



# CALDER VALLEY FELLRUNNERS **SHEEP SHEET**



OCTOBER 97

## WHAT'S NEXT.....

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

## DEADLINE FOR NEXT ISSUE Early DECEMBER

Well our summer's over and it's back to the roads for training. Until we sort out our new club captain at the AGM Tony Bradley has put up a list of runs until Christmas so that we know what we're in for. I haven't put a list of the runs in this newsletter just incase you see the night that we're doing Mytholm Steeps and decide not to come. We've all got to suffer together.

I've put in the date of the club dinner in January which is being organised by Pete Regan. It should be a good night with decent beer at reasonable prices. He needs a deposit so get in touch with him and let's see a few more people there this year.

I seem to be lacking results from races from people again. This is the last time I'm mentioning it so if you don't get a newsletter for a while it's because you haven't sent me anything to go in it. **I'm getting rather p----- off phoning and wittering at people.**

Luckily enough though we've had some star Calder Valley performers since the last newsletter.

Read On.....

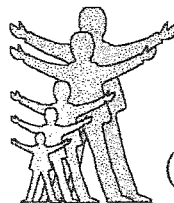
Cheers Thirza

*Monthly Newsletter to keep you in the running*

## ANNUAL GENERAL MEETING

**Shoulder of Mutton**  
**4th November at 8.00pm**

Last year the AGM was badly attended so please make the effort to be there. You might just have the right ideas to help the club out. Some of the Committee are resigning this year and it would be good to see some new faces on the committee who are there because they want to be and not just because nobody else would volunteer. Remember the Top and Bottom of it all is



**IT'S YOUR CLUB.**

(see over for ..... some job descriptions)

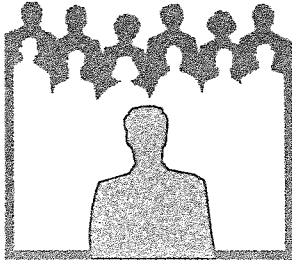
**THE TROG**

**21st FEBRUARY 1998**

**SUE AND JESS PALMER are the new organisers of the Trog. Your help would be much appreciated to help out. Put this date in your diary. Thanks to Irene and Ted for all their hard work in the past.**

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## **This is how the Committee will stand at the AGM**



Chairman .....	Resigning
Secretary .....	Resigning
Treasurer .....	Resigning
Club Captain .....	Resigning
Members Sec. ....	Richard Kellett
Statistician .....	Andy Thompson
Publicity Officer .....	Resigning
Race Co-ordinator .....	Resigning
Sheep Sheet Ed .....	Thirza Hyde
Ladies Rep .....	Resigning

### **Chairman**

- Oversee general running of the club.
- Chair committee meetings every month.
- Speak at the AGM and Annual Dinner and Present Prizes
- Intervene and sort out any major problems that crop up (with the help of the other committee members)

### **Secretary**

- Take minutes of meeting ,write up and present the minutes at the following committee meeting.
- Send out fees for various organisations (eg BAF).
- Open post, throw most of it in the bin and bring relevant info to committee meetings to be dealt with.
- Send Official Letters.
- Inform Police of Years Events.

### **Treasurer**

- Keep up to date records of club funds
  - Present Accounts (which have been audited) to the AGM
  - Advise the committee about the funds (spending on new kit etc.)
  - Pay any outstanding bills.
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## **Captain**

- Enter teams for relays.
- Pick Teams for Relays.
- Sort out training runs for Tuesday Nights
- Help and encourage Members (where needed) on training .

## **Publicity Officer**

- Get results from races, write up and get them to the Press as soon as possible after the race.
- Advert in the press, every few months, to let new members know where we meet and what we do on Tuesdays.  
(with a contact name and address)

(This job is important for the survival of the club and to encourage new members but we need the cooperation of the presents members for the post to be effective)

## **Race Coordinator**

- Oversee general running of the club races.
- Look after the store cupboard at MCC (flags, timer etc).
- Help race organisers (if needed).

## **RACE ORGANISERS**

**will you please return the Timer to the Race Co-ordinator after your race. This will save the next race organiser from having to chase half way round Yorkshire looking for it.**

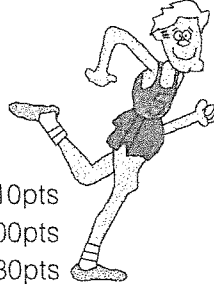


**....any ideas/suggestions for Andy Thompson for next year's Grand Prix - ANYTHING considered EXCEPT Road Races.**

# CLUB RESULTS .....

## Polaris/North York Moors - June '97 (similar to Karrimor but on Mountain Bikes)

6.	P. Frechette/P. White	Super Vets	410pts
32.	Sheard/Arrandale	Vets	400pts
65.	H. Taylor/J. Wilkinson	Mixed Pair	280pts



## Arisaig Highland Games - July 24th ...100 yards DEAD FLAT

1.	Lisa Duncan	Mallaig
6	Sue Palmer	CVFR

(7 finished - 1 fell down!!!!)

## ...1 and a half miles/70' climb

1	Alex McKenzie	Fort William
9	Jess Palmer	CVFR

(10 finished)

(don't worry we didn't tell them where we were from but Jess did have his Mick Banks Fan club T-Shirt on.)  
Sue.

## Ingleborough Fell Race - July 19th (7mils/2000')

1.	M. Whitfield	Bingley	47.40
24	Wayne Brown	CVFR	55.39
75	Brian Horsley	CVFR	62.60
85	Tony Bradley	CVFR	63.57
100	Andy Thompson	CVFR	65.49
106	Gerry Symes	CVFR	66.28
178	Graham Spencer	CVFR	75.11

(244 finished)

## Turnslack Fell Race - July 26th (8mils/2000')

1.	S. Willis	Tod	60.19
7	Gary Webb	CVFR	63.45
13.	Wayne Brown	CVFR	69.25
18	Jeff Winder	CVFR	69.35
26.	Alistair Sherriffs	CVFR	70.29
33	Duncan Thompson	CVFR	71.16
42	Graeme Woodward	CVFR	72.51
56.	Gerry Symes	CVFR	74.29
59	Chris Robinson	CVFR	74.43
71	Glynda Cook	Rochdale	76.24
84.	Liz Pyne	CVFR	79.51
93.	Richard Henderson	CVFR	87.54
108.	Eddie Procter	CVFR	89.31
126	Charlotte n Roberts	CVFR	95.32

(143 finished)

Well done to the men for taking the second team prize, the first vets prize and to Liz for being third lady home. A big thanks to Charlotte for helping out the lady who was injured with a dislocated shoulder.

## Mount Skip - August 30th

1.	Gary Oldfield	Bfd/Airedle	30.33
9	Carol Greenwood	Bingley	33.55
10	Jeff Winder	CVFR	33.58
21	Richard Kellett	CVFR	37.26
37	Graham Woodward	CVFR	41.22
40	John Riley	CVFR	42.04
48	Gerry Hughes	CVFR	46.13

(54 finished)

## Stretton Skyline - September 7th (18mils/4450')

1.	Mark Kinch	Bingley	2.35.21
5	Gary Webb	CVFR	2.41.22
6	Steve Houghton	CVFR	2.41.59
23	Wayne Brown	CVFR	3.01.20
39.	Greg Houghton	CVFR	3.02.28

A comfortable win for Mark Kinch on an ideal day for running. He didn't know the course but just followed the others round before blasting away from them on the descent down the Carding Mill valley to the finish.

Gary ran well despite having a dose of the 'trots' after the 'Mexican' the night before. Steve found himself in the lead just after Caer Caradoc after the leading bunch had gone astray. He said he wondered what the spectators were clapping for.

A good steady run by Wayne also, but we were just pipped by one point for the team prize. I was just glad to get round on my comeback race after a knee injury, which had sidelined me since early July. At least things are looking up now.

## Peris Horseshoe - September 13th (17mils/8500')

1.	James McQueen	Eryri	3.11.00
6	Steve Houghton	Bingley	3.38.36
9	Menna Angharad	Eryri	3.45.26
22	Greg Houghton	CVFR	4.07.38

Another ideal day for this Welsh Classic.

Steve had an excellent run in 6th place, taking 2nd Vets prize. Menna Angharad finished an hour in front of her nearest rival despite twisting her ankle on the ridge between Y Lliwedd and Snowdon. Another steady run on the comeback trail by myself with no after effects, touch wood, but I was certainly feeling the lack of training in the last couple of miles.

An incident at the start of the race would make an ideal clip for 'You've Been Framed', if anybody had a video camera on it. There was one of those metal crash barriers with the sponsors banner on it just to the side of the start area. When the organiser shouted 'Go' one of the runners took about 3 strides then crashed straight into it, finishing up horizontal on the ground on top of it. I know you shouldn't laugh, but you can't help it can you.

Greg

**Annual Dinner Dance**  
**& Presentation**  
**Saturday 31<sup>st</sup> January**  
**Tower House Hotel**  
**7.00 for 7.30p.m**  
**Menu**

Garlic Mushrooms  
Fantail Melon with Marie Rose Sauce  
Fresh Soup of the Day

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Beef Bordalaise  
Tender slices of beef in a red wine, onion & mushroom sauce

Chicken Champignon  
Breast of chicken in mushroom, cream & white wine sauce

Grilled Trout Almondine

Vegitarian Dish of the Day

All main courses served with fresh vegetables

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Choice of Desserts

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Fresh Filter Coffee  
14.95 per person.  
Will all vegans & veggies contact Pete  
Regan on 01422 259414 with menu requirements.

**A 5.00 pound deposit per person will be required no later than 30<sup>TH</sup> NOVEMBER with the balance by 10<sup>TH</sup> JANUARY, a post dated cheque with the deposit, will be acceptable, all cheques should be made payable to Calder Valley Fell Runners.**

# CALDER VALLEY BLUNDERS ...



## Runner rescued in mountain drama

A THIRTY-nine-year-old Halifax runner taking part in a hill race in Scotland had to be airlifted to hospital in a dramatic rescue.

Mr Tony Bradley, a maintenance engineer and father-of-three, of Vicar Park Drive, Norton Tower, Halifax, developed severe cramp and hypothermia during the annual Ben Nevis Hill Race on Saturday.

He could not continue his descent and members of the Lochaber Mountain Rescue Team attended the scene and stretchered Mr Bradley down the mountain.

He was then airlifted by an RAF heli-

copter which had been on stand by. He was taken to the Belford Hospital in Fort William but released two hours later when his temperature increased.

Mr Bradley is an experienced fell runner and a member of the Calder Valley Fell Runners Club. He has taken part in the race six times.

"When I started to come down the mountain I got cramp in my leg. I tried to run it off but it came back again and it got so bad I couldn't move," he said.

Marshalls gave him morphine and carried him down the mountain before he was airlifted to hospital.

Mr Bradley was back at work today.

Fancy a trip in a helicopter, then speak to Tony Bradley. At the cut price rate of £6.00 sent along with a slip of paper to the organisers of the Ben Nevis Fell Race, entitles you to the flight of your life from the Red Burn to Fort Bill.

Pre-flight preparation includes: ensuring you are fully dehydrated by a bad case of diarrhoea for the previous 3 days and a course of antibiotics, then full tilt up the Ben until the inevitable happens and full scale cramp sets in both legs to the point where you have to be stretchered down from the top of the Ben to Red Burn by Lochaber Mountain Rescue.

A simple injection of morphine and a space blanket later and you're airborne with fine views of the Ben, Mamores and the finishing field. Hope you manage to get to the finish in a more conventional manner next time Tony (Ed)



## THE TRUE STORY!!!!!!!???????

As everyone is no doubt aware (Thanks Thirza) (Don't know what he means!! Ed) I hold the unwanted title of the first CV member to be airlifted off during the Ben Nevis race. The week before the race I had a bad cold and a bad bout of the runs, so I saw my doctor who put me on Antibiotics and advised me not to run for a couple of weeks. I starved myself for 24 hours on Tuesday to try and stop the runs but still not being 100% on Wednesday I again ate very little but by Thursday I was feeling abit better so Friday saw me off on the journey to Fort William.

In the race itself I set off steadily just really looking to finish but about 3500' I started to feel tired and was being passed by people who are normally well behind me, still get to the top and I thought I can pass them on the way down (He did pass most of them but from about 1000' up in the air) I reached the summit and set off down, not as quickly as I hopped as the tiredness was taking its toll, then at about 4000' my right thigh cramped, I managed to free it and carried on down but it soon cramped again, as soon as I stopped my left thigh also cramped and I could not move my legs at all. Luckily I was by a Marshalling Post, they tried to relieve the cramp but it had no intention of going away. By now I was starting to get cold so they put extra clothing on me and covered me up, I was given a shot of morphine to relax my muscles, put on a stretcher and I was taken down to below Red Burn where the Helicopter had landed and was waiting to take me to hospital. Looking back now I know I shouldn't have run, but how many times do we all do it when we know we aren't a 100%. I would never have thought that cramp could lead to all the above, but the doctor in Fort William said that having the runs most of the week had caused my potassium level to drop, this then caused the cramp. So finally, take the advice of someone who didn't, if you've got a cold or just generally feel under the weather and you're thinking of running, DON'T.

Tony

## NEWS OF MARINE BOY .....

It's good to see that all the intensive training for the defence of the realm is seeing Den in good stead for his Fell running. In the recent Pilgrims Cross race Den finished ninth of the nine CVFR that ran. Liz noticed as she passed him, that his running style had changed a bit. He's reported to have been crawling on all fours with a bush on his head!! It seems that they do it different down on Dartmoor.

## FIRST AID COURSE AND OTHER TOP TIPS .....

If you need any top tips on Feet then Pete White will shortly be running a First Aid Course. This follows his first hand experience of damn near amputating his foot with a Swiss army knife to cure a problem blister whilst backpacking in California.

Tips to follow will include:-

- "How to get your mates to carry your gear",
- "Ideas for events such as "Karrimor" following the above surgical procedure",
- "Begging for walking poles from your now overburdened mates until the foot grows back",
- "How to deplete everyone else's pack of blister pads, plasters etc, so all you have to carry is the 2 1/2 lb of Ibuprofen, Co Proxamol and all other assorted painkillers (the only real essentials when backpacking 250 miles of isolated mountain terrain)"
- "How to beg for items of equipment, you foolishly lost or forgot to take, from other Wilderness Wonderers or Rangers met along the way (a little degrading but with the WHITE attitude you will manage it)"

## MOUNTAIN BIKE TIPS .....

If anyone knows if Ron Hill does a bumbag with integral airbag or failing that does anyone have a pair of stabilizers. Please let Duncan Know. Rumour has it that Duncan has had a few weeks off running in order to perfect his trick cycling skills. He's been having some difficulty doing "WHEELIES" coming off and injuring his knee.

CUTTING FROM THE HALIFAX COURIER

BINGLEY Harriers' Carol Greenwood, who lives at Ainley Top, was first woman home in the Thievely Pike Fell Race at Holme Chapel near Todmorden, which doubled as the Calder Valley club championship.

Greenwood clocked 33 minutes 46 seconds for the 4.5-mile course which rises 900 feet, with Liz Pyne the first Calder Valley woman to cross the line in 39.56.

Gary Webb was the first Calder Valley man to finish, clocking 30.56 as he crossed the line in 11th spot a little more than two minutes behind the overall winner M Keys of Rossendale. Jeff Winder, who was 19th overall, was first over 40 home in 32.24.

Other Calder Valley times:  
34 Tim Janaway 33.54; 54 Rod Sutcliffe 36.00; 65 Carl Greenwood 37.09; 66 Chris Robinson 37.1; 71 Graham Woodward 37.40; 74 Andy Thompson 38.11; 88 Gerry Symes 39.37.

**Carol is  
ahead  
of the  
Valley**

**FELL RUNNING**