

# CALDER VALLEY FELLRUNNERS Sheep Sheet

December 95

## WHAT'S NEXT.....

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

## DEADLINE FOR NEXT ISSUE Late January

It was a disappointing turn out at NBLC for the run and drink on the 12th December. It would have been really nice to have seen more people there for a drink and a chat.

You missed your opportunity to take the mickey out of Pete Regan and Me. The worst thing that can happen to you on a relay happened. As we were dollying up the road at Blackshaw Head to run Leg 4 for the mixed team (not yet having picked up our number or in running gear) we saw Helen and Jez running through the field screaming some sort of abuse at us to get our "A--- in gear and get running". What an adrenalin burst as we blasted back to the car with me swearing under my breath. We did eventually have a good run. I would just like to apologise to the rest of the team for this cock up. Wallies of Year!!!!

I would like to wish you all a Merry Christmas and all the very best for the new year.



Cheers Thirza

## Monthly Newsletter to keep you in the running

### • ANNIVERSARY T SHIRTS

With the Club celebrating its tenth year next year it was discussed at the committee meeting as to getting a special T Shirt printed for the occasion and the committee thought that it would be a good idea to ask the club members if they would like one and then we can get an idea of numbers. £1.00 deposit along with this slip to any committee members by the 20th January.

### 10th ANNIVERSARY T SHIRT

YES

NO



SIZE - SMALL - MEDIUM - LARGE

### • HANDICAP RACE

The Handicap will be run as usual before the Club Dinner on 20th January. It starts in Stubbs Field at 1 o'clock prompt.

### • SUBS . SUBS . SUBS . SUBS

YES its coming to that time of year again when Richard Kellett will gladly take your money. The subs for the club are now £5.00 and are due on the 1st of January. So get paid up because if you don't you won't be able to score points in the club championships or to run for the club in relays races etc.



### • PUBLICITY

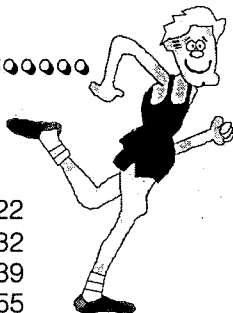
The only way that we are going to be successful at getting some publicity for the club is by letting Charlotte know what races that you have been running and the position that you came in. There is a form on the back of this newsletter for you to fill in. If you are able to do so can you take some photocopies of it for your use in the future. I will also take some copies and pop them up on the notice board at MCC for anyone use. She needs the information as soon as possible after your weekend race to get it to the Newspapers in time. You can always ring me at home on Sunday evening and let me know what you have been up to and I will pass on a message to Charlotte.

### • FLAGS

Where are they all?. Duncan needs flags for his race in January and there are hardly any in the store room. If you have any PLEASE return them to MCC as soon as possible.

• If you still haven't paid for the Club Dinner you had better get a move on or you won't be going.

# CLUB RESULTS .....



## Mytholmroyd - July 8th (7 mls/1350')

1.	P. Sheard	P & B	47.22
5.	Karl Smith	CVFR	50.32
6.	Jeff Coulson	CVFR	51.39
9.	Graeme Barrie	CVFR	51.55
18.	Denis Gildea	CVFR	54.23
21.	Jeff Winder	CVFR	55.48
33.	Glynda Cook	Roch'dle	58.04
40.	Richard Kellett	CVFR	59.12
48.	Pete White	CVFR	61.35
61	Louise Atkin	CVFR	63.57
64.	Graham Woodward	CVFR	64.34
96.	Graham Fry	CVFR	72.16

(110 finished)

Good turn out of Calder Valley runners on this very hot day which resulted on the men winning the second team prize and Louise being third lady.

## Sheepstones Relay - August 9th

1.	Leeds City AC	73.07
2.	Rossendale A Team	73.24
3.	Pudsey and Bramley	74.11
18	Leeds City AC Ladies	88.09
25.	The 36 Stoners (CVFR)	93.35

Another hot night for the runners but very pleasant for those marshalling the race. Disappointing that the club had only the one team in ( Andy Thompson, Geoff Bell and Mick Banks) and they ran incognito so lets get organised for next year with marshalls first and then get some teams in running.

## Pilgrims Cross Fell Race - August 16th (6mls/1000')

1.	M. Keys	Ross'ndle	35.53
8.	Mark Horrocks	CVFR	38.30
22.	Duncan Thompson	CVFR	41.17

(120 finished)

## Noon Stone Fell Race - August 20th (9mls/2300')

1.	Paul Sheard	P & B	1.04.51
7.	Karl Smith	CVFR	1.10.15
8.	Mark Horrocks	CVFR	1.10.57
20.	Alistair Sheriffs	CVFR	1.16.47
71.	Pete White	CVFR	1.26.45
88.	Graham Woodward	CVFR	1.30.34
100	Mick Banks	CVFR	1.33.49
107.	Jess Palmer	CVFR	1.35.48
119..	Dave Gilyeat	CVFR	1.38.56
145.	Ted Long	CVFR	2.02.33

(148 finished)

## Hodder Valley Fell Race - Sept 9th (5mls/1000')

1.	Mark Croasdale	Bingley	43.34
5.	Mark Horrocks	CVFR	47.37

(132 finished)

## Great Shunner Fell - Sept 16th (8 mls/1500')

1.	Joe Blackett	Mandale	1.04.17
5.	Mark Horrocks	CVFR	1.05.07

(52 finished)

## Whernside Fell Race - Sept 24th (11.6 mls/3000')

1.	David Neill	Mercia	1.28.22
10.	Karl Smith	CVFR	1.31.44
12.	Mark Horrocks	CVFR	1.32.39

(161 finished)

## Thieveley Pike - Sept 30th (3.5/900')

1.	Gary Oldfield	Brad Aire	25.58
5.	Mark Horrocks	CVFR	26.33
77.	Mick Banks	CVFR	34.59
91.	Paul Whittaker	CVFR	36.54

(130 finished)

## Cop Hill Race - October 15th (7mls/900')

1.	Gary Oldfield	Brad Aire	43.55
4.	Karl Smith	CVFR	45.27
27.	Denis Gildea	CVFR	52.23
30.	Dave Hyde	CVFR	52.35
60	Pip Colley	Holme Val	57.42
81	Thirza Hyde	CVFR	62.23

(88 finished)

This was like a cross country going around the same 3.5 mls twice. Just what Denis needed after missing his lift to the FRA Relay. He thought about jacking it in after the first time round but we wouldn't have let him live it down although I did say his secret would have been safe with me (Ha! Ha!) Karl got a prize for being fourth and I got the First Lady O/35 prize.

## Langdale Horseshoe - October 14th (14mls/4000')

1.	Ian Holmes	Bingley	2.02.50
33.	Nicola Davies	Borr'dle	2.33.54
40.	John Crummett	CVFR	2.39.18
61	Greg Houghton	CVFR	2.44.03
150.	JeZ Wilkinson	CVFR	3.07.54

A fine muggy day greeted the runners, with just a touch of mist on Bowfell and the Crinkles. The 270 starters was abit down on the usual 400 or so, due to no doubt to the FRA Relay being held the following day. A very disappointing turn out of just myself, John and Jez from the club made me wonder what everyone is doing these days. When I last did the race in 1991 15 club members turned out. Anyway, a fine run from Ian Holmes to win, with another excellent performance by Nicola Davies in 33rd to win the Ladies Race. Gavin Bland took a heavy tumble to come in a lowly 11th place (shows he's human after all) As for myself, I was going along okay until I went wrong yet again coming off Blisco, losing about 10 places in next to no time (I'll get it right one of these days)

Greg Houghton

# MORE RESULTS .....

## Within Skyline - October 21st (7mls/1000')

1.	Graham Patten	P & B	39.39 (record)
5.	Karl Smith	CVFR	43.00
7.	Mark Horrocks	CVFR	43.11
27.	Denis Gildea	CVFR	47.36
68	Pete Horne	CVFR	52.07
72	Mick Banks	CVFR	52.18
103.	Ian Law	CVFR	55.53

(156 finished)

## Gale Fell Race - October 29th

1.	Ian Holmes	Bingley	23.49 (record)
6.	Karl Smith	CVFR	25.51
11.	Mark Horrocks	CVFR	26.45
24.	Denis Gildea	CVFR	29.05
50	Mick Banks	CVFR	32.04

(89 finished)

## Black Lane Ends - November 5th (5 mls/1000')

1.	Sean Willis	Ambleside	30.06
11.	Mark Horrocks	CVFR	33.30
59	Pete Horne	CVFR	38.29

(121 finished)

## Loggerheads - November 5th (10 mls/2400')

1.	Colin Donnelly	Eryri	1.16.34
4.	Gary Webb	CVFR	1.20.04
8.	Steve Houghton	CVFR	1.22.22
19.	Denis Gildea	CVFR	1.27.33
20.	Greg Houghton	CVFR	1.27.43

A glorious sunny day for this excellent race with 120 starters. Gary Webb ran very well to finish 4th (despite complaining that he wasn't fit), with Steve taking second Vets prize in 8th position. Myself and Denis had a rare old battle, with Denis finally getting the better of me in the last half mile (must try some of this pre-race lager loading) Once again only four Calder Vally runners in what really is a superb little race. So come on lads and lasses, get out and about next season and fly the Calder Valley flag around the country, not just around Mytholmroyd! Greg Houghton

## Shepherds Skyline - November 11th (6 mls/1150')

1.	S. Livesey	CLM	40.57
5.	Karl Smith	CVFR	42.44
15.	Mark Horrocks	CVFR	45.14
21	Duncan Thompson	CVFR	46.27
27.	Denis Gildea	CVFR	47.06
33.	Steve Houghton	CVFR	48.02
50.	Graham Woodward	CVFR	49.38
56.	Dave Hyde	CVFR	49.53
62.	Janet Kenyon	Horwich	50.31
67.	Derek Hurton	CVFR	50.59
69.	Chris Godridge	CVFR	51.04
74.	Mike Wardle	CVFR	51.16
117.	Gerry Symes	CVFR	54.30
118.	Mick Banks	CVFR	54.31
119.	Allan Jones	CVFR	54.35
157.	Simon Towler	CVFR	58.41
164.	Brian Horsley	CVFR	59.14
166.	Pete White	CVFR	59.27
177.	M. Allcock	CVFR	60.46
179.	Thirza Hyde	CVFR	61.00
183.	Graham Spencer	CVFR	61.15
195.	Steve Cavell	CVFR	63.45

(236 finished)

Well what a day this was. The weather was horrible, the worst thing being the wind in your face all the way out to Stoodley Pike, which you couldn't even see until you nearly ran into it because of the thick mist. Good turn out of runners from the club.

## Winter Hill - November 13th (15 mls/2500'?)

1.	Andy Wrench	Tod	1.42.00
7.	Karl Smith	CVFR	1.43.46
14.	Mark Horrocks	CVFR	1.48.19
21.	Duncan Thompson	CVFR	1.49.49
64.	Vanessa Peacock	Clayton	2.03.01
118.	Charlotte Roberts	CVFR	2.16.39
164.	Thirza Hyde	CVFR	2.32.19
177.	Irene Neville	CVFR	2.41.11

Good day for a race with it being dry and clear. It must be an interesting run after wet weather as I even managed to find a deep peat hole even although it had been mainly dry weather up to the race. Karl and Mark both picked up prizes and the Ladies again picking up the Team prize.

## Rivock Edge - November 26th (10mls/1500')

1.	Ian Holmes	Bingley	60.56 (record)
6.	Mark Horrocks	CVFR	65.49
20.	Denis Gildea	CVFR	70.17
49.	Brian Horsley	CVFR	74.57
61.	Vanessa Peacock	Clayton	76.51
74	Mick Banks	CVFR	79.46
86.	Gerry Symes	CVFR	80.44
140.	Juliette Whalley	CVFR	95.00





CALDER VALLEY FELL RUNNERS -1995 VETERANS CHAMPIONSHIP  
 Provisional placings after 19 races

	RACE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	TOTAL
		(L)	(M)	(L)	(M)	(S)	(S)	(L)	(S)	(S)	(L)	(M)	(M)	(M)	(L)	(S)	(S)	(M)	(S)	(L)	(L)	(M)	POINTS
1 Steve Houghton		20	20					20		20	20		20				20		19	20			179
2 Thirza Hyde		16	15	14	18					16	16		18		16	19			17				165
3 Mick Banks			16	(15)		19	20	(17)	20	(17)	17						18	19		18	18		165
4 Greg Houghton		18	18					19		19	18		19						18	19			148
5 Irene Neville		15	14				19			14	15		17		15								109
6 Pete Horne			17	19				18		18	19												91
7 Geoff Bell		17		16											17			20					70
8 Charlotte Roberts			13		19	18									19								69
9 Gerry Symes					20								20			20							60
10 Jeff Coulson		19	19																20				58
11 Pete White				18		17									18								53
12 Richard Kellett						20											19						39
13 Rod Sutcliffe				17											20								37
14 Ted Long													19				16						35
15 David Hyde				20																			20
16 Jeff Winder																					20		20
17 Brian Horsley																					19		19
18 Val Bell																		18					18
19 Paul Frechette																					17		17
20 Eddie Proctor																	17						17
21 Jimmy Sheard						16																	16
22 Allan Jones																					16		16
23 Dave Gilyeat										15													15
24 G Hughes				13																			13

CALDER VALLEY FELL RUNNERS -1995 LADIES CHAMPIONSHIP  
 Provisional placings after 19 races

	RACE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	TOTAL
		(L)	(M)	(L)	(M)	(S)	(S)	(L)	(S)	(S)	(L)	(M)	(M)	(M)	(L)	(S)	(S)	(M)	(S)	(L)	(L)	(M)	POINTS
1 Thirza Hyde		10	9	9	8					9	9		10		9	10			10				93
2 Louise Atkin			10	10	10				10	10	10						10						70
3 Irene Neville		9	8				10			8	8		9		8								60
4 Charlotte Roberts			7		9	10									10								36
5 Val Bell				8														10					18

## Club races in 1996

I thought that it would be a good idea to get in early and say a few words in readiness for next years races which we are organising. The hope being that you will be able to plan your racing around helping at some of them. It has been disappointing at times in 1995 to see how little support some of our races have had. The race organisers need all of our support to run the races! The first step is to volunteer and don't wait for the poor race organiser to have to come asking. The second step is to remember there are lots of jobs that need doing at the race from registration to collecting in the flags, all take time and the more who get stuck in the easier it is.

There has been much debate about whether club members should run in club races. Some suggest they should not. I feel that we would loose a lot if we started down such a path. What it needs is for us all to help out as much as we can. We all want to run as much as possible and that is why we have joined the club but if people do not organise the races then there would be none! Even if you run in the race you can help with one of the many before and after jobs. If every club member volunteered help at two or three races we would have no problems!

Below are listed the races we are running in 1996.

**Sat Jan 13 Boulsworth Hill FR**, Duncan Thompson 01282 613559. 10 helpers needed.

**Sat Feb 24 Wadsworth Trog**, Ted Long 01422 835224. 22 helpers needed. (It was discussed and agreed at the AGM that no members from the club would run until enough help had been found. This is because of the serious nature of the race due to its length and time of year.)

**Wed July 24 Widdup FR**, Tony Bradley 01422 360999. 8/10 helpers needed.

**Wed Aug 7 Sheepstones Relay**, Jess Palmer 01274 880971. 10/12 helpers needed.

**Sat Aug 24 Mount Skip FR**, Jez Wilkinson, 01943 876190. 10 helpers needed.

**Sat Sep 28 Calder Valley FR**, Jeff Winder 01422 376111. 12 plus helpers needed.

You will notice that we are lucky to have found some new race organiser. Thank you for volunteering.

**Finally I would like to take this opportunity on behalf of the club to say a big thank you to the many people who have helped on races this year and to ask you to pass on the clubs thanks to none members who have also helped us out.**

Merry Christmas and a Happy New Year.

Mike Wardle.

**The Dalesway: a personal account of a route through the Dales to the Lake District with tourists at each end and (this year) a hot and dry middle!**

What better thing to do than to follow a good race at the Borrowdale with a walk/run along the Dalesway two days later. Seeing a window of opportunity before the onslaught of the admissions process at Bradford University, I decided to have a jaunt along the Dalesway. The route, incepted in 1968 to link the counties of the West Riding of Yorkshire and Westmorland, starts at Ilkley, end at Bowness-on-Windermere, and is 84 miles long. It mainly follows the river valleys and has less climbing than the Wasdale, Ennerdale and Borrowdale fell races (5850 feet); it is therefore attractive to those wanting a fast run out! If you decide to stop off overnight on the way there is plenty of accommodation and food places and I didn't have a problem with not booking a B and B even in the height of the summer (August).

I caught the train to Ilkley from Keighley and carried the wherewithall to camp out if necessary (sleeping and bivi bag). I also carried a change of clothes, waterproofs, hat and gloves, 1st aid kit, maps and a compass. Apart from the change of clothes I didn't need the rest. I took the 'Dalesway Companion' book by Paul Hannon which has a good description and pictorial map; for the most part it was easy to follow although it is less easy route finding in Cumbria.

I decided to attempt the route over 2.5 days with 2 overnight stops (I wanted to enjoy it but also complete it in a reasonable time) and in the direction of the Lake District (I did see people doing it the other way but the vast majority went towards rather than away from the Lakes). I set off from Ilkley at 3pm with the aim of reaching Grassington by the evening. Fortunately that day was cloudy and relatively cool which was a good start but it didn't last. Ilkley to Bolton Priory was quiet but, as predicted, arrival there meant humanity. From there to Grassington I always had somebody in sight on the path along the River Wharfe. A pleasant evening was spent in a very comfortable B and B in Grassington followed by a 9am start the next day.

It was much quieter on the route from here on (apart from parts of Langstrothdale) so it was more pleasant. Before the climb to Cam Houses, the route travels to Kettlewell (the scarecrow festival was on that week), Starbotton, Buckden, Hubberholme, Yockenthwaite, Beckermonds and Oughtershaw. It is a refreshing change to climb up a hill rather than go along a valley and as the day was stifling hot there was at least a little breeze at the top. Cam Houses to Far Gearstones and over into (and along) Dentdale to Sedbergh completed the day. This left the final day to get to Bowness.

It is from Sedbergh that you have to have your wits about you to ensure the correct route; lots of stiles in obscure hidden places and unobvious routes through fields. I found this section the least interesting of all the walk (it could have stopped at Sedbergh!) and it does not compare with those wonderful Dales villages and fells. The final straw is Bowness; it was like arriving at Piccadilly Circus from the desert! I quickly made off to get the train back to Keighley - job done, route accomplished in a time of 21 hours in total. My daily mileage was 17, 40 and 27 miles.

I'd recommend it if you want a long distance run but wear road shoes. It's very hard on the legs and joints (and especially this year because of the weather), and there is a fair amount of the route on the road. Beware the long stretch of nothingness between Hubberholme and Dent, and this year there was no water in the Dales' rivers and streams but it was better in Cumbria.

Charlotte Roberts