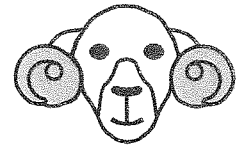


SHEEP SHEET



YOUR CLUB OFFICERS

CHAIRPERSON

Rod Sutcliffe
01422 882082

TREASURER

Steve Cavell
01274 576733

SECRETARY

Jon Underwood
01422 249195

CLUB CAPTAIN

Tony Bradley
01422 360999

MEMBERSHIP SEC

Dave Hyde
01422 343736

SHEEP SHEET ED

Thirza Hyde
01422 343736

PUBLICITY OFFICER

Allan Greenwood
01422 375682

WEB OFFICER

Carl Greenwood
01422 886587

STATISTICIAN

Phil Swaine

EQUIPMENT OFFICER

Chris Robinson
01484 716341



September
2002

IT'S RELAY TIME AGAIN

**SUNDAY 6th OCTOBER
IAN HODGSON RELAY...**

**2 teams have been entered
An 'A' Team and a 'Vets' Team.**

**SUNDAY 20th OCTOBER
FRA RELAY (in Langdale)**

**same category of teams have been
entered as above.**

**Can you email Tony on
Tbradley58@aol.com or ring him on
01422 360999 if you are available to
run please. I'm sure he'll appreciate it.**

BIRTHDAY RUN

To celebrate my birthday I'm having a run from my house on Tuesday 24th September at 6.30pm. I'm planning a route with several short-cut options so that faster and slower runners take different routes to the same point. The runners at the front should loop back round once they get to each junction, so that we all run as a group.

**THERE WILL BE BEER
AND HOT FOOD ON AT
OUR HOUSE
AFTERWARDS. Please try
and make it.**

BILL JOHNSON

ENGLISH CHAMPIONSHIP UPDATE

Jeff Winder is leading the English Vet 50 Championship after having a storming race at Sedbergh to take the 1st Vet 50 Prize. He now leads Mike Walsh by 2 points. It is all going to be down to Thieveley Pike at the end of September. The first man scores 12 and then the second man scores only 9 and then it goes down the field 8, 7, 6 etc. This also applies to the Vet 50 team scoring which has resulted in Clayton taking the title with Calder Valley in Silver Medal position. We still need to field a good team at Thieveley to stop Horwich pinching 2nd place so it's no rest for the zimmer frames yet lads LET'S SEE YOU AT THIEVELEY.



**AVAILABLE FROM
CHRIS ROBBO
01484 716341**

**ANY ARTICLES FOR NEWSLETTER PLEASE
email:- thirza.dave@virgin.net or tel 01422 343736
ANY COMMENTS OF INFO FOR WEBSITE
email:- carlgreenwood@hotmail.com**

RESULTS ... Results ...



Helvellyn Fell Race - 26th May - 11mils/4500'

1.	Andy Schofield	Borrowdle	1.46.00
5.	Leigh Warburton	Bowland	1.56.45
7.	Jeff Winder	CVFR	2.00.35
14.	Angela Brand-Barker	Keswick	2.13.20
21.	Greg Houghton	CVFR	2.24.00
25.	Phil Swaine	CVFR	2.40.00

From Bram Crag Farm, St John in the Vale, This was quite an eventful race, mostly due to wet, misty conditions. Borrowdale's Gavin Bland and Cumberlands James Archbold retired injured, one runner finished up in Glenridding after a navigational error in the clag, and one suffered a bad gash on his leg after a fall on the final descent, which was very steep and slippery. Two runners abandoned their race to help him down, assisted also by members of Keswick A.C who had already finished the race. Scoffer won by over 8 minutes with the first vet 40 placing 5th and Jeff with an excellent run taking the first vet 50 prize. Angela Brand-Barker had an easy win in the womens race with the next lady taking 3.16.40 to complete this tough race. Greg.

Ennerdale Horseshoe - 8th June - 23mils/7500'

1.	Jonny Bland	Borrowdle	4.03.00
13	Mike Wardle	CVFR	5.12.18
20	Nicola Davies (1st lady)	Borrowdle	5.41.53
24	Joss Naylor (Vet 60)	CFR	5.44.53

I have had an ambition to do the classic Long Lakeland Fell races in one year so when the Lakeland Classics Trophy was advertised in the Fellrunner it seemed like a good idea to have ago. To take part in it you must complete two of the four 'Super' Long 'A' races, Duddon, Ennerdale, Dockray, or Wasdale, and one of the three Long 'A' Borrowdale, Threeshires, and Langdale, or you can count three super Long's. Fortunately for me I was able to talk Rod into joining me on this hair brain scheme and as Duddon and Dockray are part of this years club champs we decide that we would do the four Super Long's.

So that is the back ground to this adventure. Duddon had been the Saturday before. Being a teacher on half term I had been able to lay around in an attempt to recover in time for the Ennerdale. Rod on the other hand had been walking part of the coast to coast. Greg Houghton in a mad moment decided to join us and Andy Clark hinted he would be there too. This meant we had a team in the race that could also count in the Lakeland Classics Trophy.

The race starts pleasantly from the Scout camp and goes round the northern end of Ennerdale Water on footpaths to then climb steeply up Rakes Beck and into the swirling mist. Great Borne is the first CP. Rod was in front chasing down another runner and had disappeared so being a cautious runner I got the map and compass out and got on to the first bearing of the day. The top arrived, then over rocks to the fence that is followed towards Starling Dodd.

The race rout as the name suggests goes round the Ennerdale Valley skyline. However you do not need to go over every top, using secret trods and traverses you can save a lot of

up and down. Starling Dodd is the first of these and using a secret trod I caught up string of fellow runners. Red Pike is the 2nd CP. The cloud had not relented. Clearly the group was apprehensive and watching each other wandering who knew the best way. The choice is round High stile and High Crag or over. Round is very rough if the wrong rout is chosen, over meant a lot of up and down. I caught brief glimpses of others in the mist but it seemed everyone had their own way. I dropped out of the mists on the descent from High Crag to find myself on my own. At Scarth gap you take another traversing line round Hay Stacks and on to CP 3 at Black Beck Tarn. A good watering hole. There was a hint of sun as I headed for Green Gable but it was short lived and the compass was out again.

On a good day the view from Green Gable the 4th CP down Ennerdale is breath taking and you feel to be about half way. This is an illusion. The ridge back twists and turns over big peaks. You drop to Windy Gap from Green Gable and then shoot the scree into Stone Cover to then pick up Moses Trod to Beck Head. More water here. On a dry day this can be the last to the finish some 10 miles further on .

CP 5 Kirk Fell is another peak that seems different every time you climb it. In a past race I have got so disorientated here I have started coming down the way I had just gone up. Not today! Stick to the fence posts. It means a little extra up and down, but at least you know where you are. Follow them down towards Black Sail Pass but check the compass first!

The climb up Pillar (CP 6) is hard. It is steep and feels long and the distance is begging to bite. Rob James of CFR catches me. He has been walk about on Kirk Fell. He is the first runner I have seen since leaving Red Pike. It is nice to have company.

I stick with him over Pillar and we pick up the trod round Black crag and Scoat Fell. It saves a lot of boulder hopping. The wall off Scoat Fell emerges out of the mist and the navigation is over, it goes all the way to Crag Fell the last CP but it is about five miles and the fit pick the pace up. Haycock arrives. The chap who does this CP always has water. He must carry it miles. A quick mouthful and on to Iron Crag. Rob has sprinted off by now and I am on my own again. At Iron Crag CP8 I meet more runners. It is not really racing by now just survival. One Lad falls behind but another gets a new lease of life and seems to go sprinting off. I slot a couple of jelly babies down for the climb up Crag Fell. The sting in the tail, then the finish is insight only it is about 1800 feet straight down and it kills your knees.

It is great to finish! I felt to have had a steady run. I expected to see Rod and Andy about but there is no sign. There is a steady trickle of runners but still no sign so I head back to the cars and find Andy's car had gone.

An hour or so later the story begins to emerge. A third of the runners had dropped out. Disappointingly this included Rod, Andy and Greg. However their adventures will be worthy contenders for the navigation award.

Andy was spotted running to Red Pike from the opposite direction. He later had to retire at Black Beck Tarn with an injured foot. He stood on a rock!! **(He's used to training around Savile Park on the flat grass!!!! Ed)**

Rod on disappearing into the mist on Great Borne followed a lad who he thought was an orienteer. All went well until they failed to climb towards Green Gable. It seems they got on to the path that goes under Green Cable and up to Beck Head. They then climbed Great Cable. Rod admitted in his debrief that he knew where he was but carried on up. The situation then took a turn for the worse because they then descended to Sty Head. The intention had been to drop to Windy Gap and then up to Green Gable. Unperturbed Rod left his guide here climbed Aaron slack to windy gap. Things become a little vague here but it seems he

meet up with another runner who was timed out. They decided to follow the race route round but got lost again on Kirk Fell !!

Greg got further than Rod and had latched on to Joss Naylor thinking that he was on to a winner in that he would be able to stay with Joss and benefit from his local knowledge. Ascending Kirk Fell Greg and a companion suddenly discovered that Joss had done a disappearing trick. Unfortunately for Greg and friend they where on Joss's route and did not know where they where. Eventually they emerged from the mist to see Wasdale below so they turned tail and headed for Ennerdale and the finish.

In recent years there has been a decline in the numbers entering the 'Classic' long races. This year there has been an improvement. I hope that Calder Valley runners continue to support them because if they disappear we will lose a vital part of our sport.

We are short of a third race to count towards the team event in the Lakeland Classics so if any one is interested in possible doing Langdale on 12-10-2002 please let me or Rod know.

Finally can I just finish these ramblings by saying a big thanks to Rod for coming with me to these races and helping me to complete them. (and for having someone to take the piss out of. Ed)

Mike Wardle

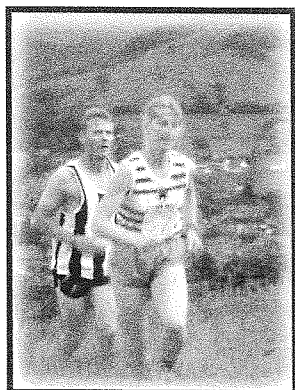
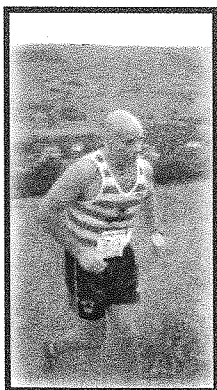
Buckden Pike - 15th June - 4mils/1500'

1.	Ian Holmes	Bingley	32.12
2.	Rob Jebb	Bingley	33.40
3.	Rob Hudson	Bingley	34.31
4.	Steve Oldfield	Brd Airedale	34.34
26.	Sharon Taylor	Bingley	43.36
29.	Jon Underwood	CVFR	44.40
41.	Greg Houghton	CVFR	46.15
47 th	Allan Greenwood	CVFR	48.15
65 th	Linda Crabtree	Halifax	54.32

72 finishers

What a race to do when you are recovering from a fractured ankle just 7 weeks ago. My idea though was just to get round it albeit very slowly. Think the race was affected by the "world cup fever", the start time being put back 15 mins to accommodate the late arrivals with only 72 runners taking part. A lot of heavy rain made the ground very heavy and the river we had to cross both outward and at the finish was quite dangerous, so much so that a marshal stood in the middle to guide us across - good job he had his wellies on (no Linda they were for chasing after the sheep!!!). Once over the river at the start you had an incredible steep climb, scramble and then levelling out for a short while before another steady runnable climb to the summit, only to be sent down a short steep banking and then a contour round the hill back though the same gate on the first steep climb out. You look over the edge and just shut your eyes. The descent is awful, I did it mostly on my bum and I was just glad to finish.

Linda Crabtree



Longcroft Engineering Midsummer Madness 3 day event

Wicken Hill Whizz - Fri June 21 - 3mils/1000'

1.	Nick Barrable	Lothian	21.46
2.	George Ehrhardt	Tod	23.08
3.	Andy Clarke	CVFR	23.21
6.	Dave Beels	CVFR	25.28
11.	Andy Wardman	CVFR	26.35
13.	Keith Cadby	Un att but now CVFR	27.04
17.	Pernilla Karsson	Sweden	27.37
23.	Anne Johnson	CVFR	28.44
29.	Allan Greenwood	CVFR	29.46
40.	Linda Crabtree	Halifax	31.33
44.	John Riley	CVFR	32.56
56.	David Culpan	CVFR	38.16

61 Ran

Tom Tittiman - Sat. June 22 - 4mils/600'

1.	Nick Barrable	Lothian	26.06
2.	Robert Glover	Tod	27.53
3.	John Mason	Woodkirk	27.58
10.	Dave Beels	CVFR	??
21.	Andy Wardman	CVFR	30.52
24.	Pernilla Karsson	Sweden	32.14
27.	Rod Sutcliffe	CVFR	32.41
34.	Anne Johnson	CVFR	33.25
54.	Linda Crabtree	Halifax	35.51
59.	Richard Henderson	CVFR	37.31
67.	John Riley	CVFR	40.40
76.	David Culpan	CVFR	44.22

78 ran

Reservoir Bogs - Sun June 23 - 8mils/1000'

1.	Nick Barrable	Lothian	54.02
2.	George Ehrhardt	Tod	55.30
3.	Andrew Wrench	Tod	55.36
6.	Bill Johnson	CVFR	64.05
8.	Dave Beels	CVFR	65.07
12.	Andy Wardman	CVFR	66.24
14.	Jo Smith	Dark Peak	66.43
19.	Keith Cadby	Un att but now CVFR	67.18
28.	Rob Acheson	CVFR	69.30
30.	Pernilla Karsson	Sweden	69.47
44.	Allan Greenwood	CVFR	77.24
56.	Frank Mallinson	CVFR	81.18
59.	Linda Crabtree	CVFR	82.41
70.	John Riley	CVFR	131.47
75.	David Culpan	CVFR	134.57

76 ran

The races seemed to go quite smoothly, thanks to the much appreciated assistance of CVFR and many other helpers over the weekend. Thanks must go particularly to Longcroft Engineering of Walsden for sponsoring the races and providing quality sweatshirts for the 3 day grand prix winners. No-one seemed to get hopelessly lost in any of the races (warm, dry weather helped) and I didn't hear any complaints so I guess that everyone enjoyed the weekend. Saturdays race the Yorkshire Vets Championships so some of our members left with extra trophies. Thanks again for all the support.

Allan Greenwood.

Eildon Two Hills - Sat. 22nd June - 4.5mils/1500'

LADIES RACE

1.	Andrea Priestley	Ilkley	32.09
2.	Sara Carson	CFR	32.40
3.	Sally Newman	Glossopdale	32.64
37.	Thirza Hyde	CVFR	43.26

62 ran

MENS RACE

1.	John Brookes	Lochaber	26.51
2.	Ian Holmes	Bingley	27.00
3.	Simon Booth	Borrowdale	27.17
49.	Mike Walsh	Kendal	31.13
53.	Jeff Winder	CVFR	31.37

172 ran

This is a fantastic, but certainly tough short race. We had separate mens and womens races with the women going an hour before the men. It starts with a tarmac climb through Melrose before climbing up through some fields and then on to the moor, up the first sandstone hill which was steep and then a fast descent to the bottom of the next climb which was much shorter but still steep and then a choice of routes off, a belting but fast descent back along the moor and then down some interesting mud (which was even funnier by the time the men hit it as you had to try and stop as you were sliding down the mud before hitting a stile!!!, the steps down were hard work and the bloody awful tarmac and the loop around the playing field just to really test you. It was along way to go to run for 4 miles but I enjoyed it. Jeff just couldn't hold off Mike Walsh so they are having a real old battle for the British Vet 50 title. It's down to Y Garn in August. Thirza

Kinder Trog - Sunday 23rd June - 18mils/3450'

1.	Karl Webster	Matlock	1.51.51
2.	Mark Hayman	Dark Peak	1.53.03
3.	Les Footitt	Buxton	1.53.09
11.	Wayne Brown	CVFR	2.03.35
46.	Greg Houghton	CVFR	2.25.54

A dry warm day for this very fast race, which goes via Lantern Pike, Mill Hill, Kinder Downfall, South Head and Chinley Chum. Wayne was telling me before the start of the race how unfit he was, then promptly tore off to finish 11th and he took 1st vet 40 prize. I hate to think how he'll run when he's fit. As for yours truly, I set off in last place after being mugged by a stoney faced marshal for a kit check. She insisted I have a map and compass despite my plea that it was a nice day and I knew the course. By the time I had got them from the car the runners were setting off. That will teach me (PLEASE ALL TAKE NOTE) to look at the kit requirements in future. Greg.

THURSDAY NIGHT TRAINING SESSIONS

WILL BE ON THROUGH THE WINTER FROM DIFFERENT VENUES, SAVILE PARK, HORSFALL TRACK ETC. THEY WILL MAINLY BE SOME SORT OF QUALITY SESSION. RING TONY BRADLEY 01422 360999 OR THIRZA 01422 343736 FOR DETAILS

Settle Hills - Sunday 30th June - 7mils/1750'

1.	Andrew Schofield	Borrowdale	52.53
2.	Chris Miller	Harrogate	54.58
3.	David Horsefall	Bingley	55.49
1st Lady	Tricia Sloan	Salford	61.09
14.	Wayne Brown	CVFR	58.44
37.	Jeremy Wilkinson	CVFR	67.03
48.	Allan Greenwood	CVFR	68.54
58.	Linda Crabtree 5th lady	Halifax	71.17

84 runners started in the market square in Settle for an enjoyable well flagged course. Quite a long climb at the start with many parts of the course over tussocks and rough moorland. A very up and down course with a steep decent on to a rocky track and through some steep descending fields in to the rugby field to finish. The men having the advantage of hot showers the ladies having to wash/change in the toilets or the stream nearby.

Linda Crabtree

(Linda is the cleanist fell runner I know wearing white socks on the fells (which always look white where as mine are that grey colour) and her shoes are always in the shower with us at Mythomlroyd after training - me I probably wouldn't have noticed that we didn't have showers at this venue - dirty wee moo!!!!)

WHARFEDALE TRIPLE T EVENT

Fri 5th July - Uphill Road Race - 3mils/950'

1.	Ian Holmes	Bingley	17.15
15.	Helen Jackson	Bingley	21.57
25.	Geoff Bell	Scarb	22.38
33.	Rob Acheson	CVFR	23.07
56	Val Bell	Scarb	28.25

59 ran

Sat 6th - Long Fell Race - 12.5mils/3000' -

1.	Gary Devine	P & B	1.23.32
9	Sally Newman	Glossop	1.38.57
24	Geoff Bell	Scarb	1.46.08
33.	Allan Greenwood	CVFR	1.49.19
36.	Rob Acheson	CVFR	1.56.53
37.	Linda Crabtree	CVFR	1.57.08
57.	Val Bell	Scarb	2.18.30

62 ran

Sun 7th - Short Fell Race - 1.75mils/500' -

1.	Andy Peace	Bingley	12.16
24	Geoff Bell	Scarb	15.59
25.	Rob Acheson	CVFR	16.07
27	Jo Smith	Dark Peak	16.19
47.	Val Bell	Scarb	19.51

53 ran

Well done to Rob who was a tired man after this tough weekend racing. He came 19th out of the 36 who did all 3 events. Geoff and Vall Bell now running for Scarborough did well with Geoff placing 13th and Val 34th overall taking the 1st LV45 place. Maybe a camping weekend for the club to take part in next year. What do you think club captain???

Thirza

Stoodley Pike - Tues. 9th July - 3.5mils/700'

1.	John Taylor	Bingley	17.57
2.	George Ehrhardt	Tod	18.04
3.	Steve Sweeney	Bowland	18.53
7.	Andy Clarke	CVFR	19.36
10.	karl Gray	CVFR	19.54
34.	Bill Johnson	CVFR	22.13
44.	Carl Greenwood	CVFR	23.27
47.	Rod Sutcliffe	CVFR	23.38
48.	Jo Smith	Dark Peak	23.45
66.	Allan Greenwood	CVFR	24.58
73.	Graeme Woodward	CVFR	26.06
89.	Thirza Hyde	CVFR	27.35
95.	John Riley	CVFR	27.57

It was with sadness that I typed in these results as I remembered laughing and joking with John Taylor as he picked up 12 Bog Rolls for his prize and commented about the good quality of them. He's a great loss for all sorts of reasons. Jo Smith who was training with us at the time had a superb run taking the ladies prize and I scooped up 1st LV 40 and Rod was 1st V50. With Andy and Karl in the top ten and also prize winners it wasn't a bad nights work at all.

Thirza

Wasdale Sat.13th July - 21mils/9000'

1.	Andy Schofield	Borrowdale	3.59.29
19.	Angel Brand-Barker	Kendal	5.02.57
28.	Rod Sutcliffe	CVFR	5.18.38 (1 st vet 50)
46.	Mike wardle	CVFR	5.49.39

Follow That Sheep

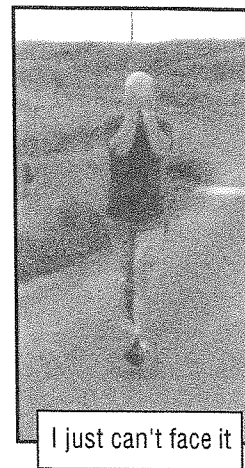
Another episode of Carry on Fellracing took place around Wasdale during a brief spell of freak weather previously known as summer. Wastwater was like a mirror in the morning sunshine – beautiful. I finally completed a long fell race without a major cockup and came away with the over 50 vets prize to restore my reputation. There was one slight deviation when I traversed too low around Scoat Fell and followed two runners to the right onto the ridge towards Red Pike. However I spotted the error and turned around to find ten other people following us. The resultant company milling around on the saddle included such renowned navigators as Wendy Dodds and Yannis Tridimas, so I didn't feel too bad. Mike, being at the right level and heading for the correct ridge, observed the scene from above with a mixture of bewilderment and amusement, particularly after the coaching he had given me about not following others. After this incident all went as well as could be expected. I got up Great Gable for the second time in five weeks (correctly this time). The heat took its toll on the final climb up Scafell Pike, and my legs had something to say about the final 3000 foot descent back to Wasdale Head.

This was the fourth race in the Lakelands Classic Trophy series. The competition includes four 'superlong' races and three other long ones, with three to count for the trophy (including at least two superlongs). Mike has already got the necessary three qualifying races and is lying in 5th place. He achieved his aim of completing the four superlong races in the series. The 65 runners was a higher turnout than in recent years, so maybe the new competition has stimulated some interest.

Rod

CVFR Summer Handicap Results 16th July Ogden

1.	Robert Acheson	53.41
2.	Linda Crabtree	57.58
3.	Karl Gray	45.55
4.	Jo Smith	53.41
5.	Neil Crosdale	62.17
6.	Allan Greenwood	55.54
7.	Andy Clarke	45.05
8.	Gerry Symes	58.56
9.	Rod Sutcliffe	54.07
10.	Paul Wilson	54.42
11.	Tony Bradley	60.59
12.	Lee Shimwell	59.10
13.	Carl Greenwood	56.29
14.	Steve Houghton	56.36
15.	Paul Frechette	61.11
16.	Dave Culpan	77.47



I just can't face it

This was a good event with there being only 8 minutes and 10 seconds between all finishers. The pictures tell it all. Well done to Steve who is getting back to running after along lay off with injury problems and to Rob, the first person home.. ..

Al, where did you get that hat!!



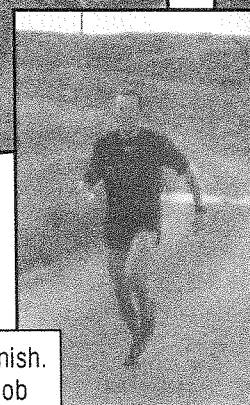
How Long!!!



Mr Cool???



It's GREAT to be back!!!!



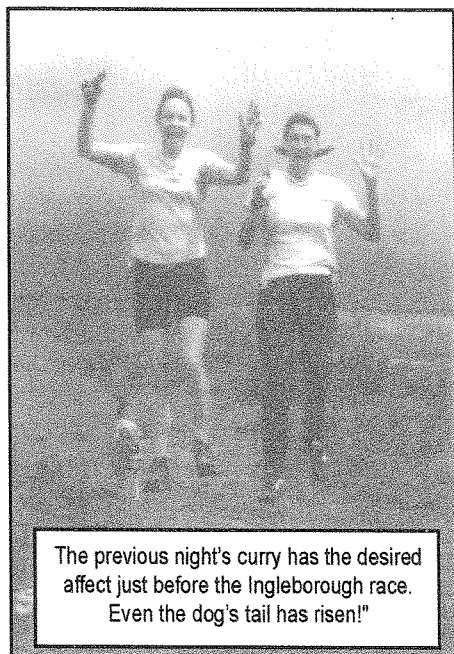
Sprint to the Finish. The winner Rob

Ingleborough Sat. 20th July - 7mils/ 2000'

1.	John Taylor	Bingley	47.09
10.	Karl Gray	CVFR	52.52
24.	Ant Mayer	CVFR	55.44
56.	Tricia Sloan	Salford	59.46
65.	Mike Fry	Halifax	60.37
83.	Carl Greenwood	CVFR	63.07
107.	Carole Waterhouse	Halifax	66.30
111.	Allan Greenwood	CVFR	67.09
121.	Linda Crabtree	CVFR	68.58
129.	Tony Bradley	CVFR	71.04
132.	Neil Croasdell	Halifax	71.32
135.	Thirza Hyde	CVFR	72.06
136.	Linda Hayles	Halifax	72.15
149.	Eddie Proctor	CVFR	74.42
178.	ran		

The weather was threatening over Ingleborough as we set off on this tough race and it did rain briefly but otherwise it was an excellent day for racing with a good atmosphere at the Gala. The Halifax runners mentioned in our results are either training with us or help alot at our races with registration and marshalling etc. so I thought that I would give them a mention. In true Calder Valley style we embarassed

our prize winner Karl when he had to pick up his prize by shouting and cheering at the top of our voices. I don't need to say that it was loud as I was there and so was Allan. Well done everyone. Thirza



The previous night's curry has the desired affect just before the Ingleborough race. Even the dog's tail has risen!"

Widdop Fell Race Wed. 24th July - 7mils/ 1200'

1.	Andy Wrench	Tod	48.44
2.	Simon Thompson	Clayton	49.32
3.	George Ehrhardt	Tod	50.09
6.	Andy Clarke	CVFR	52.16
34.	Rod Sutcliffe	CVFR	62.47
35.	Carl Greenwood	CVFR	62.48
70.	Linda Hayles	Halifax	76.07
79.	Dave Culpan	CVFR	83.51
83.	ran		

There was a very good turn out for the flagging session on the evening before the race, and this was enough to persuade most people to sacrifice the chance of a run and volunteer to help out on the night – thanks everybody. Following the mist on Tuesday evening, the weather conditions were warm and clear for the race, but the mud and tussocks were still there. The anticlockwise route seems to be popular, and avoids the ankle-snapping tussocks at the end of the race. Andy again had a strong run to finish sixth. The last 200m up the hill to the finish is hard enough at any time, but an eyeballs-out sprint was just what Carl and I needed! Dave keeps motoring on.

Rod Sutcliffe

Holme Moss Fell Race - Sun 28th July 16 mls/4000'

1.	Alan Ward	Dark Peak	2.22.28
2.	George Erhardt	Todmorden	2.28.38
3.	Julian Rank	Holmfirth	2.30.26
18.	Dave Beels	CVFR	3.01.44
23.	Rod Sutcliffe	CVFR	3.04.50
25.	Helen Thorburn	Dark Peak	3.05.40
32.	Jon Underwood	CVFR	3.10.46
54.	Linda Crabtree	CVFR	3.29.41
55.	Allan Greenwood	CVFR	3.29.50
94.	ran		

This was REELY hard. Linda, of course, enjoyed the whole thing in her new Calder Valley vest and picked up the women's V40 prize. I don't know where the 4000 feet comes from. It doesn't look it, but it certainly feels like it, especially on a warm day. The route is a mixture of fast running at the beginning and end (or, more likely, slow at the end) with a lot of rough moorland in between, and some deceptively difficult descents and climbs. Jon was ahead of me till Crowden (half way), but I managed to maintain the pace a little better in the second half. I never saw Dave till the finish, so I'll have to wait for Sedburgh to have a go at chasing him. For such a small Calder Valley contingent we did well for prizes. In addition to Linda, Dave and I picked up the 2nd and 3rd V50 prizes and together with Jon we were 3rd team. Allan played the part of Linda's dog.

Rod Sutcliffe

Holme Moss - Another Account

The Lad's Leap race, which took place in early April from Crowden youth hostel is a great race, and, as Linda wrote in the last Sheep Sheet, would make a great club championship race for next season. Another belting race, though much longer and tougher is the 16 miles Holme Moss race from Holmbridge near Holmfirth. It visits a checkpoint at Crowden at about half way round. This year Tony picked Holme Moss as a championship race and so I made my second attempt at it, having trudged round at the back in about 4 hours in the late 1990's. This year, on a really boiling hot Sunday morning, about 90 or so runners toed the line and there were 5 Calder Valley there, 4 lads, one lass, the female being Linda wearing her Calder vest for the first time. A steady climb on a rough track to start, then a bit of Ramsden Road and bridleway before a long section of bridleway and moorland across Ruddy Clough Moss and Wilmer Hill and the Holme Moss tv mast. After the mast, a watering point in a layby was a very welcome sight as my bottle was already nearly done. The sun was getting up now and I put my hat on with the flap on the back to protect the neck. Now it's off to Toolyshaw Moor, with a steep descent and climbout en route to Crowden. Karl Gray and the Houghton's were waiting at Crowden with welcome water and bananas. By now the weather was ferocious for running in and I was forcing down all the water I could to avoid dehydration. Now a final shout of encouragement from the team and we were off to tackle the horrendous slog to Bareholme Moss. This section is only very short (about 400 yards) but we could do without it. It is a field of deep tussocks with water in between. It is the only way we can get to where we need to be because of land access regulations hereabouts. Very well flagged though this section, in fact, almost all of the sixteen miles route is flagged!! Across to checkpoint five on Laddow Rocks where some of my old mates from Holmfirth are waiting to check us through and offer us drinks. Then on the fast section of Pennine Way back up to Holme Moss. Now it is unbearably hot again and although we splash through a few streams, it is a deep red colour from all the hermetite in the

rock hereabouts. On the pavement slabs up to Soldier's Lump, Linda goes in front and sets a good pace, running every step of the climb and we steadily catch and pass five or six runners. Now over rough ground to the mast and my legs are just about shot. The heat has taken its toll on me and I'm ready for the drinks they offer at the layby. Down the road and Linda says there's a lady behind, that's why she kept the pace going on the climb. Along the road and now I am so tired but force myself to increase the pace as I know that woman will be chasing Linda. I must keep the pressure on until I drop, even I have to sacrifice my own race to keep her in front. The main layby further on is packed with Sunday motorists, tourists and walkers, most of them in the queue for ice creams. Over a ladder stile that we crossed only hours before but someone has made it higher and much steeper. We hurtle down the fell to join the Yateholme reservoir track and the temperature rises again as we travel between two walls. People sitting on the high walls shout, "Well done, not far now!". I tell Linda to push on in front but she says she's done for. Flies are buzzing around my head and I can feel the blood is pumping in my face and neck. We pass the line of cars and I look for ours but cannot see it for all the people, tourists, walkers and runners who have finished. She drifts past me into the lead and asks someone the way. Suddenly someone shouts, "Right, right!" so Linda misses the right turn and heads for a gate further on. I curse myself for missing the first turning through the carpark and now she is away up the hill. I have to make a great effort now, but Linda has the advantage with a few yards to go, up a nasty climb to the clearing where tea and sandwiches wait in a large marquee. Into the finish and at last we can stop. A man on the line passes Linda a Holme Moss T shirt and we flop on the grass with the rest of the club runners and someone passes us some drinks. Linda is fourth woman and wins a bottle of wine as first veteran. After a scrub down in a stream we walk back to the wood and enjoy a picnic overlooking Ramsden Reservoir with the bottle of wine. A good day out and a fine race for a championship. Thanks for picking it Tony. Allan

who is a doctor, and another was his clubmate Ken Robinson who is a member of Wharfedale Fell Rescue.

I sat down and watched the steady stream of runners carry on climbing up past me. I was straining to get a glimpse of Linda. I asked Jon Underwood if he'd seen her and he said she was somewhere near the bloke with the rock rash. I was getting worried now and asked a few more people, Jane Smith of Todmorden and Malcolm Coles.

Soon Todmorden's Mandy Goth climbed up and told me Linda had turned back. My first reaction was "You're joking, did she take the rock on the leg or summit?" but she said she'd left another woman to look after the man while she had gone back down for help.

I carried on, feeling pretty sick after seeing the accident and I couldn't get the image out of my head the whole way round. A lot of runners were saying they felt guilty, though we agreed that we couldn't all have stopped. He was in good hands and help would soon be on the way.

Meanwhile, Linda had reached the road at the foot of the wood and found a couple of Blands standing around talking. "Anybody here to do with the race?" she asked, "There's been an accident." "Aye!", said one, "I'll take you back and we'll get the Rescue people."

So as the great Billy Bland, multi Borrowdale race winner and holder of the fastest ever Bob Graham Round is driving Linda back to Rosthwaite in his stone mason's van, she decides to make some conversation.

So do you do any running then?"

Aye just a bit", says Billy.

"Have you ever done the Borrowdale race?" (!!!!) enquires Linda,"Aye, I've won it ten times and I've still got the record", he says, so Linda sticks to talking about the weather and admiring the scenery.

Just before the prize presentation, Linda and the other lady were presented with special awards for giving up their race in order to help the stricken runner, (a Scottish lad from Lockerbie who sustained a broken rib)"For their gallant and totally selfless actions".

Jon had a fine run, finishing strongly in 58th out of about 190 starters. To keep up the family tradition, Anne took a wild and scenic detour off Great Gable in perfect conditions, possibly dropping down Gillercombe towards Seathwaite, a common mistake. I think Bill and Anne should go for a run round the back of Skiddaw and climb Great Cockup !!

There were dozens of retirements this year. To get round was an achievement. Next year Linda eh?

Borrowdale Fell Race - Sat 3rd August 17 mls/6500'

1.	Simon Booth	Borrowdale	2.50.20
58.	Jon Underwood	CVFR	4.34.41
130.	Allan Greenwood	CVFR	5.29.09
153	Steve Coey	CVFR	6.46.40

After a couple of days of torrential rain at the beginning of August, the weather changed dramatically and the sun came out. The heat was unbearable at this year's Borrowdale and the times reflected that.

Simon Booth, the local man who won it was well outside 3 hours, one of the slowest times for years. I was over an hour and a quarter down on last year, all due to the stifling conditions.

The first climb is through a wood and every year lots of stones get accidentally dislodged and knocked down. Everyone shouts, "Rock !", or "Below !", though they tend to bounce away or get caught in the undergrowth before they gather too much momentum. It's usually a talking point, but a bit of a laugh really.

This year however, the rain had loosened everything a bit too much and the rocks were coming down a bit more frequently than normal. A woman just behind me is alleged to have stoped on the wrong one and down it went, to the usual cries of "Whoa!", etc. I turned round to see what was going on just in time to see a bloke take this beer crate sized boulder which was bouncing and spinning at almost head height, right on the chest. He was reeling and shouting, though I couldn't see him. There were loads of people around him and one of them was Bingley's Phil Helliwell

Y Garn - Sat 3rd August - 3mls/1500'

1.	Rob Jebb	Bingley	28.06
2.	Nick Sharp	Ambleside	28.13
3.	Simon Bailey	Staffs. Moorlands..	28.27
30.	Louise Sharp	Keswick	33.45
100.	Thirza Hyde	CVFR	45.29

Very fast short race in the last of the British Championships. A fast start up the road, along a track and then up and up and up, over a stile to the trigg and then steeply down and down and down, along a bridleway (where I was dying) to rejoin the start route back to the finish on the road. Another classic short race and unfortunately Jeff Winder had a muscle strain and couldn't compete for the decider for the Vet 50 championship. Never mind there is always next year. Thirza

**Crow Hill - Tues. 6th August -
5mls/1000'**

1.	Andy Clarke	CVFR	32.11
2.	Jason Hemsley	P & B	32.29
3.	Stefan Macina	P & B	32.37
10.	Bill Johnson	CVFR	35.24
15.	Graeme Woodward	CVFR	37.10
20.	Jon Underwood	CVFR	38.04
22.	Jo Smith	Dark Peak	38.17
23.	Rod Sutcliffe	CVFR	38.27
29.	Lee Shimwell	CVFR	39.25
33.	Richard Kellett	CVFR	40.11
41.	Thirza Hyde	CVFR	44.51
44.	John Riley	CVFR	46.49
45.	Dave Culpan	CVFR	48.00
49 ran			

A big thankyou to you all for supporting this race. Thanks to all the marshals and helpers, those who gathered the flags in afterwards, and especially the local children on refreshments and safety pin gathering.

Thanks to you runners, the race proceeds and your very generous donations totalled £125 which will be donated to The John Taylor Foundation for Young Athletes, in memory of the talented young international runner who died on the eve of the race. We hope to see you again soon.

Allan Greenwood and Linda Crabtree.

**Sedbergh Hills Race - Sun Aug 18th -
14mls/6000'**

1	Rob Hope	P & B	2.10.48
2.	Nick Sharpe	Ambleside	2.10.58
3.	Andy Peace	Bingley	2.11.01
30.	Jeff Winder	CVFR	2.28.00
119.	Dave Beels	CVFR	2.57.20
129	Greg Houghton	CVFR	3.01.00
132	Rod Sutcliffe	CVFR	3.01.01
149.	Jon Underwood	CVFR	3.07.18
176	Bill Johnson	CVFR	3.15.22

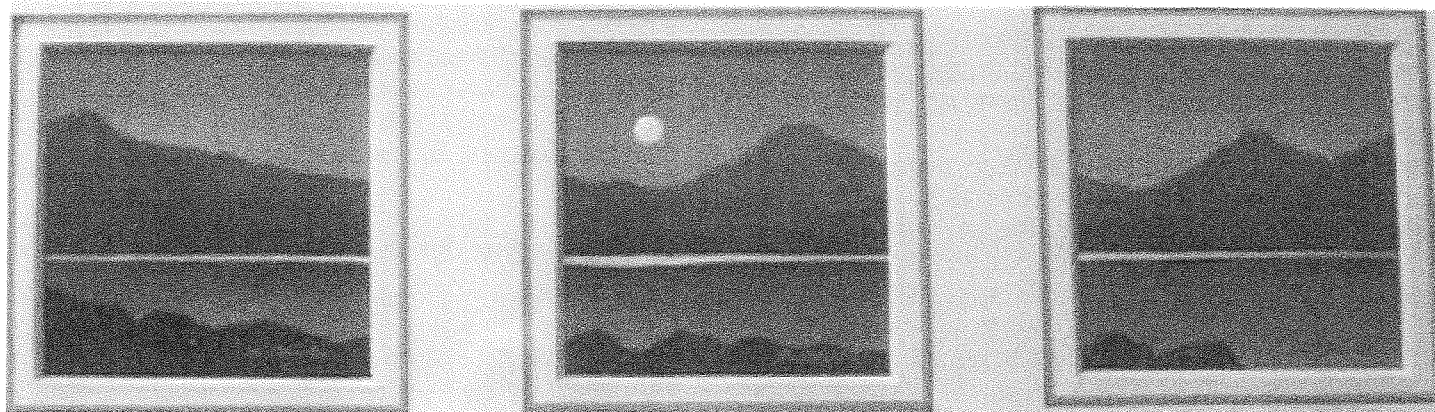
180	Allan Greenwood	CVFR	3.16.22
188	Linda Crabtree	CVFR	3.19.35
236	Phil Swaine	CVFR	4.03.14

The weather was best described as pea soup fog most of the way. To put it in perspective, Bingley's Robert Jebb had a very good lead with one checkpoint to go. He had only to follow the path from Arant Haw to Winder and he was home. He finished 10th !! Jeff Winder was our star of the day, as he won the over 50's and took the lead in the English championships. With one race to go and two points in front of Kendal's Mike Walsh it could be a thriller. Jeff finished 30th out of about 240 runners. Bill Johnson did a tour of the Howgills coming out of the mist from some very strange angles, then shooting off to a checkpoint like a rocket. Then about half an hour later, he would come up behind me out of the mist from a funny angle. How him and Anne ever found the bloody church I'll never know. Jon's wife Julie was on the punishing climb to The Calf, the highest point in the Howgill fells, with very welcome drinks and jelly babies. I was just about done for at that point and nearly didn't recognise her. After that I picked up and really finished strongly. Cheers Julie. This year they used the tagging system whereby everyone where's an electronic chip on a wristband and it is read by a "barcode reader" at each checkpoint. We may be able to borrow it for the Trog, but if a runner loses his tag, they charge him £17-50! I don't agree with that, as the runner has no say in the matter of wearing the tag if he want to run in the race. Linda completed her first ever 'A Long' fell race, after badly spraining an ankle in the 3 peaks and stopping to mount a rescue during the Borrowdale. Allan

**Burnsall Fell Race - Sat. 24th August -
1.5mls/900'**

1.	Rob Hope	P & B	13.54
26	Bill Johnson	CVFR	18.38
35.	Sara Hodgson	Fellandale	19.25
57.	Allan Greenwood	CVFR	21.30
75.	Gerry Symes	CVFR	22.52
80.	Linda Crabtree	CVFR	23.29
85.	Thirza Hyde	CVFR	23.48

••• COMPETITION TIME • COMPETITION TIME • COMPETITION TIME •••



Thank you from Sally and I to all the many people who donated money to our wedding presents, we are very grateful for the generosity shown. We bought an original Acrylic picture. I thought it would make a good competition to publish it in the Sheep Sheet with people having to guess where it is. It is a Triptych Picture and the three pictures make up all the view (Clue it is in the Lakes). I will donate a

bottle of Whisky or Champagne or Wine (haven't decided yet) as the prize to the person guessing correctly (if more than one person guesses right the winner will be drawn out of a hat), The answer is what the artist says the view is of. If people can contact me with their answers either by phone (01422) 886587) or e-mail (carlgreenwood@hotmail.com). Thanks Carl.

Bob Graham Round

by Stewart Gardner, 15-16 June 2002.

Just where to start a tale is always difficult but I suppose the thought of attempting the round had always been in the back of my mind for many years. It was the time and effort to get across to the lakes that had put me off in the past but now that I was a student (of the very mature variety) the excuses for not doing it were fading away. Charlotte my partner had successfully completed in 1996 and she convinced me that with the right amount of training it was within my grasp. I took her at her word and decided that 2001 was the year as I had started a degree at Durham and was in the first year with plenty of time for training! As we all know foot and mouth disease was to knock that on the head especially as we were living in a 'hot spot' with no chance of any training, so 2002 was the year in which I would make the attempt. Even though I was a student I still needed time to complete assignments so training and studying was a compromise and I hoped I could pull off both elements.

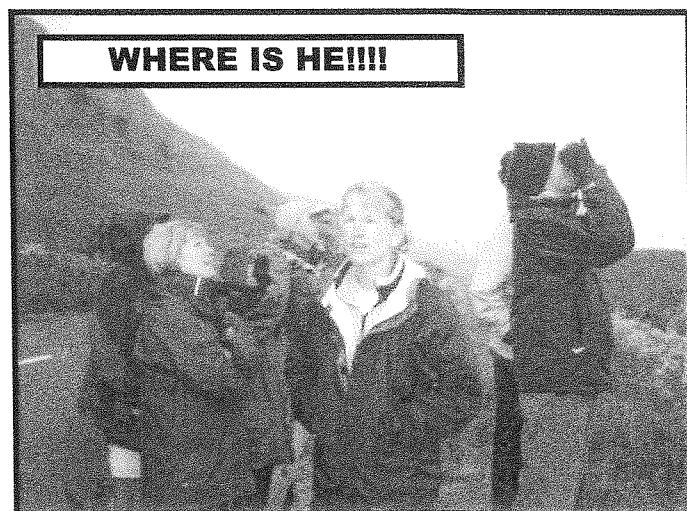
The day arrived and the weather forecast was not promising but as the majority of my training had been in 'challenging weather', I decided that I would start and see how it went. Friday night was spent in a Keswick B & B run by 'a bitter women' hailing originally from South Shields. We spent breakfast time on the Saturday morning listening to her rant on the unfriendliness of the good folk of Keswick and the meanness of her estranged husband. At least it took my mind off the weather, which at that time was absolutely sheeting down. Charlotte was convinced it was going to improve and gullible as ever I believed her.

We got all the gear together and parked the car near the Moot Hall where Jez Wilkinson one of my pacers for the first leg was preparing for the onslaught. At the Moot Hall we all assembled after circling the said Moot Hall about five times looking for everyone (should have specified the exact location for the start as people were sheltering in doorways trying not to get too wet). We synchronised watches and set off with myself glad to finally have got underway. Geoff Davis was my navigator for the first two sections and was determined that I would not get 'carried away' and go too fast. I think with hindsight that I took the advice too literally and with the added dimension of bad weather fell slightly behind schedule. Barry Evans was sent to the front to open gates and did it with so much aplomb that I am convinced that he was a doorman at the Ritz in a former life! The weather over Robinson was extremely windy and wet and also Jez had slightly fallen behind at this point. It was only later when he had rejoined us that we learnt that he had badly stubbed his toe. The descent to Honister was uneventful and so far the Round had been 'enjoyable'.

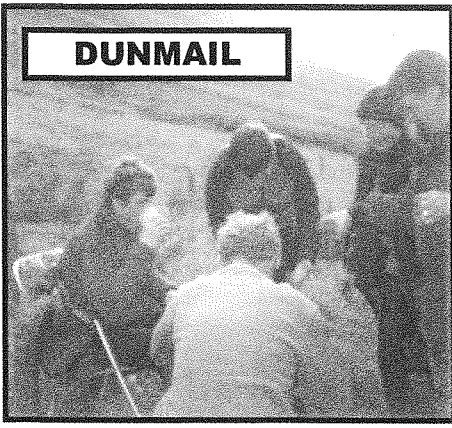
A good strong brew under my belt and the second section got under way. This time we had extra company in the shape of Dave, Gerry and Geoff. Dave and Gerry who I had never met before were going to stay with us to Rossett Gill before heading off to the Old Dungeon Ghyll where they were staying (apparently someone's stag night). We had some interesting conversation; as Dave was a triathlete from Peterlee and Gerry a surgeon from Derby who had recently discovered the joys of fell running. Further foul weather with occasional glimpses of 'views' accompanied us as we picked off the summits. Green Gable was slightly troublesome as it is such an unassuming peak (hell that sounds like a Wainwright description) but we found it eventually even though the mist was swirling and visibility was down to 100 metres or less. Geoff did extremely well with his navigation but was slightly disappointed (football parlance, too much world cup) with the line

off Yewbarrow but I was more disappointed with my legs as the early stages of cramp started to kick in. This puzzled me as I had been drinking and eating copiously until now. Anyhow we arrived at Wasdale in good spirits with an excellent greeting committee. This was the time that I needed to get plenty of fuel inside me but could only manage a small portion of macaroni cheese of the tinned variety. I felt like a boxer at the end of round two as I was thrust into camping chair and was desocked and provided with a new dry top but unfortunately time didn't allow for the promised aromatherapy massage promised by Sue Davis. It didn't seem long before we were off up the long climb to Scafell. All the way up I was feeling decidedly sick and lethargic. Surely this was not how it was supposed to be but the thought of retiring and letting my entire support group down kept my pecker up. Paul who was navigating now took us on a very direct line from half way up Lingmell Beck. We had decided to use the Lords Rake descent and traverse to Broad Stand as the rope option seemed risky in view of the slippery conditions. A check afterwards revealed that we only lost about a minute by choosing this safer option. A very pleasant surprise greeted us at Esk Hause as Charlotte and Maggie had decided at the last minute to meet us there with extra drink and food should we need it. Fortunately they hadn't had to wait very long for us as the weather had taken a turn for the worse at this point. After the descent off Bow Fell we said goodbye to Dave and Gerry, buoyed up by the news that England had beaten Belgium 3-0 in the world cup. Nick who was my only pacer did sterling service by feeding me orange segments mixed with apricots that had degenerated into a congealed mess but were now extremely palatable. After consultation with Paul I decided to go to Stake pass and avoid any extra climb although it was the longer route. The sickness had returned with a vengeance and I was very glad when we finally descended down to Dunmail.

As usual there was a very warm welcome from the backroom staff. I was eased into my chair and the repair work began. Shoes off and pebbles removed yet again as my new style Walshes had begun to unravel. The stitching on the inside arches had disappeared and the result was that every scree run ended in a delay as I emptied the residue from the descent. I always thought that if I was feeling fairly good at this stage then I would carry on. My appearance obviously betrayed my feelings on this matter and so legs were massaged, ego was flattered and all the rest of the kidology was used to get me out of the chair and on to the ascent of Seat Sandal which had looked extremely daunting coming down to Dunmail. The next surprise was Claire Kenney was to assist Anne Stentiford (describing themselves as two fit chicks) in prodding me over the Dodds. If I could just get the next three peaks done (Seat Sandal, Fairfield and Dollywagon Pike) then the rest might not be too bad. The visibility over these three was



DUNMAIL



pretty bad but John Crummett was an old stager who had done everything there was to do in fell running so I knew there would be no problems. Dollywagon Pike felt like a peak too far and I really struggled. Stomach cramps big time kicking in didn't help

and I eventually had to succumb to diving behind a rock whilst the 'gals' chatted away in the near distance. As we made our way over the Dodds the mist cleared and the odd patch of drizzle was the only inclement aspect of the weather that interrupted our view of the lights down below in 'civilization'. Having never run at night over the fells before I was concerned about twisting an ankle and this I duly did but they were only of the 'run it off' variety. Plenty of falling in boggy terrain provided opportunity for many Anglo-Saxon expletives. The 'gals' were constantly badgering me to eat and drink but the sickness and stomach cramps were never far away and I struggled to eat. I couldn't really believe it when we eventually arrived at Threlkeld intact, so to speak.

Its unbelievable how friends will turn out in the most appalling conditions and unearthly hours just so you can do this event and there they were again at Threlkeld many trying to snatch a few hours' kip in cars before the ascent of Blencathra began. Once to more to the chair my friends (Shakespeare) and we prepared for the finalè. There was quite a small troop on this section as it was felt that moral support (keep the old bugger going) was the order of the day (night). Once again the first climb seemed daunting but the darkness helped at this stage, as I couldn't see what was ahead. Dawn was breaking as we approached the summit from an angle I had never been on before and I don't think it lost us any time. I knew we were still behind schedule slightly even though I had cut short the stop over in Threlkeld. My aim was to run all the way from Blencathra to the beck crossing just before Great Calva. I managed to do this as it was a nice long gradual descent over fairly kind terrain. Thirza Hyde and Dave Shipman were keeping up a constant barrage of encouragement and chit chat which helped to take my mind off the next climb up Great Calva. I have never liked that climb but gradually with the aid of the fence I clawed my way to the top. By this stage I was beginning to think that maybe there was a chance of arriving in Keswick on time. Martin Barratt and Andy Scaife, my other two pacers assured me that it was in the bag and that I just needed to plod on. Andy Curtis and Martin had conspired to find a heather free zone from Great Calva to the base of Skiddaw for which I was very grateful. I couldn't wait to see the fence on the ridge of Skiddaw as the weather turned even wetter and windier. I suppose the mind had taken over at this point as I could feel the strength ebbing away from my poor little battered body. Finally we arrived at the trig point on Skiddaw and I knew if I could just manage to jog all the way to Keswick then it was in the bag. The driving rain and wind had made me feel very cold and I couldn't wait to descend out of the clag. Charlotte and Geoff Davis were waiting for us half way down and I think it was

at this point that I started to relax although I was still constantly looking at my watch as the minutes ticked away. I can't imagine how you must feel if you just miss out by a few vital minutes.

The mood of elation as we approached Keswick inspired Dave Shipman to break into song, which for volume could not even be beaten by the 'wee beastie' Thirza! As I ran into the square accompanied by the cheers of supporters, a flood of relief enveloped me. I think I was shell-shocked and couldn't really believe that I had pulled it off. A quick change of top and it was time for the photo call and champagne. I don't know who was more relieved Charlotte or myself as she had been with me metaphorically speaking every step of the way. I am deeply indebted to all those who helped me as it goes without saying that this was a team effort.

I was sorry that Paul Foster couldn't accompany us on the third section due to back problems but he did make up for it by providing some very illuminating digital images (I was having a bad hair day), which can be viewed on www.stewartsg.fslife.co.uk. Pam Kirkup who was roadside support sent me a postcard showing what the view from Yewbarrow should have looked like in good weather! Finally in true British style we

repaired back to Dave Shipmans camper van where Yvonne and Lynne provided us with the best bacon sarnies I have eaten in a long time. Now that it is all over I think an inner glow best describes how I feel about what was a true test of physical and mental stamina. The clichè that time is a great healer is very true as already I am looking for next years challenge and can't wait to get back out into the great outdoors.



WASDALE



IT'S ALL OVER - ENJOYING CHAMPAGNE AT 8.00AM

CALDER VALLEY FELL RUNNERS
SHEEPSTONES RELAY 2nd JULY 2002

Pos.	Team	Leg 1		Leg 2		Leg 3	
		Leg Time	Team Time	Leg Time	Team Time	Leg Time	Team Time
1	Over The Hill	00:25:13 (1)	00:25:13 (1)	00:28:21 (3)	00:53:34 (3)	00:25:39 (1)	01:19:13 (1)
2	Todmorden 'A'	00:27:13 (3)	00:27:13 (3)	00:25:15 (1)	00:52:28 (1)	00:27:32 (3)	01:20:00 (2)
3	Holmfirth Vets	00:26:09 (2)	00:26:09 (2)	00:26:39 (2)	00:52:48 (2)	00:28:06 (4)	01:20:54 (3)
4	Calder Valley 'A'	00:28:42 (4)	00:28:42 (4)	00:31:45 (7)	01:00:27 (5)	00:27:28 (2)	01:27:55 (4)
5	Denby Dale 'A'	00:31:18 (7)	00:31:18 (7)	00:29:56 (5)	01:01:14 (6)	00:30:48 (5)	01:32:02 (5)
6	Rossendale Combination	00:29:08 (5)	00:29:08 (5)	00:31:12 (6)	01:00:20 (4)	00:33:20 (9)	01:33:40 (6)
7	Calder Valley Vets	00:32:57 (9)	00:32:57 (9)	00:29:55 (4)	01:02:52 (7)	00:31:07 (6)	01:33:59 (7)
8	Keighley Royal Mail/Male!!	00:31:52 (8)	00:31:52 (8)	00:33:38 (9)	01:05:30 (9)	00:31:21 (7)	01:36:51 (8)
9	Smith & Co.	00:31:02 (6)	00:31:02 (6)	00:32:34 (8)	01:03:36 (8)	00:33:53 (10)	01:37:29 (9)
10	The Odd Triple	00:34:24 (11)	00:34:24 (11)	00:36:36 (11)	01:11:00 (10)	00:32:16 (8)	01:43:16 (10)
11	The Jezabells	00:34:10 (10)	00:34:10 (10)	00:37:35 (12)	01:11:45 (11)	00:34:21 (11)	01:46:06 (11)
12	Calder Valley Ladies!	00:36:41 (12)	00:36:41 (12)	00:35:51 (10)	01:12:32 (12)	00:35:28 (12)	01:48:00 (12)

The race was once again poorly attended, it seems that this type of relay is suffering from a fall in numbers. We will endeavour to keep the race in the calendar but we may well have to change the date again to avoid clashes with too many races.

The relay was won by 'Over The Hill' comprising of; Steve Oldfield, Richard Crossland & Gary Oldfield. The first three positions were hotly contested with 'Over The Hill' dropping to third place on the second leg with Todmorden 'A' leading, but a determined effort by Gary put 'Over The Hill' back into the lead on the final descent, winning by 47 seconds.

1st ladies team (and only ladies team) was 'Calder Valley Ladies' comprising of; Thirza Hyde, Linda Crabtree & Anne Johnson.

The vets race was won by 'Holmfirth Vets' (3rd overall) comprising of; Andy Shaw, Julian Rank & Richard Griffiths.

Mixed team honours went to 'Rossendale Combination' comprising of; Gary Sumner, Stuart Sumner & Jo Smith.

Fastest legs went to Steve Oldfield (male) in 25:13 & Jo Smith (female) in 33:20.

Slowest legs went to Tony Meakin (male) in 34:24 & Helen Wilkinson (female) in 37:35.

We think the event is a good one and worth keeping, hope you agree and that we'll see you all again next year.

Yours in the sport of fell running,
 Calder Valley Fell Runners.

THE MOST SOUGHT AFTER TROPHY THIS YEAR MUST BE THE NAVIGATIONAL COCK UP OF THE YEAR WHICH IS BEING HOTLY CONTESTED. HERE ARE A COUPLE OF REPORTS TO STORE IN THE MEMORY FOR THE CLUB DINNER

Navigational Tips for Long Fell Races

I know there are some rumours about my performance on one or two recent long lakeland races. I wish to put the record straight and emphasise a few points for those still inexperienced in fell running navigation.

It is true that I went up Great Gable instead of Green Gable in the Ennerdale race. It speaks volumes for my level of fitness that I did not notice. It is also true that I visited Sty Head Tarn (a lovely little spot even in mist) on my way back to Green Gable, and that I was possibly the only runner to get below the clag on Kirkfell and see Wasdale Head in all its glory. In my defence I would say that there is only a small difference between the Gables (i.e., AT instead of EN). I also maintain that I was following basic fell running navigational principles in identifying a good navigator and following him. My mistake (take note) was that I followed an orienteer, and, of course, these people can only navigate for a maximum of 90 minutes, which is the duration of a typical orienteering course. I do admit that I might have been more sensitive to subtle clues. In general 'great' = 'big', and 'green' = 'green' (not grey rock, as in Great Gable). However, descriptions are not always reliable as anyone who climbed 'Little' Stand in the Duddon race will agree. The essential lessons for success in long races are:

1. When in mist, navigate.
2. If you can't navigate, recce the course until you know it backwards.
3. If you can't run backwards, always follow the majority.

In the Dockray Helvellyn race I obeyed all these rules (that's 100%, isn't it?). Firstly there was no mist, so rule 1 was OK. I recced the course with Mike a few weeks earlier to finalise the finer details of bearings and lines so that I could save those vital seconds in this 3 Ω hour race. When I got to Styebarrow Dodd I followed the only three runners in sight, off to the left (rule 3). Although intuitively this could not be right (I realised later that it could not be right literally either, since it was left) they were travelling very fast, and so was I in my attempt to keep in touch. It's a great thing, intuition, but it's not infallible, and you can overrule it. Personally I prefer to follow my nose. I reached the next checkpoint (must be right) and hurtled on. The fact that I was now on the **short race route (10 miles)**, not the long race (21 miles), occurred to me rather late, but did explain why the pace was so ****ing fast! Since this could not possibly have occurred in 99% of fell races I would argue that it was bad luck rather than error. However I must admit that I had neglected rule 4.

4. When not in mist, navigate.

I am now well on course (an apt metaphor) for the Greatest Navigational Cock up of the Year Award with two outstanding performances in the bag. So the final lesson is:

5. If all else fails claim you are competing for the GNCUOTYA.

Rod Sutcliffe

OH NO NOT BILL AGAIN.....

A few days before our family hols down to Devon, I perused the calendar to see what races we were missing whilst away, one being my favourite of all time, the Wasdale fell race. But wait a minute, there was the Sticklepath/Cawsand hill race on the Saturday and the Belstone/Cawsand hill race on the Sunday, down in sunny Devon!. The plan was, I'd do the race on Saturday and Bill would do the Sunday race.

We arrived at the first race and quickly realised it would be a very low key affair. I was the eighth runner to enter and the organiser expressed his delight at the fact that eight runners had turned up. As the eventual ten of us lined up on the start line the organiser wished us luck, told us not to drop litter but to carry it (this is a 4 mile race, for goodness sake!) and to look after each other. I didn't know whether to giggle or be alarmed! Also the route was unmarked and we were expected to navigate. It hadn't crossed my mind a map and compass would be required. Never mind I could follow the masses!

As we set off I was horrified to find I was in second place and the leader was rapidly sprinting out of sight. This was a novel experience as I've never been so close to the front in a race before. The 1150' climb was covered in zigzagging heather and gorse, but at least there was a path most of the way. I managed to hold on to my second place and beat the womens record which wasn't too difficult at 45.37.

For the Sunday race, both Bill and I lined up on the start line as grandparents were around to amuse the kiddies. There were 16 runners which was the biggest field the race had ever seen. Sally Newman just happened to be on holiday in Devon as well so the competition was a bit more serious. We once again had the pep talk about carrying our litter, etc. Navigation was crucial as there wasn't an obvious path through the high gorse and heather. Kevin Hagley, the record holder said 'on the way down keep your eyes open for the fete on the opposite hillside as that is where you're aiming for'.

We set off. Kevin took the lead followed by Bill, then Sally, then me. I was getting used to being close to the front!. The route was not obvious and I was dreading coming down. By the top, the order was Kevin, Sally, Bill, Paul Bartlett (local runner) then me. After a few minutes of descent I didn't know where I was going. Then I caught site of Bill's flourescent orange vest streaking down below. I headed in Bill's direction. I soon picked out the fete on the hillside opposite and used it as a guide. Eventually hit the river at the bottom, just the last quarter mile climb up to the fete. It was baking hot and I was dying of thirst. Why have I started doing these masochistic races, long ones are much easier!. Lucky Bill I thought, at least he's finished. Fifty yards from the finish there was Sally shouting at me 'come on my lovely'. After a good 5 minutes I realised Bill hadn't finished and I was fourth. **Where on earth could he have gone!** Nine minutes later Bill appeared looking very knackered and very hot. He'd turned right along the river instead of straight over and up. After sprinting along for a good mile, he'd realised something was not quite right, crossed the river and sprinted a mile back and seen the tailenders going up to the finish! He hadn't taken on board the sound advice from Kevin about the fete.

So if you're down in Devon in July and fancy a couple of races I can recommend these as low-key and friendly but remember your compass!

Anne Johnson