

CALDER VALLEY FELLRUNNERS

# Sheep Sheet

October 95

Monthly Newsletter to keep you in the running

## WHAT'S NEXT.....

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

## DEADLINE FOR NEXT ISSUE Late November

Well with the dark nights its back to training on the roads. The Tuesday night runs up until Christmas are published in this newsletter so that if by chance you are late getting down to the club you still know where we have gone and depending on who you are you might just be able to catch us up. Me, I would just go to the pub. Put December the 12th in your diary as we are running from a different venue and going for a drink afterwards.

I've also published an up-to-date club membership list with new addresses and telephone numbers. If there's anything wrong with the details can you let me know and I'll amend it for next time.

I've been getting alot of results sent to me which is great because without this info it wouldn't be worthwhile producing a newsletter. If you feel like putting on a few lines of report about the race you've run (especially if anything interesting! happens to a club member) please do so. A few folk have said that they enjoy reading these little reports at the bottom of the results.

I'm going to carry on producing our newsletter next year so if you've any ideas, things you don't like or do like please come to the AGM and tell me.

Cheers Thirza



## ANNUAL GENERAL MEETING

**MYTHOLMROYD  
COMMUNITY CENTRE  
TUESDAY 7th NOVEMBER  
AT 8.00PM**

Now it's your chance to have a say. Please try and make the effort to be there. There is a list up in MCC notice board of the proposed new committee. Have a look. Next years races, dates for them, marshalls etc., will be discussed. Come to the AGM, air your views. If there is something bothering you come and say because if we don't know about it we can't sort it out.



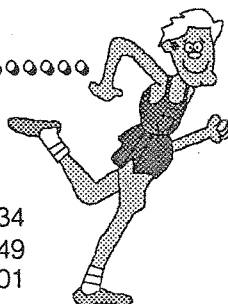
Now then. This photo was sent anonymously wondering if Allan Jones is having a well earned rest during his Bob Graham attempt or is he doing his bit during the current water shortages and saving water for his fire engine!!



- The Club dinner will be held on the 20th January at the same venue as last year. There is a menu sheet later in the newsletter. Please book as soon as possible with TONY BRADLEY so that he can get the numbers sorted out. He will want some money with the booking please.

- Anyone using MCC on a Tuesday night for showering will they please make sure that if they haven't paid their MCC subs that they pay £1.00 for their shower. Ta.

# CLUB RESULTS .....



## Wardle Skyline - April 22nd (7mils/1000')

1.	M. Corbett	Ross'dle	47.34
12.	Karl Smith	CVFR	51.49
16.	Mark Horrocks	CVFR	53.01

(135 finished)

## Pen-y-ghent - June 3rd (5.5mils/1650')

1.	C. Roberts	Kendal	43.45
20.	M. Horrocks	CVFR	50.41
43.	Alistair Sherriffs	CVFR	53.16
45.	Duncan Thompson	CVFR	53.50
126.	Paul Whittaker	CVFR	63.06
155.	Steve Cavell	CVFR	66.37

(185 finished)

Good quality field for this race with Mark Kinch being pushed into 2nd place by Craig Roberts by just eight seconds. There must have been a good old tussle going on with these two.

## Holcombe Tower - June 21st (3.5mils/850')

1.	R. Jackson	Horwich	19.59
17.	J. Turnbull	Bury	22.04 (1st Lady)
84.	Louise Atkin	CVFR	26.49

(148 finished)

## Whittle Pike - July 1st

1.	M. Moorhouse	Salford	38.13
5.	Mark Horrocks	CVFR	40.55
20.	Alistair Sherriffs	CVFR	43.20
61.	Paul Whittaker	CVFR	54.28

(83 finished)

## Bootle Blackcombe - July 9th 5.5mils/900'

1.	N. Wilkinson	Salford	41.13
11.	Mark Horrocks	CVFR	49.06

## Widdop Fell Race - July 26th (7mils/1200')

1.	G. Patten	Bath AC	46.55 (New record)
9.	Duncan Thompson	CVFR	51.30
45.	Emma Hodgson	Fell & Dale	58.46 (New record)
52.	J. Wilkinson	CVFR	59.52
72.	Jez Wilkinson	CVFR	63.24
87.	Pete White	CVFR	65.05
95.	Charlotte Roberts	CVFR	67.06
115	Irene Neville	CVFR	74.17
120.	Helen Taylor	CVFR	76.07
122.	Ted Long	CVFR	78.05

(129 finished)

## Borrowdale - August 5th (17 mls/6500')

1.	Simon Booth	Borro'dle	2.49.33
27.	Menna Angharad	Eryri	3.25.33
49.	Mike Wardle	CVFR	3.38.46
55.	Duncan Thompson	CVFR	3.45.00
91.	Rod Sutcliffe	CVFR	4.03.24
125.	Charlotte Roberts	CVFR	4.21.20
141.	Peter White	CVFR	4.29.58
147.	Andy Thompson	CVFR	4.31.23
178.	Geoff Bell	CVFR	4.54.42
185.	Thirza Hyde	CVFR	4.56.15
215.	Simon Towler	CVFR	5.29.43
226.	Irene Neville	CVFR	5.38.41

(240 finished)

Glorious hot day for this run. The womens record was broken and Paul Frechettes heart was broken as he had to jack in because his fell shoes fell to bits. (You're having a good year Paul). Mike (Mountain Man) Wardle had a good tussle with Duncan and Charlotte with Pete White. Pete said "I gave her half a topic bar at Honister Pass and then I didn't see her for dust". Charlotte had a belter of a run coming in 5th lady and 3rd lady vet. Well done.

## Crow Hill - August 1st (5mils/1000')

1.	Ian Holmes	Bingley	29.38
7.	Mark Horrocks	CVFR	32.35
16.	Alistair Sheriffs	CVFR	33.58
17.	Duncan Thompson	CVFR	34.09
21.	Denis Gildea	CVFR	35.08
28.	Glynda Cook	Roch'dle	36.17
45.	Paul Whittaker	CVFR	38.42
48	Mick Banks	CVFR	39.04
64.	Juliette Whalley	CVFR	41.05

(91 finished)

## Sedburgh Hills August 13th (14mils/6000')

1.	D. Nield	Mercia	2.10.05
11.	Karl Smith	CVFR	2.19.24
13.	Steve Houghton	CVFR	2.20.04
29.	Jeff Coulson	CVFR	2.27.41
37.	Jeff Winder	CVFR	2.30.16
86	Paul Frechette	CVFR	2.48.19
108.	Chris Peart-Binns	CVFR	2.55.48

(154 finished)

This was abit of a turn up for the books as the first 3 runners home were disqualified for not having the required minimum kit. Race Organisers are getting keener with kit requirements especially for the longer races - so be warned. The club got the second team prize in this race.

# MORE RESULTS .....

## Wadsworth Village Fair Fell Race - August 26th (4.5 mls/800')

1.	G. Oldfield	Brad & A'rd	23.18 (record)
7.	Mark Horrocks	CVFR	24.32
12.	Graeme Barrie	CVFR	25.33
30.	Alistair Sherriffs	CVFR	27.13
53.	Mike Wardle	CVFR	29.07
72.	Juliette Whalley	CVFR	30.24 (2nd Lady)
88.	John Riley	CVFR	32.28
99.	Russell Arrandale	CVFR	33.58

A Good turn out from the club for Bernard & Kay's last running of this race. Excellent runs from Mark (5th) and Juliette (2nd Lady). Graeme Barrie put himself in strong place to win the Hebden Bridge Challenge. Good to see Russell and John racing again. Hope this is the start of things to come. Bernard and Kay are still looking for someone to take over the running of the race so if you're interested please get in touch with them. Ta  
Mike Wardle

## Golf Ball Fell Race - August 23rd (5 mls/800')

1.	R. Hope	Horwich	35.43
8.	Mark Horrocks	CVFR	37.25
28.	Duncan Thompson	CVFR	39.54
31.	Alistair Sherriffs	CVFR	40.00
32.	Steve Houghton	CVFR	40.00
85.	Mike Banks	CVFR	44.21

(151 finished)

## Mount Skip - August 26th (4.5 mls/1000')

1.	K. Stirrat	Hfx. Har	30.06
7.	Steve Houghton	CVFR	33.35
16.	Denis Gildea	CVFR	34.50
27.	Richard Kellett	CVFR	36.43
29.	Mick Banks	CVFR	37.23
37.	Louise Atkin	CVFR	39.46
39.	Andy Thompson	CVFR	40.05
48.	Eddie Proctor	CVFR	41.41
60.	Ted Long	CVFR	48.24

(66 finished)

## CAFOD Grisedale - September 2nd (10 mls/4400')

1.	Jim Davies	Borrow'dl	1.48.26
6.	Mark Horrocks	CVFR	1.50.45
31.	Vanessa Peacock	Clayton	2.04.21
35.	Duncan Thompson	CVFR	2.06.42
40.	Mike Wardle	CVFR	2.08.56
67.	Jess Palmer	CVFR	2.24.01
76.	Geoff Bell	CVFR	2.29.41
79.	Mick Banks	CVFR	2.32.15
114	Val Bell	CVFR	3.21.21

(118 finished)

This was Marks debut in a proper Fell Race. Despite pre-race nerves he turned in an excellent performance leaving the rest of us trailing. Vanessa Peacock knocked nearly 5 minutes off the ladies record. The race was run in good conditions with a cool breeze, broken cloud and occasional showers. The course is hard with one of the steepest descents in a lakeland race. Mike Wardle

## Stretton Skyline - September 3rd (18 mls/4400')

1.	A. Haynes	Eryri	2.29.13
4.	Steve Houghton	CVFR	2.34.14
12.	Denis Gildea	CVFR	2.44.53
19.	Greg Houghton	CVFR	2.51.16

Very dry conditions underfoot meant for fast going on this fairly tough BL, with 3 stiff climbs to break up all the running! Steve ran a good second half to finish 4th (even though he isn't fit!!!), with myself and Greg finishing close to each other, this secured the team prize and a welcome bottle of expensive wine (not!). We can't grumble I suppose.

Denis

(If it isn't half a dozen cans of lager he doesn't want to know Ed!)

## Dalehead - September 17th (4.5 mls/2210)

1.	Mark Kinch	Warr'gton	41.32 (record)
51.	Jeff Coulson	CVFR	50.44
54.	Sarah Rowell	P & B	51.16 (record)
56.	Steven Houghton	CVFR	51.30
71.	Denis Gildea	CVFR	54.27
79.	Greg Houghton	CVFR	55.05
154.	Thirza Hyde	CVFR	66.21

(179 Finished)

All the fellrunning stars turned out for this little classic Tough going with alot of climbing in such a short distance. Both the records were broken in this race. Denis had a real fight with Greg only just catching him at the last.

## Peris Horseshoe - September 23rd (17mls/8500')

1.	Adam Haynes	Eryri	3.21.38
5.	Steve Houghton	CVFR	3.27.04
18.	Denis Gildea	CVFR	3.51.26
19.	Mike Wardle	CVFR	3.51.45
42.	Greg Houghton	CVFR	4.14.00
57.	Grahame Woodward	CVFR	4.35.30
80.	Mick Banks	CVFR	4.48.05

Denis seems to be having some fair old tussles lately. This was no exception with Mountain Man Wardle always seeming to get a better line. Every time Denis thought he had him up would pop Mike IN FRONT OF HIM AGAIN. This was to happen in the whole race with a sprint finish and only 19 seconds between them.

# AND YET MORE RESULTS .....

## Stoodley Pike - July 18th 3.5mls/800'

1.	Ian Homes	Bingley	16.40
17	Mark Horrocks	CVFR	19.03
20	Karl Smith	CVFR	19.09
27.	Duncan Thompson	CVFR	19.42
34.	Alistair Sherriffs	CVFR	20.14
45	Matt Drake	CVFR	20.52
49.	Lucy Wright	Leeds City	21.00
68	Richard Kellett	CVFR	21.41
98.	Andy Thompson	CVFR	22.58
104	Mick Banks	CVFR	23.11
106.	Jess Palmer	CVFR	23.14
112.	Gerry Symes	CVFR	23.24
116.	Louise Atkin	CVFR	23.31
119.	Rod Sutcliffe	CVFR	23.41
132.	Pete White	CVFR	24.12
137.	Paul Whittaker	CVFR	24.16
168.	Thirza Hyde	CVFR	25.26
172.	Irene Neville	CVFR	25.51
180.	Dave Gilyeat	CVFR	26.14
208.	Ted Long	CVFR	29.15

(234 finished)

## Burnsall - August 19th (1.5 mls/1500')

1.	Andy Peace	Bingley	13.31
66.	Gerry Symes	CVFR	18.58
73	Tony Bradley	CVFR	19.27
58.	Jean Shotter	F & D	18.27
98.	Thirza Hyde	CVFR	21.47

(119 finished)

Another glorious hot day for a run. At least it was only short but bloody fast and furious. The atmosphere here is great with plenty of people shouting you on. This was the first time I had to climb a DRY STONE WALL in a race. It was certainly different. There was only three us from the Club but we all had a good run and I picked up the third ladies prize. I was abit disappointed as it wasn't of the alcoholic nature.

## Ben Nevis - September 2nd (10 mls/4400')

1.	Ian Homes	Bingley	1.28.08
185.	Brian Horsley	CVFR	2.09.38
191	Tony Bradley	CVFR	2.09.53
227.	Allan Jones	CVFR	2.15.57

This was taking the safety aspect too far as all the runners had to start the race with FULL windproof gear on as the report from the top was of slight sleet. Surely runners would have put on their gear as and when they needed it. A kit check at the beginning of the race would have ensured that everyone had their kit as in the Edale Skyline race everyone is stopped and checked.

## Elidir Fawr - September 30th (5mls/2800')

1.	Colin Donnelly	Eryri	51.09
32.	Steve Houghton	CVFR	59.19
45.	Greg Houghton	CVFR	63.47

## Ian Hodgson Relay - October 1st

1.	Borrowdale	3.37.56
2.	Bingley	3.44.57
3.	Livingstone	3.51.26
4.	Kendal AC	3.55.39
5.	Calder Valley	3.57.04
26	Ambleside (mix)	4.35.01
48.	Calder Valley (mix)	5.17.24

An excellent effort by the A team to come in so high up. Well Done. Jack Maitland caught sight of our lads coming in at the finish and gasped "Even Calder Valley have \*\*\*\*\* beaten us. Pudsey and Bramley were eighth.

## Tour of Pendle - October 7th

1.	Andy Wrench	Tod	2.22.40
2.	Mark Horrocks	CVFR	2.25.56
22.	Duncan Thompson	CVFR	2.37.30
31.	Jeff Winder	CVFR	2.40.29
57.	Mike Wardle	CVFR	2.50.31
99	Brian Horsley	CVFR	3.04.30
10.3.	Miick Banks	CVFR	3.08.38
110.	Paul Frechette	CVFR	3.13.02
112.	Allan Jones	CVFR	3.13.16
115.	Andy Thompson	CVFR	3.15.08
121.	Simon Towler	CVFR	3.19.22

Well we certainly had a good turn out of runners for this local race. Mark had a stormer coming in second place. Excellent. Thanks to Duncan who obviously did a good job with the reccy runs before hand and whats this about some arrows to help your route finding? Good to see the Auld Buggers from Bradford direction making a guest appearance. Irene was on hand at the race with a much welcomed drink but it was with pleasure that she waited at the worst climb towards the end of the race, just to see people suffer. The club won the third mens team prize. Brill.

## TUESDAY NIGHT - TRAINING RUNS FROM MCC

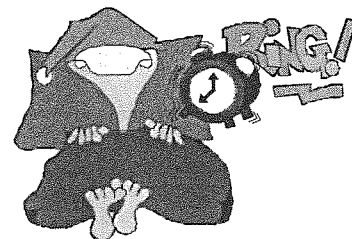
- OCTOBER 24** Hebden Bridge → Mytholm Steeps → Blackshaw head → Colden → Heptonstall → Hebden Bridge → Birchenclyffe → Mount Skip → Midgley Road → MCC.
- OCTOBER 31** Luddendenfoot → Scout Road → Steep Lane → Turkey Lodge → Cragg Road → MCC.
- NOVEMBER 7** NO RUN - AGM.
- NOVEMBER 14** Scout Road → Sowerby Bridge → Triangle → Butterworth Lane → Steep Lane → Scout Road → MCC.
- NOVEMBER 21** Hebden Bridge → Mount Skip → Pecket Well → Hebden Bridge → Buttress → Heptonstall → Hebden Bridge → MCC.
- NOVEMBER 28** Midgley Road → Jowler → Stone Chair → Stocks Lane → Midgley → MCC.
- DECEMBER 5** Luddendenfoot → Then follow Trail Blazer '7' route through Warley → Norton Tower → Stocks Lane → Midgley → MCC.
- DECEMBER 12** *Meet at North Bridge Leisure Centre at 7.00pm for a run followed by a few drinks in town*
- DECEMBER 19** Cragg Road → Turkey Lodge → Scout Road → Midgley → MCC.

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## **TRAINING TIPS** - This issue we talk to Denis Gildea and ask **HOW DOES HE DO IT!**

- STAMINA TRAINING**  
**or the DAY'ER** Pint after pint of lager until you build up the endurance to cope with an "ALL DAY'er. Once you've established your basic stamina/endurance more specific quality workouts are required to improve performance. see below.
- SPEED TRAINING**  
**or HAPPY HOUR** Get as many down your neck while the price is right. This is followed by a steady intake of lager for the next 6 hours as a cool down.
- FARTLECK**  
**or CHASERS** Steady pint of lager followed by a swift Jack Daniels. REPEAT and REPEAT. If you're new to this training - 3 to 4 reps to start with but progressing as fitness improves or until the wallet dries up and your mum won't lend you anymore money.
- CARBO LOADING**  
**or THE RACING 5** This gets the right amount of carbo (lager) into the system for the race the following day. Care must be taken to get this just right as it might result in you sleeping in and missing the race.

Just in case anyone doesn't know (although I'm sure I've tried to tell everyone) but Denis was a good boy the night before the FRA relay following strict orders from Captain Jeff not to drink. On doing as he was told he didn't hear his alarm (or he says it didn't go off) and was wakened by his mum at 8.30 and he should have had a lift at 6.45pm. Poor Greg had to run his leg after doing the Langdale the day before. I think there might be a pint or two in this for you Greg. ED.



Well thanks Denis and in the next issue "Training Tips" speaks to Karl Smith on how "kick boxing" can help you keep in front of your rivals or alternatively ask Graeme Barrie for details. (PS We know you didn't really do it Karl but it makes a great tale and we wish you a speedy recovery Graeme).

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# Christmas

## LUNCH

### Hors D'Oeuvre

Please select and indicate numbers in appropriate box

- Melon and Parma Ham with Crusty Bread and Black Pepper
- Leek and Potato Soup
- Button Mushrooms in a Cream Sauce finished with Stilton

### Entrees

- Traditional Turkey served with home-made Stuffing, Chipolata and Cranberry Sauce
- Fillet of Salmon with a Basil Cream Sauce
- Sirloin Steak cooked medium with a Pepper Sauce

*Main Courses are served with Chef's choice of Seasonal Vegetables and Potatoes*

### Entremets

- Traditional Christmas Pudding with Rum Sauce
- Profiteroles filled with Fresh Cream and topped with a Chocolate and Grandmarnier Sauce
- A selection of Cheeses served with Biscuits, Celery and Grapes

### Cafe

- Fresh Ground Coffee and Chocolate covered Mints

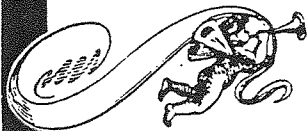
Price £14.95 per person

A non returnable deposit of £10.00 per person is required to confirm a booking

All prices are inclusive of V.A.T.

Service charge at your discretion

Final numbers, menu selections and full payment required 14 days prior to event



# Vegetarian Menu

Please select and indicate numbers in appropriate box

### Hors D'Oeuvre

- Fanned Avocado served with Mixed Leaves and Citrus Dressing
- Spinach and Pinenut Mash Potato topped with Goat's Cheese

### Entrees

- Wild Mushroom Stroganoff
- Vegetable Parcels accompanied by Tomato Fondue

N.B. Select desserts from your party's menu.

If a soup course is included on your party's menu it will automatically be served to you.

Special dietary requirements can be prepared. Please give prior notice.

