



calder valley fell runners

SHEEP SHEET

.... October 2003

Calder Valley AGM

Tuesday 11th November at 8.00pm
Shoulder of Mutton

Please try and make it. If you are interested in taking on a committee position please let Rod know as soon as possible

Stretching Techniques

A few of our newer runner (and some of the old hands) aren't sure what stretches are best for runners, when to do them and more importantly the correct way to do them. So we've asked a lady called Lisa who specialises in stretching (especially for runners) to come and give us a demonstration on how to do it!!! SHOULDER OF MUTTON, (Upstairs) TUESDAY 18th NOVEMBER, 8.30pm AFTER THE RUN. Might be trickier balancing with a pint in your hand!!!!

THANK YOU

The Everest talk by Mark McDermott was a great success. There were 170 tickets sold, so thanks to everyone for supporting the evening and to those who helped sell tickets. I think everyone enjoyed it and there were numerous compliments for the pie and peas. More importantly, £533 profit was made, which will go towards playground equipment to be used by disabled children at Manor Heath park. ANNEJOHNSON

SCORE EVENT

The club "score event" that was postponed from earlier this year will be held on the 9th November. I hope as many club members as possible will have a go at it, since it makes a fun change from races or training runs.

A score event is like a glorified treasure hunt. Everyone runs individually and aims to visit as many places (called "controls") marked on a map as possible within a set time period, 3 hours. The controls that are further away or harder to find are worth more points than the closer controls.

If you don't want to be out on the fells for as long as 3 hours, that OK, just come back and finish whenever you want. The great thing about a score event is that it is equally challenging to everyone of any ability: if you want to aim for the furthest controls you can (I am confident that no-one will be able to visit all of them in 3 hours), or if you don't want to go as far as that you can plot a shorter route visiting just the closer and easier ones.

You will need to be able to read a map, but for those who are just unconfident with map reading, don't worry. You can take it slowly and even if you just visit a couple of controls, that's fine.

The event will start and finish at our new house: Trough Farm just past the tight bends on Stocks Land out of Luddenden. The grid reference for those so inclined is SE047269.

You can start anytime between 09:30 and 10:30. There will be drinks and hot food afterwards.

If you are planning to take part, please can you let me know, so that we know how much food to do, and how many maps to print.

In April, when the event was originally going to take place, I conducted some simple training so that anyone who wasn't confident in using a map and compass could learn to navigate on the fells. If anyone else would like some basic training, I'd be willing to do it again. Please let me know if you are interested.

Cheers, Bill Johnson (tel 01422 881312)

ON COMMITTEE



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Rod Sutcliffe



CLUB CAPTAIN

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SECRETARY

Jon Underwood



TREASURER

Steve Cavell



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Thirza Hyde

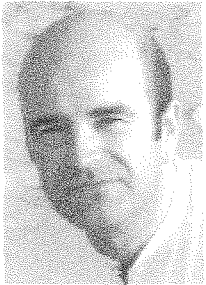
ANY ARTICLES FOR NEWSLETTER PLEASE

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ON COMMITTEE



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STATISTICIAN

Bill Johnson

RACE RESULTS

Brecon Beacons - 19mils/4500' - Saturday 16th August 2003

			Time	Race Level	Ratio
1	Nick Sharp	Ambleside	2:28:32	-	-
2	Simon Booth	Borrowdale	2:30:28	-	-
3	Mark Rigby	Ambleside	2:30:31	-	-
21	Karl Gray	CVFR	2:53:32	2	1.16
39	Sally Newman	CVFR	3:10:51	3	1.27
72	Rod Sutcliffe	CVFR	3:29:30	4	1.40
73	Steve Houghton	CVFR	3:30:30	5	1.40
92	Denis Gildea	CVFR	3:48:50	6	1.53
100	Brian Shelmerdine ...	CVFR	3:56:17	6	1.58
102	Anne Johnson	CVFR	3:57:05	6	1.58
108	Linda Crabtree	CVFR	4:06:54	7	1.65
110	Thirza Hyde	CVFR	4:12:34	7	1.69
113	Linda Hayles	CVFR	4:15:19	8	1.70
124	Greg Houghton	CVFR	4:35:32	9	1.84



Greg with his lip out

SICK, DRUGS, COPS 'n WOES

Well what a weekend. It all started Friday night after having had a tour round the camp site to find the perfect pitch (we are women we are entitled to change our minds LOTS) we scoffed our tea and after Linda Crabtree had cleaned the table, dusted and hoovered out the tent and washed the windows we settled down for the night about 10.30 ish. Linda Hayles, Linda Crabtree and myself shared a tent while Sally slept with Harry Potter. At 12ish things were still lively on the camp site but we expected it to calm down but OH NO - some jobs had other ideas. 1.30ish the shouting, screaming, swearing and bawling got louder. Sally shouted from her tent that it was noisier than Blackpool and had never know anything like it. At 3am they were still at it shouting abuse at people as they tried to get them to shut up (including Linda Crabtree who was hanging out the tent in her best pyjamas giving them what for) They conked about 4 allowing us the comfort of about 2/3hours sleep. Certainly not the best preparation for running 19 miles. We took a fit of the giggles over our porridge but I'm sure it was hysteria at the thought of the race and lack of sleep but not a cross word was said. After complaining at reception we were later informed that 5 gits were arrested for possession of class A drugs. All this before the race had even started!!!!

A smaller field of about 133 at this 19 miler on a very hot day. Great race up to checkpoint 7 as it runs through some lovely scenery over mountains the likes of Pen Y Fan. It was a long hard haul from CP 7 on moorland, track & tarmac!!! I met Greg who was getting a sore lip as it dragged along the floor. He'd had enough and he couldn't be coaxed into running in with me to the finish. With the final climb onto a hill which translated as "Sting in the Tail" it certainly was for quite a few runners. Steve Houghton suffered really bad heat stroke and staggered his way up and down the last hill. He was described as a drunk man as he staggered gallantly to the finish. When I finished at the dam it look just like a Calder Valley Scrap Yard with bodies clad in red and white lying everywhere. Rod was in attendance. Steve was lying in the shade behind a car. Anne kept trying to stand up and she nearly fainted 3 times, Linda C and Denis were throwing up in unison, Linda Hayles was exhausted and just sat looking round in a daze. As she was sitting she noticed Brian approach with his ashen face and tried to cheer Linda C up by saying if you think you feel rough look at Brian's face. She didn't know that he was wearing factor 50 complete sun block!!! Sally had an ace race taking 1st place and we were 2nd team securing our bronze medal. After tending to the sick we headed back to camp leaving poor Rod who was now suffering himself. He was so rough he had to take B & B for another night as he didn't feel well enough to drive home. We did make sure he was safe to drive before we left him on his own. Must have been bad as he never even managed a pint later. This race certainly took it's toll as there wasn't enough water at the water stations, only allowing one glass each unless of course you were Sally who turned on the charm and got two at some of them. With the prospect of a quieter night as the jobs were locked up we had our meal and celebrated with a glass of wine. The girlies retired to bed about 10ish after a tiring day but I had enough energy left to head over to the bar with Denis, Karl, Helen and Jo. All I needed the energy for was to be able to lift my right arm. I was determined to celebrate that medal. I didn't have any problems sleeping that night. I haven't stopped grinning about this medal. Only a few years ago we didn't even have enough girls to make a women's team and now look at us. WHAT A TEAM, Well done and thanks for making a wee Scottish lassie very happy. FRA Do here we come and I'm sorry but glad rags, dancing shoes and party poppers are mandatory.

Thirza

And more results

Rydal Round Fell Race Thursday 31st July - 9mIs/3000'

			Time	Level	Ratio
1	Brian Cole	R. Marines	1:20:13	-	-
2	Gary Devine	P & B	1:20:22	-	-
3	Danny Hope	P & B	1:22:35	-	-
20	Maureen Laney	Clayton	1:37:18	-	-
21	Steve Houghton	CVFR	1:37:30	-	-
36	Denis Gildea	CVFR	1:45:06	-	-
46	Greg Houghton	CVFR	1:48:58	-	-
58	Gerry Symes	CVFR	1:57:40	-	-
68 finished					

Decided to do this instead of Borrowdale for a change. This is definitely a better route than Fairfield because the run in finishes straight off the fell into the showfield and not all the way up the track to the hall which is the hardest part of the Fairfield race especially when your legs have gone. Denis turned up and proceeded to have his pre race breakfast, A BURGER from a takeaway van (How does he do that, probably the same way he has a racing 7 on the beer the night before a race!!!) Denis's mate from the marines won the race, no mean feat this, looking at the quality of the sharp end. Cool misty conditions on tops and odd shower causing a few navigational problems (awkward off Fairfield summit if you don't know it isn't it Gerry). We all had decent runs but Gregs back prevented him descending properly. This was due to a fall in Scotland the previous week. Good race, good day out, good burgers (ask Denis) and 5th team to boot. Can't be bad. Steve Houghton

Lakeland Country Fair Open Fell Race Sunday 17th August 2003 - 6.5mIs/2350'

			Time	Level	Ratio
1	Nick Fish	Ambleside	54.56	-	-
2	Billy Procter	Helm Hill	58.15	-	-
3	Adam Breaks	CVFR	58.23	-	-



One for Next year! Held in conjunction with the fair the race starts and finishes near Torver and simply climbs the summit of Old Man of Coniston and descends the same route. It became apparent from the gun that the leading runners didn't know the exact route. It was up to 2002 winner and course holder to lead the field on to the "Old Man". Once on the climb a trio of runners broke away. Eventual winner Nick Fish (Ambleside) had a gap of around a minute at the summit before flying down to smash the record by 15 minutes. I eventually came through to take 3rd.

Adam Breaks

Calder Valley Summer Handicap

	finish	handicap	running	run time
	time	(start time)	time	position
1	Kay Pierce	1:14:57	03:00	1:11:57 16
2	Carl Greenwood	1:18:51	27:45	0:51:06 5
3	Jez Wilkinson	1:19:40	23:50	0:55:50 9
4	Shaun Birtwell	1:20:05	21:40	0:58:25 12
5	Jon Underwood	1:20:16	30:20	0:49:56 3
6	Bernard Pierce	1:20:23	06:30	1:13:53 17
7	Richard Kellett	1:20:32	23:00	0:57:32 11
8	Barry Shaw	1:20:37	27:20	0:53:17 8
9	Keith Cadby	1:21:37	29:30	0:52:07 6
10	Lee Shimwell	1:22:01	29:05	0:52:56 7
11	Karl Gray	1:22:27	38:35	0:43:52 1
12	Andy Clarke	1:22:58	36:25	0:46:33 2
13	Jackie Scarf	1:23:06	18:15	1:04:51 15
14	Duncan Thompson	1:24:05	23:00	1:01:05 14
15	Rod Sutcliffe	1:26:50	27:45	0:59:05 13
16	Adam Breaks	1:27:01	36:00	0:51:01 4
17	Ant Mayer	1:29:19	32:05	0:57:14 10
18	Mark Everington	1:31:26	09:05	1:22:21 18

Dave Culpan missed High Brown Knoll, Gerry Symes retired injured

Congratulations to Kay for winning this year's summer handicap race, & to Carl for a fine second place. Kay's handicap will be seriously amended for next year. Since she does not run in many races, her handicap time had been estimated and it proved too good for anyone to be able to catch her. At the other end of the finish list, Mark's handicap had also been estimated due to a lack of race results, and it must have been too harsh: he'll set off earlier next time. Rod was feeling the effects of the Brecon Beacons in his legs, Duncan and Ant were feeling the effects of a lack of recent races, and Adam took a wrong turning to end up further back in the field than he should have done. For the other runners, the finish was reasonably close, with seconds separating each finisher from the runners in front and behind them. Keith had decided to handicap himself further, by starting his race further back than everyone else. As we all called out for him to start, he was still at his car 200yds back up the road! When he finished, Dave honestly volunteered the fact that, in trying to catch up with Kay, he had not visited High Brown Knoll and so would have to be disqualified. The other retiree was Gerry, who unfortunately came limping back after a few minutes of starting, having gone over on his ankle. Hope its OK now, Gerry. Maybe we should flag the course next year, or run on a more obvious route, since Adam and Dave were not the only people who took wrong turnings, and many people were unsure which way they were going. Thanks to Thirza and Helen for help at the start and finish, and Carl for providing maps. Bill

Green Bell Fell Race Saturday 23rd August - 8mils/2000'

			Race		
			Time	Level	Ratio
1	Andrew Symonds	Kendal	57.20	-	-
2	Joe Ssymonds	Kendal	57.46	-	-
15	Jon Underwood	CVFR	1.08.47	-	-
35	Julie Underwood	CVFR	2.24.52	-	-

As we were in the Lakes for the bank holiday we thought we'd do this race in the Howgills. I knew it was going to be tough so I decided on my normal plan of action which is just to get round the course in one piece! After a gentle flagged start on tracks and road you hit the fells and go up and up and up. By this stage I was on my own and the clouds had come down, so I was very pleased to see the marshal at the top of the first climb. A steep descent from the first check point is followed by another steep ascent and then a runnable ascent to Green Bell. It's then a long descent until you hit the road and follow the flags back to Newbiggin. Well, that's what the organiser had intended! By the time I got to the road there were no flags, no one to follow and the group of three that were behind were still a way away so I didn't want to wait for them. When I hit a cattle grid that was definitely not the one that I had gone over at the start it was time to consult the map. With the help of the map and some handy footpath signs I managed to get back to the village centre and was as surprised as anyone to have arrived at the wrong end of the finish funnel and from a completely different direction to everyone else!!! A good race though in fantastic countryside.

Julie



SOUP RUN

All are welcome for a Soup Run from our house on Sunday 30 November. Ready to run at 10.00am. Social pack run with loops to suit all preferences in Cragg Vale. Soup afterwards. Please email or phone if you're coming to give us an idea of numbers

Directions to Sherwood: Turn up to Cragg Vale from Mytholmroyd. The house is just over one mile up the road on the left. The house sign is not obvious. Look for an orange street lamp on the left that is lit up during the day. It's also just before a partly built bungalow on the left and a house with small round windows in its gable end on the right. Park on the roadside (you can pull off the road itself) and walk up the steep drive, taking the first left to the house, which is a modern stone built bungalow with a garage underneath. If you get to the old Robin Hood pub you've driven too far. If you are driving down from the top of Cragg Vale (Littleborough or Ripponden direction) you will see the sign of the Robin Hood on the right. The house is a few hundred yards past it on the right.

Rod Sutcliffe

Chipping Show - Saturday 23rd August 8 miles/2000'

			Race		
			Time	Level	Ratio
1	D Hope	P & B	1:06:15	-	-
2	I Greenwood	Clayton	1:08:42	-	-
3	T Taylor	Rossendale	1:08:59	-	-
16	Tricia Sloan	Salford	1:17:14	-	1st lady
32	Sally Newman	CVFR	1:22:01	3	1.21
33	Barry Shaw	CVFR	1:22:18	3	1.21
52	Tony Bradley	CVFR	1:28:52	4	1.31
56	Brian Shelmerdine	CVFR	1:29:54	4	1.32
67	Linda Crabtree	CVFR	1:32:15	4	1.36
69	Steve Garner	CVFR	1:32:28	4	1.36
74	Mike Wardle	CVFR	1:34:30	4	1.39
80	Thirza Hyde	CVFR	1:36:03	5	1.41
85	Dave Culpán	CVFR	1:39:22	5	1.46
95	ran				

Having decided to do this race with it being a club championship Sally and Linda, in true CVFR style, followed me like sheep and also decided to do the race. Even I've got to admit that this wasn't one of my brighter ideas as we all still had Brecon Beacon legs from the week before. And did we know it. There was nothing in the bank. Fast flat start across fields for quite a way (thought we were never getting to the fells!!!). Steady steepish climb and then some fast running with a mixture of moorland, land rover tracks, heather yomping and then back towards the top of the initial climb, steep descent and then the same bloody flat fast fields back to the finish in the show field. Won't repeat what Sally said to me after this one, it's not printable!!!! Thirza

Ragley Run - Saturday 30th August 5 miles/750'

			Race		
			Time	Level	Ratio
1	Jason Hemsley	P & B	33:59	-	-
2	Adam Breaks	CVFR	34:18	0	0.98
3	Ian Rowbotham	unattached	36:15	-	-
12	Jon Underwood	CVFR	38:29	2	1.10
13	Sally Newman	CVFR (1st lady)	38:42	2	1.11
17	Barry Shaw	CVFR	40:13	2	1.15
23	Anne Johnson	CVFR	41:18	2	1.19
24	Rod Sutcliffe	CVFR	41:59	3	1.20
29	Steve Garner	CVFR	44:15	3	1.27
30	Richard Kellett	CVFR	44:28	3	1.28
31	Brian Shelmerdine	CVFR	44:36	3	1.28
35	Linda Hayles	CVFR	45:44	4	1.31
39	Thirza Hyde	CVFR	46:49	4	1.34
45	Jackie Scarf	CVFR	51:03	5	1.47
48	Julie Underwood	CVFR	52:36	6	1.51
52	Rose Carnochan	CVFR	55:25	6	1.59
54	Kay Pierce	CVFR	56:45	7	1.63
55	ran				

Last year, having been running for all of about 3 weeks I was encouraged by a wee beastie and my nearest & dearest to enter this race. It nearly finished me but I was still smiling at the finish and the experience didn't put me off of running. So this year I thought I had better take part in the race once again. Unlike most races the first couple of miles are all down hill followed by a climb back up to Blackshaw Head through woods and rocky tracks. A year on it was a still a tough little race but I managed to keep running all the way and much to my delight I finished 9 minutes faster than last year. After the race there were once again excellent cream teas to be had making the running all worth while! Can I also say a big THANKYOU to all of you runners for your encouragement and enthusiasm during runs and races, it really does help you to keep on trying and enjoying running.

Julie Underwood

**Tour of Norland
Sunday 31st August - 7.1mIs/800'**

			Time	Race Level	Ratio
1	Andy Whitworth	Meltham	0:43:00	-	-
2	Martin Crosby	Altrincham	0:43:26	-	-
3	Adam Breaks	CVFR	0:43:38	1	1.01
4	Andy Clarke	CVFR	0:44:25	1	1.02
19	Bill Johnson	CVFR	0:49:51	2	1.15
24	Kath Drake	Halifax	0:51:11	- 1st lady	
52	Dave Culpan	CVFR	0:59:29	4	1.37
67 ran					

Me and Andy Clarke finished third and fourth yet again to lead the Calder Valley Men's team to another team prize in the Halifax Harriers promoted race.

This seven and a half mile course (with all the climbing done in the first mile) takes in tracks and small roads around Norland and Copley was led from start to finish by Meltham's Andy Whitworth who broke the course record with 43 minutes dead in ideal running conditions with Kath Drake also breaking the womens record.

The Calder Valley team was completed by Bill Johnson (19th), making a return to running, although he was narrowly beaten by friend and Everest guest speaker Mark McDermott. Dave Culpan was the only other Calder Valley finisher making a vast improvement on last years time. Adam

**Hades Hill - Thursday 4th September
5mIs/1200'**

			Time	Race Level	Ratio
1	J Ingram	Saddleworth	0:31:39	-	-
2	M Nuttall	Blackburn	0:33:01	-	-
3	S Gregory	Holme Pier	0:33:04	-	-
12	Andy Wardman	CVFR	0:34:53	1	1.07
28	Jon Underwood	CVFR	0:37:01	2	1.14
36	Nigel Fenwick	CVFR	0:37:57	2	1.16
44	Kath Drake	Halifax	0:39:18	- 1st lady	
86	Dave Culpan	CVFR	0:44:57	4	1.38
111	Julie Underwood	CVFR	0:52:07	6	1.60
120 ran					

**Mount Skip Fell Race
Saturday 6th September - 4.5mIs/1000'**

			Time	Race Level	Ratio
1	Paul Sheard	P & B	0:30:33	-	-
2	Jason Hemsley	P & B	0:30:39	-	-
3	Stefan Macina	P & B y	0:31:48	-	-
13	Anne Buckley	Salford	0:34:37-	1st lady	
19	Anthony Mayer	CVFR	0:37:47	3	1.22
38	Jackie Scarf	CVFR	0:44:02	5	1.42
45	Anne Taylor	CVFR	0:47:47	6	1.54
46	Mark Everington	CVFR	0:48:25	6	1.56
52 ran					



The Bland Trail

The 42nd 3 Peaks Cyclo Cross was held on 28th September in near perfect conditions. Bingley's 2003 British Fell Running champion Rob Jebb broke the record in a time of 2 hours 52 mins, to win for the third time in a row. The event draws in top sports competitors from across the country with fell runners being well represented in the race, including Calder Valley's Ant Mayor finishing in 211th, Allan Greenwood riding for Aire Valley finishing in 211th for a PB of 4hours 59 mins and Steve Cavell in 244th out of 250 riders.

Cross country's are fast and furious and many fell runners grimace at the thought of even competing in them. Adam Breaks made a gallant effort in the traditional season opener at Skipton on Saturday 4th October. The race over a 10 kilometre five lap course over school fields, canal tracks and parkland was won by Bingley international Matthew Watson. A Halifax Harrier after the event did comment afterwards 'I thought you'd be good at this with all the hills' unsure what he meant I just looked at him blankly, from the course description you make your mind up – Adam

The West Yorkshire Country League which kicked off in Halifax on 11th October can be entered through Complete Runner if any one is interested.

Ron Hills 65th Birthday 5K race.

Competitors from across the North of England, just under 400 in total came out to celebrate the great mans birthday. Inspired by meeting him prior to the race (although astonished by his diminutive appearance), Adam Breaks raced round to finish 9th (16:58). Behind Winner Andrew Blair (Sale Harriers) (15.57) and 2nd placed Wajid Ali (16.15). Adam did have a dual throughout the race, despite Wajid running off, with international Sale Harrier Kate Gillibrand, despite a training run for both, the latter was certainly pushing herself, with Adam pulling away around half way on the incline from Smithy Bridge to Hollingworth Lake, Kate finished first female in a time of 17.05 twelfth overall.

Forthcoming events

Sun 16th Nov – Roundhay Park 5 mile race
Sun 28th Dec – TODMORDENS HOT TODDY ROAD RACE

Again if any other members would like to let me know of any events of interest they have either competed in or are forthcoming then please drop me a line at Abbrecus@hotmail.com Adam Breaks

**Calder Valley Tracksters
now available from Dave Beels
@ £17.00 a pair, various sizes**

Ben Nevis- Saturday 6th September 10mIs/4400'

			Race		
			Time	Level	Ratio
1	Rob Jebb	Bingley	1:29:32	-	-
2	Simon Booth	Borrowdale	1:30:09	-	-
3	Jon Duncan	Cosmic	1:30:45	-	-
16	Karl Gray	CVFR	1:43:21	2	1.15
31	Adam Breaks	CVFR	1:48:04	2	1.20
122	Rod Sutcliffe	CVFR	2:05:52	4	1.40
125	Barry Shaw	CVFR	2:06:09	4	1.40
171	Alex Cornish	CVFR	2:13:50	5	1.48
199	Allan Greenwood	CVFR	2:20:04	6	1.55
222	Tony Bradley	CVFR	2:24:23	7	1.60
250	Linda Crabtree	CVFR	2:28:38	7	1.65
260	Thirza Hyde	CVFR	2:30:29	7	1.67
379	ran				

The Big Ben

Travelling up with Karl Gray and meeting Allan Greenwood at Westmorland services (surprisingly good food, worth stopping for) I already felt like part of a secret elite group —'FRIGHT club' (Fell Running Is Good Healthy Torture club)— consisting of individuals who aim to make life that bit harder by deliberately running up hills (and mountains) rather than around them. I knew that after this run I could truly call myself a man, and that at that moment the wheels of inevitability on Karl's Cavalier were speeding me towards the event which stood (1343m high) in between me and my manhood! From the summit of Rannoch moor, every mountain was compared to the Ben for awing impression, actual height, and surmountability: "looks quite big...oh, it's only 150m less than the Ben... reckon I could make that", happily ignoring the fact that we were already at some height above sea level. On arrival, cloud and darkness was keeping the enormity of the task hidden from me, so still feeling elite, I fell asleep in my '2 star' (Karl and me) tent with a fighting spirit and dreamt of victory.

The next morning, it was all far too real - I know it's the biggest mountain in Britain, but I have to say it's bloody big - massive and looming, physically draining just to contemplate. With my stomach filled with greasy bacon and several butterflies (which I must have swallowed unnoticed), I filled most of the morning by acquainting myself with as many loos in Fort William as possible, but in this I certainly wasn't the only one. After the uncomfortable wait, it was suddenly a big rush to get to the start, as we pulled on Walshes and vests and crammed into Allan Greenwood's DIY Micra.

Soon, we were gathered at the start, the pipe band was leading us out to battle, onlookers cheering, whilst I trod in the ranks of the red and white Calder Valley army. It was now for the first time I saw what an imposing troop we looked *en masse* (despite being unofficially made up of those under 6'). With some more piping and a very abrupt count down, we were off, but there was no getting away quickly in this race (not that I ever do). A mile of single track road followed by walkers' paths caused the kind of congestion more usually seen on the Leeds ring road, but gradually it spread out a bit. I was running with Thirza, Rod, Allan Greenwood, etc, and was repeating to myself Thirza's tongue-in-cheek advice: "Go as hard as you can at the start, Alex"... then my male pride kicked in, and that was it, I was off following the trailblazing red and whites in front. I was running quite well (for me) and enjoying the ridiculous sight of hundreds of runners winding on up the mountain ahead, like Lemmings looking for 'that cliff'.

Just over half way, I couldn't hold onto Rod any more and he breezed away from me, but I forced myself to stay with Allan Greenwood just as the mountain started for real. Being a naturally lazy person, I can say one good thing about Ben Nevis:

it gets so steep that **you cannot run**. Any shallower a gradient and your conscience would be eating at you, repeating Thirza's whisperings (is that the right word?) in your head, "come on you lazy get, you should be running"... but thankfully, it is not runnable. (Even Karl told me this, so it must be true). Unable to run, but still able to breathe, I exercised my jaw instead and struck up a conversation with some of the guys around me. One of them was running for his 28th consecutive year, which really put my self-pity in its place. He encouraged me to push on harder, saying that there wasn't long till the top, and just as I was feeling the load lightened, Allan Greenwood piped up, "there's at least another 45 mins". Well that really did it for me. I had already been climbing for just short of an hour and another 45mins was not quite what I had envisaged when the guy had said there's not long to the top. Perhaps he meant not as long as you've already come, or maybe he was just Thirza in disguise...?! Up, on up, and just that little bit more, with walkers and locals lining the route and cheering us on every grinding step of the way (even if some of them were going faster than me and carried a whole house on their back). Wow, this is support - why can't we get this back home?!

On the final ascent, I lost Allan as well, despite holding onto him thus far, but then, approaching the summit, a large figure loomed out at me waving a camera and a bottle of water - for a brief moment I thought he was going to ask me to take a picture of him, but then I realised he was John Greenwood, brother of Allan, and he was offering water. I had a glug, smiled (I think) for the camera, and spurred on. I pushed hard to catch Allan again, but suddenly it was all downhill: skidding down the scree, slipping and sliding with my heart barely held in my mouth, my legs running away from me and onlookers quickly scattering out of the way as I approached. Down the grassy bank - which for me was the hardest, scariest and most dangerous part of the course. Whole landslides seemed to have occurred on this part of the course and with my short legs, I found some of the steps truly enormous. I lost a lot of skin, time and a few positions on this descent but I felt unable to go any faster with my natural preservation restraining me (which I found greatly frustrating since I had been running well till then).

From the Red Burn there was just a little respite from the incessant downhill - I never thought I would be so happy to run uphill, even for 20m! The lower slopes were much better running, leaping over rocks and hurtling down the steps, knowing that most of the race was run. As I contoured round the final spur of the mountain, I could hear the tannoy reading in the runners and the band piping. But the end was not as near as it sounded... the long and winding road still remained, although it seemed to have grown some more miles and became even harder than any of mountain. I felt like I was wading knee deep in tarmac, my legs threatening to give way every other step.

Not long before the finish, my race pacer, Karl, was waiting (on loan from Paula Radcliffe) to help me push right up to the end. As we rounded the corner into the field (which they make you run right round for humiliation), the tannoy told us that the man in front of me was Paul Sharples (B&B), my old course leader at Uni, who had I thought, from his tales in the pub the night before, would have finished about half an hour previously. But there he was... it was so tempting to give up, but with support from my team, I dug deep and pushed hard for the last time, and with my emotions running high I pipped him on the last straight. What a fantastic way to finish. I can honestly say that no other race I have run has inspired such a range of emotions in me, but the euphoria on finishing was well worth the fear, pain and losing the ability to walk for the next few days. Congratulations to all who took part, especially to Adam and Karl for their fantastic performances. Thank you so much to Thirza and the other CVFR members for dragging me along... Next year you'll have to hold me back! Alex Cornish

Shelf Moor - Sunday 7th September 5.9mils/1500'

			Time	Race Level	Ratio
1	Simon Bailey	Staff Moor	42:28	-	-
2	George Ehrhardt	Tod	43:48	-	-
3	Mark Hayman	Dark Peak	45:22	-	-
19	Natalie White	Holmfirth	53:28	- 1st lady	-
46	Brian Shelmerdine	CVFR	65:03	5	1.48
55	ran				

Erringden Moor - Saturday 13th September - 8mils/1900'

			Time	Race Level	Ratio
1	Gary Oldfield	P & B	1:05:05	-	-
2	Andy Clarke	CVFR	1:07:12	0	1.00
3	Adam Breaks	CVFR	1:09:36	1	1.03
12	Bill Johnson	CVFR	1:17:12	2	1.15
17	Barry Shaw	CVFR	1:20:27	2	1.20
25	Brian Shelmerdine	CVFR	1:27:46	4	1.30
29	Linda Hayles	CVFR (1st lady)	1:29:18	4	1.33
37	Dave Culpan	CVFR	1:34:08	4	1.40
50	ran				

Well done to Linda for taking 1st place in this race, one of her favourites with Andy and Adam have a battle with Andy edging away to take 2nd place. Smaller field than usual but it clashed with a fair few local races. Tony had to move it to this date due to access problems over the land. All proceeds are donated to the local hospice. Well done everyone.

Yorkshireman Half Marathon - Sunday 14th September - 13mils

			Time	Race Level	Ratio
1	Willy Smith	K & C	1:29:09	-	-
2	Brian Goodison	Holmfirth	1:37:01	-	-
3	Gerard Gill	K & C	1:39:49	-	-
20	Karen Dunford	unattached	2:07:49	- 1st lady	-
23	Philip Jones	CVFR	2:11:45	4	1.38
69	ran				

Yorkshireman Off Road Marathon - Sunday 14th September 26.3mils/3000'

Results of the ladies pairs in this race

		Time
20	Chris Preston & Cath Fawcett	4.19.19
28	Linda Crabtree & Carole Waterhouse	4.27.11

I'm not sure how I got myself into running the Yorkshire Man with Carole Waterhouse back in September 2002 but I did and after a couple of wreckie runs during the summer of 2003 we were up for it.

It was a glorious morning and we set off at a steady pace over Sawood lane, Hambleton lane and on a rough track to open moor with the windmills on our right not moving due to the windless day. The familiar route across Rockinstones, along on the Calderdale Way past the Moorcock and up the hill across the golf course back to the reservoir seemed to pass really quickly and by Denholme Velvets we were already 13 miles in

to the route and feeling good. I had taken plenty of water with me and had arranged top ups on the way round which was a good move considering we were running in very unusual hot weather for this time of the year.

The course took us past Doe Park reservoir, under the viaduct and through Goit Stock wood, which was a relief to be out of the sunshine for a while. Then on to Harden Moor and by now the sun was at its strongest and I could feel its rays on the back of my neck. We had done 16miles in 3half hours but the heat was beginning to take its toll on me. Once over the moor, through fields and a track down to meet the road junction and a long steady climb over to the moor across Cullingworth. By this time I was walking up the climb hoping to save what I had for the last few miles knowing it wasn't too far now..

Carole was running much better than I and was trying to help me with her constant chatter and encouragement. We had one last climb up to Marsh Lane and then a long track, which takes you over Penistone Hill and the quarries back to the finish at Westfield Farm. The decent into the finish was great and we had plenty of supporters to cheer us in. It took us 4hours 27 minutes and we had set a target of completing it in 4 half hours so we had done that and we took the 2nd ladies team prize too.

It took me a few minutes to come round and of course I must mention the ladies showers – very hot and much appreciated. The meal was a stew and plenty of hot tea – all in all a good day. Linda Crabtree

(PS for any of you that don't know Linda well she grades a race on it's facilities especially showers so this must have got a gold star, funny isn't it most of us would never have mentioned the showers just the tea, stew and fantastic race!!!! ED)

Dalehead - Sunday 21st September 4.5mils/2210'

			Time	Race Level	Ratio
1	Nick Sharp	Ambleside	46:46	-	-
2	Nick Fish	Ambleside	47:20	-	-
3	Gavin Bland	Borrowdale	47:46	-	-
17	Nicola Davies	Borrowdale	58:56	- 1st lady	-
20	Steve Houghton	CVFR	59:19	3	1.25
28	Bill Johnson	CVFR	62:45	4	1.33
49	Tony Bradley	CVFR	72:06	6	1.52
53	Thirza Hyde	CVFR	72:58	6	1.54
68	ran				

This is a classic short lakeland race made even more interesting in the rain. The usual start route takes you through the steam but the water levels were up so they lead you along the track to the bridge and then back on to the original route. It's alot of climbing in such a short distance but the real fun began on the descent. I followed a Keswick runner down with Tony in hot pursuit behind me. It was a grassy route interspersed with rocks hidden under the grass, you landed on one and skidded forward while trying to stay upright ... very interesting and then it was down through the quarries on more slippery rock and a blast to the finish. It is an excellent race with valuable point being picked up by those willing to travel and give it a go. Thirza

GET WELL SOON

to Linda Crabtree who has broken her foot
while out on a run in the Shibden Valley.

ISLE OF WIGHT FELL SERIES

Sat 20th Sept Morning - St Boniface - 3mils/775'

			Race		
		Time	Level	Ratio	
1	John Lowden	Worthing	17:58	-	-
2	Andrew Welshman	London	18:07	-	-
3	Kenny Leitch	Worthing	18:40	=	=
13	Sally Newman	CVFR (1st lady)	20:30	2	1.12
30	Steve Garner	CVFR	23:50	4	1.31

57 ran

Sat 20th Sept Afternoon - Vantor - 7mils/1500'

			Race		
		Time	Level	Ratio	
1	Tony Allen	Havant	53:14	-	-
2	Dan Wood	unattached	55:07	-	-
3	John Lowden	Worthing	56:49	-	-
11	Sally Newman	CVFR (1st lady)	63:41	2	1.16
23	Steve Garner	CVFR	69:55	3	1.27

57 ran

Sun 21st Sept - Wroxall - 13mils/1500'

			Race		
		Time	Level	Ratio	
1	Kenny Leitch	Worthing	1:26:55	-	-
2	Andrew Welshman	London	1:26:59	-	-
3	Kristian Rowdon	Wight Tri	1:27:08	-	-
11	Sally Newman	CVFR (1st lady)	1:36:22	2	1.11
24	Steve Garner	CVFR	1:47:34	3	1.24

58 ran

My sister and I had planned this weekend for ages. It seemed an ideal opportunity I would race with my sister for the first time, and she would experience her first fell race. Jane (sis) lives in Milford on Sea, just across the water from Yarmouth in the Isle of Wight. Friday afternoon we piled everything into the camper, and headed off to the coast. Estimated time of arrival three and a half hours later. We were making good time, just before we arrived at Janes, we thought we'd better fill up with petrol, We'd made the phone call to get dinner on the go, we'll be there in ten mins!! Steve turned the ignition, nothing not even a half hearted splutter, how many times have I experienced that sinking feeling? (*actually every time we venture out in the van*). (*but it only usually happens when you venture North Sal not South Ed*) After pushing it up and down the forecourt several times two mechanics and the garage attendant took pity on us. One good shove and we were back in business! My sister greeted us with open arms and cheery smiles. I told her I thought the starter motor had gone!! Several plans were discussed over dinner, the most probable being that we would borrow my nephews tent (a dome tent covered in large flowers) and take Tony's car. An 8.15am ferry in the morning meant we had an early start. Steve thought he'd try and start the van. Bingo first time, I wasn't convinced so we switched it on and off three times, started each time. We piled all Jane and Tonys kit into the van, and set off for the ferry. It was a lovely crossing, the sun was just breaking through the mist. Thirty mins later we landed. We took the coastal route, winding our way to the winter gardens at Ventnor, where the races began. I knew Jane was nervous, she'd been chuntering to herself for the last half hour "WHY AM I DOING THIS"? it wasn't the first time she'd asked the question, my nephews told her it was character building!!



The first race was 11am, 3 miles up to Boniface summit and down again! the first part of the race was up the road from sea level through the town, after threequarters of a mile we reached the fell. A barren mound.. Boniface!!! It was a continuous climb from the start to the summit, then straight back down. Fine until reaching the road where the soles of your feet began to burn!! The treat at the end of the race was being able to wade into the sea and prepare yourself for the afternoon 8mile race at

3.30pm!! The afternoon race was more or less the same as the morning race with a five mile extra loop, a cross country really. Funny, you're never as knackered as you think you are!! I'd changed my footwear for this race. Road shoes!! (can never get my head around doing a fell race in road shoes, doesn't seem right). Jane decided that one fell race was enough, so she and Tony were our support!! I arrived home with Steve not as far behind as I'd like!! Into the sea, weather wise it had been a glorious day and this was the icing on the cake. If freezing your bits off is good enough for Paula it's good enough for me. Cooled and changed we piled into the van that sinking feeling again!! Fortunately there were plenty of us to bump start and send us on our way. Off to the camp site, We positioned ourselves on an incline ready for the morning bump start! Bright and early, we weren't bounding out of bed, but our bits weren't THAT sore. The third race of the weekend was a 13 mile fell (cross country really) after 3 miles I'd had enough, knackered, shame really it was a lovely course! After our cool off in the sea and obligatory plate of chips we piled into the hall for the presentation. I was thrilled to bits Jane had won the V50's prize from the first race, she was gob smacked. After a bump start we were on our way home. We managed to get on the ferry ok but embarrassingly had to be towed off!! We dropped Jane and Tony off, and carried on home. All went well until I stalled the van in the layby. AHH!! We resorted to banging on the window of 2 lorry drivers and a bloke eating his tea to bump start us. All in all an eventful weekend!!! Sally!
(*Being her usual modest self Sally forgot to mention that she broke the womens record for two out of the three races eh not bad for an old slapper!!!!*) Ed)

CALDERDALE WAY RELAY

YES IT'S THAT TIME OF YEAR AGAIN. WE'VE ENTERED THREE TEAMS SO IF YOU WANT A RUN RING TONY ON 01422 360999

Calder Valley Fell Runners

Handicap Championship 2003

	S E X	S E R I E S	SHORT					MEDIUM					LONG				TOTAL	
			Mar 16	May 7	June 7	Sep 21	TOTAL	Feb 23	May 24	July 20	Aug 23	TOTAL	Feb 2	June 22	Oct 11	Nov 15		
1 Tony Bradley	173	6	30	30	(30)	(30)	60	(29)	30	30	30	(30)	60	30	30	23		53
2 Linda Crabtree	158	6	26		26		52		28	28	(26)	27	55	24		27		51
3= Karl Gray	149	6	23	(20)	25		48	28	26	26		(25)	54	25		22		47
3= Thirza Hyde	149	6	(11)	24	(22)	28	52	26	27				53	23		21		44
5 Steve Houghton	146	6	(18)	29	14	29	43	22	(22)	25			47	(22)	27	29		56
6 Adam Breaks	135	5	29	29	29		58	20	29	29			58		29	19		19
7 Linda Hayles	133	5	17	17	(13)		56		18	28			48		26	30		29
8 Mike Wardle	115	5	24	19	20		34		23				40		28	20		56
9 Brian Shelmerdine	112	5	10	25	(18)		20		19				47	26	24	24		48
10 Rod Sutcliffe	100	5	25	15	21		43	23	21	25			19	26	25	25		50
11 Jez Wilkinson	93	4	25				31		25				44					25
12 Dave Culpin	79	3	25				40						53					0
13= Barry Shaw	79	3	25				0	25		27			26			28		28
13= Jon Underwood	79	3	28		19		47						19					27
15 Helen Wilkinson	66	3	14				14		21				21					0
16= Greg Houghton	60	3	14				0		30				30		25			25
16= Paul Gallagher	60	2	27				27						23					30
18 Andy Wardman	56	2	20		12		32						23					29
19= Sally Newman	55	3	20				0	27					27		28			0
19= Steve Coey	55	2	22		28		28	24					24					28
21 Carl Greenwood	52	2	22	28			50						28					0
22 Andy Carnochan	49	3	9	22			31						47					0
23 Anne Johnson	45	2	16		24		0		20	24			21		18			18
24 Allan Greenwood	44	2	16	27			24						24					21
25 Gerry Symes	43	2	19	(18)	23		43						20					0
26 Sarah Noot	42	2	41		17		42						24					0
27 Dave Beels	41	2	40				17		24				24					0
28 Jamie Dore	40	2	13				16						24		24			0
29= Andy Clarke	40	2	29		27		40						29					24
29= Bill Johnson	29	1	26				0						0					0
31 Steve Garner	28	1	23				26						0					0
32= Lee Shirmwell	26	1	21				0						29					0
32= Pete Horne	23	1	15				23						0					0
34 Anthony Mayer	21	1	15				21						0					0
35= Graeme Woodward	21	1	15				21						0					0
35= Nigel Fenwick	17	1	15				0						21					0
37 Richard Allen	16	1	15		16		0						0			17		17
38 Keith Cadby	15	1	15				16						0					0
39= Rose Carnochan	15	1	15				15						0					0
39= Steve Cavell	15	1	12				15						0					0
41 Julie Underwood	12	1	12				12						12					0

Calder Valley Fell Runners

Veterans Championship 2003

	S c o r e	S e c o n d	SHORT				MEDIUM				LONG				
			Mar 16	May 7	June 7	Sep 21	TOTAL	Feb 23	May 24	July 20	Aug 23	TOTAL	Feb 2	June 22	Oct 11
1 Steve Houghton	118	6	(15)	19	20	39	20	20	(20)	14	40	19	(19)	20	39
2= Mike Wardle	98	6	14	16	(13)	30	17	17	14	31	37	18	18	19	37
2= Tony Bradley	98	6	(12)	15	(14)	34	(16)	19	18	37	18	15	15	12	27
4= Rod Sutcliffe	88	5	17	17	(15)	34	18			18	29	18		18	36
4= Thirza Hyde	88	6	10	13	(9)	31	13		(13)	29	33	15		13	28
6 Linda Crabtree	83	6	10	10		20	(14)	17	16	33	32	16		14	30
7 Brian Shelmerdine	76	5	9	12		12	15	18	17	32	33	17	14	15	32
8 Linda Hayles	64	5	9	8		17	15	18	20	20	20				14
9 Sally Newman	57	3	20	17		37			20	20	20				0
10 Barry Shaw	52	3	16			16			19	19	19			17	17
11 Greg Houghton	46	3	11			11	19		12	19	19		16		16
12 Dave Culpán	42	4		12	7	19	11		12	23	23		20		0
13 Andy Clarke	40	2		20		20				0	0		20		20
14= Andy Wardman	39	2	19			19				0	0				0
14= Dave Beels	39	2	(18)	19	20	39	19			19	19				0
16= Jamie Dore	35	2			16	16				18	18	17			17
16= Steve Coey	35	2				0			16	16	16	14			14
18 Allan Greenwood	30	2				0				12	12				0
19 Gerry Symes	23	2			11	11	12			12	12				0
20 Andy Carnochan	22	2	8	14		22				0	0				0
21= Keith Cadby	18	1			18	18				0	0				0
21= Nigel Fenwick	18	1				0				0	0			16	16
23 Pete Horne	16	1				0				15	15				0
24 Steve Garner	15	1				0									0
25 Graeme Woodward	13	1	13			13				0	0				0
26 Steve Cavell	11	1		11		11				0	0				0
27 Rose Carnochan	7	1	7			7				0	0				0

Mickleden Straddle
Kinder Trog
Langdale
Tour of Pendle

Chipping Show
Kentmere
Hutton Roof
Long Mynd

Dalehead
Pen Y Ghent
Blackstone Edge
Lads Leap

Racing levels 2003

Qualifying Races								
level 0								
Karl Gray	Cragg Vale (S)	0	Crow Hill (S)	0	Ovenden (M)	0	Mytholmroyd (M)	0
level 1								
Adam Breaks	Cragg Vale (S)	0	Ragley Run (S)	0	Hutton Roof (M)	1	Reser. Bogs (M)	0
Andy Clarke	Ilkley Moor (S)	1	Ogden Moors (M)	1	Erringden (M)	0	Wads. Trog (L)	1
Andy Wardman	Giants W & W (S)	1	Hades Hill (S)	1	Windmill Wz (M)	1	High Br Knoll (M)	1
level 2								
Anthony Mayer	Giants Tooth (S)	1	Cragg Vale (S)	1	Ovenden (M)	1	Ogden Moors (M)	2
Dave Beels	Midgley Moor (S)	2	Cragg Vale (S)	1	Half Trog (M)	2	High Br Knoll (M)	1
Jamie Dore	Flower Scar (S)	2	Waughs Well (S)	2	Windmill Wz (M)	2	Knowl Hill (M)	2
Jon Underwood	Giants Tooth (S)	2	White Lion (S)	2	Mytholmroyd (M)	2	Mick. Straddle (L)	2
Sally Newman	Giants Tooth (S)	2	Midgley Moor (S)	2	Boulsworth (M)	2	Edale Skyline (L)	2
Steve Houghton	Eston Nab (M)	2	White Horse (M)	2	Kinder Trog (L)	2	Mick. Straddle (L)	2
level 3								
Anne Johnson	Belstone (S)	2	Ragley Run (S)	2	Reser. Bogs (M)	2	Widdop (M)	3
Jez Wilkinson	Giants Tooth (S)	3	Stoodley Pike (S)	3	Boulsworth (M)	3	Round Hill (M)	3
Keith Cadby	Wicken Hill (S)	3	Tom Tittiman (S)	2	Ovenden (M)	2	Reser. Bogs (M)	2
Mike Wardle	B'stone Edge (S)	2	Tom Tittiman (S)	3	Mytholmroyd (M)	3	Kinder Trog (L)	3
Richard Allen	Giants Tooth (S)	2	Ilkley Moor (S)	3	Tigger Tor (M)	2	Wads. Trog (L)	3
Rod Sutcliffe	Giants Tooth (S)	2	B'stone Edge (S)	2	Ovenden (M)	3	Mick. Straddle (L)	2
Steve Garner	Cragg Vale (S)	3	Ragley Run (S)	3	Ventnor (M)	3	Wroxall (L)	3
level 4								
Allan Greenwood	Tom Tittiman (S)	4	Ogden Moors (M)	4	Half Trog (M)	4	Wharfdale 2 (L)	3
Andy Carnochan	Cragg Vale (S)	3	B'stone Edge (S)	4	Ovenden (M)	3	Mytholmroyd (M)	3
Barry Shaw	Lads Leap (S)	4	Ragley Run (S)	2	Windmill Wz (M)	2	Erringden (M)	2
Bill Johnson	Lads Leap (S)	4	Giants W & W (S)	2	Ovenden (M)	2	Half Trog (M)	2
Brian Shelmerdine	Ragley Run (S)	3	Hutton Roof (M)	4	Mytholmroyd (M)	4	Kinder Trog (L)	3
Dave Culpan	Giants Tooth (S)	4	Giants W & W (S)	4	Windmill Wz (M)	4	Norland Moor (M)	4
Greg Houghton	Causey Pike (S)	4	Eston Nab (M)	4	White Horse (M)	3	Gisborough (L)	4
Lee Shimwell	B'stone Edge (S)	3	Stoodley Pike (S)	2	Noonstone (M)	4	Windmill Wz (M)	4
Linda Crabtree	Midgley Moor (S)	4	Waughs Well (S)	4	Half Trog (M)	4	Hutton Roof (M)	4
Linda Hayles	Giants Tooth (S)	4	Midgley Moor (S)	4	Ovenden (M)	4	Kinder Trog (L)	4
Paul Gallagher	Giants Tooth (S)	4	Boulsworth (M)	3	Windmill Wz (M)	2	Mick. Straddle (L)	3
Thirza Hyde	Giants Tooth (S)	4	B'stone Edge (S)	4	Half Trog (M)	4	Hutton Roof (M)	4
Tony Bradley	Giants Tooth (S)	3	B'stone Edge (S)	3	Hutton Roof (M)	4	Reser. Bogs (M)	2
level 5								
Carl Greenwood	Stoodley Pike (S)	3	Giants W & W (S)	2	Long Mynd (M)	5	Mytholmroyd (M)	4
Denis Gildea	Crow Hill (S)	3	Ovenden (M)	2	Welsh 1000m (L)	5	Holme Moss (L)	4
Gerry Symes	Ilkley Moor (S)	5	Giants W & W (S)	3	Hutton Roof (M)	5	Blackamoor (M)	4
Jackie Scarf	Stoodley Pike (S)	5	Ragley Run (S)	5	Mytholmroyd (M)	5	Widdop (M)	5
Richard Henderson	Bunny Run 2 (S)	5	Bronte Way (M)	3	Fairfield (M)	5	Three Peaks (L)	5
Steve Coey	Giants Tooth (S)	3	Ash. Beacon (S)	4	John's Run (M)	5	Mick. Straddle (L)	4
level 6								
Phil Jones	Midgley Moor (S)	6	Reser. Bogs (M)	5	Bronte Way (M)	4	Yorks Off Rd (L)	4
level 7								
Rose Carnochan	Giants Tooth (S)	6	Cragg Vale (S)	6	Boulsworth (M)	7	Windmill Wz (M)	6
level 8								
Julie Underwood	Giants Tooth (S)	5	Giants W & W (S)	6	Boulsworth (M)	7	Reser. Bogs (M)	8

If your name is missing from the above list you haven't quite done enough qualifying races.