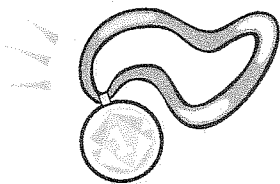


SHEEP SHEET

AGM AND LIVE ENTERTAINMENT

Its our AGM at the Shoulder of Mutton on Tuesday 12th November at 8.00pm. We will be having a short run beforehand. If anyone would like to be part of the committee (it's good to have a change of people with new thoughts and ideas) please can you let Rod Sutcliffe know or please turn up for the AGM and let it be known. We are looking for some new committee members and a new equipment officer at present). We are also hoping that (time allowing) Rod Sutcliffe and Paul Frechette will be providing a short talk on their recent experience walking the John Muir Trail from Lone Pine to Yosemite Park (240 miles) in California.



CVFR IN THE MEDALS

CHAMPIONSHIP UPDATE

Jeff Winder has won a Silver Medal in both the English and British Championships, Dave Beels has done well to take 8th place in the English Championships and was a big contributor to the club taking Silver Medal in the Over 50s English Championships. Rod also played a big part and if he could navigate he could do well. Sally Newman who has recently joined CVFR will be picking up Gold in both the English and British Championships for being 1st V/40. She has also won, as a senior women, a Silver Medal in English and Bronze in British.



Well done to everyone - a good effort by all.

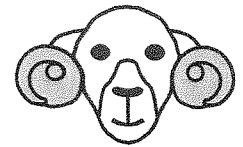
CALDERDALE WAY RELAY

Yes I'm afraid it's that time of year again - if you haven't already let Tony Bradley that you want to run can you ring him or email him as soon as possible - we want as many as possible to get a run and to be part of the day so get on the phone. We have entered three teams, an A, Mixed and third team for anyone to get a run. Tony Bradley 01422 360999.

PLEASE NOTE

Earlier in the year we discussed 2nd claim membership and decided that they could only score points in the Championships if they ran in club colour ie Red and White Hoops. THIS ALSO APPLIES TO RELAYS. AS OUR CLUB PAYS FOR ALL THE RELAYS WE WOULD LIKE CLUB COLOURS TO BE WORN. This is a rule stipulated by one of the Athletics bodies and the last thing we want to do is get disqualified for not sticking to it.

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



YOUR CLUB OFFICERS

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Steve Cavell
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Jon Underwood
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Dave Hyde
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Carl Greenwood
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STATISTICIAN

Phil Swaine

EQUIPMENT OFFICER

Chris Robinson
01484 716341



November
2002

RESULTS ... Results ...



Pilgrims Cross -

Wed 14th August - 6mls/1000'

1	Simon Thompson CLEM 38.32
2	Mark Horrocks CLEM 39.51
26	Helen Johnson Bingley 46.53
54	Steve Coey CVFR 54.23
61	Rrichard Henderson CVFR 57.34.

It was a nice night and a decent turnout given it was the wrong date in the calendar (more midgies than runners though). It's a good, grassy figure of 8 route with lots of steady, runnable climb and not much steep stuff, but the inward loop is deceptively far.
Richard Henderson

Ragley Run - 31st August - 5mls/750'

1.	Paul Brannigan Tod 36.16
2.	Lloyd Kellet Unatt 37.24
3.	Dave Beels CVFR 38.11
6	Jon Underwood CVFR 40.21
11	Allan Greenwood CVFR 42.39
13	Sue Beconsall Bingley 43.03
14	Linda Crabtree CVFR 44.16
17	Chris Robbo CVFR 44.32
18	Anne Johnson CVFR 44.33
21	Tony Bradley CVFR 46.38
23	Thirza Hyde CVFR 47.28
39	Julie Underwood CVFR 61.56

After having bitten the bullet for all of a couple of weeks with training down at Mytholmroyd Julie decided to have a go at this her first race (and of course we all told her it would be easy!!!!) but all credit to her, her main aim being to get round which she did. Well done. Dave had an excellent run placing 3rd and Anne should have been 2nd lady but she GOT LOST along with Kath Drake leaving the way open for Sue Becs to take first place with Linda Crabtree hot on her heels. Another good little local race with proceeds going to charity. The cream teas and sandwiches in the church hall afterwards were brilliant value for money.
Thirza



Ben Nevis - Sat 7th Sept - 10mls/4400'

1.	Andy Peace Bingley 1.29.41
2.	Simon Booth Borrowdale 1.30.40
3.	David Rodger Lochaber 1.31.50
109.	Wayne Brown CVFR 2.07.34
162.	Carl Greenwood CVFR 2.15.36
182.	Allan Greenwood CVFR 2.19.02
202.	Linda Crabtree CVFR 2.23.26
212.	Thirza Hyde CVFR 2.24.21
243	Phil Swaine CVFR 2.29.57
293	John Riley CVFR 2.41.51
328	Tony Bradley CVFR 2.55.02

353 ran completed

This is a classic race especially since I beat Phil again. Just to fill you in with the details. We had a bet on at my first Ben Nevis race 3 years ago that I could beat Phil so of course I couldn't miss



I've got you just where I want you...

rising to the challenge so we decided to make it the best out of three Ben races. Well I beat him at my first attempt and yes you've guessed it I did it again this year so folks its **THIRZA 2 - PHIL 1**. But being a typical man he's now decided to raise the stakes to the best of 5 and me being me I've decided to take him up on it so that he doesn't Boo Hoo too loudly

in his hankie. It was as tough as ever but we had a brilliant window of weather and you could see for miles (not that I was looking!!!). The legs take a pounding but it's a great race to take part in. Tony did well to finish as he twisted his ankle twice on the way down and hobbled into the finish field. Some of us camped and we made a meal for most of us from CVFR who were up there and then we headed for a pint to Fort William. So Phil here's to next year....
Thirza

Mount Skip - Sat 7th Sept - 4.5mls/1000'

1.	Paul Low U/A 29.25
2.	Paul Dobson Leeds 30.29
3.	John Mason Woodkirk 30.37
5.	Karl Gray CVFR 31.09
6.	Andy Clarke CVFR 31.09
23.	Claire Howitt (U18) Warrington 35.47
25.	Jon Underwood CVFR 36.09
30	Graeme Woodward CVFR 36.30
31.	Anne Johnson CVFR 37.39
57.	Jackie Scarf now CVFR 45.28
63.	Dave Culpan CVFR 47.30

67 ran

Early rain gave way to a fine sunny afternoon for this short but tough Gala race. Unattached Paul Low visiting from USA had a fine lead from the start and was never in danger of being caught. Claire Howitt from Warrington running in the U18 Class won the ladies race with a strong run in 23rd place overall. A slight hiccup with the timer meant the times are a little out - in the runners' favour! Hope to see you next year - Saturday 8th September, 2003
Steven Cavell

Dalehead - Sun 15th Sept - 4.5mls/2210'

1	Simon Booth Borrowdale 45.11
2	Jonny Bland Borrowdale 45.31
3	Nick Sharp Ambleside 45.42
7	Karl Gray CVFR 52.22
17	Bill Johnson CVFR 57.37
29	Sharon Taylor Bingley 60.25
34	Anne Johnson CVFR 61.35
49	Allan Greenwood CVFR 68.02
56	Linda Crabtree CVFR 69.02
58	Phil Swaine CVFR 69.28
61	Thirza Hyde CVFR 70.45
69	Linda Hayles Un'attach (now CVFR) 73.02
79	Neil Croasdell Un'attach (now CVFR) 75.48

89 ran

Another excellent day for this tough short lakeland race. Conditions were good for running actually feeling quite warm. The race starts from the show field, along a rough track, through a ford (which is sometimes a bit tricky on the return journey on tired legs) up the fell side, and then up and up and up on to the top of Dalehead and then for those with the legs for it a fast long descent back into the show field. Karl had an excellent run placing seventh among the Lakeland stallwarts and we won the ladies team prize but they must have been feeling a bit mean and never even presented us with one - it has been mentioned.
Thirza

Stretton Skyline - Sunday 15th Sept.
- 18mIs/4450'

1	Andy Davies	Mercia	2:36:55
2	Pete Vale	Mercia	2:42:2
3	Andrew Carruthers	Halesowen	2:43:37
12	Victoria Musgrove	Eryri	3:00:36
22	Jon Underwood	CVFR	3:01:22
27	Malcolm Coles	Skyrac	3:08:06

(71 ran)
 Many moons ago, before I knew better, and ran for Milton Keynes, I used to do this race quite often. I was 30 minutes faster than the last time I completed the course of the 5 climbs circling Church Stretton. Pole Hill, Ragleth, Caradoc, Lawley and then back up towards Pole Hill. Conditions were dry with the grass browning on the slopes of the hills. The best bet was trainers to avoid too many blisters, most of the course in on track. For unknown reasons I decided to go out fast. I was fifth on the first climb, died on the way to Pole Hill (15), but kept that place until the Lawley. My banana holding supporter couldn't get parked and I ran out of steam. I saw Malcolm at the finish who hadn't worn trainers and his feet looked a bit of a mess. Not the best race for Shropshire, Long Mynd Valleys and Cardington Cracker are much better.

Jon Underwood

Merrick Hill Race - Saturday 21st Sept. -
9mIs/3300'

1	Phil Davies	Borrowdale	1:19:48
2	Adam Anderson	Solway RC	1:29:10
3	Roger Irving	Solway RC	1:36:53
9	Jon Underwood	CVFR	1:46:07
26	Anne Miller	Irvine AC	2:46:31

(26 Ran)
 Completing a week of visiting as many parts of the country as Julie and I could, Bedford, Church Stretton, Kendal, Fort William, Killin and Oban, I decided that I wouldn't mind a crack at the Merrick Hill Race in Galloway. Merrick is a very long way from the M74. We left 2 hours to get there from Moffat, which was no way enough. We arrived with a minute to spare. Julie ran up the road to register me as I emptied the boot of the car onto the road trying to find my kit. Julie managed to stall the start for 5 minutes, and then we set off on the first steep, tussock climb out of Glen Trool under a cloudless sky that typified the last week. Phil Davies was flying even though he complained of a bad hangover. I tagged behind a few local runners until I had ascertained where I was and where I was going (It's hard to prepare in 1 minute before the start) before I made an attempt to take a few places. If there were going to be a compulsory race for the FRA then this would have to be it. There is every kind of terrain on this course that you could want. Tussock climbs, smooth grassy runnable climbs, tracks, rocky descents, grassy descents, deep bog, everything in that 9 miles and not too much of each. The course is flagged in the difficult places, but assumes that you can follow ridges and gullies etc. I managed to get lost for a couple of minutes on a flagged section. If you read The Long Walks (Richard Gilbert???) he describes the Rhinns Of Kells circuit, the race is basically a shortened version missing out the Rhinns. I must admit this was probably the best course I have yet run and the race deserves more support that it gets.

Jon Underwood

(Couldn't agree with you more Jon as Dave and I did it the year before and it is a classic race but if we put it on the championships can we prise CVFR members out of the ValleyThirza)

THE GRAY COLUMN

Dennis's Birthday Dash - 17th Sept.

1.	Karl Gray	CVFR	26.02
2.	Andy Clarke	CVFR	26.57
5.	Bill Johnson	CVFR	29.18
6.	Dave Beels	CVFR	29.33
10	Carl Greenwood	CVFR	30.59
11.	Rod Sutcliffe	CVFR	31.27
12.	Chris Robbo	CVFR	31.35
15.	Mike Wardle	CVFR	32.31
18.	Linda Crabtree	CVFR	33.14
20.	Phil Swaine	CVFR	33.45
30.	Dave Culpán	CVFR	38.01
31.	Steve Cavell	CVFR	38.09
34.	Thirza Hyde	CVFR	39.08
37.	Rose Carnochan	CVFR	44.16
39.	Clare Clarke	CVFR	46.31
41.	Ann Taylor	CVFR	56.52

This was a one off low key affair to celebrate Dennis O Keefe's 50th Birthday with all the money being raised for charity. This was a first first for Karl Gray. Well done and Linda having a good run to take the ladies prize. I had a disaster badly twisting my ankle on the run in to the finish which in turn stopped me from doing Peris Horseshoe at the weekend and this was the first time that I had dared to enter it. Never mind - there'll be a next time. We had a good social night in the pub and £120 was raised for Overgate Hospice. Thanks everyone for making the night a success. Thirza

Peris Horseshoe - Sat 21st Sept -
17.5mIs/8500'

1.	James McQueen	Eryri	3.33.15
2.	Karl Gray	CVFR	3.47.40
19.	Bill Johnson	CVFR	4.30.51
48.	Allan Greenwood	CVFR	5.19.41
60.	Phil Swaine	CVFR	6.09.18

What an excellent result for Karl on this one of the toughest fell races in the country. What a week he's had placing first and then second. The day was warm and bright and route finding no problem. Karl was lying in about 8th place during most of the first half but on the descent onto Pen Y Pass picked up 3 places to fifth position and then took another three between Pen Y Pass and Lliwedd maintaining this position all the way to the finish. VERY WELL DONE and to the other three CVFR's who got round Bill having a good run, Allan kept it going and was in awe at the steepness of the mountain and gullies dropping away. Thank god you could see. Poor Phil had bad feet problems with massive blisters but struggled on like the man he is to complete and get valuable club points. Great stuff.

Thirza

PS Picture was taken before as they are all still smiling



Thieveley Pike - Saturday 28th Sept - 4ms/1000'

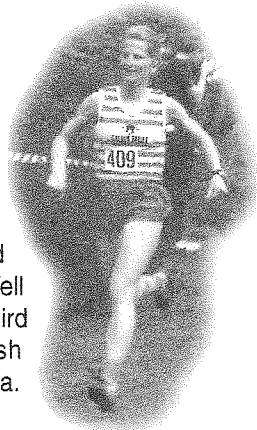
MENS RACE

1.	Rob Hope P & B	22.35
2.	Simon Bailey Staff Moors	22.37
3.	Ian Holmes Bingley	23.02
28.	Karl Gray CVFR	25.36
58.	Jeff Winder CVFR	26.39
84.	Dave Beels CVFR	27.54
98.	Keith Cadby CVFR	28.35
101.	Bill Johnson CVFR	28.40
118.	Jon Underwood CVFR	29.11
253	Dave Culpan CVFR	38.32

WOMENS RACE

1.	Andrea Priestley Ilkley	27.13
2.	Louise Sharp Keswick	27.37
3.	Karrie Hawitt (U/20) Warrington	29.01
6.	Anne Johnson CVFR	29.39
20.	Linda Crabtree CVFR	33.29
22.	Thirza Hyde CVFR	33.47
44.	Julie Underwood CVFR	43.32

Another cracking race for the last counter in the English championships with Jeff getting pipped to the post by Mike Walsh for Gold. Another excellent performance from Karl placing in the top 30 among the "big guns". Anne had a belter - not bad considering she says that she's not very good at short races!!!!!! and I worked hard to catch Linda but it wasn't to be. Well done Julie - keep at it. We picked up third team and scored points in the English championships. Thirza.



Ian Hodgson Relay Sunday October 6th 25ms/8500' 4 pairs of 2 runners

1.	Borrowdale	3.35.54	
2.	Bingley Harriers	3.36.24	
3.	Dark Peak	3.45.29	
8.	Horwich	4.02.30	(1st Vets)
19.	Cumberland FR	4.22.11	(1st Mixed)
35.	Keswick	4.49.11	(1st ladies)
39.	CVFR	4.54.40	



This was a fight to the finish with Borrowdale out sprinting Bingley on the final run in. We had a bit of a disappointing time as there seemed to be a lack of enthusiasm for one of the best mountain relays in the country. Perhaps we need to target either this or the FRA Relay next year. What do you think? Gary was stuffed with the cold and had to pull out on Thursday night leaving Tony no option but to run to make up the

team. Everyone did their best on the day but to be honest with the calibre of club members now we should be placing in the top 15 if we can people to turn out. It was a gorgeous day in the Lakes and we had a good day. (I was spectating and giving words of encouragement!!!) Well done. Thirza

High Brown Knoll - Sunday 13th October - 6.5ms/1050'

1.	Steve Oldfield Brad Aired'le	43.27
2.	Andy Clarke CVFR	45.31
9.	Dave Beels CVFR	49.54
10.	Wayne Brown CVFR	51.20
15.	Andy Wardman CVFR	52.11
17.	Jon Underwood CVFR	52.22
21.	Anne Johnson CVFR	55.24
27.	Tony Bradley CVFR	58.49
28.	Rob Acheson CVFR	59.02
30.	Allan Greenwood CVFR	59.36
32.	Linda Crabtree CVFR	60.30
48.	Dave Culpan CVFR	69.30

56 ran

I met Allan down at The Dusty Miller and he had already been setting up the finish area. We went in his car up to Wicken's Farm and he took some photo's of the valley, which was completely filled with mist, just like cotton wool, as the low orange sun lit the hillsides and distant Stoodley Pike up. I drove back leaving him with a big bag of flags and some bottles of wine and beer to give to the farmers on the route, with notes thanking them for putting up with the races. I got to registration for 9-30 and set up with my friend Carole Waterhouse of Halifax Harriers and we took 56 entries including just one junior. The race started on time and 'Beelsy' set off like a mad man as usual. Right beside him though after 20 yards was Tony Bradley, as he had seen the Halifax Courier photographer. Off we went and up the climb through the wood I kept close to Anne and Sue Becc's. It was boggy over the moor after checkpoint 1 at Sheepstone so me and Tony (who had slowed down a little by now) went off on a different route. We joined back in near the summit of High Brown Knoll only to find Anne coming towards us, going back via same route. Just after the summit I was just behind Tony. Half way down he stopped to fasten his shoelace, (good ploy!) so runners went past him. I followed his route and I was surprised to see Allan over on the left. We had made quite a lot of ground up and caught up a group in front by the time we reached the Calderdale Way. I had quite a race on, back down through the woods with Allan and Tony, though Tony found the best line and beat us both, finishing a minute in front of Allan and almost two in front of me. I finished as third lady so got some yummy chocs, though Anne who had won got a lovely fleece jacket. Linda Crabtree.



Brielden Hills Race - Sunday 13th October - 7ms/2300' (Shropshire)

1.	Tim Davies Mercia	50.54
16.	Sally Newman CVFR	62.44
56.	Steve Garner CVFR	75.00

94 ran

Recent recruits ran this race in their new sparkling Calder Valley vests with Sally placing well up the field to take 1st lady. She said that she didn't enjoy the race as much as she had hoped as there has been a course change since she last ran it and now it has too much road in it. Well done to you both and I'll have a little report the next time - you won't get off with it that easy. Thirza

Pentland Skyline - Sunday 13 October - 16 miles/6200'

1.	John Duncan	Cosmics	2.29.14
9.	Karl Gray	CVFR	2.42.08
10.	Angela Mudge	Carnethy	2.42.29
16.	Jeff Winder 1 st V50	CVFR	2.50.22
29.	Rod Sutcliffe	CVFR	3.10.52
69.	Stewart Gardner	Northumberl'd FR	3.42.05
70.	Thirza Hyde 1 st FV40	CVFR	3.42.11
97.	Charlotte Roberts	Northumberl'd FR	4.21.16

101 ran

Caerketton Hill, Allermuir Hill, Castlelaw Hill, Turnhouse Hill, Carnethy Hill, Scald Law, South Black Hill, East Kip, West Kip, Hare Hill, Black Hill, Bell's Hill, Harbour Hill, Capelaw Hill, Allermuir Hill (again), Caerketton Hill (again) – I think we went up and down all the Pentland Hills in this race, amazingly starting only five miles from the centre of Edinburgh. I lost count of the climbs and every time I thought I'd done the last one there was another. Although the perfect sunny autumn weather helped, this could become one of my favourite races, and I'll definitely be back. Thirza had an excellent run, very nearly beating Stewart at the finish, and was first female vet, though she was in the shower when the prize was announced. Karl had another stormer to finish 9th and Jeff, out to enjoy himself after a pressured season in the championships, cruised in as first V50. All of the hills were mainly runnable (in theory) but try doing 16 one after another! I decided to walk them early on and try to make up ground on the descents. This worked fairly well and I was jogging some of the later ones, but the descents did some damage as well and the last three climbs were a struggle. I'd like to see this race in the championship again next year, and maybe a few more people going up for the weekend.

Rod

Saltergate Gallows - Sunday 27th October - 8mils/1200' (Noth York Moors)

1.	Andrew Henderson	Quakers	67.57
2.	Ian Ellmore	Scarb'rough	71.54
3.	Steve Houghton	CVFR	72.56
4.	Helen Johnson	Bingley	73.25
6.	Geoff Bell	Scarb'rough	76.01
37	Val Bell	Scarb'rough	104.00

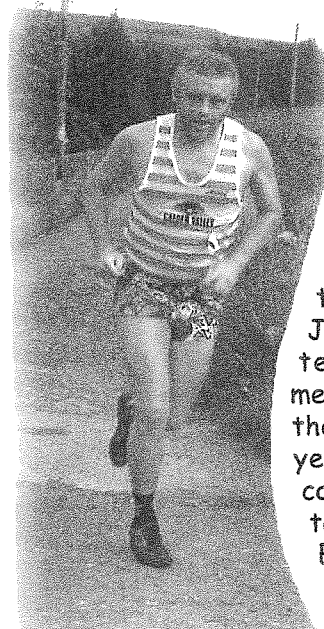
42 ran

Sat in the car watching the rain coming down in stair rods I wondered if this was a good idea, but as you can see by the result it certainly was. 10.30am came and the organiser gave us his race route orders. Off we went at bunny run pace, I thought it was too fast because it was 8 miles not a 3 miler and I settled down into a nice steady pace and reached checkpoint 1 (Needle Point) in 10th place. The race then contours a moor and descends into a valley containing the North York Railway. When I reached the top of the descent I was told I was in 4th place!!!! because the lead group had dropped off into the valley too early and were out of bounds so they were disqualified. From here I concentrated on holding onto 4th but Helen Johnson was in front and not too sure of the route so she followed me round until the last climb and then tried to outsprint me to the finish. Luckily for me I had enough left and my male pride took over and I managed to hang on to 3rd place. Great. Fantastic race but spoilt by teaming rain and high winds.

Steve.

P.S. Our Greg came to support me and even though he had 73 layers of clothing on he still got wet through.

Captain's Corner.



Well I thought it was about time that I contributed a little to this excellent publication (should get me in Thirza's good books), and what better way to start than to offer congratulations to Jeff and the rest of the V/50 team. Jeff secured silver medals in both the British and the English championships this year in a very tightly fought contest, and to the rest of the team who supported him in the English championship again taking silver in the team event. To get a team out in the English races had been a

goal this year and it just shows the calibre of members who turned out to make sure we had enough counters. The V/40 team finished 6th without really trying so I hope next year we can organise runners to get out in both categories and hopefully do even better. Both relays went well and I would like to take this opportunity to thank all who turned out for the club, especially Paul Frechette who was called up to run in the FRA relay the night before, I think it was the fact that he was doing his shopping at the local supermarket at the time which left him short of excuses. The only downside of him offering his services was the fact that in Knowingly accepting to run a navigation leg with ace navigator Rod then getting lost, he may be open to a nomination at the dinner. I would like to take this opportunity to welcome the many new members who have joined the club in the last year, hopefully you have been enjoying the training runs and general feel of the club. We have started to do some quality sessions on a Thursday night on Savile Park, and I am pleased to say that after a couple of shaky weeks numbers wise we are now getting a good turnout of around 12-14 members. The good thing about these sessions is that from start to finish it only takes about 50 minutes and the session is designed so that it doesn't matter what level of fitness you are at, the effort you put in gives you the gains. The other good thing about it is that Thirza is usually too knackered to talk, worth turning up just to see that then. (Well Tony you thought you were in the good books until this little snippet. T!!!!) The Calderdale Way is almost upon us and this year we are entering 3 teams one of them a mixed team so if you are available to run and haven't yet let me know then please do so, BT have set on extra staff this year to cope with the rise in calls during this period. Don't forget the winter league turnout at races this year has been very good, lets keep the clubs colours flying at these races. Well enough of my ramblings hope to see you all on the fells (those of you near the back of the field anyway - or at the front if the courier photographer is about)

Tony

FRA RELAY - LANGDALE

teams of 6 with 2 x 2 pairs and 2 single legs

Saturday October 19th

1.	Borrowdale	2.45.06
2.	Ambleside	2.50.57
3.	Pudsey and Bramley	2.51.33
25.	Calder Valley A	3.36.00
39	Calder Valley Vets	3.36.00

As you can tell from these results that there has been a cock up somewhere with the time keeping and I have it on good authority that there wasn't so many teams between our two teams. Anne had an excellent run for the A team chasing Dave Beels in the vets team and the chase went back and forth until Rod got lost (only a tiny bit but we need to let you know) with Paul and Jon and Carl got past leaving Andy on the last leg with a few minutes advantage but an in form Gary Webb had a stormer placing 12th fastest overall on his leg to nearly catch Andy - only seconds kept them apart. Well done to everyone for turning out and especially to Paul Frechette at the last minute. Thirza

Race you to the Summit - Sunday 27th

October - 4mils/800'

1	Wajib Ali (U18)	Felldancer	31.21
7.	Dave Beels	CVFR	34.12
11.	Andy Wardman	CVFR	34.38
19	Anne Johnson	CVFR	37.04
22.	Rob Acheson	CVFR	37.59
32	Linda Crabtree	CVFR	41.48
39	Dave Culpan	CVFR	45.32

Thanks for turning up on such a lousy day. Would you believe it took me 2 hours to put those flags out, battling into the teeth of the wind and rain. Many thanks to all who helped out on the day, Carole Waterhouse on registration, Colin and Brenda Robinson, Bill Smith, Carole Waterhouse and Mick Fryer on the finish line. Jim Smith who stood out in that appalling weather to take summit positions and my very good friend Bill Johnson for going out in the afternoon and gathering the flags in. Special thanks to Tony Hulme at Running Bear, and Felldancer and Lancashire Sports Repairs (Eric Riddall) for their generous help with the winners prizes, supplying Felldancer shoes for Wajib and Anne. Thanks Frank and Marsha at The Summit Pub for giving us a warm welcome after only recently taking over at the pub. See you again soon, Allan Greenwood and Linda Crabtree.

WILL YOU KEEP YOUR EYE ON THE BLUE LIST FOR AWAY RUNS AND TRY AND TURN UP AT THE RIGHT PLACE. YES THIS A WEE REMINDER ESPECIALLY FOR YOU ANDYShibden? Stump Cross?? AND THE THURSDAY NIGHT TRAINING RUNS ARE TAKING OFF AND IT IS MUCH NICER ON THE LEGS ON THE GRASS SO IF YOU CAN'T MANAGE ANY TUESDAYS TRY AND GET A THURSDAY IN. IT WILL BE AT 6.45PM AT SAVILE PARK UNTIL FURTHER NOTICE

Shepherd Skyline - Sat 2nd November -

6.25mils/1150'

1.	George Ehrhardt	Tod	43.29
2.	Siggy Gould	Bingley	43.50
3.	Steve Oldfield	Brad Aired'le	44.07
9.	Andy Clarke	CVFR	46.25
32.	Wayne Brown	CVFR	49.54
37.	Sally Newman	CVFR	52.07
46.	Anne Johnson	CVFR	53.43
59	Jon Underwood	CVFR	56.15
88.	Graeme Woodward	CVFR	59.32
106.	Thirza Hyde	CVFR	61.42
134	Bob Howard	CVFR	65.40
165	Dave Culpan	CVFR	69.25
173	Julie Underwood	CVFR	72.03
183	Rose Carnochan	CVFR	78.26
193 ran			

Well the weather never lets us down at this race and it didn't this year. It just started to rain as we were at the start and it was fine drizzle all the way with puddles of water and mud glorious mud. The going was tough but then the tough got going with Andy taking 9th place, Sally won the ladies, Anne was third lady and I placed 11th (and when Sal can count we'll lift an amazing amount of booze between us!!! in ladies team prizes). Well done to everyone who did it, it was a hard race and the girlies nearly matched the number of men from CVFR at this race. YeeehaThirza

Ayhope Skyline - Sunday 3rd November -

11mils/1800'

1.	Ken Maynard	Quakers	1.03.13
2.	Andy Henderson	Quakers	1.03.15
3.	John Goodwin	Middls'boro	1.06.17
4.	Colin Valentine	Keswick	1.06.22
5.	Steve Houghton	CVFR	1.06.44
9.	Karen Robertson	NFR	1.08.28

Lovely morning, sunny not too cold and nice to be here after last weeks soaking. The race route was altered to accommodate forestry work and was shortened from 13.25 miles to 11 miles, fast and runnable but very nice to run somewhere different. A long run out of the forest onto Hamsterley Common, the running here was fantastic but not very enjoyable as I had to hang on to Colin in front and he's going well at the moment. Nice run over the moor and back into the top of the forest at a point called Potato Hill. Nice descent from here down a narrow leafy footpath and down a forest road into the valley bottom. Nearly at the finish now and I can dig in and try and catch Colin and John who are 100 yards in front, turn left and I can put a sprint on, SHIT I forgot about the uphill bit and a few steps and my legs won't go any faster but neither would theirs and I hold on but not enough left to catch them. **Good Race, Good Venue**, loads of beer prizes at the end Hic!!! (Denis Gildea would love it....) Steve PS Greg and Margaret came with me and had a lovely walk through the forest and cheered me out onto the fell and back at the endwait until our Greg starts running again this will bloody kill him

DATE FOR YOUR DIARY

CLUB DINNER AND PRESENTATION EVENING WILL TAKE PLACE AT THE WOOL MERCHANTS, HALIFAX ON SATURDAY 25th JANUARY 2003. COST WILL BE £15.00 MORE DETAILS IN NEXT NEWSLETTER