



# SHEEP SHEET

Monthly Newsletter to keep you in the running



DECEMBER 97

## What's Next ....

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

**DEADLINE FOR NEXT ISSUE  
Early FEBRUARY '98**

The club had its AGM at the Shoulder of Mutton and we now have a full new committee in situ with different people taking on key jobs. Details of the new committee are further on in the newsletter.

This years club championships are nearly over and a copy of the results is published. We will soon be having next years races from our new captain Rod Sutcliffe so if you've any particular race that you think would be worthwhile and enjoyable!! as a club championship give him a ring. Andy Thompson will also be doing the Grand Prix which will include some championships races and a mixture of other races to encourage the club to get out there, race and get fit.

After a long discussion at the AGM it was also decided to have most of the training runs whether it be road or fell from Mytholmroyd CC in an effort to get the club members out together training and to get a better club spirit. Rod will be sorting out some training runs which will also include some Thursday nights which might be from Halifax and Sunday morning runs from Mytholmroyd CC.

All the very best to you all for 1998 and here's to some good running.

Cheers Thirza



Please  
Your Help is  
needed

**for  
BOULSWORTH**

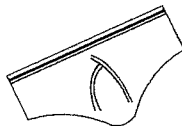
on January 17th '98  
Please ring Duncan  
01282 613559

**THE TROG**

on February 21st '98  
Please ring Thirza  
01422 343736

(If you don't ring me to offer some help I'll be ringing you and isn't that something to look forward too!)

## **WATCH OUT**



Pete Regan has had his vehicle broken into in the car park across the road from the pub the other Tuesday so don't leave anything tempting visible. Thiefs won't know that in your bag is some lovely sweet smelling training gear. They will only see it as a bag of goodies!!!!



# CLUB RESULTS .....

## Saunders Mountain Marathon July 1997

### SCAFELL CLASS

1.	G. Tompsett/J. Clarke	11.37.35
4.	R. Sutcliffe/J. Winder	14.00.45

246 teams retired out of 498



## Borrowdale - 2nd August 17mls/6500'

1.	J. Bland	Borrowdl	2.42.04
16.	Menna Angharad	Eryri	3.14.36
25.	Jeff Winder	CVFR	3.21.44
32	Steve Houghton	CVFR	3.26.25
105	Liz Pyne	CVFR	4.01.29
150	Charlotte Roberts	CVFR	4.21.39

## Golf Ball Race - 27th August 5.5mls/800'

1.	M. Keys	Rossendl	35.48
33	Steve Houghton	CVFR	41.57
79	Mike Wardle	CVFR	47.19
92	Richard Henderson	CVFR	48.41

(166 ran)

## Reebok Mountain Trial - September

### LADIES RACE

1.	Angela Brand-Barker	4.30.03
9.	Charlotte Roberts	5.53.08

(19 started 13 completed)

## FRA RELAY - October 1997

### OPEN CATEGORY

1.	Pudsey A Team	3.30.18
47.	Calder Valley	4.31.04

### VETS CATEGORY

1	Kendal Vets A	3.41.41
5	Calder Valley Vets	4.08.32

## Gale Fell Race - 26th October

1.	Kenny Stirrat	HFX	24.24
53	Gerry Symes	CVFR	32.28

(92 ran)

## Harriers V Cyclists

1.	Seth Smith	Cyclist	33.10
3.	Alfie Atkinson	Runner	34.09 (rec)
14	Carol Greenwood	Runner	39.35 (rec)
15	Wayne Brown	Runner	40.05
24	Babs Bukonola	Runner	41.22

A good dry day saw Alfie Atkinson breaking Ian Holmes record and Carol taking the female running record to add to the cycling record that she already holds! A nice little fun run which uses the climb and descent of the Eldwick Gala Fell race held in the summer.

## Jubilee Towers - 2nd November 10mls/3100'

1.	M. Kinch	Bingley	70.22
8	Steve Houghton	CVFR	84.13
22	Greg Houghton	CVFR	94.09
42	Carl Greenwood	CVFR	99.04

(166 ran)

## Shepherds Skyline 8th November

1.	Ian Holmes	Bingley	39.40
35.	Tim Janaway	CVFR	48.37
40	Wayne Brown	CVFR	48.57
55	Brian Horsley	CVFR	50.39
61	Richard Kellett	CVFR	51.08
64	Rod Sutcliffe	CVFR	51.36
73	Babs bukonola	CVFR	52.39
109	Andy Thompson	CVFR	56.53
122	Ian Law	CVFR	58.17
132	Frank Mallinson	CVFR	58.54
153	Steve Cavell	CVFR	61.21
173	Graham Spencer	CVFR	63.02

Tim "I can't climb, I can't descend" Janaway led home a large CV entry. Organiser Keith Parkinson stipulated full body cover to be carried on what was a grotty day. Keith said "anyone running without kit would have a run but would be scrubbed from the results". Safety first I say. Turn up with full kit and be prepared to follow the organisers requests.

PS Spotted puffing and panting (at the bar) ex CV member Jamie smith not seen for years on the fells. Welcome Back.

Wayne

## Tour of Pendle - 15th November (17mils/4250')

1.	Joe Blacket	Mandale	2.25.06
2	Mark Horrocks	Clayton	2.25.27
21	Angela Mudge	Carnethy	2.36.28 (rec)
51	Alistair Sheriffs	CVFR	2.47.29
56	Duncan Thompson	CVFR	2.50.39
	Retired Wayne Brown		

Well known short, hard and fast man Alistair outclimbing Duncan on a glorious Pendle Day with me packing in after looking at maximum CV points. Angela Mudge stormed round for a new ladies record.

Wayne

## Cardington Cracker - December 7th (9mils/2600')

1.	Dave Neil	Mercia	1.13.08
22	Steve Houghton	CVFR	1.23.39
32.	Greg Houghton	CVFR	1.26.09
57	Mike Wardle	CVFR	1.31.28
	220 ran)		

Have you ever dreamed of finding a race which is just right - the distance, the climbing, the weather, soft but firm underfoot. Well you missed it!!

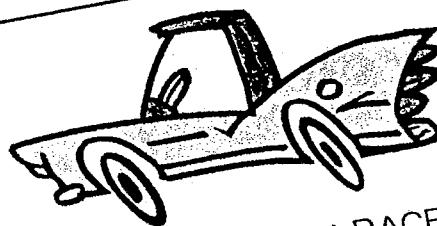
I was whisked there by the notorious Greg in his racing Fiat Tempo. It (the car) even forgot it was on English roads but Greg just kept it under his control. We parked in the regular Houghton spot and chatted with the locals about parking problems. The surrounding landscape was grey and dismal but I was assured that out there was a wonderful fell course. The start soon arrived. A 200 mt dash over a newly seeded field, through farm lanes, out into the open pastures to the first climb "The Lawley" to climb this walking then speed down to a farm. Cross the valley then up "Caer Caradoc" (walking again). Very historical top where King Caratacus fought his last stand. It was very windy here but then zoom down to "Three Fingers Rock" then dig in up "Gaerstone" hill. Along the roller coaster of "The Hope Bowdler Hill" . Its tough here and all runnable. Up the last hill. "The Wilderness" then it's the long run in. Remember sprinting over that newly seeded field. The Finish. Smiling Faces? What a race. What a Cracker. Why didn't more come from the club???? (The winner ran it all)

Mike Wardle

## Open Country Mini Mountain Marathon

1.	J. Hunt/A. Treweeke	280 points
2.	H. Diamantes/D. Gillespie	280 points
16.	M. Angharad/N. Davies	240 points
	G. Symes/G. Bell	Retired

Sadly, Robert Roalfe had the misfortune to break his leg during this event. The organisers were most grateful to his partner and to Gerry Symes and Geoff Bell who gave up their competition to assist. They quickly contacted the emergency number and also called out Mountain Rescue. Thanks to their efforts Robert was very efficiently evacuated from the hills to hospital.



IF ANYONE IS GOING TO DO A RACE WHICH INVOLVES ABIT OF TRAVELLING KEEP IN MIND THAT SOME OF YOUR FELLOW RUNNERS MIGHT BE GOING AND MAY BE INTERESTED IN A LIFT. THIS CAN ONLY BENEFIT YOU AS IT MAKES IT A CHEAPER DO AND WITH MORE COMPANY TO CHAT TO MIGHT JUST KEEP YOU AWAKE.

### CLUB DINNER 31st January '98

if you haven't already booked it then get in touch with Pete Regan as soon as possible.

Menus available on the notice board at MCC. If you've booked but haven't picked your menu see Thirza or Pete

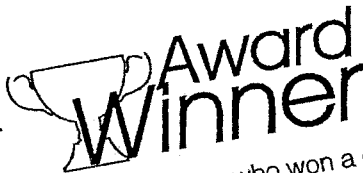
**GUEST SPEAKER  
DENNIS QUINLAN**

## Your new Committee for 1998

Chairperson .....	Charlotte Roberts	☎ 01535 647082
Secretary .....	Sue Palmer	☎ 01535 646472
Treasurer .....	Jez Wilkinson	☎ 01943 876190
Club Captain .....	Rod Sutcliffe	☎ 01422 882082
Members Sec.....	Richard Kellett	☎ 01422 202923
Statistician.....	Andy Thompson	☎ 01274 676133
Publicity Officer .....	Liz Pyne	☎ 01422 835508
Race Co-ordinator.....	Dave Gilyeat	☎ 01422 885825
Sheep Sheet Ed .....	Thirza Hyde	☎ 01422 343736

### COMMITTEE MEMBERS

Chris Robinson .....	☎ 01484 716341
Brian Horsley .....	☎ 01274 600651
Steve Cavell .....	☎ 01274 576733
Gary Webb .....	☎ 01422 842713
Jeff Winder .....	☎ 01422 885727



Can the club members who won a cup in 96 please get in touch with Charlotte to let her know what cup you won so that she can get them engraved. She needs the information no later than the first week in January.

1st Championship	Brian Horsley
2nd Championship	????????????
3rd Championship	????????????
Vets	Brian Horsley
Ladies	Helen Taylor
Handicap	Eddie Proctor
Fellrunner of the Year	Tony Bradley
(I don't think he's in the running this year but he might just win something else??)	
Wally of the Year	Pete White



### RUNNING ON THURSDAY AFTERNOONS!!!

If anyone in the club has an opportunity to run on Thursday afternoons there is a fairly regular run (from different venues) starting between 1 and 2pm. If you are interested please contact:

**Charlotte** (on a research day on Thursdays??) **Roberts**  
 ..... 01535 647082  
**Chris** (honest I work Shifts) **Robinson..** 01484 716341  
**Pete** (all the time in the world) **White.....** 01422 885728

# CAPTAIN'S CORNER

Let's plan to enjoy our running and enjoy success in '98. To achieve this the focus must be on effective training so we're arranging regular club sessions on Tuesdays, Thursdays and Sundays throughout the winter, plus extra incentives to get the distance in and to sharpen up speed in the spring. Whether or not you can make these sessions and events its worth thinking about (and putting into action) the tips for running success outlined below.

There'll be a meeting to discuss all this:

**Effective training**  
**Shoulder of Mutton, Mytholmroyd**  
**Tuesday 13 January, 9.00pm.**

Some particular achievements we should be looking for include a good showing in the English and British Vets Championships and winning some team prizes.

## Club Training Sessions

To facilitate us getting fit and in fine fettle for the fabulous feast of fun-filled frolics in the forthcoming season we're hoping as many of us as possible will join in the new enhanced programme of winter training.

**Tuesdays, 7.00pm, Mytholmroyd**  
Pack running as usual, but remember, Run hard uphill, easy downhill and mix it a bit on the flat. Don't hang about at the top - its all right to split into several small packs for different speeds.

**Thursdays, 7.00pm, North Bridge Leisure Centre, Halifax**  
We may vary the venue month by month. A shorter, faster session, about one hour, with a variety of fartlek, intervals and hills, but suitable for everybody. Start as you mean to go on from 8th January. **Be there or be somewhere else.**

**Sundays, 9.00am, Mytholmroyd**  
Two to three hours, long and steady, starting 4th January. We may vary it by driving out for 10 mins (e.g. to Old Town or Hardcastle Crags) but will always meet at Mytholmroyd at 9.00.

## Long Distance Walkers Series

Why not make your winter distance training *even more fun* by doing some LDWA events? In case even more encouragement is needed there will be a small prize and the title of **Calder Valley Long Distance Wanker of the Year** for the Club Member who gains the most points in three out of four of the following events, using the usual points system (10, 9, 8, etc.)

Sun 25 Jan	That's Lyth	Cumbria
Sat 7 Feb	Rombalds Stride	W Yorks
Sat 14 Feb	Anglezarke Amble	Lancs
Sat 7 Mar	Trollers Trot	Dales.

These events are all about 25 miles, fairly relaxed (ha, ha!) with refreshments en route, meal at the finish and certificate for £4 to £6. **It's important to pre-enter early** since this is either required or cheaper and they can be oversubscribed.

Entry forms will be placed in the Community Centre. Further information from me.

## Relays

### Calderdale Way Relay

The event will be well over when you read this. We hope you all enjoyed the day. Thank you for managing with the somewhat late team arrangements and particularly to those who had to switch legs.

### Rossendale Way Relay

This should be on Sun 8 Feb (check this in the Calendar). Please sign up on the notice board or let me know if you want to run.

### FRA Relay

As agreed at the AGM the Vets team will take priority over the A team for team selection next year.



## Club Championships 1998

The rules will be the same as usual. The races will be chosen by mid January. In order to get maximum participation they will be all, or almost all, in the lakes, Yorks/Lancs or North Wales, with short races more local, though we will include the English and possibly British Championship races. **If you have any suggestions for races, or any other comments, let me know.**

## Grand Prix 1998

There will again be a series of seven midweek evening races in the spring counting towards a Grand Prix. Points will be awarded for each race (20, 19, 18, etc.) with the best six out of seven races to count. This was very popular last year and was helpful in sharpening up people's speed in the early part of the season. **So give it a go.**

## Ten tips for running success

1. **Set challenging, but realistic goals for the year** and go for them.
2. **Enjoy your training and racing.** Keep telling yourself you're going to enjoy it and you might believe it.
3. **Run regularly every week.** This might be alternate days, or two days out of three, but make it regular. If you're training most days, alternate hard and easy days.
4. **Concentrate on building stamina first** by gradually increasing mileage and quality (speed) of running. Incorporating multiple periods of fast running of three to 10 minutes duration in training sessions can improve endurance as effectively as long steady running.
5. **Build in speed later.** In different sessions each week you should train at race pace, train faster than race pace and train slower than race pace.
6. **Learn when to rest.** Listen to your body, run as you feel and don't run through injuries. When it comes to races, don't train hard within 48 hours before. If you feel you have to race rather than you want to race, maybe you're not rested enough.
7. **Run with a friend** or preferably several. You'll train better and enjoy it more.
8. **Eat well and keep to your racing weight.** This means regular, frequent, low fat, high carbohydrate meals of moderate quantity including:
  - semi-skimmed milk/low fat cheese
  - fresh fruit and vegetables
  - whole grain cereals and bread
  - non-fat meat, fish, pulses, nuts.
9. **Get plenty of sleep** especially when training hard.
10. **Find a suitable mentor.** An experienced advisor can help you to structure your training, keep you going when its tough, and protect you from overdoing it.

Rod

# Job guarantees you'll reach top

IF climbing 3,000 feet in the freezing cold to your place of work appeals - then the Lake District National Park Authority has the job for you.

In this career, the only way is up! But no sooner are you at the top, then you are on your way back down again.

The working environment can be harsh but there will be no complaints about the air conditioning!

All applicants should be able to read a map and compass and

— by —  
**Mike Addison**

possess their own winter equipment - although waterproofs are provided.

If the job description appeals and you are suitably qualified, then the LDNPA would like to hear from you.

For the authority is seeking two fell top assessors to climb to the top of Helvellyn every

day of the week including Bank Holidays.

Once up there, the successful applicants will assess the fell top conditions and report their findings to the daily Weather-line telephone service.

"Whoever gets the job will tell us what height the snow cover starts, the conditions on the tops and the state of the footpaths," Peter Davies, area manager for the park management department of the LDNPA, told the Gazette.

"There are a lot of climbers and walkers who want to know whether there is snow on the Lake District fells because it is an attraction if there is.

"It's a seasonal job and we are after somebody who is confident and can handle the weather conditions. They will need to be able to use crampons and an ice axe. There were between 25 and 30 applicants last year."

The successful applicants will work on their own for four hours a day and will be paid £5.52 an hour.

For further details and an application form, a large stamped, self-addressed envelope should be sent to The Personnel Department, Lake District National Park Authority, Murley Moss, Oxenholme Road, Kendal LA9 7RL.

Minutes of Calder Valley Fell Runners Committee Meeting held at the Shoulder of Mutton, Mytholmroyd on Tuesday 25 November 1997

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Present C Roberts, T Hyde, S Palmer, S Cavell, B Horsley, L Pyne  
A Thompson, R Sutcliffe, J Winder, J Wilkinson, D Gilyeat,  
R Kellett, C Robinson.

Apologies G Webb.

Chairpersons Report Charlotte read out resignation letter from Ted and Irene. Sue to acknowledge it.

Secretarys Report Letter from Calderdale Leisure Services asking if Calder Valley were interested in contributing to the Walking Festival in 1998 - no.

Treasurers Report £1031.86 in the bank. Jez showed balance sheets received from Ted for last year. Bank Mandates were completed - R Kellett, J Wilkinson, S Palmer, C Roberts to sign cheques.

Publicity Reports from Jubilee Towers and Shepherd's Skyline have appeared in the Halifax Courier. Steve Houghton won Settle Scramble. Liz is currently ringing race organisers to get results. Liz and Thirza to produce posters to publicise club - to display at Sports Centres, Community Centre - Liz to be contact. Piece also to appear in Young Womens Guide (via Thirza) and Courier in Spring.

It was also suggested that we write to other clubs for members to join Calder Valley as second claim - Charlotte to organise.

Membership Secretary Richard reported that T shirts, sweatshirts, and tracksters are ready and will be available each week at the club.

Sheepsheet Thirza hopes to produce a sheet in December depending on what information she has. People are still not contributing enough.

Calderdale Relay Rod has entered three teams - 'A' - Mixed - Vets. To finalise nearer the time.

Wadsworth Trog Arrangements well under way. Cricket Club and all relevant prople contacted. West Riding Camping to sponsor with prizes and hopefully some money. Gerry Symes has produced an excellent entry form and posters.

Discussion on Championship Races for 1998. Andy thought Lakes/Dales/North Wales were best attended - local venues for mid week races. To include British/English Championship Races.

Andy to do Grand Prix to fit in with Rod's selection - some will be duplicated.

Rod suggested the following routines for training:





# MAIN CHAMPIONSHIPS

	NOON STONES		BLACK COMBE		EDALE SKYLINE	RIVINGTON PIKE	BUNNY RUN1	STUC A CROIN	FLOWER SCA	BLACKSTONE EDGE	PEN-Y-GHENT	CARNEDDAU	MYTHOLMROYD	WASDALE	TURNSLACK	SEDBURGH	PLGRIMS CROSS	SHELF MOOR	T STRETTON SKYLINE	S THEVELEY PIKE	LANGDALES	JUBILEE TOWER	L PENDLE	M CARDINGTON	TOTAL POINTS
	M	L	M	L	S	S	S	L	S	S	S	M	M	L	M	L	T	M	S	L	M	L	M	M	
1 GARY WEBB	0	40	0	0	0	40	40	40	0	40	0	40	0	40	0	0	40	0	0	*	40	0	0	400	
2 DUNCAN THOMPSON	0	37	0	0	38	38	0	37	0	37	38	39	40	38	36	0	0	0	0	0	0	0	0	380	
3 STEVE HOUGHTON	0	*	40	0	34	39	33	*	35	35	34	38	*	39	*	40	39	0	*	0	*	40	0	376	
4 ROD SUTCLIFFE	37	*	35	36	*	33	*	*	35	35	35	36	*	0	0	0	36	0	0	37	36	0	0	356	
5 CARL GREENWOOD	0	*	33	0	*	*	*	*	32	32	*	33	34	0	0	0	37	37	0	36	32	38	0	349	
6 JEFF WINDER	40	0	0	39	*	*	*	*	0	40	0	33	0	0	38	0	40	39	0	39	38	0	0	348	
7 WAYNE BROWN	39	*	32	0	0	0	0	0	0	38	39	37	39	0	39	0	38	38	0	31	33	0	0	339	
8 LIZ PYNE	35	29	0	23	0	23	0	0	0	30	0	0	0	37	31	38	32	0	0	31	33	0	0	319	
9 MIKE WARDLE	38	32	36	38	33	36	35	36	0	30	0	0	29	0	0	39	33	0	0	33	35	0	0	264	
10 ANDY THOMPSON	0	0	33	34	0	34	0	0	0	0	0	35	0	0	0	0	0	0	37	0	37	39	0	249	
11 GREG HOUGHTON	0	0	0	0	0	0	0	36	33	37	0	37	0	0	0	35	0	0	0	38	0	0	0	216	
12 TIM JANAWAY	0	0	0	0	0	0	0	0	29	29	0	0	32	0	29	34	0	0	0	0	0	0	0	208	
13 EDDIE PROCTOR	33	28	0	0	26	0	0	34	34	*	0	33	0	0	32	0	0	0	0	35	0	0	0	203	
14 CHRIS ROBINSON	0	0	0	40	39	0	39	39	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	195	
15 MIKE JONES	0	38	0	0	0	32	28	31	31	31	34	0	0	0	0	36	0	0	0	0	0	0	0	192	
16 Jezz WILKINSON	0	0	39	38	0	36	37	21	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	171	
17 CHRIS GODRIDGE	0	0	0	0	0	26	27	0	0	27	0	31	0	34	0	0	0	0	0	34	0	0	0	152	
18 GRAHAM WOODWARD	34	0	0	0	25	0	0	26	28	0	0	27	0	30	0	0	0	0	0	0	0	0	0	144	
19 RICHARD HENDERSON	0	0	0	0	32	0	31	0	0	0	0	32	0	0	0	0	35	0	0	0	0	0	0	130	
20 RICHARD KELLETT	0	0	0	39	0	40	0	37	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	116	
21 ROBIN SKELTON	0	0	0	0	0	0	22	25	27	32	0	0	0	0	0	0	0	0	0	0	0	0	0	106	
22 HELEN TAYLOR	0	0	0	0	0	0	0	0	0	0	0	0	0	0	33	0	0	0	0	32	34	0	0	99	
23 GERRY SYMES	36	0	0	35	0	0	25	0	26	0	0	0	0	0	0	0	0	0	0	0	0	0	0	96	
24 JESS PALMER	0	26	0	18	0	35	0	23	26	0	0	0	0	0	0	0	0	0	0	0	0	0	0	93	
25 THIRZA HYDE	0	0	30	0	0	0	0	0	0	0	0	0	0	0	28	0	0	0	0	0	31	0	0	89	
26 CHARLOTTE ROBERTS	29	27	0	0	0	0	24	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	40	80	
27 KEVIN BARKER	0	0	0	0	0	0	0	0	0	0	0	0	0	37	0	0	0	0	0	0	0	0	0	77	
28 ALISTAIRE SHERRIFF	0	34	37	0	0	0	29	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	71	
29 DAVE HYDE	0	0	0	0	0	31	0	0	0	0	0	0	0	0	0	0	38	0	0	0	0	0	0	67	
30 BRIAN HORSLEY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	31	0	0	0	0	0	0	62	
31 DENNIS GILDEA	32	0	0	0	0	0	0	0	0	0	0	26	0	0	0	0	0	0	0	0	0	0	0	58	
32 JOHN RILEY	28	0	0	0	0	0	0	0	0	0	0	28	0	0	0	0	0	0	0	0	0	0	0	56	
33 FRANK MALLINSON	0	0	31	0	0	0	0	0	0	0	0	24	0	0	0	0	0	0	0	0	0	0	0	55	
34 DAVE GILYEA	27	0	0	22	0	22	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	49	
35 GERRY HUGHES	0	25	0	24	0	0	0	0	0	0	0	0	25	0	0	0	0	0	0	0	0	0	0	45	
36 IAN LAW	0	0	0	20	0	20	0	0	0	0	0	0	23	0	0	0	0	0	0	0	0	0	0	44	
37 GRAHAM SPENCER	0	0	0	21	0	0	0	0	0	36	0	0	0	0	0	0	0	0	0	0	0	0	0	36	
38 STEVE CAVELL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	31	
39 JEFF COULSON	31	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	30	
40 PETE WHITE	0	0	0	0	0	0	0	0	0	0	0	30	0	0	0	0	0	0	0	0	0	0	0	29	
41 STUART GARDNER	0	0	0	29	0	29	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	28	
42 TONY BRADLEY	0	0	0	0	0	0	0	0	0	28	0	0	0	0	0	0	0	0	0	0	0	0	0	28	
43 MICK BANKS	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	28	

\* DENOTES RACE RESULT DROPPED.

# VETS CHAMPIONSHIPS

	NOON STONES	BLACK COMBE	EDALE SKYLINE	RIVINGTON PIKE	BUNNY RUN 1	STUC A CROIN	FLOWER SCA	BLACKSTONE EDGE	PEN-Y-GENT	CARNEDAU	MYTHOLMROYD	WASDALE	TURNSLACK	SEDBURGH	PILGRIMS CROSS	STRETTON SKYLINE	SHELF MOOR	THEVELEY PIKE	LANGDALES	JUBILEE TOWER	PENDLE	CARDINGTON	TOTAL POINTS
1	DUNCAN THOMPSON	0	20	0	20	19	0	20	19	20	20	19	18	0	0	0	0	0	0	0	0	19	194
2	STEVE HOUGHTON	0	19	20	18	20	18	0	16	19	*	20	*	20	0	*	0	0	0	20	0	0	190
3	JEFF WINDER	20	0	0	20	*	17	0	20	0	0	0	20	0	0	0	20	20	19	0	0	0	176
4	ROD SUTCLIFFE	18	*	17	18	*	17	18	*	18	18	0	0	0	0	0	0	0	19	17	0	0	175
5	MIKE WARDLE	19	16	18	19	17	18	19	0	0	0	0	0	0	15	0	0	0	0	0	0	0	160
6	GREG HOUGHTON	0	17	16	0	16	0	17	0	17	0	0	0	0	0	19	0	0	18	19	0	0	122
7	EDDIE PROCTOR	17	14	0	14	0	17	15	0	0	0	0	15	18	0	0	0	0	0	0	0	0	110
8	ANDY THOMPSON	0	0	0	0	0	0	0	0	0	15	0	0	19	14	0	0	18	16	0	0	0	82
9	RICHARD KELLETT	0	0	0	16	0	16	0	0	0	17	0	0	0	16	0	0	0	0	0	0	0	65
10	THIRZA HYDE	0	12	0	9	0	13	16	0	0	0	0	0	0	0	0	0	0	17	15	0	0	50
11	GERRY SYMES	0	0	0	0	0	0	0	0	0	0	0	16	0	0	0	0	0	0	0	0	0	48
12	CHARLOTTE ROBERTS	0	0	14	0	0	0	0	0	0	0	0	14	0	0	0	0	0	14	0	0	0	42
13	DAVE GIL YEAT	15	0	15	0	0	0	0	0	0	11	0	0	0	0	0	0	0	0	0	0	0	41
14	KEVIN BARKER	13	13	0	0	0	14	0	0	0	0	0	0	19	0	0	0	0	0	0	0	0	40
15	ALISTAIR SHERRIF	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	20	0	39
16	DAVE HYDE	0	18	19	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	37
17	BRIAN HORSLEY	0	0	0	0	0	15	0	0	0	0	0	0	0	18	0	0	0	0	0	0	0	33
18	JOHN RILEY	16	0	0	0	0	0	0	0	0	13	0	0	0	0	0	0	0	0	0	0	0	29
19	FRANK MALLINSON	12	0	0	0	0	0	0	14	0	14	0	0	0	0	0	0	0	0	0	0	0	26
20	MICK BANKS	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	24
21	IAN LAW	0	11	0	13	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	24
22	GERRY HUGHES	11	0	0	12	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	23
23	STEVE CAVELL	0	0	0	11	0	0	0	0	0	10	0	0	0	0	0	0	0	0	0	0	0	21
24	JEFF COULSON	0	0	0	0	0	0	0	18	0	0	0	0	0	0	0	0	0	0	0	0	0	18
25	STUART GARDNER	0	0	0	0	0	0	0	0	0	16	0	0	0	0	0	0	0	0	0	0	0	16
26	PETE WHITE	14	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	14
27	GRAHAM SPENCER	0	0	0	0	0	0	0	0	0	12	0	0	0	0	0	0	0	0	0	0	0	12
		M	M	L	S	L	S	S	S	M	M	L	M	L	M	L	S	S	L	M	L	M	

\* DENOTES RACE RESULT DROPPED.

# Grand Prix

Name	RACE 1		RACE 2		RACE 3		RACE 4		RACE 5		TOTAL POINTS	
	BUNNY RUN 1	Apr-01	BUNNY RUN 3	Apr-15	FLOWER SCA	May-07	BLACKSTONE	May-14	MYTHOLMROYD	Jul-01		STOODLEY
1 CHRIS ROBINSON	35		34		34		34		33		40	210
2 ROD SUTCLIFFE	27		31		32		35		35		38	198
3 CARL GREENWOOD	30		32		30		32		34		37	195
4 ANDY THOMPSON	28		28		27		30		29		34	176
5 RICHARD KELLETT	32		33		31		0		32		36	164
6 MIKE JONES	39		38		39		39		0		0	155
7 DUNCAN THOMPSON	38		39		0		37		40		0	154
8 STEVE HOUGHTON	34		37		33		0		36		0	140
9 JEZ WILKINSON	0		29		28		31		0		33	121
10 GRAHAM WOODWARD	0		0		26		27		31		35	119
11 ROB SKELTON	40		40		37		0		0		0	117
12 RICHARD HENDERSON	25		27		0		28		27		0	107
13 TIM JANAWAY	0		0		36		33		37		0	106
14 MIKE WARDLE	33		0		35		36		0		0	104
15 BRIAN HORSLEY	0		35		29		0		0		39	103
16 HELEN TAYLOR	0		25		22		25		0		25	97
17 TONY BRADLEY	29		30		0		0		0		32	91
18 EDDIE PROCTOR	26		0		0		29		0		30	85
19 GARY WEBB	0		0		40		40		0		0	80
20 WAYNE BROWN	0		0		0		38		39		0	77
21 JEFF WINDER	37		0		38		0		0		0	75
22 ALISTAIR SHERRIFF	0		36		0		0		38		0	74
23 GRAHAM SPENCER	20		0		0		0		25		26	71
24 FRANK MALLINSON	0		0		0		0		28		31	69
25 CHRIS GODRIDGE	36		0		21		0		0		0	57
26 JOHN RILEY	0		0		0		0		26		28	54
27 THIRZA HYDE	18		0		23		26		0		0	49
28 LIZ PYNE	23		26		0		0		0		0	49
29 STEVE CAVELL	21		0		0		0		23		0	44
30 DENIS GILDEA	31		0		0		0		0		0	31
31 STUART GARDNER	0		0		0		0		30		0	30
32 GERRY SYMES	0		0		0		0		0		29	29
33 GEOFF BELL	0		0		0		0		0		27	27
34 JESS PALMER	0		0		25		0		0		0	25
35 KEVIN BARKER	0		0		24		0		0		0	24
36 JUDITH HOWARD	0		24		0		0		0		0	24
37 IAN LAW	24		0		0		0		0		0	24
38 DAVE GILYEAT	0		0		0		0		24		0	24
39 GERRY HUGHES	22		0		0		0		0		0	22
40 MICK BANKS	19		0		0		0		0		0	19
FINAL POSITIONS FOR THE 1997 GRAND PRIX. CONGRATULATIONS TO CHRIS, ROD AND CARL.											WELL DONE.	
PRESENTATION OF PRIZES WILL BE AT THE ANNUAL DINNER IN JANUARY.												
ANY SUGGESTIONS FOR NEXT YEARS COMPETITION WOULD BE APPRECIATED.											ANDY	

Nearly a record at Langdale as it turns out to be a .....

# Lucky Horseshoe for Bland

**BORROWDALE'S** Gavin Bland is in unstoppable form at the moment and added two more race wins to an impressive run of recent victories over the fells.

On Saturday Bland came the closest ever to beating Andy Styan's long-standing record over the classic 14-mile Langdale Horseshoe event.

And just over 24 hours later he was winning the short, sharp dash up and down Butter Craggs which follows the same route as the world-famous Grasmere guides race.

Bland, who has recently had notable wins at Ben Nevis and over the Three Shires, was not really pushed at Langdale but told race organiser Geoff Clayton, of Ambleside, that if he had been challenged then Styan's 20-year-old record of 1-55-03 would have fallen.

Bland completed the course, which takes in Thurnacar Knott, Esk Hause, Bowfell, Crinkle Graggs and Pike o Blisco, in 1-56-13 having led from

start to finish.

"I have been involved in organising the race for the last ten years and nobody has got under 1-58," said Mr Clayton.

Styan, who runs for Holmfirth, was among the field of 354 runners and finished a creditable 26th in 2-27-45.



Borrowdale won the team prize with brothers Andrew and Jim Davies finishing second and third.

Broughton-in-Furness's Derek Ratcliffe, who runs for Rossendale, had an excellent run finishing tenth but missed out on the first veteran prize which was won by Cumberland Fell Runners' William Bell who was fifth in 2-14-14.

Pudsey and Bramley's Yvette Haigh triumphed in the ladies' race, crossing the line in 37th place in a time of 2-32-42 - 13 minutes clear of her nearest challenger.

**Results:** 1 G Bland, Borrowdale, 1-56-13; 2 A Davies, Borrowdale, 2-01-10; 3 J Davies, Borrowdale, 2-05-21; 10 D Ratcliffe, Rossendale, 2-18-11; 16 S Shuttleworth, Ambleside, 2-20-56; 34 J Dickinson, Kendal, 2-31-42; 39 C Lumb, Kendal, 2-32-56; 46 A Beck, Kendal, 2-35-19; 61 K White, Ambleside, 2-39-11; 67 P Singleton, Kendal, 2-41-08; 80 M Walford, Kendal, 2-43-43; 81 G Unsworth, Kendal, 2-44-15; 85 N Walker, Ambleside, 2-44-19; 98 G Webster, Kendal, 2-48-03; 116 R Bell, Ambleside, 2-52-00; 120 P Betney, Ambleside, 2-52-15; 123 G Woolnough, Kendal, 2-52-27; 172 I Rook, Kendal, 3-03-46; 218 J Taylor, Ambleside, 3-11-12; 235 D Shinn, Kendal, 3-14-46; 244 D Ablitt, Ambleside, 3-16-10; 262 P Dowker, Kendal, 3-23-51.

Bland did not have everything his own way in the Butter Craggs race with Bingley's Rob Jebb leading at the summit and the Borrowdale athlete having to make up the ground on the steep descent.

Windermere's Steve Hicks,

who runs for Borrowdale, was the top local performer finishing in ninth position.

Kendal's Phil Clarke and Dave Houlsworth tussled for the first veteran prize. Clarke just had the edge, beating his team-mate to the line with just six seconds to spare.

Keswick's Louise Osborne won the ladies' race finishing 39th in 18-39.

**Results:** 1 G Bland, Borrowdale, 13-52; 2 R Jebb, Bingley, 14-15; 3 S Hey, Warrington, 14-28; 9 S Hicks, Borrowdale, 15-04; 11 P C... Kendal, 15-15; 12... Kendal, 15-... son...

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## FELL RUNNING

### 1977 LANGDALE RECORD STILL STANDS

Gavin Bland (Borrowdale) narrowly missed breaking the Langdale Fell Race record (14 miles/ 4000 feet) on Sunday when he was first male home in a time of 1 hour & 56 minutes. The record is still held by A Styan since 1977 in a time of 1 hour & 55 minutes.

Gary Webb was the first Calder Valley home in 17th position (2hrs 21 mins), followed by Steve Houghton (23rd in 2hrs 26 mins) who won the 5th over 40 male prize. Jeff Winder was closely behind in 24th position in 2 hours and 27 mins. First lady home was Yvette Hague of Pudsey and Bramley (37th overall) in a time of 2 hours and 32 minutes.

Other Calder Valley positions and times were :

65th	Greg Houghton	(V40)	2 hours 39 minutes
82nd	Rod Sutcliffe	(V40)	2 hours 44 minutes
147th	Andy Thompson	(V40)	2 hours 57 minutes
205th	Gerry Symes	(V40)	3 hours 8 minutes
214th	Carl Greenwood	(L)	3 hours 10 minutes
217th	Liz Pyne	(LV)	3 hours 11 minutes
261th	Charlotte Roberts	(LV)	3 hours 23 minutes

### STIRRAT WINS AT WITHENS

Kenny Stirrat from Halifax was the first home in the 6th Withens Skyline race, in a time of 40 minutes 20 seconds. The race held on Saturday 25th October over Penistone Country Park was 7 miles and 1000 feet of climb.

In 24th position Jeff Winder was the first Calder Valley member home in 45 mins 52 secs. Other Calder Valley times and positions were 54th Robin Skelton (48mins 58 secs); 59th Jamie Smith (49mins 58 secs); 141st Ian Law (56 mins 39 secs); 155th Graham Spencer (58 mins 51 secs); 169th Steve Cavell (61 mins 10 secs).

206 ran in total.

SHE STILL LET A WOMAN BEAT HIM AND THEN SHE ASKS TO SEE HIS BIG ERECTION. ASK HIM ABOUT IT !!! ED

77 ran in total

Chris Robinson (Calder Valley) also ran and completed in a time of 58 mins and 34 secs despite two nasty falls injuring both his ankles and his thigh.

SCREENS FELL RACE, Nether Wasdale - 5 miles/1560 feet - 25th October  
 Liz Pyne (Calder Valley) was 2nd lady home at the Screens Fell Race in a time of 52 mins 05 secs, beaten by Keswick lady Lynn Thompson who won in a time of 52 mins 45 secs.