

1999 SHEEP SHEET



A.G.M. ISSUE

Well another year has passed, along with another A.G.M. Where was everyone ? or was it just me that thought there was a sparse attendance ? Yes it was advertised in the last issue of the newsletter, albeit the late summer one. We can't spoon feed you all the time, particularly if there isn't enough info. to warrant another issue !

We now have some new Committee members along with some of last years staying on (see inside). I would like to thank all the people who have put their time into the club over the past year, working on behalf of you the club members. Charlotte, Sue and Dave Gilveat, stand up and take a bow. Welcome to the new members who I'm sure will be doing their best to banish a little bit of apathy that seems to have crept into the club ! Having said that we had the best turnout on a Tuesday for training last week for quite some time, so maybe things are already looking up !!

A special mention for Andy Clarke who not only represents & finishes well above the rest of the club at races but also has the time to come down & train with us lesser mortals. (yes its true he waits for us on road runs & I've seen him doing his speed training with the others around Saville Park). Well done Andy it's appreciated !!!

INSIDE

- LOTS OF RESULTS
- IAN HODGSON MOUNTAIN RELAY REPORT
 - BEN NEVIS REPORT

SPEED TRAINING

THIS WILL BE TAKING PLACE ON THURSDAY NIGHTS AT 7PM. THE VENUE IS SAVILLE PARK. RING PETE WHITE OR THIRZA TO FIND OUT THE EXACT SPOT WHERE THEY START AS THE MOOR IS A BIG PLACE. WE FOUND OURSELVES RUNNING ROUND IN THE OPPOSITE DIRECTION TO PETES GANG. (NO CHANGE THERE THEN BRIAN & ANDY ??) SORRY, VERY OLD JOKE THAT ONLY FOUNDER MEMBERS WILL APPRECIATE. SERIOUSLY GO ALONG AS IT IS GOOD FOR YOU & IS ALL ON GRASS !!

WINTER LEAGUE : 1999 \ 2000

- 4from6
- Must include Handicap.
- 1st back gets 40 points etc.

<u>RACE</u>	<u>DATE</u>
<u>RIVOCKEDGE</u>	28.11.99
<u>STOOP</u>	19.12.99
<u>AULD LANG SYNE</u>	31.12.99
<u>BOULSWORTH</u>	15.1.00

C.V.F.R. COMMITTEE 1999 / 2000

Chairperson;-	DAVE HYDE	01422 - 343736
Treasurer;-	JEZ WILKINSON	01943 - 876190
Secretary;-	MIKE BELL	01422 - 365468
Member. Sec;-	RICHARD KELLETT	01422 - 202923
Club Captain;-	ROD SUTCLIFFE	01422 - 882082
Statistician;-	GRAEME WOODWARD	01422 - 885185
Publicity;-	CARL GREENWOOD	01422 - 886587
Equipment Officer;-	PETE WHITE	01422 - 885728
Sheepsheet;-	SIMON TOWLER	01274 - 501957

Co-opted;- BRIAN HORSLEY, STEVE CAVELL & CHRIS
>>>>>> ROBINSON

DURHAM DALES 100. May 29th - 30th 1999.

I explored the route in Spring when it was very wet. On the opening day of the cricket season, when the Durham match was snowed off I was knee deep in wet snow at 1000ft +. So, on the day, so it was a nice surprise to see how dry conditions were under foot.

The weather was cool, with light winds - pretty well ideal except for the full cloud cover which cancelled out the benefit of the full moon. The scenery is wonderful - if you don't know Teesdale and Weardale they are well worth exploring. I couldn't have done it without the help of my support party (Pauline, her sister and husband) and the encouragement of the C.V.F.R members.

I kept telling myself "this is going to hurt". It did. I'd forgotten just how much it did. A good Saturday was followed by a poor night with 20 mins sleep at 48 miles and half an hour sit down at 66 miles - by which time it was long past dawn. I couldn't eat breakfast and the next hour was the low point. I was close to retiring but too many folk knew I was doing the 100. A man has his pride!

Eventually I got round, just in daylight at 10.10pm on Saturday.

By then I was seeing things:- Pauline stroking a cat about three quarters of a mile from the end - I spoke and it was only shadows. The competitive edge hadn't quite gone because another walker caught me up in the school grounds and I raised an effort to keep ahead over the last 50 yards.

Mike Bell

PS: Next year's 100 is based on Canterbury. Anyone fancy running with me on approx 30 hour schedule?!

Calder Valley Runners and Email Addresses

The following are members whose email addresses I have collected. If you have an email address please let me know (by email) and then we can add you to the list.... one day everybody will be I guess.....

Charlotte

John Crummett ;- J.G.Crumrnett@bradford.ac.uk
Stewart Gardner ;- S.J. Gardner@newscientist.net
Thirza Hyde ;- Thirzea.caldprint@dial.pipex.com

Charlotte Roberts ;- C.A.Roberts@bradford.ac.uk
C. A. Roberts@durham.ac.uk (from 1/1/2000)

Rod Sutcliffe ;- R.I. Sutcliffe@leeds.ac.uk
Pete White ;- whiteman@coiners.freemove.co.uk
Robert Davies ;- PDaviesPogley@compuserve.com
Jez Wilkinson ;- JEZ@WILKIE04.Freeserve.co.uk
Simon Towler ;- SimonTowler@bt.com



Race Report. 1999.

The weather on race day was generally good and several runners commented on the clarity of the atmosphere which gave spectacular views from the tops. Our problem as race organisers was the torrential rainfall on the Friday and Saturday before the event which left the ground in the valley waterlogged and made setting up the start/finish area very hard work.

When it came to the race the British champions Borrowdale, once again showed their strength in depth to win the relay for the fifth year in succession in a new record time. It is tempting to credit their consistent success to local knowledge, but in fact I believe old fashioned Team Spirit is the main factor. They invariably get their best runners out for this event, partnerships are well chosen, and each pair runs as a team. Add to this the obvious talent in the club well below the veteran threshold and it becomes difficult to see them being beaten in the immediate future.

Pudsey and Bramley were given a good start by Rob Hope and Graham Patten but Borrowdale pairings set new records on Legs 2 and 3 to give Gavin Bland and Simon Booth a lead of 3m. 45s. at Kirkstone. Though still jet lagged from their success in the Kinabalu race in Borneo the previous week the 4th leg pairing achieved 2nd fastest leg time to extend the lead to over 8minutes at the finish. Bingley's all international team edged out P.&B. in a tight finish for second place thanks to the fastest leg time by Ian Holmes and Steve Hawkins.

The Ladies race was won by Clayton with a solid performance on all legs of the race. Their main rivals Pudsey and Bramley were never able to make up a deficit of almost 13 minutes on the first leg. Kendal retained the Vets title despite being 8 minutes slower and one place further back than last year and the Mixed team prize went to Cumberland Fell Runners in 20th place overall. It was pleasing to see some of our leading junior runners featuring prominently and Steven Savage, Michael Caton, and Lee Siemazcko all recorded times in the fastest five on their respective Legs.

We think that the general standard of teams in the race has improved and this year only one team was involved in the "mass starts" at Patterdale and Kirkstone. However, we do sometimes wonder whether some runners look at either the map or the control point details when we learn of a teams chances being sacrificed by the unaccountable negligence of a pair visting a 'control' last used five years ago!! Our kit checks were on the whole satisfactory with only minor transgressions but we do not like the growing practice of passing bum bags on at take-overs. This will not be permitted in future.

The Raffle which we held in aid of Patterdale M.R.T. and Patterdale School yielded £75.00. Many thanks to all who bought tickets and especially to Paul Reynard for his painting of Brothers Water and Place Fell which was the top prize. We will add a sum from race funds to increase the donations to these worthy local organisations.

Dave, Shirley, Michael, Neil, Chris. and Sara Hodgson.

RESULTS



GOLF BALL. 1999.

POSITION	NAME	CLUB	TIME
1	D.LEWIS	ROSSEND	36.28
58	B.McWADE	L CLAYTON	46.22
16	ANDY CLARKE	C.V.F.R.	40.39
33	CHRIS ROBINSON	C.V.F.R.	43.34
34	BRIAN HORSLEY	C.V.F.R.	43.37
45	CARL GREENWOOD	C.V.F.R.	44.39
62	ROD SUTCLIFFE	C.V.F.R.	46.35
70	JEZ WILKINSON	C.V.F.R.	47.17
77	PHIL SWAINE	C.V.F.R.	47.36
95	SIMON TOWLER	C.V.F.R.	49.36
124	HELEN WILKINSON	C.V.F.R.	54.08
41	BOB DAVIES	U/A	44.08

BEN NEVIS FELL RACE. 1999.

POSITION	NAME	CLUB	TIME
1	IAN HOLMES	BINGLEY	1.28.14
83	MAGGIE CREBER	CARNETHY	1.59.21
110	ROD SUTCLIFFE	C.V.F.R.	2.04.30
129	BRIAN HORSLEY	C.V.F.R.	2.06.59
167	JOHN CRUMMETT	C.V.F.R.	2.13.14
210	PHIL SWAINE	C.V.F.R.	2.21.10
237	TONY BRADLEY	C.V.F.R.	2.26.08
246	ADAM BAKER	C.V.F.R.	2.27.56

SCAFELL PIKE RACE. 1999.

POSITION	NAME	CLUB	TIME
1	BEN BARDSLEY	BORROWDALE	51.12
54	LOUISE OSBORN	L KESWICK	1.06.55
79	ROD SUTCLIFFE	C.V.F.R.	1.11.39
83	CARL GREENWOOD	C.V.F.R.	1.12.18

RESULTS



STOODLEY PIKE. 1999.

POSITION	NAME	CLUB	TIME
1	STEPHEN HAWKINS	BINGLEY	17.19
122	SUE BECCONSALL	L TODMORD	25
22	ANDY CLARKE	C.V.F.R.	20.08
27	JEZ WILKINSON	C.V.F.R.	20.35
42	CHRIS ROBINSON	C.V.F.R.	21.25
46	BRIAN HORSLEY	C.V.F.R.	21.31
67	GRAEME WOODWARD	C.V.F.R.	22.38
75	CARL GREENWOOD	C.V.F.R.	22.51
80	JOHN WILKINSON	C.V.F.R.	22.59
104	TONY BRADLEY	C.V.F.R.	24
106	JOHN MURRAY	C.V.F.R.	24.11
117	STUART GARDNER	C.V.F.R.	24.41
119	ADAM BAKER	C.V.F.R.	24.44
134	PHIL SWAINE	C.V.F.R.	25.24
144	GRAHAM SPENCER	C.V.F.R.	25.53
157	STEVE CAVELL	C.V.F.R.	26.18
160	EDDIE PROCTOR	C.V.F.R.	26.23
206	THIRZA HYDE	C.V.F.R.	28.4
228	MIKE BELL	C.V.F.R.	31.29

SEDBERGH HILLS RACE. 1999.

POSITION	NAME	CLUB	TIME
1	S. BIRKENSHAW	NFR	2.21.35
25	V. PEACOCK	L C.Le.M	2.34.36
32	GREG HOUGHTON	C.V.F.R.	2.41.02
41	ROD SUTCLIFFE	C.V.F.R.	2.44.50
57	CARL GREENWODD	C.V.F.R.	2.56.47
33	STUART GARDNER	C.V.F.R.	3.06.31

MOUNT SKIP FELL RACE. 1999.

POSITION	NAME	CLUB	TIME
1	G. OLDFIELD	PUDSEY	31.31
48	C.HARDING	L ROCHDALE	48.25
18	R.DAVIES	C.V.F.R.	37.21
27	C.GREENWOOD	C.V.F.R.	39.32

IAN HODGESON MOUNTIAN RELAY 3rd OCTOBER 1999

The forecast wasn't brilliant but on the day it was pretty good. Brian Horsley and Rob Skelton ran the 1st leg. Brian being the dominant one of the pairing on the first and subsequent climbs. This meant that he had to wait for Rob to catch up or slow his pace down a little. Unfortunately for our pairing the reverse was true on the descents with Rob waiting for Brian to catch him up. They came in, in 32nd position and handed over to Chris Robinson and myself.

Chris and I got off to a good start with a couple of teams just ahead of us. We managed to catch them up at the bottom of the climb to the first checkpoint at Angle Tarn. I pushed the pace up the main part of the climb, Chris was hoping I couldn't keep this up for too long, and I couldn't. But we had managed to improve our position overall. Chris now set a pace that was good for both of us as we sailed into the manned control. Craven and Airedale were in hot pursuit and followed us closely out of the checkpoint, a decision they would regret when we couldn't find the right place to descend to the final control. We lost a little time but I made a decision and it proved to be the right one. Chris descended like an acrobat bouncing on his head and arse and just about every other part of his body! A fast technique but not for the faint hearted. We handed over to Andy Clarke and Duncan Thomson in 27th position. A short leg it may have been but it took it out of us I can tell you.

Andy and Duncan sped off on their leg. They soon passed the two teams that were just in front of them but then there was a large gap to the next team. Duncan used the technique of leading from the rear (not what you're thinking!). Andy was ahead of Duncan but had no idea where he was going so Duncan shouted directions from the rear. Andy was glad of the help as the second check was very well hidden and didn't appear until you were on it. On his descent down to Kirkstone Pass Clayton "A" overtook us after a disastrous first leg, they went to a control that hasn't been used for years. They handed over to Steve & Greg Houghton.

The Houghton brothers headed off up Red Screes in pursuit of a number of teams, Clayton "A" being one of them. They climbed well making up ground on the teams ahead. During the latter stages of the climb the heavens opened for the first time and hail was driven into their faces. Whilst having a storming descent Greg took a nasty fall cutting his lip and cheek. Looked nasty but Greg said, "it didn't feel bad". They ran well though and passed Clayton "A" on the descent coming in, in 21st position. A better result than last year lets hope we can continue to improve and make Calder Valley a name to be respected once again, like in the good old days!

Report by Carl Greenwood.

1999 BEN NEVIS RACE

AFTER LEAVING HALIFAX IN GLORIOUS SUNSHINE, IT WAS RATHER DISSAPOINTING TO ARRIVE IN FORT WILLIAM TO FIND IT RAINING AND MISTY WITH THE FORECAST FOR RACE DAY MUCH THE SAME. AFTER A RELAXING SWIM & SAUNA ON FRIDAY EVENING, THE WEEKEND STARTED WITH A FEW PINTS OF GUINNESS , JUST TO LOOSEN UP A LITTLE AFTER THE JOURNEY, THEN BED AROUND 10.30 FOR A GOOD NIGHTS SLEEPTO SET MYSELF UP FOR THE FOLLOWING DAYS RACE. A GOOD PLAN I THOUGHT BUT OTHER MEMBERS OF THE GROUP FROM THE FIRE SERVICE THOUGHT THAT 10 OR 11 PINTS, AND BED AT 1.30 WAS A MUCH BETTER WAY OF PREPAIRING FOR THE RACE, PHIL SWAINE AMONGST THEM. AT BREAKFAST THE NEXT MORNING I HAD THE FEELING THAT MY PREPERATION WAS SOMEWHAT BETTER. A QUICK LOOK THROUGH THE RACE PROGRAME SHOWED A FEW SUPRISES, THE FIRE SERVICE ONLY JUST HAD ENOUGH RUNNERS TO MAKE UP A TEAM, THIS WAS BECEAUSE PHIL HAD REGISTERD FOR CALDER, AND DAVE RHODES HAD REGISTERD FOR BRADFORD & AIREDALE, BRIAN WAS NOT A HAPPY CHAP. ADAM WAS A LITTLE APPREHENSIVE ABOUT THE RACE, AS WAS PHIL IT BEING THIER FIRST BEN, BUT A PEP TALK FROM BRIAN & MYSELF AND THE KNOWLEDGE THAT THE HELICOPTER WAS ONLY A PHONE CALL AWAY SEAMED TO CALM THEM DOWN, " JUST TAKE IT EASY ON THE CLIMB, AND MAKE UP WHAT YOU CAN ON THE DESCENT " WE TOLD THEM AND YOU'LL HAVE NO PROBLEMS. PHIL AND THE REST OF THE LATE NIGHTERS WERE LOOKING SLIGHTLEY WORSE FOR WEAR ON THE WAY TO THE START WHICH MADE ADAM AND MYSELF FEEL A LOT BETTER. ON ENTERING THE FIELD THE FIRST PERSON I BUMPED INTO AS HE RAN UP & DOWN THE FIELD IN A WARM UP WAS ROD, WHO WAS PROUDLEY WEARING HIS CLUB VEST BACK TO FRONT, (HE'S NOT USED TO GETTING TO RACES EARLY ENOUGH TO DO THIS NORMALY & I THINK IT UPSET HIS ROUTINE). WHEN THE RACE STARTED ADAM & MYSELF TOOK IT STEADY ALONG THE ROAD NOT WANTING TO BE FOUND WANTING NEAR THE TOP, PHIL & THE REST OF THE DRINKERS SET OFF AT A FASTER PACE, NEVER MIND SOON CATCH THEM I SAID. JUST BEFORE THE FINAL CLIMB TO RED BURN ADAM STARTED TO PULL AWAY AS I STARTED TO STRUGLE A LITTLE, PHIL WAS STILL IN FRONT OF US HE MUST BE STARTING TO FEEL IT, SOON BE PAST HIM, BUT ALAS NO AS I SLOWED EVEN MORE ON THE CLIMB & WATCHED AS ADAM DISSAPEARD FROM VIEW & STILL NO SIGN OF PHIL. AS I NEARED THE SUMMIT I SAW THEM ALL AS THE CAME RUNNING DOWN PAST ME, ROD, JOHN, BRIAN, PHIL, & ADAM, SO MUCH FOR MY PRE RACE PLANNING. THE DESCENT THOUGH WAS A DIFFERENT STORY AS I PASSED RUNNERS EASILY, JUST AT THE TOP OF THE GRASSY BANK I SAW ADAM & AS I PASSED HIM I THOUGHT I SHOULD HAVE A GOOD CHANCE OF PASSING PHIL SOON, BUT NO PHIL HED A GREAT RUN FOR HIS FIRST BEN, I ACTUALY DID BETTER THAN I EXPECTED, AFTER MISSING SUCH A LOT OF THE YEAR & ADAM

FINISHED INSIDE HIS AIMED TIME. THE OTHER TWO DRINKERS ALSO FINISHED BETTER THAN THEY EXPECTED SO THE LESSON IS NEVER MIND THE MODORATION OF DRINK THE NIGHT BEFORE A RACE GET LEGGLESS AND THEN SLEEP FOR 6 HOURS & YOU SHOULD DO WELL, ALTHOUGH THE FOLLOWING MORNING PHIL WAS DOING A RATHER GOOD IMPRESSION OF DOUGLES BARDER. THE RACE WAS WON BY IAN HOLMES WHO WAS WELL BEHIND THE LEADER ROB JEBB WHEN I SAW THEM ON THE DESCENT THE REASON IAN CAUGHT & PASSED ROB WAS EXPLAINED TO US BY ROB ON SATURDAY NIGHT. PART WAY UP ROB FELL & DISLOCATED HIS LEFT ARM WHICH HE SAID SLOWED HIM ON THE DESCENT & WHEN RUNNING ALONG THE ROAD TO THE FINISH HE HAD TO HOLD IT WITH HIS RIGHT ARM TO STOP IT FALLING ANY LOWER. I WONDER HOW MANY HE HAD ON FRIDAY NIGHT.

Tony Bradley.



Run off those xmas excesses at

THE COLEY CANTER

Seasonal multi-terrain run

Monday 27th December 1999

at 11.00 am

7 miles of woodland paths and tracks with around 1000 feet of climb and descent

£2.00 on the day only

Registration, start and finish at
Shelf Hall Park Shelf village, near Halifax
(Grid Ref. SE 122 283)
(Calderdale way relay 5th/6th leg changeover point)

Prizegiving and post race social at
The Windmill Inn, Stanage Lane, Shelf.
(Grid Ref SE 122 293)
[Good beers and food available]

Further details from:
Brian Horsley (01274) 600651
or Alan Jones (01274) 679894

CALDER VALLEY FELL RUNNERS

BALANCE SHEET AT 30 SEPTEMBER 1999

	£		£
Balance Brought Forward	1723.16	Trophies @ Net Book Value	0
Deposit for 1999 dinner inc in b/f balance	(100.00)	Closing stock	477
Prior year stock adjustment to write off	(11.30)	Bank	936.98
		Cash Dave Gilyeat	14
		Cash Richard Kelleit	20
		Mount Skip race 1999-cheque not cleared	48.73
Profit / (loss) on income & Expenditure	(115.15)		
TOTAL	1496.71	TOTAL	1496.71

CALDER VALLEY FELL RUNNERS

INCOME AND EXPENDITURE for year ended 30 September 1999

INCOME	£	EXPENDITURE	£
Subscriptions	296	Scanner	39.66
Annual dinner -1998	646.3	Stamps/Sheepsheet	63.19
Raffle	54.3	Annual dinner - 1999	1059.15
Widdop - 1999	70.1	Affiliation to NEAA	50
Handicap - 1999	11.1	Race registration	40
Trog - 1999	150.69	Calderdale Way Relay	114
Sheepstones relay 1999	18.62	Rossendale Relay	36
Boulsworth - 1999	70	Ian Hodgson / FRA - 1999	90
Mount Skip - 1999	48.73	Summer grand prix - 1998	23
Other	5	Winter grand prix - 1998	21.99
Bank interest	6.58	Handicap prize	12.89
Deficit on income & expenditure	115.15	Race equipment	36.45
Profit on stock	127.3	Other	33.54
TOTAL	1619.87	TOTAL	1619.87

CLUB KIT

Sales	331.9	Opening stock	417
Actual closing stock	477	Purchases	284.4
Printing refund	19.8	Profit on stock held	127.3
	828.7		828.7

Closing stock

<i>Item</i>	<i>Number</i>	<i>Value</i>
Vests	23	322
Sweatshirts	4	40
Anniversary tee-shirts	3	15
Long sleeve tops	0	0
CVFR tee-shirts	2	10
Tracksters	9	90
Total value		<u>477</u>

BRADFORD LADS DO !!!



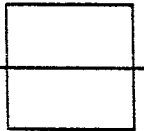
VENUE;- HARE & HOUNDS, LIGHTCLIFFE
(OPPOSITE YORKSHIREMAN).
TIME;- 8PM.
DATE;- FRIDAY 10TH OF DECEMBER.

IAN HODGSON MOUNTAIN RELAY RESULTS 1999.

1 BORROWDALE. TOTAL TIME =	03.28.32
2 BINGLEY.	03.37.02
3 PUDSEY.	03.37.20
21. CALDER VALLEY	04.26.55

LEG 1:- BRIAN HORSLEY & ROB SKELTON
LEG 2:- CARL GREENWOOD & CHRIS ROBINSON.
LEG 3:- ANDY CLARKE & DUNCAN THOMPSON.
LEG 4:- GREG HOUGHTON & STEVE HOUGHTON.

WELL DONE LADS & THANKS FOR TAKING PART !!!!!



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THE VIEWS & OPINIONS EXPRESSED IN THIS PUBLICA-
TION ARE SOLELY THOSE OF THE CONTRIBUTOR OR
EDITOR & DO NOT NECESSARILY REFLECT THOSE OF
CALDER VALLEY FELL RUNNERS.

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