



*calder valley fell runners*

# ***SHEEP SHEET***

*.... November 2004....*

## **All that glitters is not gold but shimmering silver will do just nicely ...**



The Calder Valley "Tarts" oh I mean "girls" at Shelf Moor .....

Well as far as I know this is a first for Calder Valley - we have won 2 team medals, both Silver in the British and English Championships. The medals were hotly contested for with Ilkley having to beat us at Shelf Moor and we were first team so that was the English medal decided on. We had an excellent turn out of girls for this race. Thanks to you all for coming. The Two Breweries was a hard race with the girls taking 2nd team just in front of Dark Peak and we beat them by only one point for the Silver medal in the British. Fantastic effort. (Full race reports in the newsletter)



and the Girls at the FRA do in Kendal ... by they don't half scrub up well. Thirza

**ANY ARTICLES FOR NEWSLETTER PLEASE**  
email:- [thirza.dave@virgin.net](mailto:thirza.dave@virgin.net) or tel 01422 343736  
**ANY COMMENTS OR INFO FOR WEBSITE**  
email:- [carlgreenwood@hotmail.com](mailto:carlgreenwood@hotmail.com)

### **ON COMMITTEE**



**CHAIRPERSON**  
*Rod Sutcliffe*



**SECRETARY**  
*Jo Smith*



**TREASURER**  
*Adam Breaks*



**CLUB CAPTAIN**  
*Andy Clarke*



**LADIES CAPTAIN**  
*Sarah Noot (Swoots)*



**WEB OFFICER**  
Carl Greenwood



**PUBLICITY OFFICER**  
Allan Greenwood



**SOCIAL SECRETARY**  
Clare Kenny



**EQUIPMENT OFFICER**  
Alec Becconsall



**STATISTICIAN**  
Bill Johnson



**MEMBERSHIP/SHEEP SHEET ED**  
Thirza Hyde

# RACE RESULTS ....

## Crow Hill - Tuesday 3rd August 2004 5mls/1000'

			Short	Rating	improvement rating from 2003
1	Karl Gray	CVFR	0:30:43	1.03	1%
2	Steve Oldfield	Brad/Aire	0:30:50	-	-
3	Chris Smales	Tod	0:31:01	-	-
14	Richard Greenwood	CVFR	0:34:44	1.16	
18	Dave Beels	CVFR	0:35:58	1.20	0%
20	Graham Hill	CVFR	0:36:24	1.22	-
23	Alex Cornish	CVFR	0:36:49	1.23	9%
25	Jo Smith - 1st lady	CVFR	0:37:06	1.24	-
34	Lee Shimwell	CVFR	0:39:31	1.32	-8%
36	Richard Kellett	CVFR	0:39:39	1.32	2%
37	Barry Shaw	CVFR	0:39:42	1.33	-8%
38	Rod Sutcliffe	CVFR	0:39:50	1.33	-4%
41	Steve Smithies	CVFR	0:40:10	1.34	-
57	Neil Palmer	CVFR	0:41:34	1.39	-
63	Thirza Hyde	CVFR	0:42:21	1.41	1%
73	Dave Culpán	CVFR	0:45:24	1.52	-1%
74	Linda Hayles	CVFR	0:45:53	1.53	-7%
83	Adam Baker	CVFR	0:48:34	1.62	-
86	John Riley	CVFR	0:49:44	1.66	-
91	runners				

Well what an excellent turn out of runners from the club. Karl had a stormer as he was sitting in either 3rd or 4th place coming off the top but in his usual "Brain out of Gear" style downhill he overtook the leaders to take a well earned first place. Jo had a brilliant run as well to take first lady (Jo a lady????? Mmmm) and with myself and Linda we took the girls team prize as well. This is a good little lung buster with no real relief as the downhill is fast and very runnable as long as you have the legs that will do it. There was good club support on Heights Road shouting plenty of abuse at us but I was as polite as ever only giving them the V sign on the way up the hill having no energy left to abuse them on the return journey. We retreated to the Shoulder of Mutton afterwards for soft drinks and a chat!!!!!! Thirza

## Borrowdale Fell Race - Saturday 7th August 17mls/6500'

			Long	Rating	improvement rating from 2003
1	Simon Booth	Borro'dale	2:50:37	-	-
2	Simon Bailey	Mercia	2:53:53	-	-
3	Jim Davies	Borro'dale	2:58:45	-	-
26	Karl Gray	CVFR	3:24:21	1.07	2%
52	Adam Breaks	CVFR	3:40:56	1.16	4%
53	Jill Mykura 1st lady	Carnethy	3:41:02	-	-
73	Sally Newman	CVFR	3:46:38	1.19	2%
94	Richard Greenwood	CVFR	3:54:00	1.23	-
168	Dave Beels	CVFR	4:17:23	1.35	-
174	Barry Shaw	CVFR	4:18:59	1.36	-1%
187	Clare Kenny	CVFR	4:21:00	1.37	-
230	Celia Mills	CVFR	4:35:07	1.45	-
263	Allan Greenwood	CVFR	4:47:36	1.51	0%
301	Thirza Hyde	CVFR	5:00:54	1.58	-2%
303	Jo Smith	CVFR	5:01:07	1.58	-
352	Steve Coey	CVFR	5:21:46	1.69	-23%
359	Ben Davies	CVFR	5:24:18	1.71	-
473	started, 404 finished				



We had an excellent weekend camped up in Borrowdale in the nice weather but the bloody midges were horrendous so the only thing to do was to retreat to the pub on Friday night to discuss race route and tactics Oh and to have a beer but only one (or two pre-race pints). We are all wimps compared to Denis Gildea who would have had at least a racing 7!!!. The weather for the race was very hot but no navigating required Phew!!!. We had superb support with plenty to eat and drink from club members placed all along the route. It is a tough race but a classic going over the highest tops in the Lakes with Dalehead being the last climb which is always torcherous. I believe even Mr Gray was struggling on this climb. A hill too many. Good to see so many club members having a go and an excellent result by the girls to take 2nd team. The night do in the marquee was ace with Jo, Adam and myself finding energy from somewhere to do alot of bouncing around ..... Thirza

## Dates for Your Diary

### Run off that Xmas Excess with the **Coley Canter**

Tuesday 28th December 04  
from Shelf Village Hall  
(near change over of leg 5/6  
of Calderdale Way)  
at 12 noon. 6.5mls/700'  
Mixed terrain through woods,  
fields, tracks etc.  
More details ring Karl Gray on  
01274 405524 or email  
karlgray@hotmail.com

## ANNUAL DINNER & PRESENTATION EVENING

Saturday 29th January 05  
Mount Skip Golf Course  
(Club handicap will be in the afternoon)  
More details to follow

## CLUB TRIPS IRELAND 2005

British Championship Race  
Spelga Skyline - 13mls/6100'

Saturday 2nd April 05

for more details ring Thirza 01422 343736 or  
email: thirza.dave@virgin.net

If you are thinking of joining us please let me know as soon  
as possible as I have to book the Youth Hostel and a  
minibus (some people are going B & B and hiring cars)  
and there is a lot of interest in the trip.  
It will be on first come first serve basis.

## JURA FELL RACE SPRING BANK

Details to follow later



Well Karl Gray ... with all that Scottish blood in you who would have thought you would have been really, really scared of spiders. You can't be related to Robert the Bruce that's for sure. Recently while sharing a room with Jon Underwood before the Karrimor there was a spider on the ceiling ... and our Karl wouldn't go to sleep until Jon had removed it.

### PLEASE

*If you've been to a race can you send me a report about the race. A couple of lines will be fine - if I haven't been to the race I don't know what went on and I can't keep making them up as this is taking me longer to produce the newsletter. SO PLEASE .... results are a bit boring without a few lines about the race. Ta Thirza*

### A Note for NEW MEMBERS

#### FRA Membership

A worthwhile association to join is the Fell Running Association. You get a race calendar every year packed with all the races and a coloured magazine telling you all that is happening and has happened.

You are also covered by insurance just incase you drop a boulder on someone's head.

Website: [Fellrunner.org.uk](http://Fellrunner.org.uk)

# RACE RESULTS ....

## Mount Skip Fell Race - Saturday 10th July 2004 4.5mils/1000'

			Short	Rating	improvement rating from 2003
1	Chris Miller	Harrogate	0:30:56	-	-
2	Colin Moses	Bingley	0:32:29	-	-
3	Ian Rowbotham	Harrogate	0:32:52	-	-
8	Graham Hill	CVFR	0:35:26	1.23	-
10	Jo Smith - 1st lady	CVFR	0:36:00	1.25	-
33	Dave Culpan	CVFR	0:41:45	1.45	4%
37	Jackie Scarf	CVFR	0:42:29	1.47	3%
44	Kay Pierce	CVFR	0:50:44	1.76	-2%

49 runners

## Giants, Withens and Windmills - Tuesday 10th August 2004 - 5mils/1000'

			Short	Rating	improvement rating from 2003
1	Mark Aspinall	Clayton	0:34:42	-	-
2	Karl Gray	CVFR	0:35:08	1.03	0%
3	Jason Hemsley	P & B	0:35:29	-	-
15	Graham Hill	CVFR	0:40:21	1.18	-
29	Brian Horsley	CVFR	0:41:50	1.23	7%
33	Carole Waterhouse	Halifax	0:42:48 - 1st lady	-	-
38	Neil Palmer	CVFR	0:43:52	1.29	-
42	Jeze Wilkinson	CVFR	0:44:25	1.30	6%
51	Alex Cornish	CVFR	0:45:16	1.33	1%
64	Thirza Hyde	CVFR	0:48:43	1.43	0%
66	Cerys Davies	CVFR	0:49:11	1.44	-
70	Dave Culpan	CVFR	0:49:48	1.46	3%
72	Linda Hayles	CVFR	0:50:10	1.47	-3%
75	Mark Everington	CVFR	0:52:40	1.55	6%
77	John Riley	CVFR	0:54:37	1.60	-
83	Neil Croasdell	CVFR	0:58:01	1.70	-
84	Steve Cavell	CVFR	1:00:57	1.79	-13%

85 runners

Due to the very heavy rain that we had the race had to be re-routed as alot of the paths round Ogden were washed away and were closed for safety reason. At short notice Allan had to think of and flag a different route so that we could have a race that night. We went from the dam all the way up the big track which was streaming with water to Withens and then a right turn along the road (this was really hurting my tired Borrowdale legs now!!!) for about a mile and then back onto wet, muddy footpaths (Yippee) and bridleway back to Ogden. Well done Al as this was as good as you could have done given the circumstances. Thirza



## Tepps Nose Fell Race - Aturday 14th August 2004 - 6.5mils/1100'

1	Maccolm Fowler	Pennine	48.36
2	Kev Lilley	Dark Peak	49.50
3	Ed Gamble	Stockport	51.32
15	Sally Newman	CVFR	56.35
65	Steve Garner	CVFR	73.01

86 runners

To give her road running mates a bit of a feel for the fells Sal has set up a Fell Championship for her Wreake Runners and this was the second counter. Sal is back on form placing a fantastic 15th in a field of 86 and taking 1st lady and Vet 40. Steve had a good run and enjoyed this race as it was a mixture of fell and track and very runnable.

## Golf Ball Fell Race - Wednesday 18th August 2004 - 5.5mils/800'

			Short	Rating	improvement rating from 2003
1	Danny Hope	P & B	0:37:26	-	-
2	Darren Kay	Horwich	0:39:37	-	-
3	Ian Greenwood	Clayton	0:39:55	-	-
52	Candice Leah	Clayton	0:46:40 - 1st lady	-	-
80	Jeze Wilkinson	CVFR	0:50:27	1.35	2%
109	Dave Culpan	CVFR	0:55:22	1.48	2%

136 runners

## Norland Moor - Sunday 29th August 2004 7.1mils/800'

			Medium	Rating	improvement rating from 2003
1	Adam Breaks	CVFR	0:43:15	1.05	3%
2	Mark Crabtree	Halifax	0:46:19	-	-
3	Rob Glover	P & B	0:46:23	-	-
10	Richard Greenwood	CVFR	0:48:08	1.17	-
24	Andrea Dennison	Brad/Aire	0:51:36 - 1st lady	-	-
36	Rod Sutcliffe	CVFR	0:54:44	1.33	-3%
37	Dick Spendlove	CVFR	0:55:01	1.33	-
41	Allan Greenwood	CVFR	0:56:16	1.36	-
50	Philip Jones	CVFR	0:57:48	1.40	-
54	Anne Johnson	CVFR	0:58:54	1.43	-9%
55	Dave Culpan	CVFR	0:59:01	1.43	5%
59	Jackie Scarf	CVFR	0:59:50	1.45	4%

82 runners

Fantastic result from Adam placing 1st after running the day before in the Ragley run. This is a very runnable, eyeballs out course touring Norland Moor and it is a mixture of trail, moorland and tracks. Not the usual descending off the end of the face of the earth that we do but I do believe there are some slippy sets or slabs in the run in the finish .....Thirza



# RACE RESULTS ....

## Ben Nevis - Saturday 4th September 2004 10mls/4400'

			Medium Rating	improvement rating from 2003
1	Ian Holmes	Bingley	1.29.33	-
2	Rob Jebb	Bingley	1.30.40	-
3	David Rodgers	Lochaber	1.31.06	-
19	Adam Breaks	CVFR	1.45.59	-
192	Celia Mills	CVFR	2.17.58	-
364 ran				

Adam had a stormer yet again at the Ben bettering his placing from 31st to 19th and his time by over 2 minutes. Celia actually ran as Kenilworth as she wasn't a Calder Babe at the time when you had to enter. Well done to you both. Hope to get back up there to run it next year ..... Thirza

### The Bob Graham 24 Hour Club

Twenty nine past and present club members have now completed the Bob Graham Round as most of you know. There is a plaque on the wall of the Shoulder of Mutton which explains the origin and nature of the round. The text of the plaque is printed below.

#### The Bob Graham Round

In 1932 Bob Graham of Keswick completed a round of 42 Lake District mountain summits on foot in under 24 hours. He visited many principal peaks, covering a distance of 72 miles and climbing 27,000 feet, almost the height of Mount Everest. This record stood unequalled for 28 years.

The Bob Graham Club is open to anyone who completes the Round in under 24 hours starting and finishing in Keswick. The Club now has many hundreds of members who all support others in their attempts.

The Round is a classic challenge for long distance fell runners, and Club membership is highly valued and well earned.

#### Calder Valley Fell Runners

The following Calder Valley Fell Runners are known to have completed the Round.

1981	John Crummett	1992	Brian Horsley
	Peter White		Trevor Redmond
1985	Paul Frechette	1993	Mark Bramhall-Pimlott
	Rod Sutcliffe		Steve Houghton
	Jeff Winder	1994	Mike Wardle
1989	Clare Kenny	1995	Geoff Bell
	Steve Skelton		Alan Jones
1990	Gary Webb	1996	Jess Palmer
1991	Rhys Kift		Charlotte Roberts
	Anne Stentiford		Andy Thompson
	(now Johnson)	1998	Andy Clarke
	Jeremy Wilkinson	2000	Bill Johnson
	Jon Wilkinson	2002	Stewart Gardner
	Tim Wilkinson	2003	Jo Smith
	Andrew Wimpenny	2004	Karl Gray

## Shelf Moor - Sunday 5th September 2004 5.9mls/1500'

			Short Rating	improvement rating from 2003
<b>Men's race</b>				
1	Tim Austin	Dark Peak	42:37	-
2	Dave Neill	Staff/Moor	43:23	-
3	Danny Hope	P & B	44:16	-
17	Karl Gray	CVFR	0:46:31	1.04
101	Graham Hill	CVFR	0:56:29	1.26
133	Brian Shelmerdine	CVFR	1:01:00	1.36
155	Ivor Noot	CVFR	1:04:10	1.43

#### Ladies' race

1	Sally Newman	CVFR	0:53:22	1.19	1%
2	Karen Davison	Dark Peak	0:54:40	-	-
3	Helene Diamantides	Carnethy	0:55:36	-	-
8	Sarah Noot	CVFR	0:57:12	1.28	-1%
14	Clare Kenny	CVFR	0:58:52	1.32	-
29	Jackie Scarf	CVFR	1:04:44	1.45	4%
34	Amanda Farrell	CVFR	1:07:54	1.52	-
36	Linda Hayles	CVFR	1:10:28	1.58	-10%

202 men, 42 ladies

With feeling the pressure of being in medal position the girls stood nervously at the start of this race but all credit to you - you did the business. It was a blistering start along a track with Sally chasing Maureen Laney (World Vet 50 Gold medal winner) who set off like shit off a shovel. As the race progressed Sally's strength in climbing and descending paid off and she came through to win the race in grand style. Sarah had a steadier start but made up from 20th place on the top to 8th place at the finish with the help of her mum shouting at her to overtake who ever she could on the descent and especially if they were Ilkley Harriers. Clare was so nervous at the start and set off with the adrenaline flowing. She had a good run to place 14th lady - enough done to clinch 1st team prize. We

watched the mens race and Karl had a good run to place in the top 20. We all gathered round and had a picnic stuffing our faces with Parkin, Chocolate cake and a cup of tea.

Sally and Tim  
Winners at Shelf Moor

(Where is Tims left hand Sal ...  
Something you would like to tell  
us .....Is that what the grin is  
for?)



## Erringden Moor - Saturday 11th Sept 2004 8mls/1900'

			Medium Rating	improvement rating from 2003
1	Steve Oldfield	Brad/Aire	1:03:09 (new record)-	
2	Chris Smales	Tod	1:03:19	-
3	Karl Gray	CVFR	1:05:09	1.05 -1%
5	Andy Clarke	CVFR	1:07:40	1.09 -1%
16	Dave Beels	CVFR	1:12:50	1.18 3%
18	Bill Johnson	CVFR	1:15:33	1.22 -2%
19	Barry Shaw	CVFR	1:16:12	1.23 3%
25	Ant Mayer	CVFR	1:21:07	1.31 -8%
28	Rob Sharratt	CVFR	1:21:45	1.32 -
29	Alex Cornish	CVFR	1:22:50	1.34 1%
34	Brian Shelmerdine	CVFR	1:24:28	1.36 1%
41	Margaret Jagan	EPOC	1:28:02 1st lady new record	
42	Jackie Scarf	CVFR	1:28:21	1.43 5%
49	Dave Culpan	CVFR	1:31:46	1.48 2%
52	Linda Hayles	CVFR	1:34:04	1.52 -3%
53	Allan Breaks	CVFR	1:34:40	1.53 -
60	Mark Everington	CVFR	1:44:45	1.69 14%
62	runners			



Good race which was run in very wet conditions underfoot. It was a good battle for first place with the front three always having a good old tussle when they meet at a race. In this instance Steve Oldfield, who is coming back to form after injury, won the race in a record time with Chris Smales taking a good second place after twisting his ankle. The ladies record went to Margaret Jagan with a much improved Jackie Scarf hot on her heels. A nice sum of money was raised to go to the local hospice. Thirza

## Lantern Pike - Saturday 18th Sept 2004 5mls/1050'

			Short Rating	improvement rating from 2003
1	Nick Leigh	Altrincham	0:32:42	-
2	Mike Boulstridge	Mercia	0:33:36	-
3	Karl Gray	CVFR	0:34:28	1.05 -1%
32	Karen Davison	Dark Peak	0:39:23 - 1st lady	
50	Barry Shaw	CVFR	0:40:47	1.24 -1%
114	Brian Shelmerdine	CVFR	0:45:43	1.39 -1%
132	Dave Culpan	CVFR	0:47:49	1.45 3%
218	runners			

SORRY BUT I'VE NEVER DONE THE RACE AND NO ONE HAS SENT ME A LITTLE RACE REPORT AND I CAN'T MAKE ALL OF THEM UP !!!!!!!!!

## Yorkshireman Off Road Marathon Sunday 12th Sept 2004 26mls/3065'

			Long Rating	improvement rating from 2003
1	Chris Loftus	K & C	3:04:55	-
2	Simon Shoesmith	Brad/Aire	3:23:04	-
3	S.Duxbury/P.Taylor	Ross'dale	3:28:08	-
15	Carole Waterhouse	Halifax	4:01:17 - 1st lady	-
43	Celia Mills	CVFR	4:36:03	1.43
44	Allan Greenwood	CVFR	4:37:15	1.44 5%
44	Andy Wardman	CVFR	4:37:15	1.44 -17%
47	Cerys Davies	CVFR	4:38:45	1.45 -
63	Philip Jones	CVFR	4:57:35	1.54 -
127	runners			

This off road marathon starts and finishes at Penistone Hill, Haworth going on mainly big tracks. Linda Crabtree and I did support and even ended up marshalling on one of the tricky road crossings. The group of four, Allan, Andy, Celia and Cerys ran together as Celia didn't know the route and Cerys had never ventured into this distance of running before. It was a windy day but bright with no real navigating problem. We fed and watered them where ever we could and made our way to the finish to see them in. By this time it was raining and very cold and they all made it. Celia had to push on in the final few minutes to ensure 1st vet 40 place and Cerys was 4th lady. Thirza



## Johnny's Gap

**What, and where, is or was Johnny's Gap?**

**This is the Calder Valley Fell Runners Robin Hood Pub Quiz Team trial question. No recce's on this one, please, but there is training every Wednesday night in the Robin Hood at 9.00pm.**

**Answers to the editor if you would like to be considered.**

**Clue: we've all been there.**

## Scafell Pike - Saturday 25th Sept 2004 4.5mils/3000'

			Short	Rating	improvement rating from 2003
1	Ian Holmes	Bingley	53:49	-	-
2	Nick Fish	Ambleside	54:05	-	-
3	Simon Stainer	Ambleside	55:07	-	-
4	Andrew Wrench	Tod	60:25	-	-
5	Ricky Lightfoot	CFR	60.43	-	-
6	Adam Breaks	CVFR	61:07	-	-

The Scafell 2004's course was very slightly longer this year as the farmer had re-built a collapsed stone wall & a diversion over a gate was needed. The gear requirement was full kit, again as the weather was dicey on the summit with poor visibility early on as I drove up the valley, but right on cue for the race the clouds lifted almost to the summit, but *not quite!* This year we had 43 runners as once again we were in competition with Thieveley and this year the Two Breweries. Race Organiser.

## Two Breweries - Saturday 25th Sept 2004 18mils/4900'

			Long	Rating	improvement rating from 2003
1	Nick Sharp	Ambleside	2:42:49	-	-
2	Colin Donnelly	Cambuslang	2:43:28	-	-
3	Jethro Lennox	Shettleston	2:44:39	-	-
15	Tracey Brindley	Carnethy	2:59:12 - 1st lady	-	-
50	Sally Newman	CVFR	3:19:51	1.20	2%
80	Barry Shaw	CVFR	3:30:40	1.26	6%
82	Rod Sutcliffe	CVFR	3:31:38	1.27	3%
94	Clare Kenny	CVFR	3:35:59	1.29	-
95	Jon Underwood	CVFR	3:36:00	1.29	-4%
171	Celia Mills	CVFR	4:28:58	1.61	-
172	Steve Garner	CVFR	4:28:59	1.61	-

200 runners

This race was a hard race with most of the tough going in the first half over heather where the paths weren't so obvious and the wind didn't help at all. Second half of the race was easier and at least you could make progress. Well done to Sal who place 3rd lady to clinch V40 Gold and Senior lady Bronze and led the team to 2nd place on the day and Silver medal. Steve Garner is taking some credit for the Silver medal as he made Celia overtake a female near the finish and this made the difference as we only won the team prize from Dark Peak by 1 position. It's been hard again but well done. We all deserve a good time at the FRA do. Thirza



## Wrekin Wrecker - Sunday 26th Sept 2004 8mils/2400'

			Medium	Rating	improvement rating from 2003
1	Andy Yapp	Mercia	1:02:47	-	-
2	Martin Humphries	Stroud AC	1:06:07	-	-
3	Mark Griffiths	Telford	1:08:36	-	-
8	Bill Johnson	CVFR	1:12:30	1.20	0%
15	Anne Johnson	CVFR - 1st lady	1:16:40	1.27	3%

42 ran

At 8 miles and with 2400' of climb, the Wrekin Wrecker looked like a good test of whether we were both fit enough to compete in the forthcoming FRA relays. Anne's parents said they would look after Adam & Gemma for the Saturday night and Sunday, so we booked a weekend away in Shropshire - to celebrate my birthday and have a run in a race that we'd not done before. In fact, this race had only been set up last year, so it was fairly new to most people. There were only about 40 runners gathered for the start, and they seemed a friendly bunch - just the kind of relaxed race that's fun to run in. The map showing the race route caused us a little concern: the route consisted of lots of criss-crossing lines up and down the hill - there was no way we'd remember the way! We had wondered how it was possible to get 2400' of climb when the only peak in the immediate vicinity was the 1000' Wrekin. The answer is that the race goes up and down the Wrekin three times from different directions. That makes it a bit contrived, but to be honest it didn't feel contrived when you ran the race. The slopes were all wooded and all the ascents and descents were completely different in style, so it didn't feel boring. The race planner had done a good job, we were running on paths in the woods that weren't too well trodden, then three times we'd burst into the open at the top of the hill, to get some views and surprise the walkers at the top, who all seemed bemused to see these runners emerge from a different place every 20 minutes or so! The first ascent was long and gentle, and the absolute opposite to the descent that followed it, which plummeted down a steep, wide route to the foot of the hill. It had been described on the route map as a scree slope, but it was more like a scree slope without any scree on it! I was wary of the tree routes that poked out here and there - I didn't fancy tripping up and tumbling to the bottom, so I descended a bit slower than my normal "disengage brain and just drop down the hill" method. I remember thinking that Anne won't like this (she was just a few places behind me), but afterwards she said she loved it and overtook loads of people dropping down there. Watch out girls - she's getting good at descending! After a fairly-long, flat and fast contour on a path round the hill, the second climb was a steep one, a "hands on knees" job, followed by a fun descent past an

audience on the main walkers' track at the top and then diving into the woods down a narrow but fast track back down to the bottom of the hill. The third ascent was up the wide walkers' track and was more of a drag, though that wasn't helped by my heavy legs at this stage. Finally we were on the last descent of the Wrekin, into a more remote part of the hill. There was a final sting, with a small knoll to ascend, but looking at the map beforehand we'd been aware that this was coming up. Then a long, undulating run back round the hill to the finish, to allow anyone who still had energy left in their legs to stride out and overtake people at will. That didn't include either Anne or I, and the final run in seemed to go on far too long! Anne finished as first lady, winning a painting of the Wrekin as her prize, and I felt very pleased with an 8<sup>th</sup> place. All in all, it was an enjoyable race, though it's never going to be a classic, and it was good preparation a month before the FRA relays. Bill

## Autumn Leaves - Saturday 2nd October 2004 10mils/1200'

			Medium	Rating	improvement rating from 2003
1	Paul Green	Sale	1:02:13	-	-
2	Malcolm Fowler	Pennine	1:04:56	-	-
3	Karl Gray	CVFR	1:07:50	1.03	0%
7	Andy Clarke	CVFR	1:12:07	1.10	-1%
24	Graham Hill	CVFR	1:18:52	1.20	
25	Lynn Clough	Wigan	1:19:21	- 1st lady	
34	Jon Underwood	CVFR	1:22:09	1.25	-3%
??	Mark Everington	CVFR	???	-	-
DNF	Brian Shelmerdine	CVFR	-	-	-

114 ran

Between two downpours we managed to run the race, eat some of the entries of the 'Saddleworth Runners Cake Competition', and go through the prizes. The route takes a flatish course over Wessenden Moor, mainly on the paved Pennine Way from Diggle to the Wessenden reservoirs and back through the Marsden golf course. The stone slabs paving parts of the Pennine Way were lethal in the conditions. Graham opted for a crash in the heather, rather than sliding down the stones when he took a corner too fast. I was pulling more knee trembling moves than Elvis as I tried to stay on route. Brian's nerve broke at the end of the first set of flagstones and he returned to base. It was always going to be a difficult choice of footwear for this race, as the route is mainly surfaced in one way or another. Walshes were definitely the order of the day, as they gripped quite well on the rock pavers, and were necessary in the few patches of the muddy stuff. If it was dry road shoes would be better. The last I saw of the leaders were the two front runners pulling away, with Karl in 5<sup>th</sup> place in a small group. Andy was in another group somewhat behind. That's the way it must have finished, with Karl pulling away from his group to finish third. I went over on my ankle (not concentrating) on the first down hill to the reservoirs, but recovered quickly, gaining the places I had lost. I picked up a few places on the climb through the golf course, while Graham was caught up in a large herd of septuagenarian ramblers attempting a stile crossing. They had moved en masse onto the fairway by the time I got there. A strangely satisfying race, considering the ground underfoot and the climb, probably because you are so busy keeping the pace up and staying upright. Must mention the cakes at the end, excellent spread, which I would have tasted them further if Karl hadn't given me a lecture. After that I turned and saw Mark carrying round half a Christmas Cake on this plate. Second helpings had just been taken!!!!  
Jon Underwood

## Ian Hodgson Mountain Relay - Sunday 3rd October - 25ml/8500' 2 runners x 4 legs

1 Borrowdale 3-38-24 (set fastest times on every leg)  
46 CVFR 5.16.38 (mixed team)

names	leg time	(pos)	(cumulative)
leg 1 - Allan Greenwood/Rod Sutcliffe	1.35.02	48th	
leg 2 - Clare Kenny/Celia Mills	48-57	46th	2.23.59
leg 3 - Barry Shaw/Jez Wilkinson	1.39.31	48th	4-03-30
leg 4 - Sarah Noot/James Williams	1.13.08	46th	5.16.38

We finished 46th overall from 62 teams

The Ian Hodgson mountain relay covers 24 miles and 8400 feet of climbing in four stages, two sections of 7.5 miles and two of 4.5 miles. Ian was a lover of the outdoors, particular into climbing, though with a dad like Dave Hodgson (twice winner of Burnsall (1958 & 1960) and in the top three on ten occasions, and organiser of The Three Peaks in which he finished 2nd four times), it is likely that he also dabbled in fell running. Ian was tragically killed in a motor cycle crash and so his *very large* family have organised the memorial relay for the past 19 years. Calder Valley put one team in this year, and this is what happened... ..

### Leg 1 - Allan Greenwood (and Rod Sutcliffe)

I was delighted to be asked to run in the lakes mountain relay, but the first leg worried me a bit as the pressure is on to give the team a good start. The first leg has the most climbing and is the most exposed route of the day ending with a long rough descent which gets incredibly steep right at the end when your tired legs are screaming for mercy. I knew that this route would suit Rod to a tee. He was very fit, having had a blinding run at the Two Breweries in Scotland the week before, so I knew he was climbing well. Rod is also a demon descender, especially on steep and rough ground so I would have to run out of my own skin to have a chance of staying with him in the race. I decided to travel up on the Saturday and do a bit of route finding. When I got to Patterdale it was bouncing with rain and the hills were shrouded in low cloud. I ate some lunch, then went for a walk up the final descent in reverse direction of the race. As luck would have it, the rain soon stopped and the sun came out, chasing the cloud away, so I carried on to the summit of St. Sunday Crag. The wind was so fierce on top I could barely stand, then with a rainbow in the valley and Hellvellyn becoming fuzzy and grey, I sensed a shower coming on so turned to descend, finding as much grass as possible around the vicious crags of the rocky path. The rain poured down all the rest of the night and we had a violent thunder storm later on. I met some mates at the camp site, had some tea and then we went off to spend some beer tokens. Rod came up on Sunday and we agreed to set off steady and keep together the whole way. "I will try to keep with you on the first climb" he said, which wouldn't be too hard, I thought. Soon we were away and though the rain held off, the mist was swirling around on the tops. As we reached the steepest part - we were on hands and knees up to Hart Crag summit - Rod took the lead and went out to the cairn to "dib" his e-tag into the barcode reader at checkpoint one. I forged into the lead, determined not to let him thrash me on the rocky path down from Fairfield to Cofa Pike. The Summit of Fairfield was clear, though I checked the compass bearing I'd set last night for peace of mind. Yes, we were bang on, and there was Grisedale Tarn to the left, Seat Sandal rising behind. I confidently slung myself into the gully that leads to the narrow exposed ridge traversing Cofa Pike, a sort of rib joining the steep slopes of Fairfield and St Sunday Crag. The slate path was loose and craggy, the sharp stones cutting

right through my Walshies' fabric instep. To the left I could see and hear Nethermost Beck thundering down into the valley. Just then, Rod thundered past me into the valley and I suddenly realised that I was not performing as I should. I tensed up and hurled myself over the rock steps in panic. In my mind I was saying "Rod's going to get away, he's going to get away..." Come to think of it, it was more "Oh f\*\*\*. Oh sh\*t. Oh f\*\*\*ing sh\*t..." Just then Rod stood on a wet rock and spun round 180 degrees, with his arms out though he carried on running backwards trying to balance saying "wooaahhup !..." Oh yeah, I thought, you can even run faster than me backwards, next you'll be showing me how you can do it standing on your head. We got through the col and onto the final long climb. I *had* to dig in now. Come on, I thought as I jogged to Rod's side, keeping the momentum going until the ground got steep and I started to breath heavier. 'Keep it going' I told myself, 'Keep jogging...' I kept it going until I was almost exhausted. I was at breaking point. My lungs were bursting and my calves were screaming with pain, though I knew I was punishing my partner, making him wish he'd never agreed to run with me. Then Rod spoke to me.. "So are you still going to organise your Ogden races next year then...?" Eh?, What? Was he passing social pleasantries while I was crumbling to dust? Over the final summit and now my recci would come into play. Down we went, all on grass and we very soon caught four teams who had gone down the rocky path. However they were now on the grass and we couldn't quite reel them in. Down to the left of another craggy section and we drew almost level with the backmarker of the bunch. Faster, faster we ran on the level path but they were getting away. Soon we neared the last checkpoint, the stile on Thornhow End, where I knew we would do the damage. Rod dibbed his plonker and I grabbed Rod's map to pass to the girls at the changeover. Over the stile and the steepest descent in fellrunning was suddenly beneath our feet. We were frantic. Four teams scuttled down in front of us and we were hungry for victory. Together we charged at the grassy banking and we both lost our footing at the same time. Legs straight up in the air and we were soon sliding down at break neck speed on our arses picking up grass and mud. The grass ended and we hit a rocky zigzag path. I was desperate. I wanted to run so hard but my legs were buzzing and shaking with all the jolting. "Come on Rod, there's a short cut here" and we ploughed to the left, through deep bracken and thick mud, a much shorter route but a mite slower than the way the majority had chosen. My shoes weighed an extra stone each with all the clay, leg spattered with mud. Undeterred I tried again, leaping over to the right. "Come on Rod, there's a short cut here!" and down to a tree we shot, gaining on our rivals. Beyond the tree was a dirt track to the road and the final run in awaited us. A massive burst of energy and we shot past six runners in 20 yards, overtaking three teams in one fell swoop. Rod shouted encouragement and as we went through the fell gate onto the tarmac a crowd cheered and whistled. Down the road we flew, me on wooden legs shoes clattering on the asphalt. I was so tired, I couldn't push myself any faster. A voice far behind us at the gate shouted, "Go on Gary, you're used to road running..." and Gary zoomed past us, along with his partner. Then they all came foot-flapping down the lane together, racing each other and leaving us in their wake. I was gasping, and everything hurt. Rod got in front of me and urged me on as with 200 yards to the finish they'd all swallowed us up. A right turn and sharp left into the field between red and white tapes and flags. The final run in went on forever. Now we were sprinting, gasping, desperate for the line, I strained to see the girls, where were the girls? Then they were there, Celia and Clare, arms outstretched for the map and plonker as we collapsed over the line, shook hands and watched their clean white socks turn and disappear from view. Allan

### **Leg - 1 Rod Sutcliffe (and Allan Greenwood)**

This is a great event and it is a real shame that more members of the club don't have a go at it. We were warned about severe conditions with a windchill of -6C on the tops. We agreed that Allan would set off at his pace on leg 1, and I would try to hang on until I warmed up. Hanging on was helped by the fact that we were queuing on the narrow path, and by half way up Hart Crag, I was with him. We then ran the rest of the leg together, which is how it should be done. The promised weather had not arrived yet, and it was comfortable, even calm, along the narrow ridge of Cofa Pike. Although I was descending faster, Allan seemed to find something extra for the steady climb to St. Sunday Crag. His recce of the final descent the day before paid off and we were on a fast and grassy line most of the way down. Allan was really going for it, and when he got on his bottom and slid, so did I. It was only later I learnt that this was not part of the plan. Lung bursting sprint down the road and we handed over to Celia and Clare. Rod

### **Leg 2 - Clare Kenny (and Celia Mills)**

Last minute team changes, gossip, hanging around, following hand-overs, losing team mates and kit, tea and cakes – all this and more are regular occurrences in the 'hodgson' and this year was no exception. Celia and I felt we ran well on Leg 2, with no navigational problems as the weather was kind to us allowing a fast run out on the road to Side Farm, followed by a steady ascent, battling it out with the men in red & blue. We had two ladies teams in our sights, and we caught up with them both, passing first Keswick then Pudsey and Bramley after the Angle Tarn check point and putting space between us with a good descent (on which I was no competition for Celia, who attributes her descending abilities to horse-riding and trampolining!) We strode into Hartsop in style and handed over to Barry and Jez, and I must admit to feelings of relief that I didn't have to run up into the mist on High Street! The only mishap was my ability to keep track of my kit, having first left my bum bag in Alec's car prior to the leg 2 start, then losing my rucksack which went straight up to leg 4 start, without me having the chance to rendezvous with it and my warm, dry clothes first. Be warned – this woman could be a liability!! Good day out, thanks. Clare

### **Leg 3 - Jeremy Wilkinson (and Barry Shaw)**

The key thing for me on leg 3 was not to slow down Barry too much as I was recovering from a bit of a virus. We were going alright until arriving at the top of Stony Cove Pike with Sarah Rowell & Debbie Hardy from P&B. The mist had descended quite low by then so I stopped to check the map. Sarah said it is easy you cross the wall and head straight on. We arrived at the wall but it was a wall junction which at that point Sarah said I don't recognise where we are. We set off in almost opposite directions in a bit of a panic then came back together again quickly and using my altimeter we find the correct broken wall and the checkpoint, phew!! The strange thing was when we were on High Street there was loads of pairs behind us and now on Caudale Moor at the checkpoint there was nobody anywhere around. So where had everybody gone? Jez

### **Leg - 4 Sarah Noot (and James Williams)**

Thoughts on the relay... shame it'll be the last one next year...have to get a girls team out there!! Had a really great time once we'd scrambled up Red Screes into the mist on the top. The climb was hard, I had managed to get rather cold waiting at the bottom in the wind and rain and so it took a long time to get going (not that I think I would have gone much faster had we been warm in my present state of fitness!!) but anyway it felt hard!! The mist was a blessing for us as it posed little threat to our navigation and gave



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## Saltergate Gallows Report

Having spent much of the summer worrying about my current standing in the Club Championship and watching just about everyone else completing more races and getting more points whilst I made my weekly trips to the physio I resolved to do something about it. Being unable to hack into the website it seemed that the only answer was to go out and earn the points the hard way, I either had to complete the last two races for the year or face the realistic possibility of being last. Bolstered by the rigorous training programme which amounted to a hearty 27 miles thinly spread across the summer months headed north with the family for a weekend at friends in the North Yorks Moors and the prospect of reaping a few points of my efforts. A half hour drive in my mates camper van (what a bonus at the end, kettle on and cuppa soup eaten) on Sunday morning and we were there in good time for Saltergate Gallows. Having registered and seen no other CV runners on the list I began to wonder just how many would make the trip, as the start time approached I scoured the skyline for any site of the team charabanc approaching but no joy. Then the realisation hit me – I could crawl round this and still get 30 points. I could list on one deformed hand how many people get 30 points a race and oddly enough my name wouldn't be on it. Still as we set off across open moorland bathed in surprisingly warm autumnal sunshine (whilst the rest of the entire country struggled with somewhat wet conditions) it was clear to that I really was the only CV runner there. I could speak with some authority on this matter as from where I was I could see the whole of the field. After about a mile of steady running and in-between blasts on my inhaler I remarked to my friend how encouraging it was to still have the leaders in sight. This is unusual for me and so it came as a great psychological blow when he pointed out that this was more to do with the open terrain which enabled us to see for another mile in front rather than the cracking pace we were setting. My strategy for the run was two fold; firstly get round in one piece without incurring the wrath of the physio and secondly to enjoy it. Both were achieved (although at the time of writing I haven't been for my next appointment). Given that it was 8.5 miles and around 1200' of ascent it's a course that is never going to appear in any record books as the hardest course ever however it presented me with a number of challenges. It would have been hard enough coming of the back of a training programme that my sons hamster could have bettered but coupled with a basic error over liquid intake - apparently it helps to drink lots of fluids before a race not lots of beer the night before a race – it was tough. Open moorland, steep slippery descents, lots of excess water, forests, steep wet ascents steam railways and lots of sunshine not necessarily in that order made this a beautiful course and a nice event. I wasn't last, my knee got round and it reminded me why I wanted to do this – because its just great to be out there not worrying about times and places but just enjoying the physical action of running somewhere that I wouldn't necessarily go if someone hadn't kindly organised this event. Oh yes and there's the small matter of putting 30 points in the bag. I'll not say that again until next year unless that is anyone feels that they can take them from me.....

Alistair Whitelaw.

us the advantage over other runners. Checkpoint one was rather a spectators control, on arrival we met a large group of walkers who appeared to be admiring the view....you could only see 5 metres max!! I think they were rather surprised to see us too. The rest of the race was pretty uneventful.... All I remember about the route is down to the marsh, up the other side, across the wall, trudge over the tussocks on the tops (had a good tail wind to keep us moving at this point), hit a wall, turn right, start to drop down, hit the re-entrant, follow it to checkpoint two, descend rapidly and sprint for the line!! Simple.... I didn't actually look at the map until we finished James did all the navigation for us in an attempt to slow him down... We did take quite a safe route over the top due to the mist and very poor visibility but the descent was great fun hurtling down grassy slopes. It was great to get out there and race again. It's definitely one I'll put in the diary for next year. Anyway enough rambling from me Thanks for the opportunity to run in the team!

Snoots

## High Brown Knoll - Sunday 10 October 2004 6.5mils/1050'

			Medium Rating	improvement rating from 2003
1	Steve Oldfield	Brad/Airedale	44:56	-
2	Malcolm Fowler	Pennine	44:57	-
3	Adam Breaks	CVFR	46:13	1.05 3%
6	Karl Gray	CVFR	46:40	1.06 -2%
8	Andy Clarke	CVFR	47:45	1.09 0%
17	Richard Greenwood	CVFR	51:35	1.17 -6%
18	Dave Beels	CVFR	52:51	1.20 1%
19	Graham Hill	CVFR	53:52	1.22 -
21	Rob Sharratt	CVFR	54:33	1.24 -
28	Vanessa Peacock	Clayton	58:01 - 1st lady	-
29	Rod Sutcliffe	CVFR	58:29	1.33 -3%
37	Steve Smithies	CVFR	61:26	1.40 -
38	Graeme Woodward	CVFR	61:37	1.40 -7%
39	Neil Palmer	CVFR	61:40	1.40 -
40	Brian Shelmerdine	CVFR	61:49	1.40 -2%
48	Ben Davies	CVFR	62:44	1.43 -
54	Dave Culpan	CVFR	66:36	1.51 0%
60	Allan Breaks	CVFR	69:44	1.58 -
69	Mark Everington	CVFR	71:44	1.63 17%
80	ran			

# FRA RELAY 2004

		position at end of leg	total time	position amongst runners in same leg	leg time	rating race times	improvement on recent
<b>Calder Valley: Men</b>							
leg1	Karl Gray	13	0:46:50	13	0:46:50	1.00	4%
leg2	Andy Clarke/Richard Greenwood	11	2:04:52	14	1:18:02	1.09	5%
leg3	Bill Johnson/Dave Beels	9	3:29:06	21	1:24:14	1.16	5%
leg4	Adam Breaks	7	4:17:46	10	0:48:40	1.04	0%

Finished in 7th place (out of 89 men's teams)

## Calder Valley: Ladies

leg1	Jo Smith	9	1:00:33	9	1:00:33	1.29	-5%
leg2	Celia Mills/Jackie Scarf	10	2:44:54	10	1:44:21	1.46	-1%
leg3	Sarah Noot/Anne Johnson	4	4:22:52	2	1:37:58	1.35	4%
leg4	Sally Newman	4	5:17:02	1	0:54:10	1.16	1%

Finished in 4th place (out of 17 ladies teams)

NB: for pairs, the improvement shown is for the slower runner of the pair.

## The winning teams:

### Men

1	Dark Peak	3:51:36
2	Mercia	3:53:46
3	Pudsey & Bramley	3:56:45
7	Calder Valley	4:17:46

### Ladies

1	Dark Peak	4:51:27
2	Ilkley	5:10:31
3	Keswick	5:15:46
4	Calder Valley	5:17:02

## The fastest runners on each leg:

### Men

leg 1	Tim Davies	0:42:56	Mercia
leg 2	Gary Devine/Jon Hennigan	1:08:39	Pudsey
leg 3	Alan Ward/Mark Hayman	1:10:23	Dark Peak
leg 4	Simon Bailey	0:42:47	Mercia

### Ladies

leg 1	Louise Sharp	0:54:43	Keswick
leg 2	Andrea Priestley/Helen Sedgwick	1:28:56	Ilkley
leg 3	Helen Winskill/Jenny Whitehead	1:22:25	Dark Peak
leg 4	Sally Newman	0:54:10	Calder Valley

This was a fabulous day with both the mens and the womens teams having excellent results and being up there with the best of them. A hard fast single leg to start the teams off followed by a second longer paired leg with the third leg in pairs being navigation this is always an interesting and anything can happen here. Sarah said that there was fell runners all over the place. If the mist had been down some of them might still have been out there!!!! Our teams excelled here with Bill and Dave gaining 2 places and leaving Tod behind while Sarah and Anne overtook 6 teams to give the anchor legs a good position and here Adam picked up a further 2 teams for the men while Sal maintained an excellent 4th place for the girls and ran the fastest women's time over that leg. Well done to you all. Thirza



## Withins Skyline - Sunday 24th October 2004 7mils/1000'

			Medium	Rating	improvement rating from 2003
1	John Heneghan	P & B	0:44:24	-	-
2	Malcolm Fowler	Pennine	0:44:54	-	-
3	Nick Leigh	Altrincham	0:45:14	-	-
14	Adam Breaks	CVFR	0:50:03	1.13	-4%
59	Sharon Taylor	Bingley	0:54:19	-	- 1st lady
60	Graham Hill	CVFR	0:54:22	1.22	-
61	Rob Sharratt	CVFR	0:54:24	1.23	-
106	David Hague	CVFR	0:58:30	1.32	-
135	Allan Greenwood	CVFR	1:01:18	1.38	1%
158	Philip Jones	CVFR	1:03:41	1.43	-2%
167	Richard Henderson	CVFR	1:04:19	1.45	2%
183	Dave Culpan	CVFR	1:05:46	1.48	2%
195	Allan Breaks	CVFR	1:06:55	1.51	-
274	ran				

## Race you to Summit - Sunday 31st October 2004 - 4mils/800'

			Short	Rating	improvement rating from 2003
1	Darren Kay	Horwich	0:28:13	-	-
2	Chris Smales	Todmorden	0:28:28	-	-
3	Stewart Gregory	Holme Pierp	0:28:36	-	-
24	Dave Beels	CVFR	0:33:06	1.20	0%
26	Graham Hill	CVFR	0:33:09	1.20	-
31	Sally Gilliver	un'att	0:33:53	-	(new record)
35	Anne Johnson	CVFR	0:35:03	1.27	1%
36	Steve Smithies	CVFR	0:35:14	1.28	-
39	Neil Palmer	CVFR	0:35:48	1.30	-
47	Barry Shaw	CVFR	0:36:30	1.32	-8%
60	Allan Greenwood	CVFR	0:38:42	1.40	0%
62	Dave Culpan	CVFR	0:39:01	1.41	6%
92	ran				

### FINAL RESULT

### GRASS ROUTES SERIES 2004

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pos	forename	surname	club	cat	Overton	Over Moors	Withins	Walsley	Wicker Hill	Over Hill	Grants & Withins	Eringden Moor	HBBK Hill	Summit	Total	No of Races
1	Karl	Gray	Calder Valley		249	248	245		249	250	249	248	245		1493	6
2	Chris	Smales	Todmorden Harriers	V 40	245	244	248		248	248		249	239	249	1487	6
3	Stewart	Gregory	Holme Pierrepont		242	243	243	246		246		247		248	1473	6
4	Danny	Appleby	Radcliffe						241	242	244	240	235	241	1443	6
5	Paul	Burnett	Leeds City			230		242	242	241		237	237	237	1436	6
6	Brian	Stevenson	Pudsey & Bramley	V 40		228	234			236	243	242	240		1423	6
7	Matthew	Davies	Holmfirth Harriers		234	232			236	234	242	236	225		1414	6
8	Mark	Goldie	Un / Att			224	212			235	239	234		236	1380	6
9	Graham	Hill	Calder Valley			214	210			231	236		232	225	1348	6
10	Peter	Mcnulty	Radcliffe	V 45			160	209	227	219	237	231		222	1345	6
11	Fred	Lynch	Red Rose	V 45	212	207	203	220	229	227			226	224	1338	6
12	Steven	Moss	Spensborough Ac	V 55	214	216	214		231	211		228	221	218	1328	6
13	Wayne	Percival	Ambleside	V 40	204	218	213	199			228	225	217		1305	6
14	David	Emmanuel	Un / Att	V 40	162	189	190	202	226	208	221	224	207	213	1299	6
15	Tony	Holt	Radcliffe Ac	V 40				190		206	235	229	218	214	1292	6
16	Barry	Shaw	Calder Valley	V 40	211	192			232	214		232		204	1285	6
17 (lady 1)	Carole	Waterhouse	Halifax Harriers	F 35				203	222	207	218		215	206	1271	6
18	Peter	Jagan	Bingley Harriers	V 50	200	190	181	196		200		212	219	203	1230	6
19 (lady 2)	Donna	Allen	Radcliffe	F	184		169	187	216	204	210			201	1202	6
20	Harry	Atkinson	Bingley Harriers	V 50	183	182	175	194	221	198			198	192	1186	6
21	Dave	Beston	Abbey Runners	V 45	185		167			199		218	180	208	1157	6
22	Dave	Armstrong	St Bedes	V 55	180	173	137			192	202		208	196	1151	6
23	Brian	Booth	Radcliffe	V 50	171		171	178	208	201	211				1140	6
23	Colin	Duffield	Todmorden Harriers			160	139	170	199	184	192	208		187	1140	6
25	Dave	Culpan	Calder Valley	V 40	139	162	124	156	184	178	181	202	197	189	1131	6
26	Mark	Cartwright	Radcliffe		144	149	117	165	207	181	186	193		184	1116	6
27	David	Tolson	Red Rose	V 40	179	175	161	142	191	190	212				1108	6
28	Ross	Jaques	Clayton Le Moors	V 65	169	159	154		183	182	188		199	181	1102	6
29	Kieron	Ashworth	Clayton Le Moors		132	134		169		176	180	200	189	171	1085	6
30 (lady 3)	Sheila	Mcnulty	Radcliffe	F 55		125	99	150	190	171	177	194		173	1055	6
31	Tim	Barnett	Un / Att	V 40		151	147		177			197	193	182	1047	6
32 (lady 4)	Linda	Hayles	Calder Valley	F 45	147		125	152	182	177	179	199			1036	6
33	Roy	Bradley	Saddleworth	V 55	163	150		182			184		178	177	1034	6
34 (lady 5)	Margaret	Jagan	East Pennine O.C.	F 50	154	156	114			172		210	194		1000	6