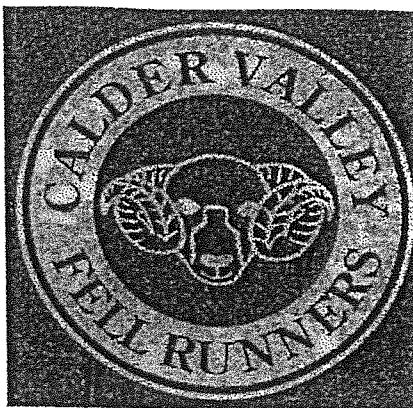


# SHEEPSHEET 2000



## *Late Summer Special*

Well first of all I must apologise for the lack of a newsletter for the past few months, due mainly to other commitments, holidays & trying to do too many things all at the same time. The final straw was realising that I was only going to have about 2 weeks to get myself fit for BEN NEVIS after my 2 weeks holiday in The Algarve.

Anyway THE BEN has been & gone now & yet again I have the legs to prove it !! I managed to get fairly fit & completed the race in one piece along with all our other club members who made the long trip up to Fort William. Some were just about in one piece ( I think we all had some sort of fall or blisters to contend with ) but it was an excellent weekend with fine weather throughout, good digs, good beer, good food & a good laugh. Thirza had booked us into Myrtle Bank ( one twin bedded room & one double bedded ) & Tony's face was an absolute picture when Mrs Mount asked whether Stewart & I were a couple or whether we'd be in the twin beds ?? Well it was a close call Charlotte because the room with the double bed had a lovely view out over the loch, but we decided to let Thirza & Dave live in luxury for the weekend !

There is a new routine now which involves going to the leisure centre on Friday teatime for a swim, ( so my 2 weeks swimming practice in Portugal wasn't wasted ) sauna, steam bath & Jacuzzi during which we met John Brooks ( recent winner of the race ) who was very keen to find out how his English counterparts were running. All to no avail as while he was keeping an eye on Rob Jebb crashing into a rock he tripped & banged his face, allowing Ian Holmes, Simon Booth & Dave Rodgers to overtake & finish as 1,2 & 3 respectively.

My lasting memory of the weekend ( apart from ' I'M STILL ALIVE !!!! after the race ) was of each group of runners in their club colours marching behind the pipe band round the field to the start, with a fine showing of the red & white of CALDER VALLEY in the front wave of entrants !! This is what the club is all about !!

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## Bob Graham Round – 18<sup>th</sup>/19<sup>th</sup> August 2000 – by Bill Johnson

When I first heard about the Round, in 1996, I thought it was madness. Who would ever want to put their body through such punishment? The madness was contagious, though, and within a year I knew I was hooked: I had to see whether I was capable of completing a Bob Graham round. Anne Stentiford had been my inspiration. She introduced me to fell running and made me believe that I could actually get over 42 peaks in 24 hours.

So that's why, on the evening of 18<sup>th</sup> August I was stood outside the Moot Hall, nervously waiting for my watch to display 10pm and signal that I could start my attempt. With me were Andrew Addis and Martin Stone who would accompany me on the first leg.

### **Section 1: Keswick to Threlkeld**

Finally it was 10pm and we were off. Like all attempts, it was such a relief to actually start and be freed from the worries of preparation: now it was just down to whether I was capable of getting round the 63 miles and 28,000' of ascent. In the previous few days I had felt as though I had a hundred injuries, and could hardly walk up the stairs. All psychosomatic, so I hoped.

It was a fine evening, and as we walked steadily up Skiddaw there were fine views of Keswick and the mountains beyond that were to come later. However by the time we'd got to the top the cloud was coming in and the descent was in total darkness. We came down Skiddaw a little too far right, but as a result found a good, runnable trod.

I had deliberately set the schedule to be slow for this first section, so that I eased into the event gently – there would be plenty of time to stretch my legs. So when we dropped 2 minutes on Skiddaw and another 2 minutes on Great Calva, I wasn't at all worried.

Andy and Martin seemed to be yo-yoing beside me: Andy preferred the descents and was alongside me during them with Martin protecting his knees and coming down gingerly; then on the ascent of Blencathra Martin pulled me along at a strong pace while Andy slipped behind. Finally on the descent down Hall's Fell Ridge I left both of them and ran on ahead.

It had started to drizzle by now. I had hardly noticed before, but it became obvious even to my adrenaline-soaked mind when I saw the slippery rocks of the ridge. I wished I knew the grassy route that bypasses this, as I slipped and skidded down the stone. It didn't slow me down, though, and I came down 6 minutes faster than my scheduled time. Together with the 6 minutes I had gained as Martin forced the pace up Blencathra it meant that I was significantly up on schedule.

When I arrived at the meeting place in Threlkeld, my road support seemed a bit surprised: I think they expected me to be one of the pacers. John Axson had things well organised though, and I sat down to eat some rice pudding and pears. My parents and brother were there too, as they were at all the road crossings to lend encouragement and help.

I also received the good news that one of my prospective pacers on the next section, Rob Shaw, had helpfully agreed to run the section out of Wasdale instead. One of my two original pacers on that fourth section had pulled out a couple of hours before I started the round.

### **Section 2: Threlkeld to Dunmail Raise**

With Chris Rhodes navigating and Stefan Badeen and Mike Beecher pacing, I set off towards Clough Head. Surprisingly, I still felt nervous and unsure about what I was doing: I had expected that by this stage I would be more focused and concentrating on the running, but I wasn't at all relaxed. The lads provided good company, though, and I eventually settled down into enjoying the run.

My stomach started getting queasy. Though I was never actually sick, I felt close to it and the feeling was uncomfortable, especially when running downhill, which slowed my descents. I wondered whether it was because of the Hi5 powder I was drinking, since I don't usually use it. So I started drinking less of that and more water.

Slowing my descents on this section might perversely have been doing me a favour, because my knees were protected from early problems: I was quite worried that they would pack in later in the day.

I felt that I was going slowly and losing time on my schedule, so I had to ask my pacers to repeat themselves several times when they told me that I was 14 minutes up on Whiteside.

It had been raining for most of the night, but the clouds were very high. Although they obscured the moon, we could still see the outline of the hills ahead. As we dropped down off Dollywagon Pike, Grizedale Tarn looked black in the pre-dawn light. This was why I had set off at 10pm, so that we could get some light for this descent, and greet dawn on Fairfield; as well as cutting out some of the darkness on this Round late in the season.

The cloudy skies meant that we weren't going to be granted a beautiful dawn, but it was great to race down Seat Sandal in the early morning light, to the waiting cars below. The rain had stopped a while back, and the new day beckoned.

### Section 3: Dunmail Raise to Wasdale

Mark Hartell, Mike Wardle and Rod Sutcliffe were my experienced support for the middle section. As on all the sections, I was helped on by the companionship of my pacers. That's what the event is really all about: great hills and fine company.

The early morning weather was less friendly, though. At about 7am, half an hour after we set off, the rain returned. The temperature also dropped, so that this morning felt considerably colder than at any point in the night. I wore my gloves and hat for the first time.

We ticked off the peaks on this section steadily. Mark fed me sweets at the top of each peak, as he has a habit of doing when he is supporting someone. I felt fine at this stage, going at a pace that was comfortable.

Mark led us on a more direct route to Rosset Pike than the ones I had previously tried. I recalled Anne saying that on her runs she always hit a bad patch before the ascent of Bowfell. I looked at the ordeal ahead and sure enough my legs started to wobble. I forced them to take me up to the plateau, but once there I had to sit down for 2 minutes, and eat the doughnut that I had been trying to get down without success for the last 20 minutes. I watched a bird swoop below us as Mark in turn watched me like a hawk, making sure I didn't get too comfortable sat down.

The sit-down and the doughnut did wonders for me, though. Immediately I felt better and for the rest of the section I gained time against my schedule. Even the rain stopped: that was some doughnut!

I actually ate and drank very well for the whole run. I never had a problem consuming food, and I kept well hydrated, judging by the number of times that I had to stop for a pee.

The peaks up to Scafell Pike appeared and passed in a bit of a haze, my running had become quite automatic by now. I was enjoying it once more. I had expected to have met lots of people of the hills by now, it was 11am, but the morning rain must have deterred most walkers because it wasn't until Scafell Pike that we met anyone, and even then we only shared England's highest peak with three other people.

Originally I had planned to go up Broad Stand to Scafell, but the rain had scuppered that plan. The sun was out now, though, and the rocks under foot had dried quickly, so we decided to give it a go. Mike is a good climber and was confident.

We squeezed through the gap leading to the high step. At this point I became a lot less confident. It was my first view of the route, and though I am happy with the technical aspects of climbing I am not good with heights so I studiously avoided looking around or down. My legs started to feel considerably more shaky.

Mike led the way and started to help Mark up the step. Although the other rocks had dried out, this area was still very wet: there was running water on the exposed climb. Mark decided that discretion was the better part of valour and the rock was just too slippery to risk. I was happy to agree that we should abandon Broad Crag and return to Mickledore to gain Scafell Pike via the West Wall Traverse instead. As a sign that we were right to do so, a rockfall crashed down close to us as we edged away from the high step.

Spurred on by the thought of wasted time, I climbed strongly up the West Wall Traverse to Scafell. On the descent my knees started to complain and I was glad to find the scree slope that eases the way down to Wasdale.

There I was greeted by a large contingent. It was great to see Anne and our 18-month-old son, Adam. Anne and Jane Sullivan helped me put on new socks and a new vest, re-vaseline my feet and empty the stones out of my shoes. I even wore shorts rather than leggings for the first time on the run: the weather's looking up. A bit like me really, looking up at Yewbarrow looming ahead.

#### **Section 4: Wasdale to Honister**

I was dreading the climb of Yewbarrow, but Annette Morris led me at a strong pace up it, and the feet of ascent just fell away easily (well, relatively easily anyway.) Annette had been up and down Yewbarrow a few times in the last week, to find the route with the shortest bracken. Again the term 'shortest' is relative. It was still chest-high in places.

With me as well were Rob Shaw and Mark Hartell, who had decided to carry on to Honister.

I paid for the physical and psychological effort expended in getting up Yewbarrow, because I felt drained on the shallow but long climb up Red Pike. I trudged on at a slow pace and lost a lot of time on my schedule.

For the next three peaks, Steeple, Pillar and Kirk Fell, I maintained a slow pace on both the ascents and descents, feeling the strain of the 16 hours that I had done so far. I felt sure by now that I could get round, but equally sure that I could not increase my pace. It was good to meet more friends on the route: Lawrence Sullivan with rice pudding and tea at Black Sail Pass and Clare Kenny on the Kirk Fell plateau.

Then on the climb up to Great Gable something changed. I suddenly felt great. Mark and Annette ahead of me were amazed that I was snapping at their heels and forcing them to climb quicker. I don't know if it was the sponge bar I ate at the bottom of the climb, or the Ibuprofen I'd taken an hour earlier to ease the pain in the legs, or maybe the thought that once I got to the top of Gable there were no more hard climbs, but whatever it was it felt good.

I ran down the far side of Great Gable, with Annette complaining that BG contenders were supposed to have shattered knees by this stage and not be able to run at such a pace. At Windy Gap, before Green Gable, Rob stopped to chat with a couple of walkers for 2 minutes but regretted it, since he couldn't catch the rest of us up until Grey Knotts.

I forced Mark to lead a strong pace over Green Gable, Brandreth and Grey Knotts and down into Honister. I was really flying, and Mark asked if he treated his pacers as bad as this on his rounds, as he sped to get sufficiently ahead of me on the descent. It was nice to turn the tables for the times I've supported him and never had time to relax or eat anything myself!

#### **Section 5: Honister to Keswick**

At Honister I felt better than I had at any point in the run. I still had the boost of energy that had borne me from Gable, and I did not have the nervous worry that I had at the start of the run. I just hoped those feelings would last.

My son Adam soon learned the requirements of road support and passed water bottles to me, as well as a grape he'd found on the floor.

Then it was off on the final section, with Mike Lawrence and Jane Sullivan. If they were hoping for an easy run, I was trying to disappoint them. We sped strongly up Dale Head and across to Hindscarth and Robinson. I was incredibly focussed and concentrating on maintaining my pace. Jane was racing around to get water bottles in and out of her pack to keep me hydrated. I was still eating by this stage, but only sponge bars and sweets.

Mike's wrist and leg were bandaged after his reconnaissance of the route yesterday. I'll try and avoid taking the route he did that on!

The weather had been getting steadily better all day, and by now, 6pm, it was a glorious evening. I was overjoyed to find that on the very last peak the weather had also reached its peak. The skies were clear and the views were superb. I spent a short while looking around from Robinson at the hills that had made this such a wonderful day for me.

Dropping from Robinson to the valley floor, it was Mike's turn to complain that my knees should not be letting me descend so quickly. He ran strongly to get ahead of me and open the gates on the path.

At the chapel before the Newlands road, my road support team, efficient and organised as they had been all day, met me for the final time, to change my Walshes for road running shoes. I had expected that to feel wonderful, with the extra cushioning, but it didn't really: my feet were past caring. I had a couple of Milk of Magnesia to calm my stomach.

The road section was the only part of the round I hadn't been on before and I found it tiring after the wonderful hill sections. Not knowing how far we had to go and where the ups and downs were switched me off and I lost my drive and energy. I just wanted it to be over.

Finally, of course, it was over: we entered Keswick. Oblivious to everything except the Moot Hall and the cheers of my friends and family there, I ran to the steps and collapsed onto them. Finished! In a time of 21 hours 25 minutes.

### **Afterwards**

Adam made me sit down. Anne thrust a glass of champagne into my hand and Mark offered me some chips. What a divine combination: champagne and chips, well earned! I basked in the satisfaction that I had completed my goal: I had achieved the Round. With friends and family congratulating me, I felt supremely content... though a little sore.

I had hoped to buy my supporters a drink in the pub, after I'd had a shower back at the B&B. However after my shower I felt very cold and was shaking uncontrollably. I guess that after the adrenaline had drained away, my body realised the demands that had been put on it. I had to put more clothes on and go to bed, to have the soundest night's sleep I have ever had.

# Bill's Bob Graham Round Schedule - 18th/19th August 2000

		Estimated Times		Actual Times					Estimated Times		Actual Times		
		Split	ETA	Split	ATA	Diff			Split	ETA	Split	ATA	Diff
KESWICK			22:00		22:00		rest		10	13:00	6	12:26	-4
1	Skiddaw	82	23:22	84	23:24	+2	31	Yewbarrow	50	13:50	46	13:12	-4
2	Great Calva	47	0:09	49	0:13	+2	32	Red Pike	45	14:35	51	14:03	+6
3	Blencathra	74	1:23	66	1:19	-8	33	Steeple	20	14:55	19	14:22	-1
THRELKELD		32	1:55	28	1:47	-4	34	Pillar	33	15:28	33	14:55	
<b>Section time Hill Support</b>		<b>3:55</b> Andy Addis Martin Stone		<b>3:47</b> -8			35	Kirk Fell	52	16:20	51	15:46	-1
rest		5	2:00	6	1:53	+1	36	Great Gable	40	17:00	37	16:23	-3
4	Clough Head	53	2:53	57	2:50	+4	37	Green Gable	14	17:14	10	16:33	-4
5	Great Dodd	32	3:25	30	3:20	-2	38	Brandreth	14	17:28	10	16:43	-4
6	Watson Dodd	10	3:35	10	3:30		39	Grey Knotts	9	17:37	6	16:49	-3
7	Stybarrow Dodd	12	3:47	10	3:40	-2	HONISTER		15	17:52	9	16:58	-6
8	Raise	20	4:07	16	3:56	-4	<b>Section time Hill Support</b>		<b>5:02</b> Annette Morris Rob Shaw Mark Hartell		<b>4:38</b> -24		
9	Whiteside	12	4:19	9	4:05	-3	<b>Black Sail Pass</b>		Lawrence Sullivan				
10	Helvellyn Low Man	17	4:36	14	4:19	-3	rest		5	17:57	5	17:03	
11	Helvellyn	8	4:44	7	4:26	-1	40	Dale Head	38	18:35	27	17:30	-11
12	Nethermost Pike	10	4:54	10	4:36		41	Hindscarth	17	18:52	15	17:45	-2
13	Dollywagon Pike	14	5:08	17	4:53	+3	42	Robinson	28	19:20	18	18:03	-10
14	Fairfield	42	5:50	41	5:34	-1	Snab Farm		40	20:00	26	18:29	-14
15	Seat Sandal	26	6:16	28	6:02	+2	KESWICK		60	21:00	56	19:25	-4
<b>Section time Hill Support</b>		<b>4:41</b> Chris Rhodes Stefan Badeen Mike Beecher		<b>4:30</b> -11			<b>Section time Hill Support</b>		<b>3:08</b> Mike Laurence Jane Sullivan		<b>2:27</b> -41		
rest		5	6:41	4	6:21	-1	<b>TOTAL TIME</b>		<b>23:00</b>		<b>21:25</b> -95		
16	Steel Fell	28	7:09	26	6:47	-2	<b>Road Support:</b>		John Axson Carl Johnson Duncan Johnson		Anne Stentiford Liz Johnson		
17	Calf Crag	22	7:31	21	7:08	-1	<b>SUMMARY</b>						
18	Sergeant Man	33	8:04	34	7:42	+1	mins/mile						
19	High Raise	10	8:14	9	7:51	-1	<b>Leg</b>	<b>miles</b>	<b>ascent</b>	<b>ft/mile</b>	<b>estimate</b>	<b>actual</b>	
20	Thunacar Knott	12	8:26	14	8:05	+2	1	12.5	5300'	425'	18.8	18.2	
21	Harrison Stickle	9	8:35	9	8:14		2	12.5	6200'	495'	22.5	21.6	
22	Pike o Stickle	14	8:49	12	8:26	-2	3	16	7200'	450'	23.4	22.7	
23	Rosset Pike	45	9:34	46	9:12	+1	4	11	6500'	590'	27.5	25.3	
24	Bowfell	33	10:07	37	9:49	+4	5	11	2500'	225'	17.1	13.4	
25	Esk Pike	22	10:29	19	10:08	-3							
26	Great End	25	10:54	22	10:30	-3	63      27700'      440'      21.9      20.4						
27	Ill Crag	17	11:11	15	10:45	-2							
28	Broad Crag	12	11:23	11	10:56	-1							
29	Scafell Pike	14	11:37	13	11:09	-1							
30	Scafell	40	12:17	38	11:47	-2							
WASDALE		33	12:50	33	12:20								
<b>Section time Hill Support</b>		<b>6:14</b> Mark Hartell Rod Sutcliffe Mike Wardle		<b>6:03</b> -11			<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">                 Sunset: 20:14                  Sunrise: 05:53             </div>						



# RESULTS ... Results ... Results ... Results



## Anniversary Waltz - April 22<sup>nd</sup> (11.25mIs/3600')

1.	Simon Booth	Borrow'dle	92.15
43.	Rod Sutcliffe	CVFR	127.51
70.	Ian Law	CVFR	138.51
75.	Mike Wardle	CVFR	141.45

(132 ran)

This race had been praised by a lot of folks. Last years had been run on a very fine crisp and clear spring day with snow under foot. There was no snow this year but visibility was good and it stayed dry. Only three CVFR members turned out which was a blessing for me. The race starts at Stair in the Newlands Valley with a run along lanes and foot-paths to the first climb which is up Robinson. I felt good up to this point! From the summit of Robinson the route swings out to Hindscarth and then on to Dale Head. It is all very grassy and runnable. The descent from Dale Head can be tricky with various routes through the scree, small crags and boulders. Dale Head Tarn is a good target. From the tarn the Race swings north to follow the undulating ridge over High Spy and Maiden Moor to Cat bells. Then there is great descent to Skelgill and down the lane to the finish. Rod and Ian both had good races, well done. Shame there were not a few more folks from CVFR for this excellent race.

Mike Wardle.

## Fairfield Horseshoe - May 14<sup>th</sup> (9mIs/3000')

1.	Mark Roberts	Borrow'dle	75.11
68.	Janet King	Cumberland	89.46
102.	Gary Webb	CVFR	94.01
177.	Dave Hyde	CVFR	101.00
228.	Rod Sutcliffe	CVFR	105.51
252.	Mike Wardle	CVFR	107.24
262.	Pete White	CVFR	108.39
431.	Thirza Hyde	CVFR	132.46

(505 ran)

This was a glorious sunny day and better than we've had most of the summer. The final run in along the track to Rydal Hall was hell and made me realise that these Lake District Races are tough on the old legs especially if the preparation wasn't so good beforehand. That's my excuse anyway!!!

Thirza

## Royal Dockray - June 24<sup>th</sup> (21mIs/5500')

1.	Joe Blackett	Mandale	2.40.21
11.	Dave Hyde	CVFR	3.05.40

(44 ran)

When you look at these results out of the 44 people that ran the race only 12 were senior men, 2 were women and the rest were either vet 40, 50 or 60. It just shows that fell running is becoming an older persons sport or as it was described in the race results as mature people. It's just as well as the biggest percentage of CVFR's are old buggers as well. Oh I mean mature!!!!!!

## Chevin Fell Race - June 7<sup>th</sup> (3.5mIs/900')

1.	Paul Low	P & B	17.10 (rec.)
23.	Dave Beels	CVFR	21.00
26.	Dave Hyde	CVFR	21.15
27.	Sarah Rowell	P & B	21.25 (rec.)
30.	Andy Carnochan	CVFR	21.25
48.	Rod Sutcliffe	CVFR	22.32
50.	Jez Wilkinson	CVFR	22.39
62.	Carl Greenwood	CVFR	23.17
89.	Andy Thompsom	CVFR	25.46
90.	Thirza Hyde	CVFR	25.50
94.	Geoff Bell	CVFR	26.31
97.	Helen Wilkinson	CVFR	26.52
113.	Val Bell	CVFR	32.26

(120 ran)

What a run. It was eye balls out from the start to the finish. Andy Thompson had an interesting run after going into the BT premises to get changed (He's shy!!) and then getting locked in there. He got out only to see the last runners disappearing from sight. To say he had to work hard was an understatement. He overtook me on the final bit of road to the finish line and he then collapsed in a heap. We couldn't speak to each other for quite a few minutes (Dave thought that this was heaven as he says it's the only time I'm quiet). We picked up quite a few prizes and all in all a good night was had by all.

Thirza

## Ennerdale Fell Race 10<sup>th</sup> June 2000 British and English championship race (23mIs/7500')

1	Simon Booth	Borrow'dle	3.21.24
75	Sally Whitaker	Glossop	4.29.34
76	Steve Houghton	CVFR	4.30.10
90	Rod Sutcliffe	CVFR	4.40.24
96	Mike Wardle	CVFR	4.43.44
120	Greg Houghton	CVFR	5.05.13

(207 Finished)

A large turnout for this Lakeland classic which was very pleasing and ensured we all had plenty of others to follow! This is one of the "got to do races". It is all very runnable and follows the skyline round this remote and beautiful valley. There is a lot of route choice and water can be a serious problem towards the end when there is some of the best running, if you are still going! The weather was just right with broken cloud cover light winds, and cool temperatures. Good performances by all club members. Well done!

Mike Wardle.

## Mytholmroyd Fell Race - June 21<sup>st</sup> (7mIs/1350')

1.	P. Dobson	Leeds City	49.35
8	Andy Clarke	CVFR	54.12
10.	Gary Webb	CVFR	56.00
14.	Dave Beels	CVFR	57.53
26.	Mike Wardle	CVFR	60.03
27	Andy Carnochan	CVFR	60.33
33	John Murray	CVFR	62.50
38	Denis Gildea	CVFR	63.55

(65 ran)



# RESULTS ... Results ... Results ... Results ... Results ...

## Buckden Pike - June 17<sup>th</sup> (4mils/1500')

1.	Rob Jebb	Bingley	31.33
19.	Dave Hyde	CVFR	39.11
39.	Andy Carnochan	CVFR	43.44
41.	Greg Houghton	CVFR	44.08
53.	Pete White	CVFR	45.34
71	Tony Bradley	CVFR	48.37
82	Thirza Hyde	CVFR	50.36
(?? ran)			

What a cracking weekend this was. The weather was superb which made for hard work up that climb to Buckden Pike. I keep forgetting how long it is to the summit of these short races and then it's more eyeballs out on the descent. I managed to hold Tony off to the top and part way down but then he overtook me and he got 2 minutes on me by the finish. We then took some light refreshments at the pub before some of us camped up and spent the rest of the weekend up there. It was like having a little holiday as the weather was glorious for all the weekend. A good do was had by all.

Thirza

## Erringden Moor Race - July 1<sup>st</sup> (8mils/1900')

1.	Paul Low	P & B	58.14 (rec)
5	Andy Clarke	CVFR	63.13
11.	Bill Johnson	CVFR	67.11
13.	Dave Beels	CVFR	67.39
22.	Andy Carnochan	CVFR	71.48
25	Brian Horsley	CVFR	72.32
26	Sue Becconsall	Tod	72.54
29	Mike Wardle	CVFR	75.17
61	Simon Towler	CVFR	81.08
(105 ran)			

A new record by Paul Low by more than 5min 30 sec and an excellent run by Sue just being outside Carol's record. A good turn out of Calder Valley members with an excellent run by Andy closely followed by Bill and Dave. The race made £200 for the Overgate Hospice. Well done Tony.

## Lakeland 4 x 3000 Challenge - June 24<sup>th</sup> (42 miles/10,500')

1.	Peter Crompton	11 hours 22 mins
2.	John Armistand	11 hours 49 mins
6	Christine Bland	12 hours 32 minutes
80.	Mike Bell	19 hours 5 mins
(193 started 147 finished)		

The weather was very kind to us. It had been raining most of Friday with clag down to 1200', but I never needed waterproofs and only on Skiddaw was I in the mist. The food on the two refreshment stops was excellent. It's a good event and someone in the club could win this. PS If you walk it you need earmuffs to keep out the clattering of walking poles.

Mike Bell

## Rossendale Fell Race - July 2<sup>nd</sup> (12mils/2800')

1.	Mervyn Keys	Rossendale	1.48.10
11.	Bill Johnson	CVFR	1.56.12
12	Dave Hyde	CVFR	1.57.13
38.	Pete White	CVFR	2.32.30
42.	Thirza Hyde	CVFR	2.35.20
45.	Phil Swaine	CVFR	2.36.11
(72 ran)			

What a crappy day this was with the mist around your ears at the start. We got our compass bearings and check points marked on the map (none of us had done this race before) and remembering Andy Thompson's words in the pub "It's really easy to get lost in this race" off we set. For me it was a matter of hanging on with some runners and hoping that I could always see someone. Coming to check point two (after Pete White had abandoned me in the mist) I followed a runner from Rossendale and hit on the checkpoint spot on only to see Pete (spitting feathers) and Phil having to climb back up from the reservoir to get the check point (The marshall was standing in the wrong place). I stayed with the runner from Rossendale but Pete finally caught me up crossing the moor to the second last check point but it had made him work hard. After a gloomy start the day had improved and it certainly did at the prize giving as I was the first lady (I mean female) home and won a nice fleece top.

Thirza

## Wasdale Fell Race - July 8<sup>th</sup> (21mils/9000')

1.	Andy Trigg	Glossop	4.13.00
4.	Dave Hyde	CVFR	4.50.31
9.	Mike Wardell	CVFR	5.03.38
11.	Steve Houghton	CVFR	5.07.14
12.	Bill Johnson	CVFR	5.19.04
(25 ran)			

36 hardy souls set off on this toughest of Lakeland Races. The numbers were down even further this year as the race was sandwiched between two championship races. Greg set off on the race but having had a bad ankle injury he went over on it again and had to pull out. I'll bet you he was none to chuffed about this. (He's run Sedburgh Hills recently so thankfully it looks as though his ankle has recovered). Dave had always wanted to do this race and was chuffed to get a fourth place position and first V45. Although none of the big hitters were there our club members did well and only just missed out on getting the team prize. Well Done Lads.

## Abbey Runners Three Day Event - July 21<sup>st</sup>, 22<sup>nd</sup>, 23<sup>rd</sup>

		<u>5K</u>	<u>10K</u>	<u>10 ml</u>	
1	Ian Malone	Ackworth RR	34.24	16.29	54.30
12	Andy Carnochan	Calder Valley	36.43	17.35	1.00.38

Andy enjoys his track and road running and did very well to come in 12th place on this three day event. Well done.

# RESULTS ... Results ... Results ... Results ... Results ...

## Stoodley Pike - July 11<sup>th</sup>

(3.5mls/700')

1.	Stephen Hawkins	Bingley	17.13
39.	Andy Carnochan	CVFR	22.02
41.	Dave Beels	CVFR	22.10
46.	Brian Horsley	CVFR	22.30
70.	John Murray	CVFR	23.45
99.	Tony Bradley	CVFR	24.39
102.	Phil Swaine	CVFR	24.49
115.	Graham Woodward	CVFR	25.20
118.	Richard Henderson	CVFR	25.34
133.	Pete White	CVFR	26.09
140.	Paul Frechette	CVFR	26.32
157.	Graham Spencer	CVFR	27.54
160.	Adam Baker	CVFR	28.14

(200 ran)

Ideal conditions prevailed for this the decider for the winner of the CVFR Grand Prix Although Andy managed to hold off Dave with just 8 seconds between them Dave had done enough in the previous races to take the Grand Prix Prize by just two points. Well done to everyone. This was closely contested with alot of people going out to do the races.

Thirza

## Widdop - July 26<sup>th</sup>

(7mls/1200')

1.	Paul Sheard	Bingley	48.33
12.	Dave Beels	CVFR	54.04
33.	Deborah Gowans	Accrington	1.00.41
35.	Carl Greenwood	CVFR	1.01.47
54.	Phil Swaine	CVFR	1.05.56
66.	Steve Coey	CVFR	1.12.08

(78 ran)

A good night for this race but as usual the midges were biting the marshals to death and the tussocks were the size of mountains. There were no casualties with twisted ankles surprise! surprise. Paul Sheard just missed out on the record by 11 seconds. One of the runners completed the race after having had a hip replacement and one lady runner has completed ten of the races in succession but this is the only fell race she runs!!!! I could think of a few nicer races to do than this one. Well, there's nowt so strange as folk.

## Crow Hill - August 1<sup>st</sup>

(5mls/1000')

1.	Steve Oldfield	Brad/Aired	30.11 (rec)
9.	Dave Beels	CVFR	33.38
15.	Brian Horsley	CVFR	34.33
42.	Tony Bradley	CVFR	39.55
57.	Graham Spencer	CVFR	43.55

(70 ran)

A good race from Dave (First to the gate) Beels taking third V/40 and Brian Horsley took the first V/50 prize. Brian has been hoping to take more V/50 prizes but nearly every race he's turned out for Barry Rawlinson has been there and has pipped him to the post. but not his time eh! Brian He wasn't there.

## Borrowdale - August 5<sup>th</sup>

(17mls/6500')

1.	Simon Booth	Borrowdale	2.42.46
9.	Janet King	CVFR	3.17.19
26.	Dave Hyde	CVFR	3.34.00
41.	Bill Johnson	CVFR	3.43.45
61.	Mike Wardle	CVFR	3.54.03
122.	Duncan Thompson	CVFR	4.21.11
125.	Shaun Birtwell	CVFR	4.23.04
183.	Stewart Gardner	CVFR	4.56.06
184.	Thirza hyde	CVFR	4.56.06
201.	Charlotte Roberts	CVFR	5.20.13

(224 ran)

A good race by Dave taking 4th V/40 but it was an amazing run by the first lady taking the 9th position overall and then she was starting work at 5 o'clock. I might have missed my shift at work as I was out there along time but had a nice day with Stewart and Jeff Winder who was showing some of his Scarborough mates (ex-mates) around the route. I'm sure I never went on a ledge on Great Gable the first time I ran this. But we had followed Jeff. Say no more. We had a good night out in the beer tent dancing away to the steel band into to the small hours. It's amazing how a few drinks and some music can speed up your recovery I think !!!.

Thirza

## Golf Ball Race - August 23<sup>rd</sup>

1.	S. Thompson	Clayton	36.22
15.	Dave Beels	CVFR	40.52

(81 ran)

As Dave was up to his neck in plaster on Tuesday night's training run he race this fast, short race. Dave has done well being consistently in the the top twenty in almost all of the races that he's done this year. Good running

## Ben Nevis Race - September 2<sup>nd</sup>

(10mls/4408')

1.	I. Holmes	Bingley	1.28.47
25.	Dave Hyde	CVFR	1.48.46
49.	Sarah Rowell	P & B	1.54.31
73.	Andy Clarke	CVFR	1.59.47
81.	Brian Horsley	CVFR	2.01.59
193.	Stewart Gardner	CVFR	2.19.21
225.	Thirza Hyde	CVFR	2.24.14
241.	Simon Towler	CVFR	2.26.46
248.	Andy Carnochan	CVFR	2.27.25
265.	Phil Swaine	CVFR	2.30.24
293.	Tony Bradley	CVFR	2.36.51
324.	Steve Coey	CVFR	2.43.02

(385 ran)

This is an absolute classic and a must for anyone to do at least once. The whole weekend has a lively atmosphere but the race itself is amazing. After following the pipe band around the field it's a kit check and then a flat out mile to the start of the 4 mile climb. The fastest man did the top in 57 minutes but ended up in fourth place with Ian Holmes out descending the whole field. Dave had an excellent run and I didn't do too bad leaving all these men in my wake. Eat your heart out Phil - Revenge MIGHT be sweet next year.

Thirza.

**WALK:** Drama teacher with a taste for adventure to feature on own webs

# Star-trekker Bob in 2000-mile marathon

by DAVID FIRTH

T&A Reporter

A boyhood fascination with great explorers has led a drama teacher to embark on a 2,000-mile walk across Europe.

Bob Horne, who spent his childhood reading of polar crossings and ascents of Everest, will on Sunday leave Cape Wrath at the north-western tip of Scotland bound for Nice in southern France.

Along his route he aims to watch a county cricket match in Kent and the Tour de France in the French Alps.

And he will carry a pocket computer to chart his progress on the Internet each day. Bob, 51, a teacher at Brighouse High School, said: "Trek and expeditions have always caught my imagination and I've been planning this trip for 12 months.

"My wife Claire told me not to wait until my retirement to do something big so I'm taking unpaid leave from work.

"Seeing a cricket match and the Tour de France will act as 'carrots' for me along the way.

"In hoping to get to Nice by mid-August I'll have to, I'm due back in school in September."

A keen runner, walker and cyclist, Bob, of Leathcliffe, near Halifax, ran the first London Marathon in 1981.

His Lorie charity challenge, in aid of Intermediate Technology which funds small projects in the Third World, will be tackled across country though his wife hopes to meet him twice along the way.

Bob will spend most nights in a tent and

## WALKING-TALL:

Bob Horne preparing to set out on his marathon trek from Cape Wrath in Scotland to Nice in Southern France

aims to walk 17 miles a day with one rest day each week.

He said: "I'm not a long distance walker. I'm just a middle-aged teacher who walks at weekends. I'm sure there'll be low points when it will be tough but I see myself as a normal bloke doing what anybody could do.

"I'm going to write a book when I get back. I'll e-mail my diary to my wife each night."

Bob's progress can be followed from next week on a website run by outdoor equipment company Crag Hoppers, which is providing his clothing, and his own site entitled 'Rambling Bob'. They can be found at [www.craghoppers.com](http://www.craghoppers.com) and [www.ramblingbob.co.uk](http://www.ramblingbob.co.uk).



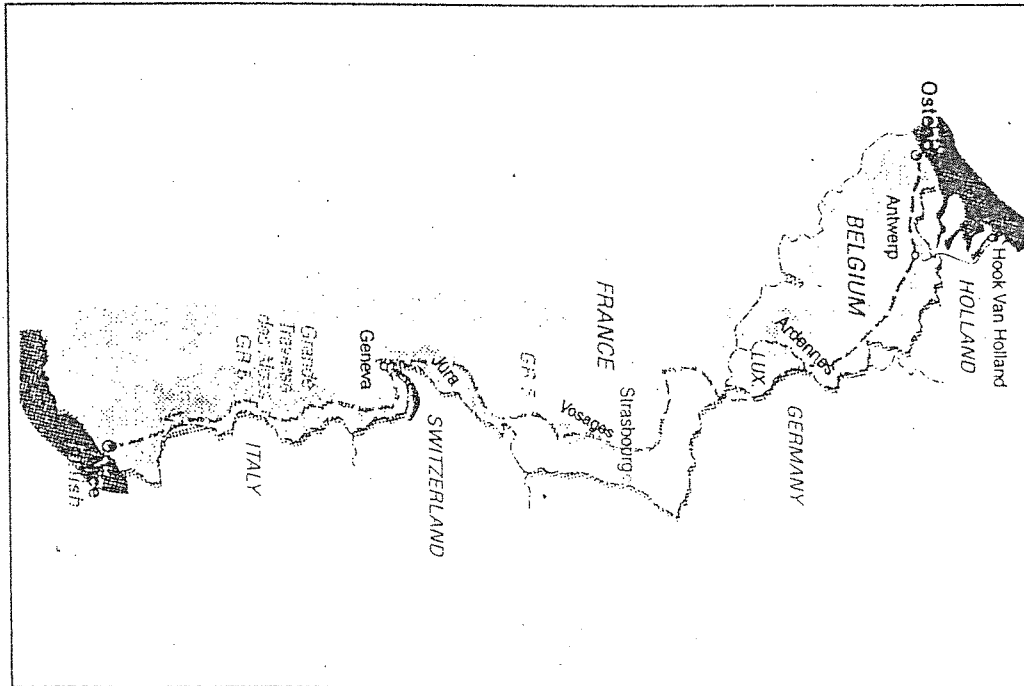
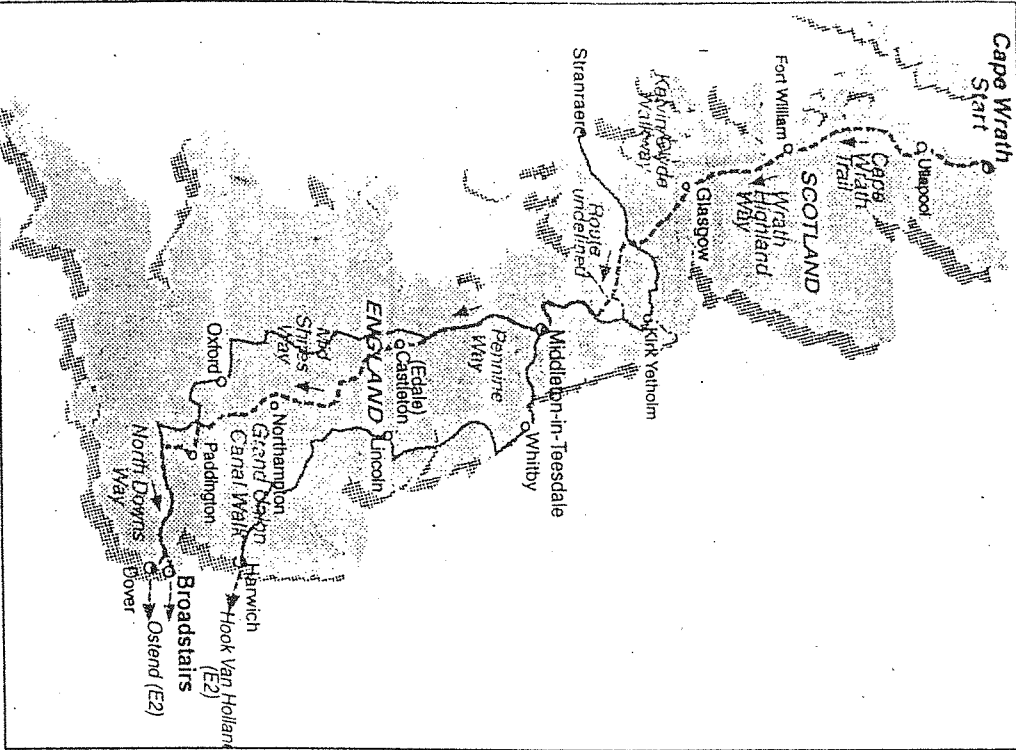
## Bob's 20-week route

Start: Cape Wrath, Scotland, following the G. Wrath Trail to Fort William.  
 ● West Island Way to Glasgow.  
 ● Glasgow to Scottish Borders, picking up the Great Wall of Hadrian.  
 ● Pennine Way to Edale, Derbyshire.  
 ● Limestone Way and Mid-Sixes Way to Northampton, to pick up the Grand Union Canal to London.  
 ● London to Canterbury along the North Downs Way.  
 ● Channel crossing to Belgium.  
 ● Through Belgium, Eastern France through Vosges Mountains to Lake Geneva.  
 ● 400-mile trek through the Alps, rising to a tides of 10,000ft, to Nice.

THE VIEWS & OPINIONS EXPRESSED IN THIS PUBLICATION ARE SOLELY THOSE OF THE CONTRIBUTOR OR EDITOR AND DO NOT NECESSARILY REFLECT THOSE OF CALDER VALLEY FELL RUNNERS

# 2000 for 2000 ON HOLD

Unfortunately despite his very best efforts Bob Horne ( former C.V.F.R. member ) had to give up his long trek from the top of Scotland to the bottom of Italy due to a recurring health problem with his heart. Some of you may have followed his diary of the journey in the local press but if not I am hoping that my successor may be able to use the pack of information very kindly put together by Brian Horsley with some also from Steve Cavell. His journey came to an end in the South of France ( 1450 miles ) but his diary made excellent reading and I hope he regains his fitness so that he can return to complete the rest of his route



● Graphics from originals used in The Great Outdoors magazine

**2,000 FOR 2000: THE ROUTE BOB HORNE WILL TAKE**

Friday, March 31, 2000 FIVE