

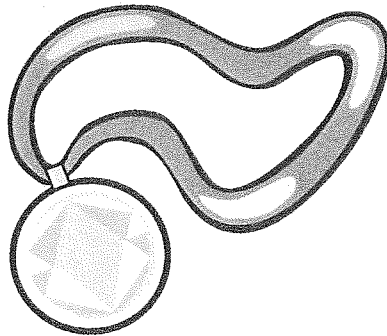


calder valley fell runners

SHEEP SHEET

... September 2003 ...

Yes We did It



The British championship races are now over and us girlies have won a bronze medal by the skin of our teeth. We are all very proud of ourselves as it has been hard work and a lot of commitment. Between the five of us, Sally, Thirza, Linda C, Linda H and myself we have fielded a team at every race, sometimes all five of us being there. We have all counted for the team, so hopefully, will all receive a medal. There has been a great team spirit and comraderie throughout the season, and I know we've made an impression on other clubs. Its possible we could win a bronze in the English, but there are 4 teams fighting for it. Lets hope we all have spectacular runs at Langdale!

Well done Sally for another incredible year, in the British winning both silver medals as a lady vet 40 and senior lady and in the English taking silver as lady and Gold as a lady vet 40.
Anne Johnson - Girlie Captain



Apologies

To all who had to pick up and pay for their last newsletter at the post office.

It was a bumper issue though. Wasn't it!!!!!!

Worth every penny!!!!

Thirza

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

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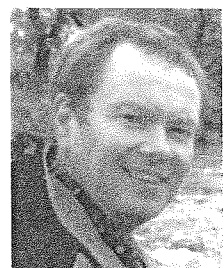
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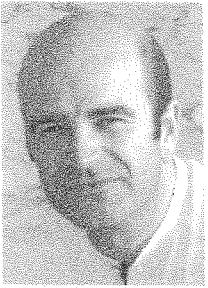
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RACE RESULTS

Moel Eilio - 8mils/3000' - Saturday 17th May 2003

			Time	Race Level	Ratio
1	Tim Davies	Mercia	1:02:41	-	-
2	Rob Jebb	Bingley	1:02:55	-	-
3	Nick Sharp	Ambleside	1:02:58	-	-
57	Andy Clarke	CVFR	1:15:47	3	1.21
86	Louise Sharp	Keswick	1:19:43	(1st lady)	
91	Steve Houghton	CVFR	1:20:40	3	1.28
117	Sally Newman	CVFR	1:23:34	4	1.33
134	Rod Sutcliffe	CVFR	1:27:11	4	1.39
140	Anne Johnson	CVFR	1:28:16	5	1.40
152	Greg Houghton	CVFR	1:29:36	5	1.43
183	Thirza Hyde	CVFR	1:37:15	6	1.55
184	Linda Hayles	CVFR	1:37:21	6	1.55
186	Brian Shelmerdine	CVFR	1:37:59	6	1.56

(224 finished)



Well what can you say about this race. The weather was awful with driving rain and wind from start to finish. It was another "put your cag on to run the race". You were on a ridge for a long time after the initial climb up and this caught people out - some of which (from other clubs) suffered hypothermia. You were lucky not to get lost but there was enough people around so that you could all get back on route together. Sally had a nightmare, after lying in second place she got lost a few times and ended up being sixth lady at the finish. Valuable lessons were learnt from this race one of which is never under estimate the conditions on the fells remembering as you climb up how cold and blustery it can get. We all got round safely, wet and bit battered and bruised but well done to all who did it.

Fairfield Horseshoe - 9mils/3000' - Sunday 18th May 2003

			Time	Race Level	Ratio
1	Craig Roberts	Kendal	1:24:32	-	-
2	Nick Spence	Borrowdale	1:24:42	-	-
3	Philip Leybourne	Salford	1:24:44	-	-
4	Karl Gray	CVFR	1:27:07	1	1.03
?	Keith Cadby	CVFR	1:44:07	3	1.23
?	Jackie Lee	1st lady	1:45:52		
?	Phil Swaine	CVFR	1:57:37	4	1.39
?	Richard Henderson	CVFR	2:03:49	5	1.46



Hutton Roof - 7mils/1300' - Saturday 24th May 2003

			Time	Race Level	Ratio
1	M Croasdale	Bingley	0:48:16	-	-
2	G Ehrhardt	Todmorden	0:48:46	-	-
3	T Tipping	Helm Hill	0:50:10	-	-
4	Karl Gray	CVFR	0:50:59	1	1.04
11	Adam Breaks	CVFR	0:52:36	1	1.07
52	L Clough	Wigan Pier	0:58:14	(1st lady)	
55	Steve Houghton	CVFR	0:58:31	2	1.19
67	Jamie Dore	CVFR	0:59:58	3	1.22
104	Rod Sutcliffe	CVFR	1:03:57	4	1.30
107	Mike Wardle	CVFR	1:04:37	4	1.32
114	Tony Bradley	CVFR	1:05:09	4	1.33
116	Brian Skelmerdine	CVFR	1:05:21	4	1.33
131	Linda Crabtree	CVFR	1:06:59	4	1.37
133	Jez Wilkinson	CVFR	1:07:16	4	1.37
140	Thirza Hyde	CVFR	1:08:00	4	1.39
158	Gerry Symes	CVFR	1:09:44	5	1.42
188	Dave Culpan	CVFR	1:14:39	6	1.52

(231 ran)

Fast furious pace and that was just getting to the race on time.

I made the mistake of having a lift with Rod. We picked up Mike Wardle and then we went via the library, the tip, and the shoe repair shop in Todmorden before eventually getting on to the M6 where there was hold ups due to the holiday traffic. "I think we might be tight for time Rod" says I as we sat in the motorway service station so that he could eat his butties!!!! Anyway we ended up having to pull off the motorway and taking the A roads to Hutton at speeds that Schumacher would have been proud of only to arrive with less than 10 mins to spare to the start. The race seemed a fairly relaxed affair after this. Karl and Adam having excellent races yet again.

Thirza

Helvellyn - 11mils/4500' - Monday 26th May 2003

		Race		
		Time	Level	Ratio
1	Steve Pyke	Trentham 1:48.25	-	-
2	Mark Denham Smith	Keswick 1.48.31	-	-
3	James Archbold	CFR 1.50.53	-	-
25	Nicky Davies	Borrowdale 2.05.52	1st Lady	-
34	Steve Houghton	CVFR 2.09.25	-	-
52	Greg Houghton	CVFR 2.17.47	-	-
67	Jez Wilkinson	CVFR 2.30.38	-	-
94 ran				

Arrived about 11.00am at Bram Crag Farm for this classic lakeland race, all the high peaks were under cloud and looked like a navigators race and with it summit temperatures at -1 cold as well. By 12 noon and with the race about to start the clouds had burnt off and it suddenly got very warm. Off we went up onto Calfhow Pike (sweating buckets by now) and onto the Dodds and over to Helvellyn, turned the summit just behind Nicky Davies and Colin Valentine in about 20th position (well placed I thought) and off we go for a blast back to St Johns for a possible top 20 place. Down Lower Man felt ok, then started to climb up White Side and just about 100yds into the climb all of a sudden a 10 stone gorilla decided to hitch a ride on my back all the way to the finish, I'd totally gone and there was nothing I could do about it. I drank everything and ate everything I had but the bloody gorilla wouldn't get off. Every climb from here back was like Helvellyn all over again!!! kept it going but lost about 15 places and 5 to 6 mins on Nicky and Colin. Wasn't on my own though as Gavin Bland came off the summit 1st and about quarter of a mile ahead he proceeded to go backwards to 11th place, so I didn't feel too bad when I found this out (He must have given my gorillas mate a lift back as well). Good race, good venue and lashings of tea, coffee, butties and sticky buns afterwards. Will do this race again for definite but not so soon after a fast and furious club race (Steve did Hutton on Sat). PS the bloody gorillas didn't get any of the butties or buns, they didn't need it and anyway there was none left after Greg, Jez, Gavin and myself had finished.....

Steve Houghton

Waugh Well Fell Race - 4mils/1000' - Tues 3rd June

		Race		
		Time	Level	Ratio
1	Bashir Hussain	Stockport 0:31:09	-	-
2	Robin Lawrence	Bingley 0:31:37	-	-
3	Karl Gray	CVFR 0:31:49	1	1.00
23	Andy Wardman	CVFR 0:36:30	2	1.16
25	Ant Mayer	CVFR 0:36:38	2	1.16
30	Jamie Dore	CVFR 0:36:54	2	1.17
31	Vanessa Peacock	Clayton 0:37:07	1st lady	-
39	Lee Shimwell	CVFR 0:38:13	3	1.21
69	Linda Crabtree	CVFR 0:42:10	4	1.34
112 ran				

White Lion Fell Race - 3.75mils/800' - Wed 4th June

		Race		
		Time	Level	Ratio
1	Will Smith	K & C 0:24:54	-	-
2	Ted Mason	Wharfedale 0:25:25	-	-
3	Graham Bird	0:27:02	-	-
14	Jon Underwood	CVFR 0:30:08	2	1.17
35	Elisa Woffenden	K&C 0:34:56	1st lady	-
50	Julie Underwood	CVFR 0:44:27	8	1.72
112 ran				

Carneddau - 10mils/3500' Saturday 31st May 2003

		Race		
		Time	Level	Ratio
1	James McQueen	Eryri 1:47:17	-	-
2	Rob Halliday	Eryri 1:53:47	-	-
3	Dylan Jones	Eryri 1:54:47	-	-
10	Steve Houghton	CVFR 2:11:37	2	1.18
14	Victoria Musgrove	Eryri 2:22:04	1st Lady	-
20	Greg Houghton	CVFR 2:30:12	4	1.34
21	Mike Wardle	CVFR 2:31:10	4	1.35
43 ran				

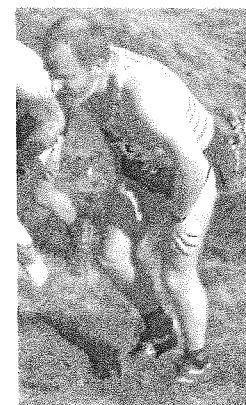
This race has not been run since 1997 due to access problems and lack of someone to run it. It has been resurrected by members of Eryie who felt it worthy of running again, after doing it I have to agree. I had been talked in to going by Steve & Greg H. who of course had been doing it for years and spoke highly of its charms!!! The race had not been put in the FRA calendar, Steve had spotted flyers at Moel Eilio.

The weather was very warm and sunny with a cooling westerly wind on the tops where cloud reduced visibility to a few yards at crux moments in the race.

The start is in Bethesda. The first mile or so is along roads to the open fell where the long climb up Carnedd Dafydd starts gently, it goes on for ever though getting steeper and rougher until out of the mist the summit cairn arrives then its unsteady legs, ankle snapping boulders and trying to remember which way to go. Its the usual situation, mist, the compass is in the bum bag, there are local runners with you and there is some mythical ribbon of sheep mown grass. I dash on boulder hopping desperate not to miss the turn on to Bwlch Cyfrw drum the ridge that links to Carnedd Llewelyn. We spot it in the mist and head for Llewelyn. The next tricky bit proves our undoing. You do not go up Llewelyn but turn NW and traverse to Yr Elen. Its a level traverse. My Eryie guide leads us on a rising traverse! Fortunately there is a clear path off Llewelyn which we meet and after moments of heated discussion follow down ward to the col and onto Elen. The distance starts to tell and a wall or two starts jumping in my way. My nimble footed companions leave me to stagger over the summit and start the 2000' foot decent to the settlement!! CP 3. I spy Greg in front. It had been the other way round before the error. Steve had disappeared into the mists on Dafydd and was now no where in sight. It got hotter and hotter on the descent and the need for water was becoming desperate. The crossing of Afon Caseg proved a god send. I went for complete immersion and drank as much as I could. I felt better but did not improve the speed. I could tell Greg was having similar problems but I could not narrow the gap. The sting in the tail is the 600' climb up to the last CP on Gyrn Wigau. Its grassy and when you are fresh you could jog it!!

The top happened, I looked round for someone to follow but all had disappeared. The compass was at hand. So under a clear blue sky I resorted to it. It did not seem right but the little voice said "follow it", I spotted someone way over to the right and I was tempted but the little voice still said "follow the bearing", then I spotted Greg along way down but on the bearing so I followed! The finish is through fields and down lanes back in to Bethesda.

It had been a great outing. We all got prizes! Although mine was a spot prize. Greg spent the next hour throwing up!! Seems he did not try to drink Afon Caseg dry .. and got dehydration. He should have slowed down!! We should consider this race for next years championship it is a classic and needs help to get re-established. 10 mile 3500'. Its good value, it feels alot longer.



Mike Wardle

and more RACE RESULTS

Pen Y Ghent - 5.5mils/1650' - Sat 17th June 2003

			Time	Race Level	Ratio
1	M Roberts	Borrowdale	0:44:30	-	-
2	J Brown	Salford	0:44:33	-	-
3	N Sharp	Ambleside	0:44:44	-	-
	Karl Gray	CVFR	0:50:06	2	1.12
	Adam Breaks	CVFR	0:52:20	2	1.17
	T Brindley	Carnethy	0:54:32	- 1st lady	
	Dave Beels	CVFR	0:57:53	3	1.30
	Steve Houghton	CVFR	0:59:19	4	1.33
	Keith Cadby	CVFR	1:00:21	4	1.35
	Carl Greenwood	CVFR	1:00:31	4	1.36
	Sally Newman	CVFR	1:00:44	4	1.36
	Jamie Dore	CVFR	1:00:49	4	1.36
	Rod Sutcliffe	CVFR	1:01:55	4	1.39
	Tony Bradley	CVFR	1:04:41	5	1.45
	Mike Wardle	CVFR	1:04:48	5	1.45
	Brian Shelmerdine	CVFR	1:05:25	5	1.47
	Gerry Symes	CVFR	1:06:13	5	1.48
	Jez Wilkinson	CVFR	1:06:44	5	1.50
	Linda Crabtree	CVFR	1:06:45	5	1.50
	Thirza Hyde	CVFR	1:09:15	6	1.55
	Linda Hayles	CVFR	1:09:55	6	1.57
	Helen Wilkinson	CVFR	1:16:05	8	1.71
	Dave Culpan	CVFR	1:17:48	8	1.74

506 started, 497 finished

The fell running community turned out en-mass to the typical dales village of Horton in Ribblesdale. Host to the popular three peaks events, the junior of the three peaks at just under 700m/2300ft, Pen Y Ghent is still an arduous task, especially in the hot and humid conditions that occurred for this event, on a June day in the Dales as well!

I arrived in time to watch the women charge out of village. Sally being in the lead pack, with the duet of Thirza and Linda C leading the rest of the CVFR women's team.

The sun was relenting and as I climbed out onto the Whitber pasture to discover the un-chartered territory prior to the men's race, sun cream and plenty of water were the order of the day; "if only I could be enjoying a pint at the Crown" back in the village was on my mind, along with some disco tune supplied free from a national rag that morning.

The clouds began to muster high above the peak of Pen Y Ghent, mutterings were spoken of records being broken, I replied, "not surprised I'll be running as fast I can just to get some water".

The ladies soon came round and I was left to check the 'talent' of the runners on show. The weather conditions and the fast early pace obviously making tough going. Especially for Sally who finished tenth, disappointing or not I'm sure lessons will have been learned.

By the time Sally passed, I soon realised it wasn't long before the start of my race, so keeping a gap between Sally's pursuers, I chased them back down the track to the playing field.

Making it back weighed down by my bum bag, just in time to be entertained by the start marshals, who were obviously suffering from sun stroke and couldn't decide where to start the race from, they were still unsure when the race actually got underway. With the more elite runners getting a slight advantage out of the fields entrance.

John Brown (Salford) soon had the field stretched out through the village (I don't think there was any scope for short cuts on this event) and was a clear leader on the lower slopes of the 'mountain'. I continued at what felt a comfortable pace unsure of the actual distance this race covered out towards the hamlet of Brackenbottom entertained by a towering figure that swore more than me, later to be identified as 'Scoffer' Schofield of Borrowdale. Like Schofield, Karl (Gray) breezed past me half way up. I tried to stick to my original plan of staying close to the wall when tackling the little limestone scrambles staggered up the climb; this proved to be no advantage to me as the rest continued wisely up the main path.

Karl slipped away in front as I was reduced to a walk dropping a few places up the final drag before the two big scrambles. Before, I would have given up, now mentality wiser and slightly physically stronger, I held into a group of lads around a similar age, whilst we briefly chatted up the two scrambles, I was rested enough to continue running up towards the peak leaving my two climbing comrades behind.

Over the two stiles the front-runners had now disappeared into the valley below, a Clayton Le Moors casualty on the track off the Peak proved you had to be extra vigilant through this rocky section of decent. I soon took a tumble when I got back on the fell. It seems there's not one race that I don't. Picking my self back up I tucked in behind an Ambleside veteran and continued up on towards the Whitber Pasture. The climb being a slight sting, as my legs were now starting to suffer. I still had a smile for the video camera.

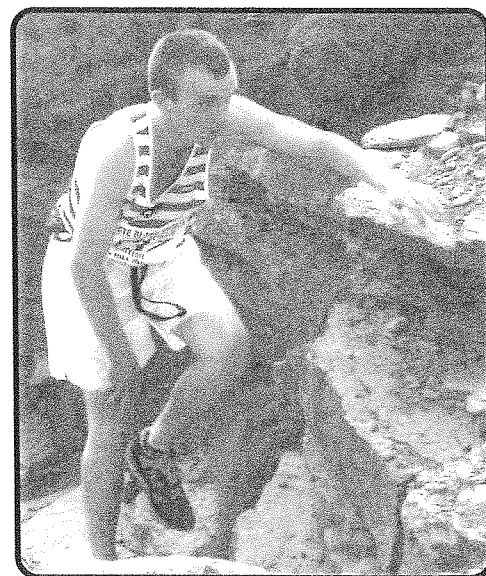
I continued down through the Whitber fields picking up a few valuable places and back onto the track leading to The Crown, I continued in pursuit of a Todmorden Harrier just in front, catching him before the track back to the village.

The sun it seemed hadn't been a problem although I may have sweated a greater deal more and my shoulders and neck matched the strips of my vest, but by the time I saw the welcoming sign of Alec Becconsall at the entrance gate of the playing field I was absolutely 'spent' and had felt the race.

Pleased with a top 100 finish for this kind of event, and as Thirza says enjoying my running, I watched the rest of the CVFR team come in, the vast majority coming in within twenty or thirty places of each other, good packing for the veterans team.

It had been a tough hard race tackled in extremely hot conditions, the results will be interesting reading with a few surprises, especially the male winner, veteran Mark Roberts's bumbag or no bumbag! (I wonder if anyone will object to this). *Calder Valley also showed their true colours with another excellent turnout not just runners but also support.*

Adam Breaks



**Welsh 1000m - 23mils/8000' -
Sat 7th June 2003**

			Race		
			Time	Level	Ratio
1	Alan Atkinson Flint	Guildford	4:20:43	-	-
2	Bob Johnston	Eryri	4:26:51	-	-
3	Paul Evans	Eryri	4:27:21	-	-
32	Denis Gildea	CVFR	6:12:14	5	1.40

Well first of all hello to all members of the club from the ex-pat Yorkshireman from not so sunny Devon, who in a moment of madness (or under the influence of alcohol!!! Ed) agreed to this venture off the back of a couple of road races (YES, road races!), road running probably not the best preparation unless it's Mytholm Steeps - a few times ... However, always game for a laugh I got on the coach at Llanberis with about 100 hard looking fell runners consulting maps etc. Dave, the lad I work with, decided now would be a good time to mark his map up - however one small problem, his map was in room 122 Royal Victoria Hotel, novice trick for a man that has arctic explored and I enjoyed pointing this out. he managed to get a spare from the organiser at much embarrassment and piss taking from the whole coach!

To the race, the weather was sunny and fine as we made our way up to Aber Falls and the long climb to the Carnedd's, the legs had a bit of a wake call but managed to keep going over Llewelyn and onto Dafydd. Started to pass walkers doing the mountaineering classes which was good for morale (abit!!!). Nearly fell off a cliff on the descent to Ogwen due to NOT map which could have spoilt my day, but arrived in an OK condition.

As soon as I left Ogwen though my legs started to cramp a little bit and I got that sinking feeling that we all know too well. So the tin man running style was adopted with some success over Glyder Fach. I hobbled into Pen Y Pass alot worse for wear now.

One packet of jelly babies and two water bottles later I left for Snowdon knowing that the Pygtrack is well named! I had been going for 5 hours and didn't I know it but the walkers gave encouragement which to be honest didn't help at all. I just climbed the Stairway to heaven with the top covered in mist. Once I got on the Saddle short climb to Garnedd Ugain - to bag another 1000 metres then back the same way to finally reach the holy grail of Snowdon Summit and the finish in 6hrs

14min. It felt good to get round such a long race because I haven't done one for a while and you do forget how painful they are (but good fun honest).

As I write this the results haven't been sent to me yet but should make for interesting reading because my mate Dave suffered more than me and vowed never to put on a pair of Walshes again.

Cheers Denis Gildea



**Knowl Hill - 6mils/1800' -
Sun 8th June 2003**

			Race		
			Time	Level	Ratio
1	James Logue	Horwich	0:43:47	-	-
2	James Kovacs	Salford	0:44:09	-	-
3	Rob Jackson	Horwich	0:45:55	-	-
13	Vanessa Peacock	Clayton	0:51:16	-	1st lady
15	Jamie Dore	CVFR	0:51:58	2	1.16
77 ran					

**Mytholmroyd - 7mils/1350' -
Wed 11th June 2003**

			Race		
			Time	Level	Ratio
1	Robin Lawrence	Bingley	0:45:51	-	-
2	Karl Gray	CVFR	0:45:58	0	0.99
3	Adam Breaks	CVFR	0:47:25	1	1.02
10	Dave Beels	CVFR	0:54:03	2	1.16
11	Jon Underwood	CVFR	0:54:20	2	1.17
13	Vanessa Peacock	Clayton	0:54:33	-	1st lady
23	Rod Sutcliffe	CVFR	0:56:29	3	1.22
25	Mike Wardle	CVFR	0:57:11	3	1.23
28	Andy Carnochan	CVFR	0:58:39	3	1.26
31	Nigel Fenwick	CVFR	0:59:48	3	1.29
33	Carl Greenwood	CVFR	1:00:57	4	1.31
37	Brian Shelmerdine	CVFR	1:02:42	4	1.35
46	Jackie Scarf	CVFR	1:06:12	5	1.43
53	Dave Culpán	CVFR	1:07:59	5	1.46
58 ran					

Another excellent result for Karl breaking the record along with Robin Lawrence. He was descending like a mad man and given another few yards I believe he would have been along side Robin or in front of him. Adam is learning the race technique at not going hell for leather at the start and this is paying off coming in a well earned 3rd place. Well done. Thirza

**Blackmore Chase - 6.5mils/1400' -
Thurs 19th June 2003**

			Race		
			Time	Level	Ratio
1	Lewis Banton	Clowne RC	42:28	-	-
2	Stuart Maycock	Steel City Striders	42:31	-	-
3	Steve Penny	Chesterfield	42:36	-	-
41	Lynn Bland	Dark Peak	52:14	-	1st lady
70	Gerry Symes	CVFR	55:59	4	1.32
139 ran					

**Buckden Pike - 4mils/1500' -
Sat 21st June 2003**

			Race		
			Time	Level	Ratio
1	Ian Holmes	Bingley	33:37	-	-
2	Dave Walker	Clayton	34:39	-	-
3	Robin Lawrence	Bingley	35:00	-	-
19	Adam Breaks	CVFR	40:18	2	1.17
27	Wendy Barnes	Barnsley	44:07	-	1st lady
56	Allan Greenwood	CVFR	52:24	6	1.52
69	Dave Culpán	CVFR	59:41	8	1.73
75 ran					

and even more RACE RESULTS

Kinder Trog - 18mils/3490' - Sun 22nd June 2003

			Race	Time	Level	Ratio
1	N Leigh	Altrincham		1:57:36		
2	P Vale	Mercia		1:57:38		
3	A Robertson	Otley		2:03:23		
9	Andy Clarke	CVFR	1	2:07:05		1.06
26	Steve Houghton	CVFR	2	2:14:07		1.12
32	Liz Batt	Buxton		2:23:02	- 1st lady	
49	Mike Wardle	CVFR	3	2:28:34		1.24
58	Brian Shelmerdine	CVFR	3	2:30:03		1.26
71	Greg Houghton	CVFR	4	2:37:04		1.31
73	Tony Bradley	CVFR	4	2:37:50		1.32
84	Linda Hayles	CVFR	4	2:43:12		1.37

I'd never done this race despite living close-by and despite being asked if I'd ever done it by everyone I got into conversation with about running - when they knew where I lived

It was a fine, clear morning and a refreshing ride on my m'bike to Hayfield. By the time the race started at 11.00am the weather had warmed up significantly and whilst the tarmac stretch did not seem so long, I was sweating well when half way up the first farm track - before going up to Lantern Pike. Descending there was a cool breeze for a while and I caught up with Mike and Greg, running just behind them for a while and then about 30 odd yards behind by the time they got to the first drinks station. They took off whilst I took full advantage this essential commodity since I'd only got one 350ml bottle of sports drink. It had got very warm but feeling better after the drinks, I soon passed most of those who'd passed me and not far from the top of Mill Hill I felt quite good with a cool breeze blowing. Down from Mill Hill and at the foot of the stepped, steep bank up to the Kinder Edge, I drank half of the sports drink and mostly walked to the top.

Soon after starting to run along the edge I remembered one reason why I hadn't run the race before and this was because the path was almost completely boulder strewn, very large, just large and small and for those who don't know, it's much worse than the edge path to Stoodley Pike - and it goes on for ever, and ever. Eventually the feet got a rest from the hard surfaces when we went off across a peat flat to the trig point (605m) at Kinder Low. While running down to Brown Knoll I twisted my ankle, badly it seemed and thought my race was over. I kept going, remembering that something similar had happened once before and that after sometime it was alright. Ditto this time and I finished my drink to further the feeling of relief.

Two thirds of the way down the gradual, grassy slope to the Glossop/Hayfield road, I passed a Glossopdale mate who nearly always beats me. I took it a little bit easy on the final stony track to the road and drinks station (Peep O Day). I finished my drink and kept going, it was very hot now and the steepish (it seemed) path went on and on until it reached a steep bank where I joined one or two other runners, similarly struggling up. I started on the track for home, running as hard as I could whilst it was still level, knowing that soon the long downhill section would begin and any good descenders would catch up and leave me for dead. I didn't look back, I didn't want to know - I couldn't run any faster anyway.



Right near the bottom of the last short but steep section I was passed by a very good descender, a Glossopdale descender at that, and I knew his mate would be close behind. I passed him within 50 yards since it was level now and I kept about 30 yards in front across the last few fields but I knew there was another descent on a concrete farm track to come. Sure enough, he passed me on this and running on, across tarmac got away. I was gonna make pretty dam sure his mate who was roughly 50/60 yards behind didn't pass me and on entering the finish field I put all I'd got into a sprint, passing another bloke on the way. It had been a good run for me, especially since before the race I'd had some doubts about whether I'd finish or not.

Brian Shelmerdine

Eldwick & Gilsead Gala - Short Sat 28th June 2003

			Race	Time	Level	Ratio
1	Andy Peace	Bingley		16:40	-	-
2	Will Smith	Kly & Crav		17:42	-	-
3	Robin Lawrence	Bingley		17:52	-	-
9	Andy Wardman	CVFR	2	19:24		1.11
14	A Buckley	Salford		20:04-	1st lady	
63	ran					

Langdale Horseshoe recci run

Sunday 28th September

with tour guides Steve and Greg Houghton. Meeting at Stickle Barn, Langdale at 9 o'clock. Can you please let Steve know if you are planning to come up so that he knows just incase you get stuck in traffic etc. OR YOUR NAME IS ROD!!! so that we can wait just incase you are late.
Tel 01422 203704

Please ... Please ...

If you do a fell race can you please supply me with a few lines all about the race, weather etc. It doesn't have to be very big just informative to other members. I'm having to write up lots and this holds me back even more and i have to just make it up!!!!

Ta Thirza

MIDSUMMER MADNESS 3 DAY EVENT

Wicken Hill Whizz - 3mils/1000' Friday 27th June 2003

			Time	Race Level	Ratio
1	Ian Holmes	Bingley	21:36	(record -)	-
2	George Ehrhardt	Tod	22:05	-	-
3	Karl Gray	CVFR	23:29	1	1.05
5	Adam Breaks	CVFR	24:18	1	1.09
12	Keith Cadby	CVFR	26:56	3	1.20
16	Jon Underwood	CVFR	27:18	3	1.22
19	Dave Beels	CVFR	27:37	3	1.23
20	Ant Mayer	CVFR	27:38	3	1.23
21	Lee Shimwell	CVFR	27:41	3	1.24
23	Jamie Dore	CVFR	27:49	3	1.24
24	Anne Johnson	CVFR	27:55	3	1.25
28	Rod Sutcliffe	CVFR	29:03	3	1.30
37	Andy Carnochan	CVFR	30:08	4	1.35
54	Linda Crabtree	CVFR	32:37	5	1.46
65	Dave Culpan	CVFR	34:07	6	1.52
78	Julie Underwood	CVFR	40:03	8	1.79
87 ran					

What a dreadful night this was for weather, wet and very misty. I had to set off up to sheepstones with a clip board for Alex with about 5 minutes to the start of the race. I had my own little race up there as I could imagine Ian Holmes and co overtaking me as I reached the summit (or before). I was absolutely soaked through to my knickers. We still had a fantastic turnout of 87 runners with Ian Holmes cycling over, running, breaking the record and then a pint and a few miles back on the bike to home. Good turnout for the club with both runners and marshals out in force.

Thirza

Tom Tittiman - 4mils/600' Saturday 28th June 2003

			Time	Race Level	Ratio
1	Dave Walker	Clayton	25:03	-	-
2	Paul Stevenson	Pud & Bram	26:10	-	-
3	Andy Shaw	Holmfirth	26:17	-	-
5	Adam Breaks	CVFR	26:36	1	1.03
13	Andy Clarke	CVFR	27:39	1	1.07
25	Keith Cadby	CVFR	30:06	2	1.17
29	Jon Underwood	CVFR	30:18	2	1.17
32	Dave Beels	CVFR	30:32	2	1.18
37	Anne Johnson	CVFR	31:25	3	1.22
38	Jamie Dore	CVFR	31:36	3	1.22
39	Carl Greenwood	CVFR	32:00	3	1.24
52	Mike Wardle	CVFR	33:21	3	1.29
58	Rod Sutcliffe	CVFR	33:47	4	1.31
72	Allan Greenwood	CVFR	35:04	4	1.36
73	Linda Crabtree	CVFR	35:06	4	1.36
82	Thirza Hyde	CVFR	36:22	5	1.41
91	Dave Culpan	CVFR	38:27	5	1.49
108	Julie Underwood	CVFR	42:50	7	1.66
114 ran					

Back to brighter weather which encourage a big field of 114 runners. This race also included the vets championships. Anne had another excellent run coming in first lady with the Three Peaks champion of this year taking the honours in the mens. Adam had a good run and is on schedule to take the overall 3 day event.

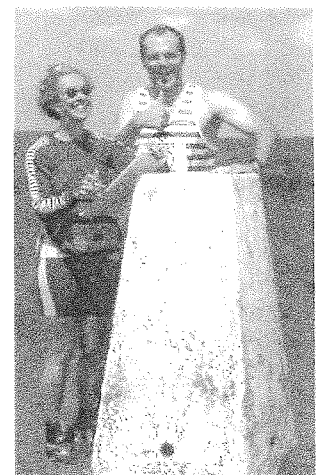


Reservoir Bogs - 8mils/1000' Sunday 29th June 2003

			Time	Race Level	Ratio
1	Karl Gray	CVFR	0:54:20	0	0.96
2	Adam Breaks	CVFR	0:55:52	0	0.99
3	Philip Taylor	Ross'dle	0:59:47	-	-
10	Jon Underwood	CVFR	1:05:25	2	1.15
12	Anne Johnson (rec)	CVFR	1:06:01	2	1.17
13	Keith Cadby	CVFR	1:07:14	2	1.19
14	Tony Bradley	CVFR	1:07:38	2	1.19
21	Rod Sutcliffe	CVFR	1:09:16	3	1.22
22	Dave Beels	CVFR	1:10:03	3	1.24
23	Jamie Dore	CVFR	1:10:04	3	1.24
30	Jez Wilkinson	CVFR	1:14:09	4	1.31
37	Linda Crabtree	CVFR	1:17:53	4	1.37
43	Allan Greenwood	CVFR	1:21:56	5	1.45
44	Thirza Hyde	CVFR	1:21:58	5	1.45
46	Philip Jones	CVFR	1:23:07	5	1.47
48	Dave Culpan	CVFR	1:24:47	5	1.50
58	Rose Carnochan	CVFR	1:37:53	8	1.73
59	Julie Underwood	CVFR	1:37:53	8	1.73
66 ran					

What an excellent run but hard work being the last but longest run of the three day event. It was a glorious day with a field of 66 setting off up Wainsgate and then turning right on the Calderdale Way everyone split up with people having different route choices. I don't think I made a very good one as I'm pretty crap yomping in deep heather. Anyway made my way up the Calderdale Way and over the stile back towards Ferny Lee and then the pull back to High Brown Knoll. This was a hard pull up and then the same route back towards Tom Tittiman (where Allan Greenwood tried to shake me off but I was having none of it), that same little climb (it was hell again) and fast running to the finish. Anne had a stormer breaking the record and coming 12th overall, winning the overall 3 day event and Adam pulled off yet another brilliant run to take the men's award. Karl had an excellent run and route choice to take today's honours AND JON UNDERWOOD YOU WEREN'T SUPPOSED TO BE ENJOYING YOURSELF!!!! Well done everyone for another successful weekend from both a running and organisational point of view.

Thirza



What even more results

Danefield Relay 3 legs x 2.5/500 Jul 2nd

1 Otley ACA 55.57

23 Kirstins Team 70.06

Kirstin Bailey 22.40 Jez Wilkinson 23.07 Geoff Webster 24.19

41 teams ran

It was a bit of soggy night with the rain just stopping as I arrived, and was amazed to see the car parks packed. What I like about these events is you can just turn and end running in any old team. I realised this wasn't going to be any old team when the organiser pounced on me and said yes Kirstin Bailey wants a run. How would I managed to keep with her sort of fast times? Other people appeared and suddenly there were 2 ad hoc teams created. The route is fast but it twists and turns through some narrow woodland paths so you need to keep your wits about you, with virtually all the 500 feet climb in the last 0.25 mile to the finish. The team worked out really well with us all averaging around the same position. See you all there next year. Cheers, Jez

Triple T - Saturday 5th July

12 miles/3000'

			Time	Race Level	Ratio
1	A Wood	Bingley	1:32:32	-	-
2	A Preedy	Rosendale	1:33:02	-	-
3	T Hesketh	Horwich	1:33:44	-	-
35	Allan Greenwood	CVFR	1:54:49	3	1.23
49	Alice Gull	Bingley	2:14:05	- 1st lady	

56 ran

This weekend of races really suffered in numbers due to the Skiddaw championship race being the following day. It looks an excellent course around the fells of Kettlewell and with plenty of potential to get lost as it is navigation. Allan had a good steady run on a course he knows.

Skiddaw - 9mils/2700'

Sunday 6th July

			Time	Race Level	Ratio
1	Simon Bailey	Staffs Moor	1:03:11	-	-
2	Ian Holmes	Bingley	1:03:34	-	-
3	Nick Sharp	Ambleside	1:03:39	-	-
34	Karl Gray	CVFR	1:11:40	2	1.13
69	Andy Clarke	CVFR	1:15:28	2	1.19
123	Sally Newman	CVFR	1:20:53	3	1.27
158	Steve Houghton	CVFR	1:23:44	4	1.32
164	Keith Cadby	CVFR	1:25:10	4	1.34
200	Jamie Dore	CVFR	1:28:30	4	1.39
214	Anne Johnson	CVFR	1:30:12	5	1.42
220	Greg Houghton	CVFR	1:30:30	5	1.43
252	Linda Crabtree	CVFR	1:33:52	5	1.48
256	Barry Shaw	CVFR	1:34:04	5	1.48
283	Thirza Hyde	CVFR	1:36:52	6	1.53
286	Gerry Symes	CVFR	1:37:26	6	1.54

365 ran

This was a massive field of runners with a right scramble to the gate out of the field. Then it's the long haul up to Skiddaw Summit on mainly gravel tracks about turn and run the same route back down. It was fast and furious and with plenty of potential for the legs to go completely. Sally was back on form winning the womens race and securing English Vet 40 Gold and Silver as a senior women. Bloody Brilliant. I went on holiday directly after this race and had sore legs for days and I know that I wasn't the only one was I Karl. Thirza

Stoodley Pike - 3.5mils/700'

Tuesday 8th July

			Time	Race Level	Ratio
1	George Ehrhardt	Tod	18:57	-	-
2	Wajib Ali	Rochdale	19:17	-	-
3	Adam Breaks	CVFR	19:31	1	1.01
4	Andy Clarke	CVFR	20:03	1	1.04
26	Lee Shimwell	CVFR	22:16	2	1.16
32	Vanessa Peacock	Clayton	22:56	- 1st lady	
36	Carl Greenwood	CVFR	23:18	3	1.21
41	Jamie Dore	CVFR	23:35	3	1.23
45	Mike Wardle	CVFR	24:00	3	1.25
55	Jez Wilkinson	CVFR	24:41	3	1.28
70	Alex Cornish	CVFR	26:02	4	1.35
75	Brian Shelmerdine	CVFR	26:39	4	1.38
78	Linda Hayles	CVFR	26:57	4	1.40
87	Dave Culpán	CVFR	27:36	5	1.43
95	Jackie Scarf	CVFR	28:22	5	1.47
105	Steve Cavell	CVFR	29:57	6	1.56
117	Rose Carnochan	CVFR	33:31	8	1.74

123 ran

Calder Valley men's team lifted the team prize in the Summer Grand Prix counter from the Top Brink Pub, Lumbutts. George Ehrhardt led a field of over 120 runners to win, building a gap of almost a minute up to the monument of Stoodley Pike and sustaining that gap on the descent from a galloping, Wajib Ali closely followed by Adam Breaks, all three men finished inside 20 minutes. Adam led home the winning team with Andy Clarke gaining his best decision in years for fourth, Lee Shimwell had a magnificent run finishing 26th (finishing in front of the first lady Vanessa Peacock and more importantly Alex!) Carl Greenwood (36th) completed the quartet.

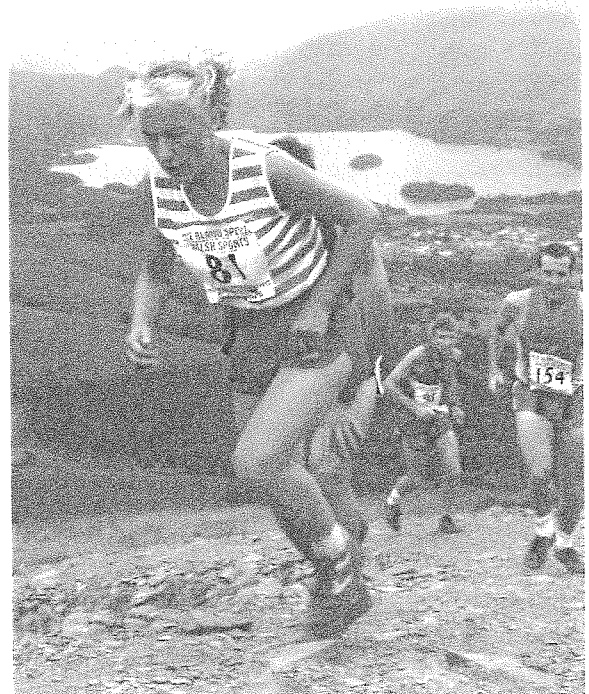
Belstone/Cawsand Hill Race - 4mils/850'

Sunday 13th July

			Time	Race Level	Ratio
1	Kevin Hagley	South West	0:30:47	-	-
2	Garry Perratt	Axe Valley	0:31:52	-	-
3	Rob Finley	unattached	0:35:12	-	-
5	Anne Johnson	(1st lady) CVFR	0:38:03	2	1.17

23 ran

Sal concentrating hard at Skiddaw



Kentmere Horseshoe- 11.9mils/3300' Sunday 20th July

			Time	Race Level	Ratio
1	Rob Jebb	Bingley	1:31:08	-	-
2	J Lennox	Shettl'stone	1:34:18		
3	Tim Austin	Dark Peak	1:35:23		
8	Adam Breaks	CVFR	1:41:02	1	1.08
17	Andrea Priestley	Ilkley	1:48:47	- 1st lady	
25	Steve Houghton	CVFR	1:51:28	2	1.19
35	Jon Underwood	CVFR	1:54:27	3	1.22
72	Tony Bradley	CVFR	2:05:04	4	1.34
92	Linda Hayles	CVFR	2:11:17	4	1.40
95	Allan Greenwood	CVFR	2:12:21	5	1.41
98	Linda Crabtree	CVFR	2:12:31	5	1.41

The hundred or so runners who started this event remembered last years winner John Naylor in a minutes silence before starting this 12 mile run. The race was ran in almost ideal conditions with splendid views back down through Troutbeck and the Kentmere Valleys as the route took in Ill bell, High Street before returning on the right hand side of the Kentmere valley back over Harter Fell and descending off Kentmere Pike with a mile or so running through the valley back to the finish.

Widdop Fell Race - 7mils/1250' Wednesday 23rd July

			Time	Race Level	Ratio
1	George Ehrhardt	Todmorden	0:48:12	-	-
2	Rob Lawrence	Bingley	0:50:04	-	-
3	Karl Gray	CVFR	0:51:30	1	1.03
18	Karen Slater	Settle	1:00:20	- 1st lady	
27	Anne Johnson	CVFR	1:03:33	3	1.27
39	Linda Crabtree	CVFR	1:06:56	4	1.34
55	Jackie Scarf	CVFR	1:14:08	5	1.48
56	Dave Culpán	CVFR	1:14:14	5	1.49

76 ran
Well what a night this was, about the only rough weather we've had all summer and it was grim. Everyone was asked to carry cags and alot of people did the race in them. It wasn't nice for both runners and marshals. A hardy 75 turned up for this ankle breaking racebut thank goodness that the only breaking that George did was the record by 10 seconds, well done and Karl has been battling with Robin Lawrance all season with Robin only just getting the better of him this time. Well done to the girlies who picked up the team prize. And a big thank you to all who turned out to help on such an awful night.

International Snowdon Fell Race 10mils/3300' - Saturday 26th July

			Time	Race Level	Ratio
1	Tim Davies	Cymru	1:05:57	-	-
2	Simon Bailey	England	1:06:41	-	-
3	Ian Holmes	England	1:07:11	-	-
300	John Riley	CVFR	1:57:45	8	1.77

354 ran

**Have a look at
www.longcroftphotos.org.uk
and see CVFR section.
Website by Alex Becconsall**

CAPTAINS CORNER



Well here we are again, the sharp end of the season, with the club championship starting to sort itself out with the number in contention for trophies narrowing to form an interesting end to the year. It has been good to see so many red and white vests at races this year, although the numbers have dropped slightly of late. If you have any views on this years format let one of the committee members know. Time for congratulations now, a superb season by our ladies section has given them a bronze medal in the British championship -well done to all who have run and counted in this years races. Congratulations are also due to Sally who has taken 5 medals this season – looks like another good night is in prospect at the FRA dinner. Relay time is nearly on us again and this year because the Langdale being run on the weekend between the relays, I have decide to enter 1 team in the Ian Hodgson, so anyone who normally can't get in the teams and wants to run in this event can do so, let me know if you are interested. The summer handicap seemed to go off well, or so I am told, Rod deciding to run even though he was still suffering after the Brecon Beacons race. It seems nearly every body struggled on this one. Talking of Rod, he seems to have an overwhelming desire to hold onto the wally of the year award, he was telling me the saga of this years Sedbergh race, despite doing the race numerous times he still managed to get lost 3 times managed to take a tumble through a gorse patch and was busy showing off his many cuts and bruises. Dark nights and road runs will be back with us soon, so try to make the most of next months runs, and lets try to push the championship right to the last race. To finish on a light note, 2 parrots were sat on a perch, when one said " can you smell fish?" Good running and see you on the fells.

Holme Moss Fell Race 16mils/4000' - Sunday 27th July

			Time	Race Level	Ratio
1	Rob Jebb	Bingley	2:11:26	-	-
2	Lloyd Taggart	Buxton	2:12:24	-	-
3	Gary Devine	P & B	2:17:51	-	-
10	Karl Gray	CVFR	2:20:54	1	1.05
30	Adam Breaks	CVFR	2:29:40	2	1.12
40	Louise Sharp	Keswick	2:36:41	- 1st lady	
59	Sally Newman	CVFR	2:46:30	3	1.24
62	Steve Houghton	CVFR	2:47:42	3	1.25
77	Rod Sutcliffe	CVFR	2:56:04	4	1.31
102	Denis Gildea	CVFR	3:02:12	4	1.36
118	Carl Greenwood	CVFR	3:07:57	5	1.40
128	Anne Johnson	CVFR	3:11:01	5	1.43
140	Keith Cadby	CVFR	3:14:45	5	1.45
146	Brian Shelmerdine	CVFR	3:17:54	5	1.48
155	Linda Crabtree	CVFR	3:22:11	6	1.51
167	Thirza Hyde	CVFR	3:26:52	6	1.54

234 started, 217 finished

Borrowdale Fell Race

17mils/6500' - Saturday 2nd August

			Race		
			Time	Level	Ratio
1	Simon Booth	Borrowdale	2:49:12	-	-
2	Rob Jebb	Bingley	2:51:03	-	-
3	Ben Bardsley	Borrowdale	2:55:15	-	-
28	Nicola Davies	Borrowdale	3:46:18	-	1st lady
151	Allan Greenwood	CVFR	4:59:52	8	1.75
203	Steve Coey	CVFR	6:07:07	12	2.14

203 ran

After last years accident where a guy got hit by a boulder there is a new, safer route onto Bessyboot. Thanks goodness as rumour has it this will be a championship race next year.

Latrigg Fell Race

3mils/950' - Sunday 3rd August

			Race		
			Time	Level	Ratio
1	Ian Holmes	Bingley	0:18:52	-	-
2	Nick Fish	Ambleside	0:18:56	-	-
3	Rob Jebb	Bingley	0:19:15	-	-
14	Angela Brand-Barker	Keswick	0:22:40	-	1st lady
39	Linda Crabtree	CVFR	0:27:03	5	1.42

59 ran

Crow Hill Fell Race

5mils/1000' - Tuesday 5th August

			Race		
			Time	Level	Ratio
1	Paul Green	Sale Harr	0:30:58	-	-
2	Karl Gray	CVFR	0:31:01	0	1.00
3	Jason Hemsley	P & B	0:31:29	-	-
5	Adam Breaks	CVFR	0:32:21	1	1.04
21	Andy Wardman	CVFR	0:34:42	2	1.11
31	Jon Underwood	CVFR	0:36:25	2	1.17
35	Jo Smith	Dark Peak	0:37:26	-	1st lady
36	Lee Shimwell	CVFR	0:37:39	3	1.21
44	Jamie Dore	CVFR	0:38:57	3	1.25
45	Denis Gildea	CVFR	0:39:09	3	1.26
58	Jez Wilkinson	CVFR	0:41:18	4	1.33
64	John Greenwood	CVFR	0:43:16	4	1.39
71	Thirza Hyde	CVFR	0:44:00	5	1.41
72	Dave Culpan	CVFR	0:44:06	5	1.42
97	Rose Carnochan	CVFR	0:52:51	7	1.70

100 ran

What a superb night for running, with lovely warm sunshine and a brilliant turnout of 100 runners. Paul Green of Sale Harriers (Manchester) made most of the running and had a lead of about half a minute at the top of Crow Hill. However, our star man Karl Gray had him in his sights on the way back and to close to just 3 seconds at the finish was a great achievement.

"Who is Paul Green?" I hear you cry. Well, he finished 5th in the National Cross Country championships in 2001 at Durham. "Only fifth?", you may ask. Well, to put it in perspective, Bingley Harriers' Royal Marine Mark Croasdale was 11th in that race and British and English fell running champion Ian Holmes placed 81st, **exactly 3 minutes behind Paul!!** Well done also to our adopted Calderdale runner Jo Smith on winning Crow Hill for the second year running. Thanks everyone from the club who marshalled or helped in any way.

Cheers, Allan Greenwood and Linda Crabtree

Dwygyfylchi Race

10mils/2700' - Saturday 9th August

			Race		
			Time	Level	Ratio
1	Andy Curruthers	Halesowen	1:29:00	-	-
2	Paul Evans	Eryri	1:29:53	-	-
3	Richard Owen	Eryri	1:29:59	-	-
7	Helen Thorburn	Dark Peak	1:38:03	-	-
10	Steve Houghton	CVFR	1:42:37	2	1.15
31	Greg Houghton	CVFR	2:09:34	5	1.45

57 started, 15 retired & 3 people pulled out for having no kit (road runners)

Me and Greg set off at 8.0'clock on a damp misty morning even damper & mistier over M62 top. Alright for running we thought. Started to drop down into Lancashire and the mist lifted and all of a sudden the sun was baking down Hot-Hot-Hot!!!! got to venue and Trefor Jones of Eryri had a temp guage on his watch and it was 90° and rising. Race start and nearly everyone sets off really steady over the first hill. From here you drop back down and retrace back to valley floor to go onto another ridge. This is where the 12 people retired, another stiff climb and over onto Conway Mountain and some lovely sea breeze, (no chance even hotter now), a nice ridge run along coastal tops back to finish but too hot really to enjoy it. Glad to finish in one piece. Sat on grass in the shelter of village hall and Trefor Jones said it was 84° in the shade, bloody hell. Waited for Greg and when he finished Trefor was laughing his head off, said Greg was well cooked and was only short of some crackling to baste him and finish him off all together. Good race, great venue but just too hot to enjoy it. Steve Houghton

The Round Hill

9mils/1125' - Sunday 10th August

			Race		
			Time	Level	Ratio
1	Andrew Robertshaw	Otley AC	0:56:16	-	-
2	Jonathon Ingram	Saddleworth	0:56:52	-	-
3	Jason Hemsley	P & B	0:57:07	-	-
19	Jez Wilkinson	CVFR	1:11:40	3	1.26
22	Mary Green	Bingley	1:12:37	-	1st lady

38 ran

Giants, Withen and Windmills

5mils/1000' - Tuesday 12th August

			Race		
			Time	Level	Ratio
1	Karl Gray	CVFR	30:06	0	0.98
2	Anthony Smith	Ambleside	31:00	-	-
3	Jason Hemsley	P & B	31:22	-	-
9	Andy Wardman	CVFR	32:23	1	1.05
23	Carl Greenwood	CVFR	35:43	2	1.16
25	Jo Smith	Dark Peak	36:02	-	1st lady
29	Bill Johnson	CVFR	36:48	2	1.19
43	Tony Bradley	CVFR	38:31	3	1.25
48	Rod Sutcliffe	CVFR	39:17	3	1.27
53	Gerry Symes	CVFR	39:37	3	1.29
55	Jamie Dore	CVFR	39:43	3	1.29
64	John Greenwood	CVFR	40:48	4	1.32
72	Dave Culpan	CVFR	41:52	4	1.36
92	Steve Cavell	CVFR	46:41	6	1.51
94	Julie Underwood	CVFR	48:27	6	1.57

102 ran

Race report overleaf

Thanks Everyone for coming to the Giant's Withens and Windmill fell race. I do hope you enjoyed the event, a lovely route on a perfect evening, sunny and warm with beautifully picturesque reservoir still as a millpond. Karl and Jo set new records which will go in the fellrunners calendar for next season. Thanks to everyone who helped with registration, marshaling etc.

Cheers Linda and Allan

Caerketton Hill Race

1.5mils/800' - Wednesday 13th August

		Race		
		Time	Level	Ratio
1	Phil Mowbray	HBT	0:13:15	- -
2	Jethrow Lennox	Shettleston	0:13:32	- -
3	Adam Ward	Carnethy	0:13:34	- -
21	Marbeth Shiel	Carnethy	0:17:19	- 1st lady
23	Bill Johnson	CVFR	0:17:31	4 1.30
51 ran				

Having not run in a race for 6 months due to a succession of injuries, but now being mostly recovered, I threw myself back into the fray with two races in two days. After running in Allan's "Giants, Withens and Windmills" race on 12th Aug, I noticed that there was a short race in the Pentlands on the edge of Edinburgh the next day, a Wednesday evening. Since I work in Edinburgh every Wednesday & Thursday, it would be ideal for me.

So I stood at the start line of the Caerketton race with 50 Scots men and women, plus only one vest I recognised - a Clayton one.

When I said that the race is short, it is very short: just 1.5 miles, but with 800' of ascent. A bit like Burnsall, it is a lung-burning ascent followed by a breakneck descent. Or at least it would have been, had I been fitter. Instead it was more like a seemingly endless climb accompanied by thoughts of "why am I doing this?" followed by a desperate drop down the hill attempting to get to the bottom without falling over.

This Caerketton race is on good grass with a wide expanse of hill-side - much more preferable than the narrow paths through the heather that confine you at Burnsall, and the dangerous rocks in the descent there.

The ascent gets so steep that I was pulling myself up by grabbing hold of clumps of grass and hauling myself up. I thought at the time that it would be interesting trying to descend down here (its an out-and-back race), and sure enough it was. I did manage to stay on my feet on the descent, but others weren't so lucky. One poor lad in the junior race (that went halfway up the hill and back down) had to be stretchered off the hill having fallen and twisted his ankle on the descent. It was apparently his first fell race. That probably isn't the best introduction for youngsters.

Anyway, I finished about halfway down the field of runners. It seemed a bit odd to finish a race only 17 minutes after starting it - I had been hanging around waiting for the race to start for longer than the running actually took!

No-one is going to travel up to Edinburgh for a 1.5 mile race, but if you happen to be in Scotland as I was, then I would recommend the Caerketton race as a low-key, fun alternative to your average fell race.

Bill

The Bland Trail

This is a new column for the Sheepsheet focusing on members activities off the fells (road, trail running etc.), and not as the title may suggest a tribute to Borrowdales sheep cloning community and their extended family.

If you have competed in an interesting race or have suggestions to other members of forthcoming road/trail events then drop us a line - abbrecus@hotmail.com

The Helen Windsor Memorial 10K

Fell runners rarely venture off the fells but when they do, they do with success. This race was no exception with established fell runners dominating both the male and female events.

The race is held around a one lap undulating scenic route, taking runners around Norland moor and through the Village of Barkisland, before returning back to the Greetland All Rounders Club House.

Matthew Pearson (Holmfirth), a previous egg stage winner at this years Bunny Runs, won the event in a time of 33:33, nearly a minute in front of second placed Jon Cordingly (Bingley) in a time of 34.32. Jon was the winner of the Yorkshire V45 category at the recent Tom Tittiman event.

The womens race was won by Mytholmroyds Sue Beconsall, who picked up a rather impressive trophy for her efforts. Sue finished in 36th overall in a time of 40:48, seven seconds behind CVFR's Nigel Fenwick. Calder Valley fielded a mens team in the event and were led home by Adam Breaks finishing in third place in a time of 34:58.

Finishing first local male home and making up for the lost opportunity and more importantly a colour TV for the winner, (Adam finished 2nd) in a previous Halifax Harriers road race at the Halifax Gala, when the course was abruptly cut short during the race.

Club Captain Tony Bradley running round familiar territory finished in a time of 43:28 (58th) and Richard Henderson finished in 47:37 (90th). Linda Crabtree (running in her mid-week scruffs) helped Halifax Harriers ladies win the team prize finishing 4th female in a time of 44:05.

Forthcoming road/trail events

Sun 12th October Harewood 10 mile Trial Race

Adam Breaks

ANOTHER CLASSIC TALE FROM THIS YEARS HOLDER OF THE "NAVIGATIONAL COCK UP OF THE YEAR" AWARD - HE'S TRYING FOR IT AGAIN

A VERY INTERESTING RACE

Sedbergh Hills 14mils/6000' Sunday 10th August

			Time	Race Level	Ratio
1	Joe Blackett	Mandale	2:26:44	-	-
2	Tim Austin	??	2:31:41	-	-
3	Chris Reade	??	2:36:35	-	-
15	Jon Underwood	CVFR	2:54:28	2	1.15
29	Rod Sutcliffe	CVFR	3:12:43	3	1.27
41	Katy Thompson	Clayton	3:24:02	1st lady	
60	Brian Shelmerdine	CVFR	3:53:59	6	1.54

This was the day when the world record for temperatures in Britain was due to be set at over 100 degrees. Since, being personally metricated, I calculated this was more than the boiling point of water and blood. I decided to take precautions – two water bottles, lots of electrolyte powder, Factor 30, Vaseline, Japanese sniper's cap. To reduce weight I wore extra-thin socks.

The torrential rainstorm and subsequent drop in temperature on the way to the race did not deter me, and I insisted on still taking the two large bottles up Arant Haw. Jon was quickly out of sight – why didn't his blood boil? Never worry, my strategic plan and tactical brilliance would even things out before the end of the day. I sweated three litres of water carrying one litre up and drank the litre at the top. The next phase of my plan was to stop at each stream, drink a litre, fill up the two water bottles, add plenty of electrolyte and douse myself down with plenty more water for good measure. I passed Wendy Dodds three times over the next hour, since she overtook me each time I carried out this ritual. It began to feel like I was giving myself Chinese water torture. My stomach was bouncing up and down inside me like a water-filled balloon. Never mind, it's an investment for later.

This was when I began to see Jon quite clearly ahead of me. This happened several times, but each time I caught him up he turned out to be some other hulk with his shirt off. The extra thin socks had now produced extra-large blisters – probably containing a litre of water on each foot. However, I was running quite well now, and began to steel myself to keep going up the climb to the Calf. I should overhaul Jon on the run in from there. From the Calf it is plain sailing along the path to Winder and then back down to Sedburgh. Just a matter of keeping the rhythm.

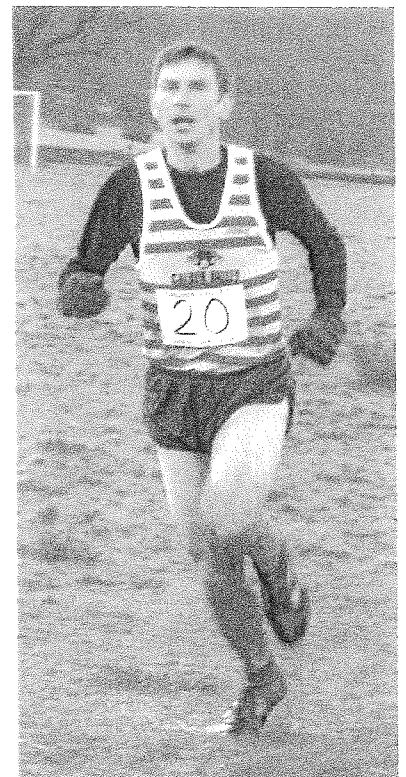
I kept the rhythm (with water-filled balloon bouncing up and down) along the path and off to the right along a contour after three lads in front. Funny, I'd never discovered this short cut on the previous seven times I did the race. It was very fast and we soon found ourselves half way down to the M6 motorway. Fifteen minutes, much climbing and many tussocks later I was back on the ridge and back en route. I was not daunted, discouraged or demoralised, just completely pissed off.

Remembering Jeff Winder's advice, I knew the fastest way off Winder (no relation). Carry on along the path for a couple of hundred yards and then go down the second gully on the left. It's then an extremely fast hectic grassy decent through a path amongst the bracken to the gate at the bottom. "Don't follow the flags, it's the junior course", shouted someone at the checkpoint (I think it was Dave Woodhead). Thinking I'd better bear left away from the flags I did this too early, but worked my way down to a track where a woman told me very confidently: "it's straight down there to the gate". Now, I don't know if she thought I was a junior, but, this gate turned out to be on the junior race route, not the gate I was looking for. However I'm jumping ahead in the tale.

Had I turned right down this track (which was the track we'd climbed at the beginning of the race), everything would have been fine and there would not have been much of a story. It's amazing how split second decisions can change the course of history. I hurtled down towards the gate – straight into the gorse bushes. At first I could weave my way between them, but soon I could find no way, so I bravely bashed my way through. Shortly even this became impossible, but it was now far too late to turn back and go up the hill. I probably travelled 150 yards to make the next 50 yards of progress, and most of this was on my bottom. The only way I could get through was to lie on my back and slide under the gorse amongst the roots. It was a pretty tortuous as well as torturous journey.

All was going swimmingly, and I had managed about 15 yards when I was suddenly convulsed with agonising and completely disabling cramp in my right leg. Probably caused by water intoxication. I couldn't stand up because I was trapped by the gorse above, in fact I couldn't move at all. I eventually jiggled down until my foot pushed against a root, and then jiggled down further till my toes were pulled up to stop the cramp. In this way I negotiated the last 35 yards and resurfaced, completely black, with 3000 punctures and about 20 kilograms of compost down my shorts. A further 500 yards along the wall got me back on the route and from there it was plain sailing, just as I'd predicted.

Rod Sutcliffe



Calder Valley Fell Runners

Grand Prix Championship 2003

				Lads Leap	Blackstone Edge	Jack Bloor Races	Stoodley Pike	Crow Hill	Ragley Run
		Points	Races	Mar 16	May 7	May 13	July 8	Aug 5	Aug 30
1	Karl Gray	120	4	30	30	30		30	
2	Adam Breaks	117	4	28	(28)		30	29	30
3	Anne Johnson	89	4	17	20	26			26
4	Andy Clarke	87	3		29	29	29		
5	Jon Underwood	81	3			25		27	29
6	Thirza Hyde	79	4		17	21		21	20
7=	Dave Culpan	75	4		16	19	20	20	
7=	Lee Shimwell	75	3		21		28	26	
7=	Linda Hayles	75	4	13		20	21		21
10	Rod Sutcliffe	73	3	25	23				25
11	Sarah Noot	70	3	19	24	27			
12	Mike Wardle	68	3	21	22		25		
13	Brian Shelmerdine	67	3			23	22		22
14	Rose Carnochan	62	4	9			17	19	17
15	Jez Wilkinson	61	3	14			24	23	
16	Sally Newman	57	2	29					28
17	Andy Wardman	55	2	27				28	
18	Nigel Fenwick	53	2		25	28			
19	Dave Beels	52	2	26	26				
20	Jamie Dore	51	2				26	25	
21	Barry Shaw	50	2	23					27
22	Alex Cornish	47	2			24	23		
23	Jackie Scarf	38	2				19		19
24=	Linda Crabtree	37	2	15		22			
24=	Tony Bradley	37	2	18	19				
26	Steve Cavell	33	2		15		18		
27	Andy Carnochan	29	2	11	18				
28	Julie Underwood	28	2	10					18
29=	Anthony Mayer	27	1		27				
29=	Carl Greenwood	27	1				27		
31=	Bill Johnson	24	1	24					
31=	Denis Gildea	24	1					24	
31=	Steve Garner	24	1						24
34	Richard Kellett	23	1						23
35=	John Greenwood	22	1					22	
35=	Steve Houghton	22	1	22					
37	Graeme Woodward	20	1	20					
38=	Greg Houghton	16	1	16					
38=	Kay Pierce	16	1						16
40	Helen Wilkinson	12	1	12					

Calder Valley Fell Runners

Handicap Championship 2003

Rank	Name	Sex	Age	SHORT				MEDIUM				LONG				TOTAL		
				Mar 16	May 7	June 7	Sep 21	TOTAL	Feb 23	May 24	July 20	Aug 23	TOTAL	Feb 2	June 22		Oct 11	Nov 15
1	Tony Bradley	M	5	30	30	(30)		60	(29)	30	30	(30)		60		30		30
2	Linda Hayles	F	5	29		27		56	20	28	28		48		29		29	
3	Linda Crabtree	F	5	26		26		52	28	(26)	27		55		24		24	
4	Karl Gray	M	5	23	(20)	25		48	28	26		(25)	54	25	25		25	
5	Thirza Hyde	F	5		24	22		46	26	27			53	23	23		23	
6	Steve Houghton	M	6	11		14		25	22	(22)	25		47	22	27		49	
7	Adam Breaks	M	4	(18)	29	29		58	29	29			58				0	
8	Mike Wardle	M	5	17	17	(13)		34	18	18		22	40	26	26		26	
9	Brian Shelderdine	M	4		25	15		20	23	23		24	47	28	28		28	
10	Dave Culpin	M	4		19	15		40	25	25		28	53				0	
11	Rod Sutcliffe	M	4	24	19	(18)		43	19	19			19	26	26		26	
12	Jon Underwood	M	3					0	25	27			52	27	27		27	
13	Jez Wilkinson	M	4	10		21		31	23	21			44				0	
14	Helen Wilkinson	F	3	28		19		47	19	19			19				0	
15=	Greg Houghton	M	3	14				14	21	21			21		25		25	
15=	Paul Gallagher	M	2					0	30	30			30	30	30		30	
17	Andy Wardman	M	2	27				27					0	29	29		29	
18=	Sally Newman	F	3	20		12		32				23	23				0	
18=	Steve Coey	M	2					0	27				27	28	28		28	
20	Carl Greenwood	M	2			28		28	24	24			24				0	
21	Barry Shaw	M	2	25				25	24			26	26				0	
22	Andy Carnochan	M	2	22	28			50					0				0	
23	Allan Greenwood	M	2					0			24		24	21	21		21	
24	Gerry Symes	M	2	44		24		24		20			20				0	
25	Sarah Noot	F	2	43	27			43					0				0	
26	Dave Beels	M	2	42	(18)	23		42					0				0	
27	Jamie Dore	M	2	41		17		17		24			24		24		24	
28	Andy Clarke	M	2	40				16					0				0	
29	Anne Johnson	F	2	31	22			31					0				0	
30	Steve Garner	M	1	29				0				29	29				0	
31	Lee Shimwell	M	1	26	26			26					0				0	
32	Anthony Mayer	M	1	23	23			23					0				0	
33=	Graeme Woodward	M	1	21				21					0				0	
33=	Nigel Fenwick	M	1	21	21			21					0				0	
35	Keith Cadby	M	1	16		16		16					0				0	
36=	Rose Carnochan	F	1	15				15					0				0	
36=	Steve Cavell	M	1	15	15			15					0				0	
38	Bill Johnson	M	1	13				13					0				0	
39	Julie Underwood	F	1	12				12					0				0	

Calder Valley Fell Runners

Ladies Championship 2003

	Points	Races	SHORT					MEDIUM				LONG						
			Mar 16	May 7	June 7	Sep 21	TOTAL	Feb 23	May 24	July 20	Aug 23	TOTAL	Feb 2	June 22	Oct 11	Nov 15	TOTAL	
1 Linda Crabtree	70	5	12		14		26				15	14	14		15			15
2 Thirza Hyde	69	5		13	13		26				15	14		(14)	29			14
3 Linda Hayles	67	5	11		12		23				14	15		(13)	29			15
4 Sally Newman	45	3	15		15		30							15	15			0
5 Helen Wilkinson	34	3	10		11		21				13				13			0
6 Sarah Noot	29	2	14		15		29								0			0
7 Anne Johnson	27	2	13		14		27								0			0
8 Julie Underwood	9	1	9				9								0			0
9 Rose Carnochan	8	1	8				8								0			0

- Lads Leap
- Blackstone Edge
- Pen Y Ghent
- Dalehead
- Long Mynd
- Hutton Roof
- Kentmere
- Chipping Show
- Mickleden Straddle
- Kinder Trog
- Langdale
- Tour of Pendle

Calder Valley Fell Runners

Veterans Championship 2003

	Points	Scores	SHORT				MEDIUM				LONG						
			Mar 16	May 7	June 7	Sep 21	TOTAL	Feb 23	May 24	July 20	Aug 23	TOTAL	Feb 2	June 22	Oct 11	Nov 15	TOTAL
1 Steve Houghton	112	6	15		19		34	20	20	(20)		40	19				38
2 Tony Bradley	81	5	(12)	15	14		29	(17)	(16)	19	18	37					15
3 Mike Wardle	79	5	14	16	(13)		30		17		14	31				18	18
4 Rod Sutcliffe	70	4	17	17	(15)		34		18			18			18		18
5 Linda Crabtree	69	5	10		10		20		(14)	17	16	33			16		16
6 Thirza Hyde	66	5		13	9		22	16	13		(13)	29			15		15
7 Linda Hayles	64	5	9		8		17	15		18		33		14			14
8 Brian Shelmerdine	61	4			12		12		15		17	32		17			17
9 Sally Newman	57	3	20		17		37				20	20					0
10 Greg Houghton	46	3	11				11	19				19			16		16
11 Dave Culpin	42	4			7		19		11		12	23					0
12 Andy Clarke	40	2					20	20				0		20			20
13= Andy Wardman	39	2	19				19					0					20
13= Dave Beels	39	2	(18)	19	20		39					0					0
15= Barry Shaw	35	2	16				16				19	19					0
15= Jamie Dore	35	2			16		16		19			19					0
15= Steve Coey	35	2					0	18				18			17		17
18 Allan Greenwood	30	2					0			16		16			14		14
19 Gerry Symes	23	2			11		11		12			12					0
20 Andy Carnochan	22	2	8	14			22					0					0
21= Keith Cadby	18	1			18		18					0					0
21= Nigel Fenwick	18	1		18			18					0					0
23 Steve Garner	15	1					0				15	15					0
24 Graeme Woodward	13	1	13				13					0					0
25 Steve Cavell	11	1		11			11					0					0
26 Rose Carnochan	7	1	7				7					0					0

Mickleden Straddle
 Kinder Trog
 Langdale
 Tour of Pendle

Long Mynd
 Hutton Roof
 Kentmere
 Chipping Show

Lads Leap
 Blackstone Edge
 Pen Y Ghent
 Dalehead

OCTOBER-NOVEMBER CLUB RUNS

October.

Thurs 2nd; Meet Savile Park for speed work. 6.30 start.

Tues 7th; Hebden Bridge on back track from Mytholmoyd, Hepptonstall, Hebden Bridge, M.C.C.
Meet 7.00pm

Thurs 9th; Meet Savile Park for speed session 6.45pm start.

Tues 14th; Canal Bank to Hebden Bridge, Mount Skip, Luddendenfoot, Scout Rd, M.C.C.
Meet 7.00pm.

Thurs 16th; Meet Savile Park for speed session 6.45pm start.

Tues 21st; Meet Sowerby Bridge for away run, 6.45pm meet for 7.00pm start.

Thurs 23rd; Meet Savile Park for speed session 6.45pm start

Tues 28th; Midgley Rd, Stocks Lane, Stone Chair, Stocks Lane, Midgley, M.C.C. Meet
7.00pm.

Thurs 30th; Meet Savile Park for speed session 6.45pm start.

November.

Tues 4th; Cragg Vale, Turkey Lodge, Sowerby, Boulderclough, M.C.C. Meet 7.00pm.

Thurs 6th; Meet Saville Park for speed session 6.45pm start.

Tues 11th; Luddenden Foot, Midgley, M.C.C. Meet 6.30pm for run
A.G.M. 8.00pm in Shoulder Of Mutton.

Thurs 13th; Meet Savile Park for speed session 6.45pm start.

Tues 18th; Hebden Bridge, Mytholm Steeps, Colden, Hebden Bridge, M.C.C. Meet 7.00pm.

Thurs 20th; Meet Savile Park for speed session 6.45pm start.

Tues 25th; Meet Causway Foot Inn for away run, 6.45pm meet for 7.00pm start.

Thurs; 27th; Meet Savile Park for speed session 6.45pm start.