 2.12.50 |
| 152. | Allan Jones | CVFR | 2.16.52 |
| 195. | Stewart Gardner | CVFR | 2.24.44 |
| 198. | Paul Coughlan | CVFR | 2.25.05 |
| 240. | Tony Bradley | CVFR | 2.31.54 |
| 242. | Graeme Woodward | CVFR | 2.32.09 |

An excellent run by Mark on his first attempt at the Ben. He came in in front of some of the big guns like Gavin Bland and Paul Sheard.

The Peris Horseshoe - September 14th (17mls/8500') (British/English)

| | | | |
|------|-----------------|---------|---------------|
| 1. | Ian Holmes | Bingley | 3.05.41 |
| 15. | Menna Angharad | CVFR | 3.28.14 (rec) |
| 43. | Duncan Thompson | CVFR | 3.45.59 |
| 58. | Steve Houghton | CVFR | 3.57.10 |
| 63. | Wayne Brown | CVFR | 4.02.52 |
| 68. | Greg Houghton | CVFR | 4.07.00 |
| 82. | Brian Horsley | CVFR | 4.14.41 |
| 124. | Andy Thompson | CVFR | 4.48.38 |

(179 finished)

Ian Holmes clinched the British Championship with this win, to complete the double, having already won the English title at Borrowdale. Menna Angharad clinched the Welsh title, handing Sarah Rowell a rare defeat in the process, but Rowell just pipped her for the British title by two points. Menna also beat her won course record by over five minutes, which was quite remarkable in the debilitating heat. I think all the Calder Valley contingent suffered to some extent, in the heat, I know I did, I was totally 'gone' in the last 3 miles, but Steve had a similar tale of woe at the end, so I wasn't alone.

Greg Houghton

Whernside Fell Race - September 15th (11.6mls/3000')

| | | | |
|-----|---------------|---------|---------|
| 1. | John Brown | Salford | 1.28.12 |
| 3. | Mark Horrocks | CVFR | 1.30.57 |
| 15. | Jeff Winder | CVFR | 1.45.25 |
| 40. | Geoff Bell | CVFR | 1.56.32 |
| 69. | Eddie Proctor | CVFR | 2.06.00 |

(106 finished)

Three Shires - September 21st (13mls/4000')

| | | | |
|------|-------------------|------------|---------|
| 1. | J. Davies | Borro'dle | 1.47.33 |
| 20. | Steve Houghton | CVFR | 2.05.55 |
| 36. | Greg Houghton | CVFR | 2.09.47 |
| 38. | Andrea Priestley | Fellandale | 2.10.06 |
| 179. | Charlotte Roberts | CVFR | 2.43.50 |
| 224. | Eddie Proctor | CVFR | 3.00.43 |
| 227. | Steve Cavell | CVFR | 3.01.44 |
| 228. | Graham Spencer | CVFR | 3.01.45 |

(260 finished)

Thievally Pike - September 28th (3.5mls/900') (English Championship)

| | | | |
|-----|---------------|---------|-------|
| 1. | Mark Kinch | Bingley | 24.24 |
| 14. | Mark Horrocks | CVFR | 26.02 |
| 80. | Robin Skelton | CVFR | 29.55 |

(259 finished)

Pentlands Skyline (Edinburgh) - October 13th (16mls/6200')

| | | | |
|-----|------------------|--------------|---------|
| 1. | Dermot McGonigle | Shettlestone | 2.27.57 |
| 21. | Greg Houghton | CVFR | 2.54.12 |
| 25. | Steve Houghton | CVFR | 2.56.31 |

(127 finished)

Although the weather forecast was wet and windy, it turned out to be a beautiful sunny day for this Scottish Championship race, and what a race it is. The terrain is very much like the Howgills, all grassy rolling hills with almost no rock at all, and one really tough heathery stretch on Black Hill. The heather was knee deep and really strength sapping with a run through armpit deep ferns at the bottom. There was 18 checkpoints altogether, 15 of them being actual summits, and most of it runnable and really hard work. The race starts and finishes at the Hillend artificial ski slope, with an uphill start so it doesn't take long to get your second wind. The course then goes up the side of the ski slope (about 4 times as long as the one at Ploughcroft), then it's 16 miles of rollercoaster hills back to the finish. As for the race itself, I had a brilliant race - long duel with John Blair-Fish, finally getting the better of him in the last mile, to take the second vets prize behind the excellent super vet Brian Waldie. An added bonus for me was a rare victory over our Steve, who looked decidedly green around the gills when I passed him about a mile from the end. He later said he had been dehydrated for about the last 4 miles, and when he finished he lay in a crumpled heap for about 5 minutes before he came round. The only bad spot for me was when I went full length over a walkers dog about half way round. There were a few choice expletives shouted I can tell you.

Greg Houghton

RESULTS RESULTS.....

Meltham Cop Hill Fell Race - October 20th (7mils/900')

| | | | |
|----|--------------|----------|-------|
| 1. | Shaun Willis | Amble'de | 44.14 |
| 13 | DenisGildea | CVFR | 50.34 |

(82 finished)

The Screes - October 26th (5mils/1560')

| | | | |
|-----|----------------|--------|-------|
| 1. | A. Bowness | CFR | 40.17 |
| 28 | DenisGildea | CVFR | 48.40 |
| 40. | Carol McCarthy | Helsby | 50.47 |
| 54. | Liz Pine | CVFR | 53.40 |
| 65. | Thirza Hyde | CVFR | 61.11 |

(75 finished)

Well what another little B of a race. Straight up, well out of breath. Straight down. Being chased. I forgot how much I missed it with being injured most of this season!!! Liz had an excellent run coming third lady. The beer Fest was excellent afterwards. A good Do.

SOME OF THE RESULTS FOR THE CLUB CHAMPIONSHIP HAVE BEEN ABIT LATE GETTING TO US BUT WE ARE NEARLY UP-TO-DATE. A FULL RESULTS SHEET WILL BE PUBLISHED IN THE NEXT NEWSLETTER.

CAPTAINS CORNER....

WOULD ANYBODY WHO KNOW THE WHERE ABOUTS OF MY "STUDMARKS ON THE SUMMITS", LENT OUT EARLIER THIS YEAR, PLEASE RETURN IT TO ME.

ANYONE INTERESTED IN GOING MOUNTAIN BIKING ON A SATURDAY AFTERNOON GIVE ME A RING ON 01282 613559 AND I WILL SORT OUT A ROUTE.

IF YOU'RE NOT GOING TO RACE AT LORDSTONES CAN YOU CONSIDER PUTTING AN ENTRY IN FOR THE TOUR OF PENDLE. MARK IS RACING THIS AGAIN AND COULD DO QUITE WELL AND WITH SOME TEAM SUPPORT YOU NEVER KNOW WE COULD LIFT SOME PRIZES.

WE ARE HOPING TO PUT THREE TEAM IN THE CALDERDALE RELAY SO LET ME KNOW IF YOU'RE INTERESTED IN A RUN AND WE WILL TRY AND SORT OUT THE TEAMS.

CHEERS
DUNCAN

OUR CHRISTMAS DINNER DO

will be held in the
Imperial Crown

on Saturday 18th January

Tony is still waiting for the menus to arrive and to confirm the cost but put this date in your diary now

CALDER VALLEY FELL RUNNERS 1996 CHAMPIONSHIP

| Pos | Name | Time | Points | | | Handicap Time | Pts |
|-----|------|------|--------|-----|--------|------------------|-----|
| | | | Champ | Vet | Ladies | | |

RACE 6: THREE PEAKS (AL - 23.5m/4500') - SUNDAY 28 APRIL

| | | | | | | | |
|------|-------------------|---------|----|----|--|-------|------------|
| 1. | A Peace | 2:46:03 | | | | | |
| 17. | Mark Horrocks | 3:15:21 | 40 | | | 0.978 | 3:11:03 30 |
| 31. | Karl Smith | 3:22:27 | 39 | | | 1.000 | 3:22:27 29 |
| 35. | Derek Hurton | 3:24:07 | 38 | | | 0.742 | 2:31:27 39 |
| 57. | Mike Wardle | 3:34:57 | 37 | 30 | | 0.763 | 2:44:00 34 |
| 61. | Paul Cleary | 3:35:23 | 36 | | | 0.751 | 2:41:45 35 |
| 93. | Rod Sutcliffe | 3:40:36 | 35 | 29 | | 0.710 | 2:36:37 38 |
| 109. | Geoff Bell | 3:44:28 | 34 | 28 | | 0.664 | 2:29:02 40 |
| 112. | Denis Gildea | 3:45:03 | 33 | | | 0.827 | 3:06:06 31 |
| 130. | Brian Horsley | 3:49:37 | 32 | 27 | | 0.773 | 2:57:29 32 |
| 144. | Andy Thompson | 3:50:55 | 31 | | | 0.687 | 2:38:38 37 |
| 147. | Chris Godridge | 3:51:25 | 30 | | | 1.000 | 3:51:25 28 |
| 148. | Gerry Symes | 3:51:39 | 29 | 26 | | 1.000 | 3:51:39 27 |
| 157. | Richard Henderson | 3:54:25 | 28 | | | 1.000 | 3:54:25 26 |
| 172. | Pete White | 3:57:04 | 27 | 25 | | 0.679 | 2:40:58 36 |
| 199. | Mick Banks | 4:01:33 | 26 | | | 0.698 | 2:48:36 33 |
| 201. | Richard Kellett | 4:02:02 | 25 | 24 | | 1.000 | 4:02:02 25 |
| 325. | John Riley | 4:28:35 | 24 | | | 1.000 | 4:28:35 24 |
| 391. | Grahame Fry | 4:55:16 | 23 | 23 | | 1.000 | 4:55:16 23 |
| 394. | Gerry Hughes | 4:56:30 | 22 | 22 | | 1.000 | 4:56:30 22 |

RACE 11: HELVELLYN (AL - 21m/5500') - SATURDAY 15 JUNE

| | | | | | | | |
|----|---------------|------|----|----|--|-------|---------|
| 1. | ???? | ???? | | | | | |
| ?? | Rod Sutcliffe | ???? | 40 | 30 | | 0.710 | ???? 40 |

RACE 12: WASDALE (AL - 21m/9000') - SATURDAY 13 JULY

| | | | | | | | |
|-----|----------------|---------|----|----|--|-------|------------|
| 1. | Gavin Bland | 4:11:55 | | | | | |
| 8. | Steve Houghton | 4:55:20 | 40 | 30 | | 0.909 | 4:28:27 38 |
| 11. | Greg Houghton | 5:01:40 | 39 | 29 | | 0.780 | 3:55:18 40 |
| 22. | Rod Sutcliffe | 5:50:59 | 38 | 28 | | 0.710 | 4:09:11 39 |

RACE 13: STOODLEY PIKE (BS - 3.5m/700') - TUESDAY 16 JULY

| | | | | | | | |
|------|-----------------|-------|----|----|--|-------|----------|
| 1. | G Hull | 17:14 | | | | | |
| 10. | Mark Horrocks | 19:22 | 40 | | | 1.000 | 19:22 35 |
| 29. | Babs Bakunola | 20:36 | 39 | | | 1.000 | 20:36 34 |
| 44. | Brian Horsley | 21:53 | 38 | 30 | | 1.000 | 21:53 33 |
| 48. | Carl Greenwood | 22:10 | 37 | | | 1.000 | 22:10 32 |
| 53. | Stewart Gardner | 22:18 | 36 | 29 | | 1.000 | 22:18 31 |
| 62. | Tony Bradley | 22:43 | 35 | | | 0.750 | 17:02 40 |
| 68. | Graeme Woodward | 23:16 | 34 | | | 0.809 | 18:49 36 |
| 69. | Rod Sutcliffe | 23:20 | 33 | 28 | | 1.000 | 23:20 30 |
| 72. | Andy Thompson | 23:30 | 32 | | | 0.751 | 17:38 38 |
| 107. | Eddie Procter | 25:05 | 31 | 27 | | 0.722 | 18:06 37 |
| 114. | Paul Coughlan | 25:27 | 30 | | | 1.000 | 25:27 29 |
| 128. | Dave Gilyeat | 26:21 | 29 | 26 | | 0.650 | 17:07 39 |
| 131. | Pete Round | 26:24 | 28 | | | 1.000 | 26:24 28 |

RACE 17: BEN NEVIS (AM - 10m/4400') - SATURDAY 7 SEPTEMBER

| | | | | | | | |
|------|-----------------|---------|----|----|--|-------|------------|
| 1. | David Rodgers | 1:31:23 | | | | | |
| 8. | Mark Horrocks | 1:42:56 | 40 | | | 0.958 | 1:38:36 39 |
| 31. | Duncan Thompson | 1:53:25 | 39 | | | 0.855 | 1:36:58 40 |
| 97. | Rod Sutcliffe | 2:08:00 | 38 | 30 | | 1.000 | 2:08:00 37 |
| 120. | Carl Greenwood | 2:12:50 | 37 | | | 1.000 | 2:12:50 36 |
| 195. | Stewart Gardner | 2:24:44 | 36 | 29 | | 1.000 | 2:24:44 35 |
| 198. | Paul Coughlan | 2:25:05 | 35 | | | 1.000 | 2:25:05 34 |
| 240. | Tony Bradley | 2:31:54 | 34 | | | 1.000 | 2:31:54 33 |
| 242. | Graeme Woodward | 2:32:09 | 33 | | | 0.773 | 1:57:36 38 |

| Pos | Name | Time | Points | | | Wt | Handicap Time | Pts |
|--|-----------------|---------|--------|-----|--------|-------|------------------|-----|
| | | | Champ | Vet | Ladies | | | |
| <u>RACE 18: PERIS (AL - 17m/8500') - SATURDAY 14 SEPTEMBER</u> | | | | | | | | |
| 1. | Ian Holmes | 3:05:41 | | | | | | |
| 43. | Duncan Thompson | 3:45:59 | 40 | | | 0.803 | 3:01:27 | 40 |
| 58. | Steve Houghton | 3:57:10 | 39 | 30 | | 0.909 | 3:35:35 | 36 |
| 63. | Wayne Brown | 4:02:52 | 38 | | | 1.000 | 4:02:52 | 35 |
| 68. | Greg Houghton | 4:07:00 | 37 | 29 | | 0.780 | 3:12:39 | 39 |
| 82. | Brian Horsley | 4:14:41 | 36 | 28 | | 0.773 | 3:16:52 | 38 |
| 124. | Andy Thompson | 4:48:38 | 35 | | | 0.687 | 3:18:17 | 37 |

| | | | | | | | | |
|---|---------------|---------|----|----|--|-------|---------|----|
| <u>RACE 19: NEW GLOSSOP (BL - 21m/4500') - SUNDAY 6 OCTOBER</u> | | | | | | | | |
| 1. | ???? | ???? | | | | | | |
| ?? | Brian Horsley | 4:07:00 | 40 | 30 | | 0.773 | 3:10:55 | 40 |

| | | | | | | | | |
|--|--------------|---------|----|----|----|-------|-------|----|
| <u>RACE 20: THE SCREES (AS - 5m/1560') - SATURDAY 26 OCTOBER</u> | | | | | | | | |
| 1. | A Bowness | 40:17 | | | | | | |
| 28. | Denis Gildea | 48:40 | 40 | | | 0.802 | 39:01 | 39 |
| 54. | Liz Pine | 53:40 | 39 | | 10 | 1.000 | 53:40 | 38 |
| 65. | Thirza Hyde | 1:01:11 | 38 | 30 | 9 | 0.637 | 38:58 | 40 |

TOMMO'S BG - (or a day at the inferno).

It was mid December '95' when I was finally bullied into having a go at the Bob Graham round by Mick Banks (although Brian and Jones'y had decided for me in July !!). My training for the next 3 months consisted of lonely two hour runs three times a week with a LDWA event each fortnight. The first test of my fitness came at Easter, when along with six other club members we had a go at the Welsh 3000's. This has to rank as one of the most enjoyable days I have spent on the fells. The course took 12.5 hrs to complete and gave me a huge boost in confidence. I also discovered, whilst crawling along Crib Goch that I am not the only club member who wears "Pampers". It was also on this day that Banks'y, Rod and myself witnessed a scene which is more rare than the sight of an Eskimo sunbathing, we watched in wonder as Mr Jeff Winder had a Grade One Bonk (Oh, to have a camcorder at such times !!!).

Over the next 8 weeks I concentrated on visiting the Lake District at least once a week in order to get the climbs in my legs and to familiarise myself with the route. These days in the mountains are for me the most enjoyable aspect of Fell Running. Time spent with friends in the finest of surroundings where the crack is always of the highest standard with subjects ranging from the best running diet and its effect on bowel movements, quantum physics, Coronation St and whether or not Pamela Anderson would make a better descender than Rod?

The 2 weeks prior to the 14th June were spent eating, resting and organising food, transport, clothing, lighting, cooking facilities and every other conceivable item for the big night /day (it must have been easier to organise the D Day landing).

And so to the big night /day, at 10pm Friday 14th June 1996 along with Banks'y I set off from The Moot Hall Keswick on a journey that would take me to Hell and back the long way round!!!

LEG ONE - Keswick to Threkeld. Back up Brian Horsley, Alan Jones, Mike Wardle, Jes Palmer and Geoff Bell.

This leg went along with very little to report, this was due mainly to the fine job that Mike did in leading us through the night (even Alan got over the river below Calva without falling in !!!). At Jeff Winder's suggestion I used this leg to "get some fuel in my belly" this consisted of a Banana teacake, a jam teacake, a tracker bar, a tin of rice pudding and an orange. Little did I know that I would later encounter this fuel somewhere along the route. I had been dreading coming down Horsfell Ridge in the dark but, much to my surprise its easy when you can't see where you going (so I'd been wearing my "pampers" for three and a half hours for no reason).

We arrived at the change over with spirits high and it was time to take on more fuel!!! (a bowl of tomato soup, a plate of noodles and a cup of coffee). At this point Banks'y started to do impressions of Mt Vesuvius erupting and covered Threkeld with his own version of molten lava (we were later to find out the he had picked up a bug).

LEG TWO- Threkeld to Dunmail. Back up Jeff Winder, Simon Towler and Geoff (F!!!!!!) Coulson.

On the climb up Clough Head Banks'y continued to erupt and over this leg he had to call it a day..

As we ran between Clough Head and Great Dodd we witnessed a totally spectacular sunrise which was worth staying up all night for. I will remember this leg as "The BT leg" due to the fact that all my back consisted of BT employees (Jeff W, Geoff C and myself are BT managers and Simon is a planner) true to BT management principles we made Simon carry all the water and food and clothing and torches. This slowed him down somewhat and so we managers took it in turns to bollock him at every available opportunity (it was just like being at work !!!).

As we descended Fairfield the sun was beginning to feel warm on our necks and give us an indication of what was to follow. We arrived at Dunmail to find our back up team wrapped up against the cold, it was quite amusing as we came down Seat Sandal dressed in shorts and T shirts.

As I sat at Dunmail it became harder to take on more fuel, and I began to wonder if I would survive the day ?

LEG THREE - Dunmail to Wasdale. Back up Jeff Winder , Dave Hyde.

Leg 3 started with a heated discussion on the summit of Steel Fell between Jeff and Dave about who was going to carry the water , I left them to sort it out between themselves (by the look of their rucksacks I think Dave came second). As we crossed the central fells and the Langdales the sun got higher and warmer and started to whisper to me “ you’ll be sorry “.

I felt to be going well until the descent off Rosset Pike where I stated to cramp up in my “dainty thighs “, Jeff produced a sachet of Blackcurrent flavoured Re-Hydrate and told me to drink a pint of it on the climb up to Cambridge Crag. After seeing him discussing water with Dave I decided not to argue (for those of you who have never savoured the delight of Blackcurrent Re-Hydrate , its taste lies somewhere between the contents of a camels bladder and the mud that oozes from the bog on Herringden Moor). I managed to force the drink down by the time we reached Cambridge Crag and the water spout which flows from its base, whereupon Jeff told me I had to drink another pint of his wonderful Re-Hydrate. I tried to protest but my pleas were met with “ It will do you good, it will cure your cramp, it will help you to survive, now just f****ing drink it”, and so I did, down in one go.

Now in his books Wainwright describes Cambridge Crag and the water spout thus “ joy of joys a spout of clear cold water issues from the rock, having tasted the waterspout and found it to be nectar “.

Now in my case I would describe it as “After I was bullied into drinking a mixture of the nectar and the B***dy Re-Hydrate , I showered the base of Cambridge Crag with gallons and gallons of Blackcurrent flavoured vomit “ Good job old Wainwright wasn’t standing there enjoying the nectar or he would have walked away disguised as a Blackcurrent Bush.

After my impression of an erupting volcano we carried on over the summits towards Scafell Pike and Dave left us to prepare the rope on Broad Stand. I was now trying to replace the valuable food and drinks that I had left at the water spout, this time I adopted the policy of a sip and a nibble at a time instead of a mouthful and a gulp. This proved to work and I began to feel a little better however the sun was now giving us a right old baking as we approached Broad Stand. Dave had set the ropes up but Jeff jumped straight up and told me to follow!!!

Now all of you who have seen me on exposed rock will know that I am a true coward and so I refused to go up the climb without a rope. Jeff “gently” informed me that I was soft and that it was easy. However faced with the prospect of possible death I decided to make a brave stand and so I stuck my bottom lip out and refused to move until I got the rope. The rope was lowered to me and Jeff and Dave dragged me up the climb (I may have won a psychological battle but my knees and elbows were scraped to B***ery), and so it was over the summit of Scafell and down into Wasdale. I had reached the point of no return !!!

The heat of the day was beginning to take its toil and at this point I was feeling like I was going to explode, to cool down I laid in a stream for five minutes which seemed to do the trick. After drinking a pint of tomato juice things began to look up so as I sat contemplating the dreaded climb up Yewbarrow. I was told by Jeff W that I could afford a twenty minute rest (Oh such bliss) Geoff C then told me that only a wimp would take that long and that fifteen minutes was more like it (Oh nearly as much bliss) Steve Houghton then pointed out to me that by looking at it Yewbarrow doesn’t get any smaller (Oh bollocks lets get on with it !!!).

LEG FOUR. Wasdale to Honister. Back up Steve Houghton and Graham Woodward.

The climb up Yewbarrow felt OK and my spirits felt high as we progressed towards Pillar, Steve’s excellent navigation was matched by Grahams ability to produce bottles of water out of thin air and slices of dried Mango (what a treat). In the distance loomed Gable, shining in the mid day sun . I was sure it called to me “ come and have a go if you think your hard enough !! “ . At this stage I was unable to run and my progression was reduced to a determined march, which in the heat and sun and surrounded by swarms of friendly flies we must have resembled a scene from Beau Geste.

We pressed on and as we reached the summit of Gable I realised that I had covered the worst part of the route ,(I had been told that if I could survive the climb up Yewbarrow I would have beaten the route but in my case Gable was the point where I began to believe that I would succeed).

So it was over Green Gable, Brandreth and down into Honister for a final rest before the last leg. At Honister I was met by a large group of backers and friends who were enjoying the sunshine and cheered me into the car park. All I could think was " what are they all so happy about !!!". A row of chairs had been put out for my use and all my kit laid out in front of them ,I crawled past the chairs , climbed onto a chair which had been perched on the top of a small wall and sat there thinking "which silly B***er put my chair on this wall? ". Allegedly at this point I became a little bit of a pain in the a*se with my backers . Alan Jones asked what I needed ,I told him I wanted a clean pair of shoes so he took off the ones I was wearing turned away from me and then put the same shoes back on. This says something for the state of my mind at this point .

And so with a cheery farewell to my trusty friends it was off on the last leg towards my quest for glory.

LEG FIVE. Honister to Keswick. Back up Alan Jones and Val Bell.

As we climbed up Dalehead Alan stated " After doing the Wasdale I had been dreading climbing Dalehead on my BG, but I didn't find it anywhere near as hard !!!!!". Now I know at this stage I didn't know which planet I was on but I could still smell Bulls**t and this was just the start of the biggest load of it that I have ever experienced in one go. Like most of you I was of the opinion that Val was a quiet reserved lady but I can tell you that, she can Bulls**t with the best of them. I lost count of the times she told me that the summit of Dalehead was "just over the next ridge!!!" and on the run in to Keswick she must have said " it's only round the next corner !!!" a thousand times. I dread to think what time Geoff gets his tea when Val tells him " your tea is nearly ready !!!".

Anyway, these acts of deceit and dishonesty towards a man who was barely alive worked and between them Val and Alan nursed me over the last leg and into Keswick. The feeling that I had as I saw the clocktower was indescribable and from somewhere I found the energy to run the last few hundred yards to touch the door of Moot Hall. Oh such wonderful bliss !!! but never, ever, ever again .

The time was now 9:24pm Saturday 15th June, the round had taken me 23 hrs 24 mins and so it was off to the pub for a celebratory drink.

At the time I said it was the hardest and most painful experience of my life. But the pain is soon replaced by a feeling of pride, and respect for the BG itself, to be honest I underestimated it and paid a very painful price, it's a lot harder than I ever imagined. However we members of Calder Valley have an advantage over other people in that we have friends and colleagues who will go far beyond the normal realms of friendship to ensure that given the weather and training , club members will get round..

I would not have succeeded without the help of the club and I would like to thank the following :

Navigators; Mike, Jeff, Steve and Val.

Carriers: Brian, Alan, Geoff, Simon, Geoff, Dave, Woody and Alan again.

Road Support ; Ian, Woody and Thursa.

Training partners and fellow conspirators ; Mick Banks and Charlotte.

Plus everybody that turned up on the day and lifted my spirits . . .

THANK YOU ALL.

To quote a previous BG'er " Running up Keswick main street towards Moot Hall, seeing my family and all the rest who had gathered to greet me was one of the proudest moments of my life. It was a fantastic day spent in the company of the finest people I know " .