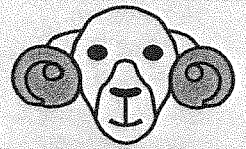


SHEEP SHEET

WHAT'S IN THIS ISSUE



* RACE RESULTS
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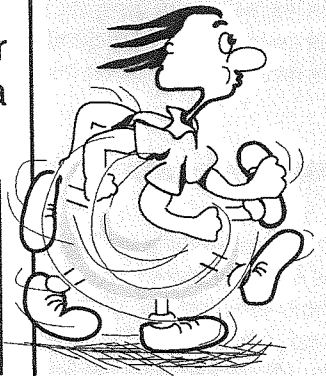
* BI-ATHLON RESULTS
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FIRST CASE OF HUMAN FOOT AND MOUTH ...

was first sighted by Calder Valley Fell Runners on a night out in Bradford. ...

NEW NEAA CARD WILL BE WITH YOU SOON. DON'T WORRY IF YOU DIDN'T RECEIVE ONE FIRST TIME ROUND YOU WILL GET AN UP TO DATE ONE THIS TIME - I PROMISE!!!!!!!!!!!!!!



THEY'VE DONE IT SO WHY CAN'T YOU

In the last newsletter I put out an Ad for anyone in the club who was feeling fat, flabby, unfit or just down right slow to come down to the club to join a slower group of runners. Jimmy Sheard was the first to take up the challenge but we've now got a regular group of runners taking the runs at their pace but making the effort to get fit again.... so go on if you were thinking about it now's the time to do it as we can cater for all running needs.

APOLOGIES ...

for not getting a newsletter out to you sooner but I had nothing to go in it to start with because of the foot & Mouth and then I had a problem with my computer and a lightning strike so we're back up and running now

JIMMY SHEARD PRODUCTIONS PRESENTS



HALLOWEEN PARTY

OCTOBER 19th 2001

Manic Street Teachers & Disco

MYTHOLMROYD COMMUNITY CENTRE

FANCY DRESS - Tickets £4.00

OUR MEMBERSHIP SECRETARY

RICHARD KELLETT HAS MOVED TO
11 Dunmore Ave,
Queensbury, Bradford
Tel. 01274 889089



september
2001

RESULTS ... Results ... Results ... Results ... Results ...

Tigger Tor Fell Race - 11th Feb 9.5mils/1700'

1.	Steve Panney	Chestfield.....	1.09.38
15.	Rob Skelton	Pennine (ex CVFR)	1.15.57
52.	Richard Allen.....	CVFR	1.23.22
58.	Christine Howard	Dark Peak	1.23.48
71.	Jon Wilkinson.....	CVFR	1.26.07
110	Jez Wilkinson	CVFR	1.30.27

290 ran

This is a great early year race to get some race training in. It is just 1hr 15 min drive from Halifax so where was everyone? OK so the Rossendale Relay was on the same day. The race is just outside Sheffield in the Peak District with normally great views. Most of the route is a loop with just a short out and back at the beginning and end. Unfortunately this year the weather was horrible with driving rain and thick mist but it wasn't too cold. This didn't deter 290 runners from competing even an ex-Calder Valley member (see above). I had a horrible race, my first proper fell race since SEPTEMBER!!! Richard was just behind the leading group for quite a way until he twisted his ankle but still managed to finish 52nd. We retired quickly after the race to the nice cafe outside Hathersage.

Jez

Sheffield Marathon - 26 Road Miles

I had been training for the 3 Peaks at the end of April, but due to the foot and mouth it was cancelled. So I decided to go for the Sheffield marathon. With a good set of trainers, I set off on the Sunday morning, not knowing the course and to use it as a training run. After completing the first lap of thirteen miles, I felt reasonable and increased my pace, completing the 26 miles in 3.25.42. I must admit, my legs and joints didn't welcome the half mile I had to walk back to the car. I really did feel I needed a wheel chair. It felt as though my knees had worn out and I will think again before I do another.

1st male	Darren Hale	Salford	2.30.17
1st lady	Ruth Whitehead	Bingley	3.06.47
97th	Phil Swaine	Calder Valley	3.25.42

350 Ran the race

ISLE OF MAN - ATHLETICS WEEKEND EASTER 2001

Due to the Foot and Mouth the Manx Marathon was cancelled but a group of us still decided to go and do some of the races and to get some cycling in. We had a great weekend and have plans to repeat it next year but hopefully we'll be able to do the Marathon this time.

FRIDAY ROAD RACE

LADIES RESULTS

1.	Jenny Clague	Liverpool	31.54
26.	Val Bell	CVFR	48.59

MENS RESULTS

1	Colin Moore	Bingley	26.50
66.	Geoff Bell	CVFR	36.04
71.	Rod Sutcliffe	CVFR	36.41
74.	Jez Wilkinson	CVFR	37.07

SATURDAY CROSS COUNTRY

Ladies Results

1	Jenny Clague	Liverpool Harriers .	19:08
15	Thirza Hyde	CVFR	23.57
23	Val Bell	CVFR	29:41

(Val was 1st O/50 25 ran)

SUNDAY

Ladies 5 K Results

1	Jenny Clague	Liverpool Harriers .	19:05
23	Val Bell	CVFR	29:41

(Val was 1st O/50 25 ran)

Men's 5K relay

1.	Colin Moore	Bingley	15:19
58.	Allan Greenwood	CVFR	20:11
69.	Geoff Bell	CVFR	21:24

Overall Positions

Ladies

1.	Jenny Clague	3 points
18.	Val Bell	74 points

Men

1.	Colin Moore	3 points
51.	Geoff Bell	191 points



JUST AN IDEA ...



I've been thinking about this for many years. We now have Club competitions for various categories of runners, including women, veterans, grand pricks and the handicapped, but there is one stark staring omission. **So why don't we have a prize in the club championship for the fastest granddad?** It amazes me that no one has suggested this before. It would certainly be a morale booster and an extra incentive to this neglected section of the fellrunning community. This is, of course, a purely altruistic suggestion, but remember - many of us could stand to benefit one day. It's just an idea.

Rod

RESULTS ... Results ... Results ... Results ... Results ...

Padfield Plumfair Torside Scamper Sept 9 - 6.5mls/1050'

1	Nick Basset	staffs moor	48.10
2	Des Gibbons	altrincham	49.18
3	Boff Whalley	P & B	49.48
5	Wayne Brown	CVFR	50.06

(1st vet O/40)

Only 40 turned out this is a good race. See you there next year
??? At least one idiot stayed on until 5 o'clock to do the famous
redgate coal race 25 kg up a very steep 150 yards any guesses
?????? Wayne
(I would have credited you with some sense Wayne. Ed.)

TINA HORN MEMORIAL 10KM & FUN RUN

23rd September at 11.00am
from Holy Trinity School
Tough, Hilly road course.
Ring Linda Crabtree (01274) 816517

CUMBRIA 100 - For all you mileage monsters out there.
There are still places left. Spring Bank Holiday 2002. Time limit of
48 hours (is that all) There are no summits.
Ring Mike Bell for details



CLUB RUNS FOR SEPTEMBER / OCTOBER



Tues 4th; Mount Skip race route, tread down overgrown areas. 6.30 pm start

Tues 11th; Burnley Rd, Ellen Royd Lane, Duke St, Left before mill, right on Thorney Lane, Jerusalem Farm, Jowler, Stocks Lane, Midgley M.C.C.

Tues 18th; Scout Rd, Sowerby Bridge, Triangle, Butterworth Rd, Boulderclough, Scout Rd.

Tues 25th; Midgley Rd, Stocks Lane, Stone Chair, Booth, Midgley, M.C.C.

Tues 2nd; Cragg Rd, Turkey Lodge, Scout Rd.

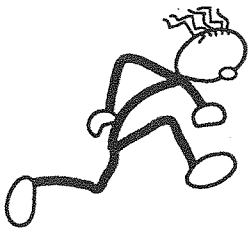
Tues 9th; Away Run, Meet Sowerby Bridge Police Station for Norland run.

Tues 16th; Hebden Bridge, Buttress, Slack Bottom, Heptonstall, Hebden Bridge, M.C.C.

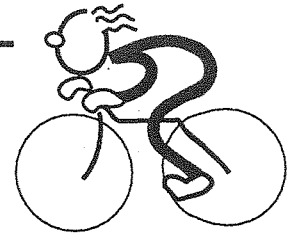
Tues 23rd; Midgley Rd, Luddenden Foot, Scout Rd, Steep Lane, Scout Rd.

Tues 30th; Hebden Bridge, Keighley Rd, Pecket Well, Sandy Gate, Mount Skip, Midgley Rd.

Now that the dark night's are once again closing in, we are unfortunately back on the roads. As usual at this time many people do their own thing i.e meeting early or running after work, so turnouts can vary. If you are running early try to do it on another night and get together on Tuesdays, I know it's not much fun on the roads but's lets make the best of it. All runs from September 11th are 7.00pm start on the roads.



THE 2001 BI-ATHLON



This years contest took place on a beautiful warm sunny night, perfect conditions to run as hard as you can for 4.5 miles and then push yourself to the limit up Cragg Road and beyond, easy really in comparison to my night.

I had thought that as club captain a few phone calls, and a few reminders to people as and when I saw them was all that was required in the organising stakes - wrong !

Tuesday night and a return phone call to Sue about an hour before setting off, "Have you got some drinks to give out between the run and the ride ? " never thought of that , any way they are all tough they wont need a drink after such a short run will they? YES!

" Have you got a prize for the winner? ", it's only a bit of fun , they wont want anything for winning WRONG. So began one of those events you just get away with, I did didn't I.

With the continuing footpath closures I had picked a road route with two good climbs in which I hoped would keep interests going and lungs bursting. I had run the route a few weeks before and at the top of the second hill my legs were wobbling and my breathing manic so I knew it would be a good test. After many one to one route descriptions and a thorough group description the run was started outside the store on Burnley Road , as everyone set off I began the hard work - drinks to be made up, the winners prize to be obtained, bikes to moved to the change over point and all in that heat ! First to return was Dave in a cracking time of 29.41, a quick drink and he was off, he was closely followed in by Robbo, Duncan - who had confided in me at the start that he had done nothing for months and would struggle - and Steve H. Despite what he had said my money was on Duncan. Jimmy was the last runner he owned up to going wrong , then as he set off on the ride I once again began the task of transferring all the drinks, trainers etc across to the finish in the fire station. Actually I had helpers in Sue and Julie and my thanks to them for their help. After just over one hour two cyclists appeared along Burnley Road, Steve was leading Duncan to the garage but in true racing style Duncan pulled out of the Steves slipstream to win by 2 seconds, well done both of you , terrific stuff. Robbo was next to finish with what looked like a well stocked tuck shop in the back of his shirt, Dave was next and promptly fell over whilst still sitting on the bike after the finish line, he thought he had it tough, I still had drinks to mix. I almost missed John as he finished sneaking in to take 5th place. Steve Cavell had many envious clubmates before the event as he wheeled out his latest bike - the latest technology and all this for a cool £1500, well it did him no good as he finished well down the field, admitadley he had forgotten his shoes and had to ride in his trainers, not something you see Lance Armstrong doing to often. Jimmy complained at the finish that the 10 year old who passed him in Hebden Bridge wouldn't stay with him to give him a tow to the finish, and Thirza moaned because she's Thirza - wonder if she will print this?. Any way there we have it for this year I am sure all those who took part enjoyed the night and I look forward to next year when maybe I can compete as well, it cant be as hard as my night this year.

1	D.THOMPSON	32.16	1.04.48	1.37.04
2	S.HOUGHTON	32.27	1.04.39	1.37.06
3	C.ROBBINSON	32.13	1.09.00	1.41.13
4	D.BEELS	29.41	1.13.04	1.42.45
5	J.UNDERWOOD	36.07	1.07.08	1.43.15
6	M.WARDLE	32.29	1.15.10	1.47.39
7	P.WHITE	36.39	1.13.54	1.50.33
8	T.HYDE	37.03	1.20.36	1.57.39
9	S.CAVELL	40.11	1.20.16	2.00.27
10	J.SHEARD	47.14	1.16.29	2.03.43



By the time you read this short piece the fell's around Calderdale will once again be open. I for one can't wait to get back out running over the local hill's and paths the thought of which usually keeps me going over the winter months. Any way this is just a short piece to let everybody know what's happening now we can get back to some decent running. The last few months have been good in that although we have been kept away from our usual haunts, we have found some good off road routes which we would not normally have run - my thanks go out to robbo and dave for finding the Brighthouse run and the Rishworth Moor run also to thirza who helped to keep every one updated on the start point of the runs. This also helped to ensure that Tuesday night's became better attended than for a long time, with welcome returns to the active side of the club for people like jimmy, pete regan and pete horne, it's really great to see them back down and to find that they are enjoying themselves. Tuesday nights from now on will once again be based at Mytholmroyd, we will have to get the overgrown grass trampled down on the footpaths, there will be an away run each month and this will be published on the monthly run rota on the notice board at the community centre. If any one can't get down and want's to know where we are going from you can always give me a call for any details. Sorting out routes has been difficult over the past few months and should be a good deal easier now, at least my phone bill should come down. I hope to see a continued good turnout on Tuesdays and also on Sunday mornings when if no races are on I hope we can continue to meet and have a steady club run from various locations. I have entered two teams in the F.R.A. relay, one is an open team the other a vets, this will ensure we get two entries. I propose to make the open team our strongest possible and the vets team will be those of us who want to run and have a good day out, if you are interested can you let me know so that I can start getting a shortlist together. At the next committee meeting we shall be sorting out what to do about this years championship, if anything I personally dont think we will get enough decent races in to make it viable but we will see. hope to see you all soon on the fells,

Tony