

CALDER VALLEY FELLRUNNERS

Sheep Sheet

August 95

WHAT'S NEXT.....

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

DEADLINE FOR NEXT ISSUE Mid October

We ran over Stanbury direction with Duncan at the beginning of the month. An enjoyable run followed by a drink or two. Denis Gildea was heart broken because they had run out of lager and he HAD to drink beer.

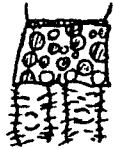
The up-to-date Club Championship results are published in this Newsletter. As more of us are turning out for the races it is making it more interesting and much keener competition. There's a bit to go yet so get racing and get these points scored.

We had a good night over at Shelf at the Windmill Inn. Thanks to Allan Jones for organising this and raising some extra cash for the club.

I'll be away on holiday until the middle of September so I won't be doing another Newsletter until October time. If you've any results or any tales to tell please post them to me.

Cheers Thirza

Monthly Newsletter to keep you in the running



Shorts

• We have now received our entries for the Ian Hodgson Relay. Unfortunately it was over subscribed and we have only got one open team and a ladies team entry but we have first refusal if any other club can't get enough members to field a team. The Race is being run anti-clock wise as it is ten years since the first. A bit of reccy running will have to be done. Duncan is looking into the FRA relay entries.

• IF YOU STILL HAVEN'T PAID YOUR SUBS THEN GET YOUR ACT TOGETHER AND GET THEM PAID. YOU'RE GETTING GOOD VALUE FOR MONEY AT £4.00.

• A Club Membership list will be produced with the next newsletter so if you've changed house or telephone numbers please tell Richard Kellett or me so that we can up-date the information (and if you haven't paid your subs you're off the list).

• HELP WITH INJURIES

Following my recent few months with an injury and several visits to a sports physio, I wondered if members of CVFR would be interested, as a club, in subscribing to the Clinic I attended. Depending on numbers in the club, a price would be fixed for an annual subscription and then a session would be charged at reduced rate. (£10 rather than £18 for half an hour). Apparently this subscription would include talks on injuries and treating them and a newsletter for the club. The clinic, based at Aireborough Leisure Centre, Guiseley, consists of about four NHS physios who work there in the evenings. Appointments need to be booked but I found that you never seemed to have to wait for long to get an opinion or treatment. They are very professional and, certainly for me, gave sound advice and got me back running in a reasonable time. If members feel this worth pursuing get in touch with me and can get specific costs (I do however, realise that most members live over Halifax way and this may not be convenient for them).

Charlotte Roberts.

Congratulations ..

• to Allan Jones on his completion of the Bob Graham Round on the 21st of July. Well done

• **SUNDAY AWAY RUN - OCTOBER 22nd** at 10.30am

- 2 hrs over Ilkley/Baildon Moor
- **followed by Soup etc.**
- Bring a bowl
(and food if you fancy)
- at Jez and Helens
4 Beech Grove, Menston
01943 876190

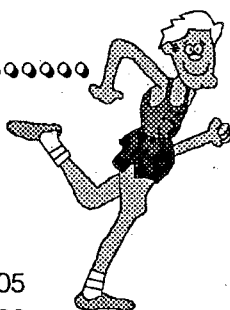
Directions - from Harry Ramsdens (Guiseley) take the Ilkley Rd. (A65), turn left at crossroads (next to Network Q garage), straight on at end of park onto Old Bingley Rd., 100 yds on right hand side (park Cleasby Rd. - First right) - GR: 173434.

EVERYBODY WELCOME

AWAY RUN IN SEPTEMBER

Don't think that there will be one as nobody has said anything about organising one. If we're still going to get on the fell we'll have to start Tuesday training nights at 6.30 now.

CLUB RESULTS



Blackstone Edge May 17th (3.5mils/1200')

1.	S. Livsey	Clayton	28.05
11.	Graeme Barrie	CVFR	30.30
46.	Richard Kellett	CVFR	33.34
49.	Miike Wardle	CVFR	33.50
65.	Glynda Cook	Roch'le	34.33
69.	G. Woodward	CVFR	34.44
74.	Tony Bradley	CVFR	35.01
87.	Mick Banks	CVFR	37.04
131.	Charlotte Roberts	CVFR	40.51
146.	Pete White	CVFR	42.44
150.	Jimmy Sheard	CVFR	43.22

(169 finished)

Not a big turn out for this local classic. An impressive run by Pete after his weekends trot on the Fellsman. He had a slight twinge so he had to take it easy! (Was this his excuse for Charlotte beating him! Ed) Good to see Jimmy out again. Going seemed faster than last year or were Richard and I fitter?
Mike Wardle

Buckden Pike - June 17th (4 mls/1500')

1.	Ian Holmes	Bingley	30.59
31.	Karl Smith	CVFR	35.18
34.	Graeme Barrie	CVFR	35.33
59.	Steve Houghton	CVFR	37.12
61.	Sarah Rowell	P & B	37.24
81.	Greg Houghton	CVFR	39.20
106.	Pete Horne	CVFR	42.08
114.	Tony Bradley	CVFR	42.36
136.	Graham Spencer	CVFR	44.17
139.	Louise Atkin	CVFR	44.19
144.	Mick Banks	CVFR	44.50
161.	Thirza Hyde	CVFR	47.00
165.	Steve Cavell	CVFR	47.27
166.	Dave Gilyeat	CVFR	47.42
184.	Irene Neville	CVFR	49.26

(209 finished)

We had a good turn out of members for this race on another hot and sunny day. It was a hard four and a half miles at a very fast pace as it was an English Champoinship. Our ladies team picked up second team prize and some more English points.

Holme Moss Fell Race June 25th '(16 mls approx.)

1.	G. Oldfield	Brad/Airdl	2.12.34
2.	Graeme Barrie	CVFR	2.18.44
6.	Denis Gildea	CVFR	2.21.35
7.	Steve Houghton	CVFR	2.21.41
30.	Greg Houghton	CVFR	2.42.38
35.	Mick Banks	CVFR	2.44.22
42.	Louise Atkin	CVFR	2.45.51
47.	Thirza Hyde	CVFR	2.58.40
55.	Irene Neville	CVFR	3.27.02

(56 finished)

The closing of some of the Moor due to fire risk affected a large part of the usual Holme Moss Race. The alternative route was a two lap course which was pretty heartbreaking as you had to run past your car and you knew exactly what you still had to do. The Club did well with nearly every one of us picking up a prize in one or other of the categories.

Settle Hills - July 5th (6.5mils/1750')

1.	G. Oldfield	Brad & Adl	48.36
25.	Denis Gildea	CVFR	55.46
45.	Mike Wardle	CVFR	58.33
75.	Mick Banks	P & B	62.53

Nearly didn't go to this race but thank goodness Denis was keen and forced me to go. Karl came to watch. The competition was very good, lots of fast running and a couple of mean hills and as Karl said "Even the Leaders walked 'em".
Mike Wardle

Kinniside Race - July 15th (9mils/3000')

1.	M. Kinch	Warrin'tn	1.05.48
27.	Graeme Barrie	CVFR	1.14.51
30.	Karl Smith	CVFR	1.15.18
41.	Sarah Rowell	P & B	1.17.09
42.	Steve Houghton	CVFR	1.17.14
68.	Greg Houghton	CVFR	1.23.24
150.	Thirza Hyde	CVFR	1.41.03
162.	Irene Neville	CVFR	1.47.15

Both Mark Kinch and Sarah Rowell broke the course records for this race. Another little tough 'un which was under estimated by a few as the course was very runnable but with some decent climbing involved. Lots of people were cut due to having to fight through the pine woods. The course will be altered next year.

Waun Fach - August 5th (7mils/2000')

1.	M. Kinch	Warrin'tn	44.21
37.	Steve Houghton	CVFR	55.15
45.	Anne Buckley	P & B	57.51
54.	Greg Houghton	CVFR	59.11

**Turnslack Fell Race - July 22nd
(8mIs/2000')**

1.	S. Willis	Amble'sde	57.21
34	Graeme Barrie	CVFR	67.10
47	Duncan Thompson	CVFR	68.34
83	Mike Wardle	CVFR	73.24
92.	Gerry Symes	CVFR	74.52
175.	Ted Long	CVFR	96.39

First problem was finding Caldbrook Football Field although a visit to the Summit Pub sorted that. There must have been a very strong field as no-one felt they did as well as they should have! Duncan remembered coming 9th several years ago. The race seemed very fast with two climbs at towards the end. A bit of a shock after a relaxing holiday!
Mike Wardle

**CALDER VALLEY FELL RUNNERS -1995 CHAMPIONSHIP
Provisional placings after 7 races**

RACE	1	2	3	4	5	6	7	8	TOTAL POINTS
	(L)	(M)	(L)	(M)	(S)	(S)	(L)	(S)	
1 Graham Barrie	38	39	40	40		40	38		235
2 Michael Wardle		35	33	38		38	35	40	219
3 Denis Gildea	37	34	36	39			39		185
4 Mick Banks		33	27			36	34	39	169
5 Louise Atkin		32	28	35				38	133
6 Thirza Hyde	33	31	26	33					123
7 Steve Houghton	40	40					40		120
8 Pete Horne		36	37				36		109
8 Greg Houghton	35	37					37		109
10 Irene Neville	32	30				35			97
11 Jeff Coulson	39	38							77
12 Geoff Bell	34		29						63
12 Charlotte Roberts		29		34					63
14 Jez Wilkinson			25	37					62
15 Tony Bradley			22			37			59
16 Duncan Thompson			39						39
16 Matthew Drake						39			39
18 David Hyde			38						38
19 Paul Cleary	36								36
19 Gerry Symes				36					36
21 D Hurton			35						35
22 Pete White			34						34
23 Rod Sutcliffe			32						32
24 Chris Peart-Binns			31						31
25 Andy Thompson			30						30
26 Graham Spencer			24						24
27 Allan Greenwood			23						23
28 G Hughes			21						21
29 Pete Regan			20						20
30 Val Bell			19						19

1995 LADIES CHAMPIONSHIP

**CALDER VALLEY FELL RUNNERS
Provisional placings after 7 races**

RACE	1	2	3	4	5	6	7	8	TOTAL POINTS
	(L)	(M)	(L)	(M)	(S)	(S)	(L)	(S)	
1 Louise Atkin		10	10	10				10	40
2 Thirza Hyde	10	9	9	8					36
3 Irene Neville	9	8				10			27
4 Charlotte Roberts		7		9					16
5 Val Bell			8						8

**CALDER VALLEY FELL RUNNERS -1995 CHAMPIONSHIP
Handicap - Provisional placings after 7 races**

RACE	1	2	3	4	5	6	7	8	TOTAL POINTS
	(L)	(M)	(L)	(M)	(S)	(S)	(L)	(S)	
1 Michael Wardle		37	35	39		40	37	39	227
2 Graham Barrie	34	34	32	36		39	36		211
3 Denis Gildea	39	40	36	40			40		195
4 Mick Banks		32	27			36	34	38	167
5 Louise Atkin		31	40	34				40	145
6 Thirza Hyde	33	30	26	33					122
7 Greg Houghton	37	38					39		114
8 Steve Houghton	38	36					38		112
9 Pete Horne		39	31				35		105
10 Irene Neville	32	29				35			96
11 Geoff Bell	40		39						79
12 Charlotte Roberts		35		38					73
13 Jeff Coulson	35	33							68
14 Jez Wilkinson			25	37					62
15 Tony Bradley			22			37			59
16 Matthew Drake						38			38
16 Rod Sutcliffe			38						38
18 Chris Peart-Binns			37						37
19 Paul Cleary	36								36
20 Gerry Symes				35					35
21 David Hyde			34						34
22 Duncan Thompson			33						33
23 D Hurton			30						30
24 Pete White			29						29
25 Andy Thompson			28						28
26 Graham Spencer			24						24
27 Allan Greenwood			23						23
28 G Hughes			21						21
29 Pete Regan			20						20
30 Val Bell			19						19

-1995 VETERANS CHAMPIONSHIP

Provisional placings after 7 races

RACE	1	2	3	4	5	6	7	8	TOTAL POINTS
	(L)	(M)	(L)	(M)	(S)	(S)	(L)	(S)	
1 Mick Banks		16	15			20	17	20	88
2 Thirza Hyde	16	15	14	18					63
3 Steve Houghton	20	20					20		60
4 Greg Houghton	18	18					19		55
5 Pete Horne		17	19				18		54
6 Irene Neville	15	14				19			48
7 Jeff Coulson	19	19							38
8 Geoff Bell	17		16						33
9 Charlotte Roberts		13		19					32
10 Gerry Symes				20					20
10 David Hyde			20						20
12 Pete White			18						18
13 Rod Sutcliffe			17						17
14 G Hughes			13						13

STRETCHING EXERCISES:

warm up, warm down, rehabilitation

Stretching exercises are a vital part of warming up prior to exercise or warming down following exercise, as well as the rehabilitation process following injury. However, the principles vary slightly in each situation.

WARMING UP

Muscles and tendons function best when they are warm and stretched to their maximum length prior to exercise. A warmed up and well stretched muscle will produce a stronger and more efficient contraction when required. Stretching also improves the biochemical state within the muscle or tendon producing the perfect physiological basis for efficient repetitive contraction.

Stretching is only one part of the warming up procedure. The heart, metabolic and respiratory rates must be raised to an appropriate level related to the activity to be performed. The warm up therefore needs to be tailored to the needs of the individual and to the exercise.

GUIDELINES

Stretches should never be painful. A sustained stretch of 15 seconds or longer is required. Repeat each stretch 3–4 times. Body position is of utmost importance.

WARMING DOWN

Many forms of exercise involving repetitive actions or sustained postures result in muscles being tighter and less elastic at the end. Exercise also produces a lot of chemical waste products and fluids which need to be

reabsorbed from the area as quickly as possible.

The warming down procedure encourages a gradual return of the heart, metabolic and respiratory rate to normal along with effective reabsorption of the waste products. GENTLE stretching relieves the tightness present in tired muscles so that they are relaxed and able to function normally.

GUIDELINES

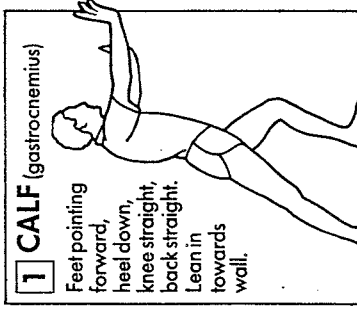
Stop at the first sign of tension. Hold the stretch for up to 1 minute. Ease off on the stretch if tension increases. Repeat 2–3 times.

REHABILITATION FOLLOWING INJURY

Following injury the body's natural healing processes leave the tissues shorter, less elastic and on occasions adhered to other structures. Progressive stretching will reduce the shortening, loss of elasticity and minimise the possibility of adhesions.

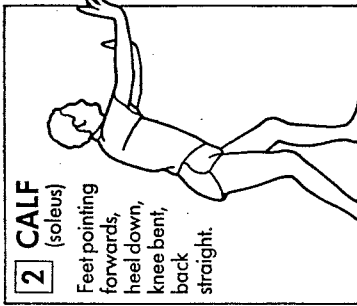
GUIDELINES

Stretch should be felt at the site of the injury without pain. Care must be taken with position and balance. Stretches held for 15 seconds in early stages and up to 2 minutes in latter stages. Repeat stretches 4–6 times.



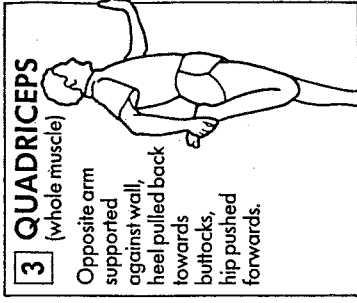
1 CALF (gastrocnemius)

Feet pointing forward, heel down, knee straight, back straight. Lean in towards wall.



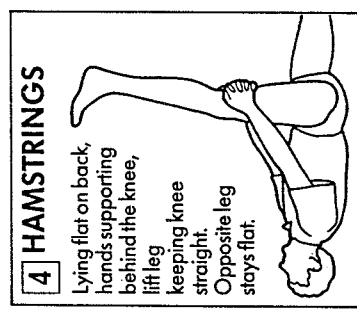
2 CALF (soleus)

Feet pointing forward, heel down, knee bent, back straight.



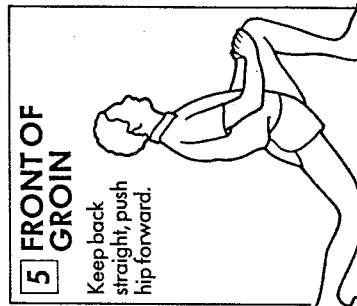
3 QUADRICEPS (whole muscle)

Opposite arm supported against wall, heel pulled back towards buttocks, hip pushed forwards.



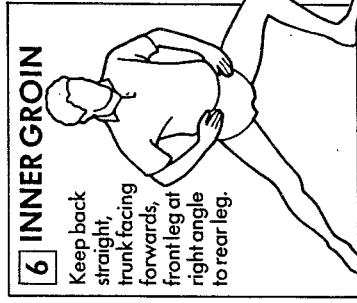
4 HAMSTRINGS

Lying flat on back, hands supporting behind the knee, lift leg keeping knee straight. Opposite leg stays flat.



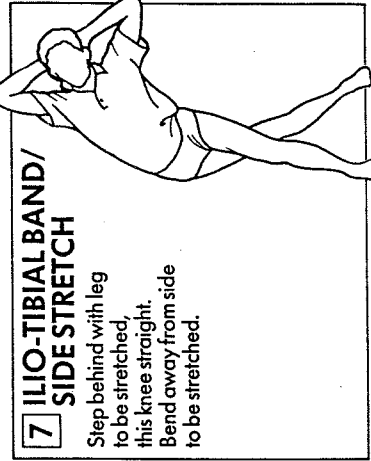
5 FRONT OF GROIN

Keep back straight, push hip forward.



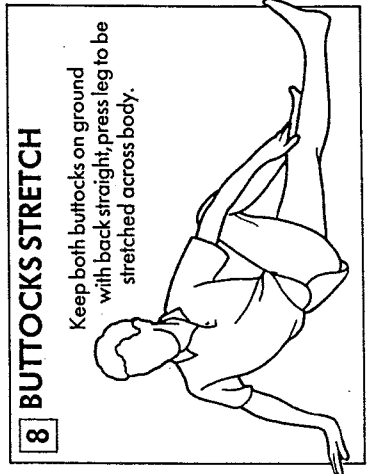
6 INNER GROIN

Keep back straight, trunk facing forwards, front leg at right angle to rear leg.



7 ILIO-TIBIALBAND/ SIDE STRETCH

Step behind with leg to be stretched, this knee straight. Bend away from side to be stretched.



8 BUTTOCKS STRETCH

Keep both buttocks on ground with back straight, press leg to be stretched across body.

Many other useful exercises can be found in specialist, but generally available, books and booklets. Most are reliable and are written either by professional coaches or specialist physicians and therapists.

If you have an injury, your doctor or physiotherapist will advise you as to

the best course of action to alleviate painful symptoms and assist recovery.

The exercises shown on this sheet are a guide only. Each sport requires its own preparatory exercises. Do remember that any injury and its treatment should be professionally evaluated.