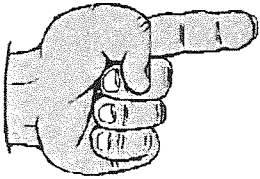


# SHEEP SHEET

## WHAT'S IN THIS ISSUE



### IT'S REALLY IMPORTANT THAT YOU PAY YOUR SUBS

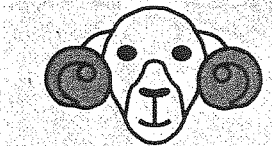


WE HAVE NOW REGISTERED ALL MEMBERS WITH N.E.A.A. (this motion was backed by the FRA) WHICH WILL RESULT IN ALL MEMBERS GETTING A UNIQUE REGISTRATION NUMBER AND MEMBERSHIP CARD WHICH AFTER NEXT SEASON (it does come into force in 2001) WILL HAVE TO BE PRODUCED AT RACES AS PROOF OF MEMBERSHIP. IF YOU DON'T HAVE A NUMBER YOU WILL HAVE TO PAY A LEVY FOR EVERY RACE AND LETS FACE IT IF FOR EXAMPLE IF THEY ADD ON SAY £1 FOR EVERY RACE YOU'LL SOON HAVE CLOCKED UP YOUR MEMBERSHIP FEE IN EXTRA LEVIES. THE MEMBERSHIP FOR CVFR HAS HAD TO BE PUT UP TO £7.00 TO COVER REGISTRATION BUT IT ONLY TAKES ONE GOOD NIGHT IN THE PUB AND YOU CAN SPEND MORE THAN THAT - AND THIS LASTS YOU ALL YEAR ROUND, YOU GET YOUR RELAYS PAID FOR AND IF YOU'RE REALLY GOOD I PROMISE NOT TO TAKE THE P\_\_\_\_\_ OUT OF YOU!!!. P.S... If you've got a red dot in the corner of your newsletter you haven't even paid this years subs so please pay (it was £5) to Richard ASAP.



## YOUR NEW COMMITTEE

- CHAIRMAN ..... STEVE CAVELL
- TREASURER ..... GRAEME WOODWARD
- SECRETARY ..... MIKE BELL
- MEMBERSHIP SEC ..... RICHARD KELLETT
- SHEEP SHEET ED ..... THIRZA HYDE
- PUBLICITY OFFICER ..... CARL GREENWOOD
- STATISTICIAN ..... ROD SUTCLIFFE
- CAPTAIN ..... TONY BRADLEY
- EQUIPMENT OFFICER .. PETE WHITE
- CO-OPTED BRIAN HORSLEY DAVE HYDE  
SIMON TOWLER



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### Merry Christmas and good running in the New Year



**XMAS RUN FROM NBLC AT 7.00pm AND THEN A PINT AT THE THREE PIGEONS FROM 8.30pm TUESDAY 12th DECEMBER**

Please keep a regular check on the notice board at Mytholmroyd or ring Tony Bradley (01422 360999) about Tuesday Training as he's planning some away runs from the Community Centre to save us doing the same road runs all the time.

## december 2000

# RESULTS ... Results ... Results ... Results ... Results ...



## Coniston Fell Race - April 29<sup>th</sup> (9mils/3500')

1.	Stephen Savage	Ambleside	1.14.58
28.	Steve Houghton	CVFR	1.30.32
37.	Nicola Davies	Borrow'le	1.31.28
69.	Jez Wilkinson	CVFR	1.38.13
99.	Greg Houghton	CVFR	1.44.34
119.	Helen Wilkinson	CVFR	1.53.19
133.	Charlotte Roberts	CVFR	2.00.24

(162 ran)

We were very lucky with perfect weather just during the race, and a lethal descent similiar to Ben Nevis with loads of route choice. Helen took a completely different route off the top and gained places. Dave and Thirza didn't manage to make it out of bed but you have to have a rest sometime. Jez

*(Sorry for not getting up out of bed as I would have been the third counter for the only womens team in the race but the way I was feeling I might not have completed the race. Apologises. Thirza)*

## Latterbarrow Loop - May 1<sup>st</sup> (3mils/1200')

1.	Alan Bowness	CFR	22.32
9.	Angela Brand Barker	Keswick	27.02
21.	Jez Wilkinson	CVFR	28.41
45.	Helen Wilkinson	CVFR	35.20

(55 ran)

A great short blast with a steep hill in the middle and all on open fell near Ennerdale. I went off like a loony thinking it was a bunny run and forgetting I had done Coniston two days earlier. I did get worried when I realised I was lying 2nd heading towards the river crossing. I soon dropped down the field but we both had a great time. Jez

## Wharfedale Triple T (Three day race series) - July 9<sup>th</sup> Race 2 (12.5mils/3000')

1.	G. Taylor	Darwen	1.32.10
6.	Sally Newman	Glossop	1.33.07
24.	Jez Wilkinson	CVFR	1.43.56

(67 ran)

A good social weekend with loads of food. This weekend involves a Friday night uphill road race (3mils/950'), Saturday Fell Race(as above) and Sunday Short Fell race (1.75mils/500') I just drove up for the day. Jez

## Hades Hill - Sept 7<sup>th</sup> (5mils/1200')

1.	Andy Payne	Rossen'le	32.45
10.	Dave Beels	CVFR	36.19
17.	Dave Hyde	CVFR	37.05
32.	Mike Wardle	CVFR	39.37
37.	Chris Robinson	CVFR	40.15
40.	Jez Wilkinson	CVFR	40.38
57.	Richard Henderson	CVFR	42.39

(85 ran)

It rained most of the day before this race and it wasn't exactly with enthusiasm that Dave went to do it (but he needed his club points). His legs were also a bit stiff after Ben Nevis which had only been on the Sunday before this Thursday race. Dave Beels had a good run, Dave got his points and Chris Robbo made a return to the racing scene after abit of injury problems. Thirza

## Three Shires - Sept 16<sup>th</sup> (12mils/4000')

1.	Andy Kitchin	Lothian	2.03.39
8.	Dave Hyde	CVFR	2.15.06
36.	Nicky Lavery	Kendal	2.35.31
78.	Thirza Hyde	CVFR	3.02.52
86.	Geoff Bell	CVFR	3.12.01
90.	Steve Coey	CVFR	3.18.10

(108 ran)

We expected there to be a small field for this race as it was the weekend during the fuel shortage. Dave and I cycled all week to save petrol and when we drove up to the Lakes on Friday night we found no problem in filling up at one of the stations enroute. It turned out to be a good race with a reasonable turn out and Dave had a good performance picking up 8th man and second V40. Two vouchers and a race t-shirt. Not bad at all. Hope this is also a come back from Geoff Bell to get racing back on the fells. Well done. Thirza

## Cracken Edge - August 9<sup>th</sup> (7mils/1450')

1.	Malcolm Fowler	Salford	42.16
2.	Ged Dudahy	Stockport	42.31
28.	Wayne Brown	CVFR	48.30
48.	Steve Houghton	CVFR	52.06
43.	Elizabeth Batt	Buxton	51.03
78.	Greg Houghton	CVFR	55.22

(153 ran)

The conditions were ideal for this race and for Wayne's comeback - not too hot, ground dry but not too hard and the rain held off. With such good conditions the mans record was broken by the first two home and there was only four seconds between the first two women. It sounds like a good race maybe one for the club champs next year.

## Mearley Clough - August 9<sup>th</sup> (3.5mils/1300')

1.	Gary Wilkinson	Clayton	30.50
33.	Vanessa Peacock	Clayton	37.54
53.	Jez Wilkinson	CVFR	40.33

(75 finished)

This is a cracking short steep blast for a midweek race. Th weather was thick mist, gale force winds on the top and drizzle. The routegoes up from Worston to the big cairn on the edge of the plateau onto the tour of Pendle route, across the top of the clough and then the organiser stated that you must come down the far side of the clough but anywhere around there that you wanted. I followed this Clayton runner to a less steep descent, dropped out of the mist only to find most of the field had dropped off the same side of the clough and I had promptly lost about 15 places. I know for next year. Jez



# RESULTS ... Results ... Results ... Results ... Results ...

## Hodder Valley Show Race - September 9<sup>th</sup> - (6.5mils/1500')

1	Graham Schofield	Horwich	43.02
29	Vanessa peacock	Clayton	49.31
53	Jez Wilkinson	CVFR	53.21
107	Helen Wilkinson	CVFR	64.01

(121 ran)  
I am definitely not sure about the ascent quoted for this race, after we climbed to the top of the first hill like Flower Scar race there was another massive climb after this. It was a great course with a river crossing and part of a really big show with even the white helmets motorbike display team there. Jez

## Wherside Fell Race - Sunday 24<sup>th</sup> (11.6mils/3000')

1.	Steve Oldfield	Brad/Airedale	1.35.29
16.	Steve Houghton	CVFR	1.53.48
18.	Dave Hyde	CVFR	1.56.13
21.	Vanessa peacock	Clayton	1.59.27
27.	Greg Houghton	CVFR	2.06.31

The day was drizzly with the clag down on the tops. I got abit lost coming off Wherside but got back on route and I was chasing Vanessa Peacock with Steve just a short way behind. Coming off Great Combe with Vanessa we got lost and had a scenic run around Upper Barbondale and I managed to miss the next checkpoint and finished just as the heavens opened. I should have been disqualified but they still gave me a finishing place. Dave

## High Brown Knoll - Sunday 8<sup>th</sup> October (6.5mils/1050')

1	Andy Wrench	Todmorden	44.30
11	Dave Beels	CVFR	52.54
12	Dave Hyde	CVFR	52.58
29	Carl Greenwood	CVFR	56.43
40	Mike Wardle	CVFR	58.11
44	John Murray	CVFR	59.07
53	Andy Carnochan	CVFR	60.43
56	Pete White	CVFR	62.04
65	Tony Bradley	CVFR	64.25
78	John Riley	CVFR	68.15

It was a fine day for running but with the going very heavy under foot. Dave Beels was first to the gate as usual but I passed him on the first climb and all the way out to HBK. We came back on the outward race route with Dave B taking the lead with me hanging on like grim death to come in four seconds behind him. It isn't the quickest way back retacing your steps but I'll leave it up to you for next year to get the best way back. Dave Hyde.

## Tour of Pendle - November 18<sup>th</sup> (17mils/4250')

1.	Rob Jebb	Bingley	2.25.28
29.	Sarah Rowell	P & B	3.02.18
34.	Duncan Thompsom	CVFR	3.04.30
44.	Rod Sutcliffe	CVFR	3.11.11
79.	Sean Birtwell	CVFR	3.36.20
103.	Phil Swaine	CVFR	3.58.08

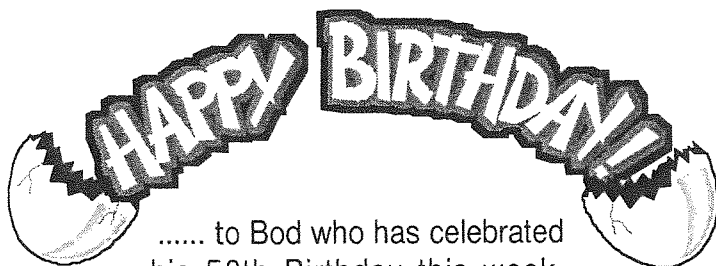
(132 ran)  
This is a classic race and one of my favourites, so it was disappointing to find so few CVFR members having a go this year at the final long race of the Club Championships. However, four of us enjoyed it, and it was not without incident for me. For those who are not familiar with the race it is literally a tour of Pendle Hill, starting and finishing in Barley Village and going up and down the hill as many times as possible from different directions. It sounds contrived, well, it looks abit like it on the map, with basically an anticlockwise circuit followed by a clockwise loop, but actually it makes a very good route with six good climbs. Anyway, this year we were in mist as soon as we got off the valley bottom and everything looked grey most of the time. I thought I knew the route, having done it several times before, but it was several years ago and mist does make a difference. I resorted to my favourite navigational technique of running hell for leather to make sure I keep in visual contact with the runner in front of me. This served me very well until I got too successful and starting passing people. The fatal mistake was to pass Duncan three quarters of the way round. Common sense tells you in dense mist tuck in behind this local expert who knows the Hill better than Joss Naylor knows the Wasdale Fells. Doesn't it? However one of my long term ambitions has been to beat Duncan in a fell race. I was up the final climb and off like a scalded rabbit. It may have been a scalded cat, it was difficult to say in the mist. Seeds of unease began to grow in my bonky, endorphin, and adrenalin soaked, but glucose free brain especially when I came to a steep descent with fell runners coming UP it. I was trying to think what **other** fell race was being run on Pendle today. It finally dawned that I had missed a descent and had to go down and up once more. Duncan beat me by seven minutes. Rod

## Shepherds Skyline Saturday 4<sup>th</sup> November 2000 6mils/1150'

1	Robert Hope	Puds & Bram	42.06
22	Dave Beels	CVFR	50.13
43	Andy Carnochan	CVFR	53.10
46	Carl Greenwood	CVFR	53.52
54	Rod Sutcliffe	CVFR	54.56
76	John Murray	CVFR	57.05
98	Pete White	CVFR	59.33
101	Jon Underwood	CVFR	59.54
102	Tony Bradley	CVFR	59.58
138	Richard Henderson	CVFR	64.43

The weather was sunny and windy with going fairly heavy after all the rain we've had. Well done to Dave Beels being 1st V45 home and and this giving him overall V45 winner in the South Pennines Grand Prix.

Thirza



..... to Bod who has celebrated his 50th Birthday this week.

# RESULTS ... Results ...

## Rivock Edge

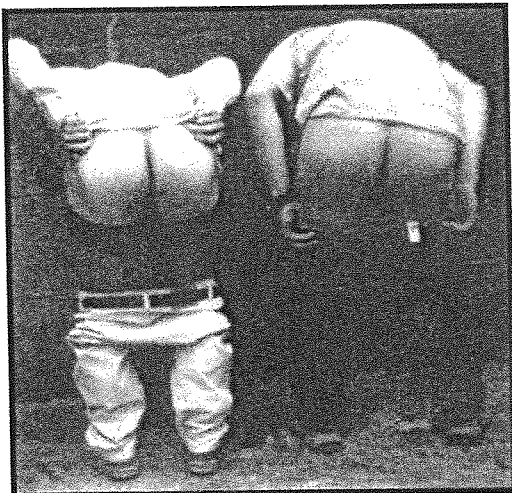
Sunday 26<sup>th</sup> November 2000

10mils/1500'

1	Steve Oldfield .....	Brad/Airedle .....	1.08.59
37	Steve Houghton .....	CVFR .....	1.22.30
45	Chris Robinson .....	CVFR .....	1.23.58
46	Carl Greenwood.....	CVFR .....	1.24.21
70	Shaun Birtwell .....	CVFR .....	1.29.09
101	Richard Henderson .....	CVFR .....	1.35.39
117	Jon Underwood.....	CVFR .....	1.41.41

Weather for most of the day was drizzly but a lucky window meant most of the race was in dry weather. Going was incredibly heavy with mud up to your knees instead of your ankles this including the cow shit in the farmers yard. (I would have been swimming in it. lovely. ed). Robbo did a triple summersault and seeing Carl chasing landed on his feet and ran on. He definately scored 10 out of 10 for style from the runner behind. This was the first scorer in the winter league and given the lateness of the league races well done to all those who made the effort to get there. Thirza

TWO OF THE CLUB MEMBERS SHOWING OFF THEIR GLUTS (BUM MUSCLES FOR THE LESS TECHNICAL) BEFORE THE BEN NEVIS RACE. CAN YOU GUESS WHO THEY ARE ESPECIALLY THE ONE ON THE LEFT WEARING THE STOCKINGS!!!!?.



## Major offensive by the wrinklies..

Word has reached us of a major impending attack on the 2001 British and English Team Championships by the Sanatogen and Viagra boosted over 40 and 50 fell shuffling members of a small backwater club - Clader Valley Fall Runners.

Apparently the plan is that as many as possible of the eligible members will ruin each of the qualifying races with the aim of amassing an insuperable number of team points. This requires a minimum for each race of four members in the over 40s category and three in the over 50s. Major General Dave Hardly will coordinate operations by recruiting the requisite force for each race. Although it is strongly denied we suspect the club may resort to press-ganging individuals in order to assure achievement of its objectives. Rarely before has such a ruthless, toothless and vicious threat been posed for the championships. For anyone wishing to take part or spectate the spectacles the races and dates are listed.

# BOB GRAHAM CELEBRATION WEEKEND

June 22nd & 23rd next year marks my 21st year as a Bob Graham member [No 191].

To mark this auspicious occasion I thought the other club members would be interested in doing the round in a relay.

We have 26 club members and I think it would be a first if we could arrange it.

The dates I have in mind for next year are June 19th-20th or June 26th-27th.

I would hope that other club members become involved also thus making it a great weekend away for runners and their families alike.

Club members are as follows:

Pete White	01422 885728	Gary Webb	
Trevor Redmund	**	Jess Palmer	**
Paul Frechette		Rhys Kift	**
Mark Bramall-Pimlott	**	Charlotte Roberts	
Rod Sutcliffe		Jeremy Wilkinson	
Steve Houghton		Andy Thompson	
Jeff Winder		John Wilkinson	
Mike Wardle		Andy Clarke	
Steve Skelton	**	Tim Wilkinson	**
Geoff Bell		Bill Johnson	
John Crummett		Andrew Wimpenny	**
Allan Jones	**	Brian Horsley	

\*\* Don't have an address for them, please help out!!

Everyone to run one of the five legs and all of us to run the last leg together [I use the term "run" lightly!]

**This will not be a race against Time.**

The idea is to get you all involved at some stage no matter what your current level of fitness may be.

The weekend to finish with a party at some venue in Keswick on the Sunday [lunch time]

Any one with any ideas about a place please let me know.

Well What do you think? Pick up the phone and let me know.

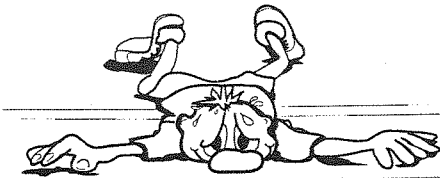
Pete White.

### BRITISH AND ENGLISH CHAMPIONSHIPS 2001

		<u>C</u>	<u>B</u>	<u>E</u>
Saturday 24th March	Half Tour of Pendle	M		✓
Saturday 21st April	Spelga Skyline (N. Ireland)	L	✓	
Saturday 5th May	Coniston	M	✓	✓
Sunday 20th May	Saddleworth	S		✓
Saturday 2nd June	Duddon	L	✓	✓
Saturday 23d June	Eildon Two Hills (Scotland)	S	✓	
Saturday 4th August	Y Garn (Wales)	S	✓	
Sunday 19th August	Sedburgh Hills	L		✓
Saturday 22nd Sept.	Merrick (Scotland)	M	✓	
Saturday 29 Sept	Thievely Pike	S		✓

C = CATEGORY    B = BRITISH    E = ENGLISH





## MOUNTAIN MARATHON RESULTS

## MOUNTAIN MARATHON RESULTS

### LOWE ALPINE MOUNTAIN MARATHON GLENSHIEL - 7/18 JUNE - B CLASS DAY 1 - 23.3 km 1280mtrs Day 2 - 16.5km 1260mtrs

I decided this year to do less racing and alot more orienteering and so after 2 terrible events getting hopelessly lost in the South Lake District in the rain and mist of Spring, Summer came along and the Mountain Marathon season began. After 7 hours drive we arrived at Glen Shiel on Friday evening to some stunning scenery with the hills rising up very steeply on either side of the event centre and a view down the loch towards Skye. We met up with Rod and Alan Duncan who were entered in the Elite and were heading off to their B & B after registering. I was running with my brother Jon who was desperately wanting to move up to the A class but I was concerned that there would be alot of ascent and some very rough non runnable ground. Mandy Goth and Phil from Tod Harriers also turned up and they were looking very pale and shocked. When we were driving through Glencoe earlier we noticed a car had completely taken out a diesel pump in a garage and was wedged against the side of the forecourt. It turned out that it was their car and they were trying to avoid somebody who had pulled out across the road in front of them. Their car was a right off but they managed to hire one from Fort William. We spent the rest of the evening stuffing our face with chilli, fruit crumble and chocolate brownies at Wilfs mobile catering. Saturday dawned very dark and cloudy and we had an early start time of 7.30am. We picked up the map on the way to our start which was just up a ridge behind the event centre. The Elite, A and novice course had a bus ride to their start. After the first two checkpoints we were completely on our own with some very impressive scenery with the saddle in front of us and along steep rocky contour ahead of us. I soon realised that Adidas Davos are absolutely crap for mountain marathons which always involve steep contouring and I spent the next 5km mostly on my backside. The weather was very atmospheric with dark clouds and heavy shower passing over but also quite warm. The Elite and A class had a trip into Knoydart in the mist and a nice little boat ride across the loch to get them to their final checkpoint and overnight camp. Our final run in the day was along a shingly beach to our beautiful overnight camp. I was very glad that I hadn't done the Elite or A as the leading times were 7 hours. We has seen Jim and Andrew Davies skipping across vertical scree earlier in the day and they were lying 6th, Rod and Alan arrived later, very knackered after 12 hours out. Day 2 weather was alot brighter and a massive steep climb after the start from sea level up to 2500 feet. We cocked the start up because we didn't realise they were giving the route descriptions out before the start. We then grabbed the sheet quickly and set off crawling up the hillside. More fantastic views of the islands and then back to the finish. Unfortunately Rod and Alan were timed out on the second day. We came 10th with a total time of 12hours 2mins 41secs.

Jez

### SAUNDERS LAKELAND MOUNTAIN MARATHON - 1/2 JULY HARTER FELL CLASS DAY 1 - 14km Day 2 12km

Helen and I had contested this class for the last few years. Last year we came 8th overall but 5th mixed team with 3 of the mixed teams in front all good orienteers, members of EPOC and from Calder Valley. Day 1 started very warm and sunny with a very steep climb up the side of Harrison Stickle. I made a bit of a cock up heading to the 2nd checkpoint above Easdale not landing directly on it so I thought we had lost alot of time. The rest of the day we spent virtually on our own with good route choice from checkpoints 2 to 3 but also good visibility. We arrive at the overnight campsite at Watendlath just behind one of the leading pairs from last year. I was really shocked too find we were 4th overall and 3rd mixed which did make me feel apologetic as I had to ask Helen if she could run any faster on the way into the campsite. The other problem there was only 22 mins between 1st and 10th and we were only 9 mins behind the leaders. The campsite had fantastic, sunny views over to Borrowdale and Skiddaw and competitors took advantage of the cafe and ice creams including Ian Law and who had to walk down for a Magnum. Richard was competing with Ian who had ridden up on his motor bike from South Wales and who had insisted that Richard picked up two massive cooking pans from his mothers (this was to belt Richard around the head with if he got too slow. ed). They were lying 20th overall in the Bowfell (A) class which was really good for their first Saunders. Day 2 dawned wet, misty and very low cloud cover and we were in the chasing start. We followed 2 of the mixed pairs from checkpoint 1 South of Watendlath round the side of Ullscarf and this is where we caught the Jagans. We lost them in the mist as we descended steeply into Greenup Gill then happily found them behind us on the climb out. We passed through checkpoints 2 and 3 both in thick mist then heading over High Raise towards Pike of Stickle we noticed the Jagans to our left and just behind us catching another pair who asked Helen which class we were in. Helen replied but it took me awhile to get an answer out of them. I then realised they were the leading pair and had obviously got lost. I tried to lose them again in the mist and we arrived at the penultimate checkpoint with the two pairs behind us. Unfortunately the male pair overtook us on the vertical descent and we couldn't catch them on the sprint along Langdale. We came second overall being beaten by just 46 seconds and 1st mixed pair.

Jez

#### HARTER FELL CLASS

1. Norman Howard/John Cox ..... 6.17.06
2. Helen & Jez Wilkinson ..... 6.17.52
3. Peter & Margaret Jagan ..... 6.22.21

#### BOWFELL CLASS

1. Tim Brand/Nick Barrable ..... 6.52.05
2. John Slater/Mike Billinghurst ..... 8.12.33
27. Ian Law/Richard Henderson ..... 12.23.21

**CAPRICORN TWO DAY MOUNTAIN ORIENTEERING - CONISTON - JULY 22/23**

This event follows the same format as the Saunders except you don't run in pairs and you return to the event centre on Saturday evening. This means you don't have to carry much kit but you don't have a partner to kick you up the arse to keep going. The weekend was very hot and I was dehydrated by the time I had walked to the start at Walna Scar Road. We had a great weekend apart from the 20 minutes at the end of both days trying to descend different cliff faces!!!!

**A CLASS - DAY 1 - 26km/1400m DAY 2 - 16.1km/1130m**

1	Kevin Harding .....	6.36.48
2	Andrew Davies .....	6.54.32
19	Jez Wilkinson .....	9.48.40 (26 finished)

**D CLASS - DAY 1 - 13.7km/670m DAY 2 - 8.2km/500m**

1	Malcolm Lyon .....	4.00.38
4	Margaret Jagan .....	4.26.59
15	Helen Wilkinson .....	5.34.38 (69 finished)

**KARRIMOR - SOUTH WESTERN LAKES OCTOBER 28/29**

This was my seventeenth Karrimor, which demonstrates my crazy addiction to this wonderful, infuriating, exhilarating, exhausting, lifegiving event. It was also my ninth with Paul Frechette as a partner, which also says something about our endurance and persistence. What's more, this time WE GOT IT RIGHT! The event was held at the south west corner of the lakes in an area bordered by Langdale in the North and the peaks of Blisco, Swirl How and Coniston Old man in the east.

In recent years the score classes have proved very popular and this year the organisers added a medium score class to the long and short. For the third year we chose to do the Long Score Class. This involves picking up as many points as possible from control points over seven hours on day one and six hours on day two, with an overnight camp in between. Controls are given points values proportionate to the difficulty in reaching them. There are heavy point penalties for being late. The score classes put greater emphasis on route planning and navigation. We have worked out that we can progress at an average of about 4km per hour, direct line route. This seems an incredibly slow pace but it indicates the difficult nature of mountain marathon terrain. You are likely to spend a lot of time in bog, rock, heather and tussocks, with paths being a rare treasure, you will not be going in a straight line, and you may climb several thousand metres over the weekend. The key is to choose a route option that gives you as many points as possible over distance you can manage in the time, allowing a bit of slack for cock-ups and including one or two optional loops, especially near the end, for if you are going well. We also now make sure we include any compulsory controls (lesson learnt from last year).

For us, 400 points over the weekend is the minimum we expect and 500 points would be brilliant. On the first day there were very few controls near the start area so we planned a route to get north as soon as possible, which had the advantage of bringing us within reach of the overnight camp if things went wrong.

It did allow several route options in the latter part of the day, and offered us 220 points unless we had a major cock-up (not unknown).

It was 'normal' Karrimor weather - wind, rain and mist. It was normal Karrimor terrain - mainly grass, bog and very wet. Points came slowly in the first half of the day but the plan worked a treat. Because of our moderate pace we avoided major navigational mistakes in the mist. Our only significant difficulty was getting stuck in a gully because we drifted too low in crossing a valley before climbing Harter Fell. A bit of scrambling finally got us out and then it was up to a control on a small tarn just below the summit (25 points to give us 195). Then it was all downhillish and across the River Duddon to the finish. The river was in flood, resulting in a stepping stone crossing being impassable and a control there being closed. We were therefore credited with an additional 20 points on top of our 220, giving us 240 for the day. No sweat. We finished with 23 minutes to spare. I've never been 23 minutes early in my life. 27 km in 6 hr 37 min. 4 km per hour.

The second day was colder but slightly drier. I won't mention the cold, wet night. I've become a bit blasé (blimey, the computer's put the accent on automatically - it must speak french) in recent years, and I have forgotten to put my sleeping bag inside a waterproof bag in my rucksack. Since this event I've binned my superlightweight half length Karrimat and bought a luxury long one. It must weigh 3 grams more, but who cares. The route choice problem on the second day was how to get back to the finish by any route in *six* hours. We chose a fairly direct route with two possible zigzags to pick up extra points if possible, and the option of one or two extra controls near the finish if we were doing really well.

We were doing OK till half way through when we repeated a mistake of the previous year. I went down to a control on a knoll below us while Paul waited just above. When I got back Paul had gone. After much running, up and down, Paul reappeared, having been up the hill waiting for me at what he thought was the next control. Jon wilkinson had told him I was looking for him down by the previous one. We went back up the hill again and followed another team, eventually coming to the control. Unfortunately it was not ours. I discovered we had gone too far and we had to loop round back to find our control. This was the one Paul had been sat at half an hour previously.

We had now used up our slack so it was a question of pushing on as fast as we could to the finish, but we had 145 points in the bag (provisionally anyway). Our route took us past several more controls and again we were accredited an extra 15 points for some unknown reason so we ended up with 225 points and just 5 minutes to spare. Some degree of sweat.

A total of 465 points gave us 30th place out of 223 teams in the class, and 9th in the vets handicap. We also finally beat Charlotte and Inken at the third attempt. They got 43 points. Now we've got it sussed we can do even better next year. Barring the almost inevitable major cock-up at some point during the two days, of course.

IF YOU'VE NEVER DONE A MOUNTAIN MARATHON, DO IT. The Short Score Class, or the B and C classes are a good way to start. If you don't fancy October weather, try the Saunders in July, the brilliant Lowe Alpine in Scotland in June or even the Irish Mourne Mountain Marathon in September. It's great fun and it doesn't have to be a headbanging session, just a couple of good days out in the hills. But make sure that you or your partner can navigate a bit. It's good incentive to learn and practice this. See you in the MM next year. Rod

## In Committee .....

It was discussed at the AGM about the problem the Club Captain has in choosing his team for the Calderdale Way because of the timing of our AGM. He isn't in post until early/mid November which gives very little time for club members to recce the leg they are running if he/she doesn't already know it. It has been decided to make the post of Club Captain to run for a full calendar year starting from the 1st of January. There will be an overlap of about six weeks where the new captain will liaise with the past captain. This should alleviate some of the old problems and the past club captain has a better idea as to who is running as he's been picking teams for that current year gone by.

## Boulsworth - 20TH JAN .....

Can you let Duncan Thompson know if you can help at Boulsworth. This year the race is abit different as it is being run as a memorial race to Keith Munton who used to be a member of CVFR. I'm sure most of you would read the fitting tribute that Duncan wrote for the Fellrunner Mag October 2000. The race will be entry on the day so more help will be needed. NO CLUB RUNNER WILL GET A RUN UNTIL DUNCAN HAS ALL THE HELP HE NEEDS - SO IF YOU CAN HELP PLEASE LET DUNCAN KNOW AS SOON AS POSSIBLE.

## ABIT OF CULTURE

from Rod

### HIGH MOORS OF ELMET

Long has the noise of battle left  
These long-horizoned moors.  
An ancient kingdom lost to  
An alien fee - desolate, untamed,  
And will so remain for an eternity

Stark moorland, hillside chapels  
Witness to a spiritual vibrance  
That holds the seeking mind.  
so many times I have walked  
An run these open hills,  
Drunk deeply the sweet waters of  
a jagged clough.

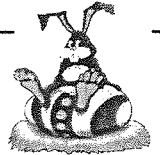
"Know yourself", the wise man pleads;  
I "know" and am "known".  
Spirit meets with spirit and I am  
Refreshed, renewed, recreate.  
I am conscious of the invisible,  
The moor and I are one.

Peter Travis

## ABIT OF SOCIALISING

### PRESENTATION DINNER

THE PRESENTATION DINNER WILL BE HELD IN SOLOS IN LUDDENDENFOOT ON SATURDAY JANUARY 26th. THE EVENING WILL BE INFORMAL WITH NO OFFICIAL SPEAKER BUT THE PRESENTATION OF TROPHIES. THE RESTAURANT DEALS MAINLY WITH CURRIES BUT THERE WILL BE AN OPTION FOR ENGLISH FOOD WHICH WILL BE BAR MEAL TYPE. THE CURRY OPTION WILL BE AROUND £12. THERE IS A BAR DOWN STAIR WHICH SERVES DECENT BEER AND ALSO A DISCO FOR ANYONE WANTING A DANCE LATER ON. RING ROD FOR MORE DETAILS.



## Easter 2001 THE MANX MARATHON

We are hoping to have a club trip to the manx marathon for Easter 2001. We have started looking into Bed and Breakfast places, as it's always nice if your club are all under one roof. It works so well in the Ben race. There will be the option to fly or go by ferry. The weekend involves either walking or running or socialising (there is a beer fest) if that's what you want to do. More details will be available in the next newsletter but put the date in your diary.

## SORRY TO HEAR



..... about Stewart Gardener. He broke his ankle at the Karrimor and has to be none weight bearing until 18th December. We wish him a full and speedy recovery.

## CONGRATULATIONS

..... to Pete White in completing the Everest Mountain Marathon in a time of 6hours 48mins placing 25th overall. Pete has done well as he was having ankle problems before he went and training was limited.



ANYBODY WANTING TO PUT ANYTHING IN THE NEWSLETTER CAN GET IN TOUCH WITH ME BY EMAIL:

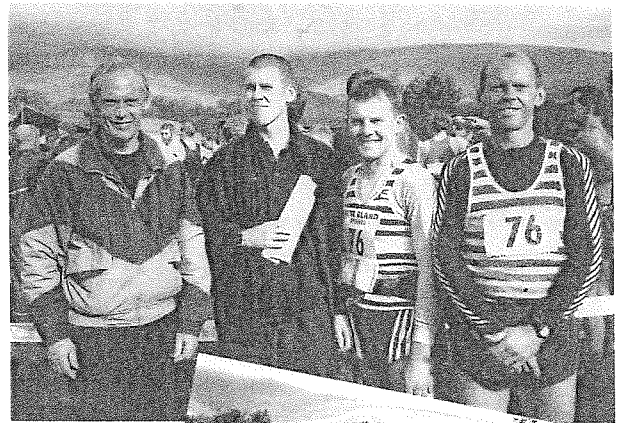
[thirza.dave@virgin.net](mailto:thirza.dave@virgin.net)

IF YOU ARE SENDING ME FILES CAN YOU WRITE THEM TO TEXT ONLY PLEASE AS I'M USING AN APPLE MAC OR I'M DOWN MOST TUESDAYS AT THE CLUB OR BY POST. I'M ALSO HOPING TO PUT A WEBPAGE TOGETHER FOR US SO ANYONE WITH ANY IDEAS FEEL FREE TO LET ME KNOW. I'M GOING TO NEED ALL THE HELP I CAN WITH THIS ONE.



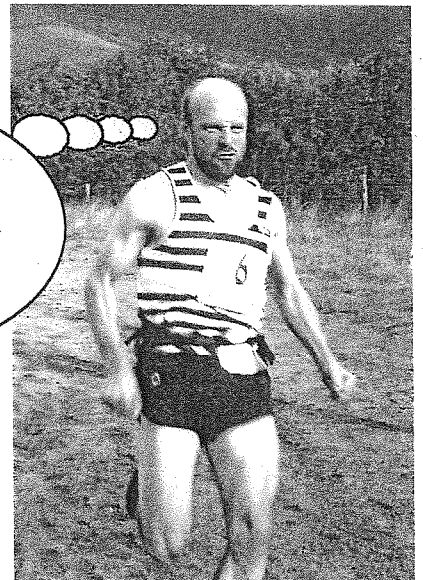
# FRA RELAY - THE AGONY AND THE ECSTASY

BEFORE .....  
ME AND MY  
MATE GREG.



AFTER .....

THAT OLD B\*\*\*\*\*  
HE'S FASTER THAN  
ME AND HE'S STILL  
GOT A FULL HEAD  
OF HAIR .....







Name	Lady	Handicap	SHORT RACES						SHORT TOTAL	MEDIUM RACES						MEDIUM TOTAL	LONG RACES							LONG TOTAL	GRAND TOTAL		
			Midgley Moor	Flower Scar	Blackstone Edge	Chevin	Buckden Pike	Stoodley Pike		Hades Hill	Fiendsdale	Anniversary Waltz	Fairfield	Kentmere	Ben Nevils		High Brown Knoll	Cardington Cracker	Chew Valley Skyline	Three Peaks	Ennerdale	Rossendale	Borrowdale			Three Shires	Tour of Pendle
Dave Hyde			19	19	20			19	77		19	20	19									20	20	20		60	195
Rod Sutcliffe			19	X16	17	18			54		20	18	20											19	77	189	
Mike Wardle			18	17	X15			18	53		18	17										19			55	180	
Pete White			14	14	14	18	14		60		16	16										19			55	165	
Thirza Hyde	L		11	12	16	16			55		15	17										18	17	19	54	157	
Dave Beels			20	X19	20		20	20	80		20														0	100	
Duncan Thompson									0	20												18		20	58	78	
Brian Horsley			18	16			19		53		19														0	72	
Phil Swaine							15		15		16											17		18	35	66	
Tony Bradley							17	17	34		15	15													0	64	
Paul Frechette			14				13		27		34														34	61	
Gary Webb				20	20				40		20														0	60	
Andy Thompson			12	15	13	17			57																0	57	
Geoff Bell						15			15															18	35	50	
Steve Houghton					18				18																20	38	
Greg Houghton							19		19															17	17	36	
Stewart Gardner									0														17		17	35	
John Murray							18		18																0	35	
Ian Law			15						15																0	34	
John Riley			13						13																0	27	
Steve Coey									0	17															0	17	
Frank Mallinson			17						17																0	17	
Richard Henderson			16						16																0	16	
Graeme Woodward								15	15																0	15	
Charlotte Roberts	L								0																15	15	
Val Bell	L					14			14																0	14	
Mike Bell									13																0	13	
Graham Spencer								12	12																0	12	

Name	SHORT RACES										MEDIUM RACES										LONG RACES										GRAND TOTAL
	Handicap	Midgley Moor	Flower Scar	Blackstone Edge	Chevin	Bucken Pike	Stodley Pike	Hades Hill	SHORT TOTAL	Friendsale	Anniversary Waltz	Fairfield	Kentmere	Ben Nevis	High Brown Knoll	Cardington Cracker	MEDIUM TOTAL	Chew Valley Skyline	Three Peaks	Ennerdale	Rossendale	Borrowdale	Three Shires	Tour of Pendle	LONG TOTAL						
WINNER	100																														
1 Dave Hyde	1.23	29	27	30	27	30	30	116			29	30	30	30	89						30	30	30	30	90	295					
2 Mike Wardle	1.29	X28	27	28			28	83	29	28	28				27					30	29				87	282					
3 Pete White	1.43	23	29	27				108	28		30				29					27					87	282					
4 Rod Sutcliffe	1.26	26	X22	26	24		78	26	30	27	30									28	26	29	30	115	280						
5 Thirza Hyde	1.46	18	22	25	27		93	23			25	29													83	253					
6 Andy Clarke	1.11	30	26	23	21		107	30				27								29					29	193					
7 Andy Carnochan	1.34	X28	30	30	X28	30	120					25	26								25	25	28	102	127						
8 Sean Birtwell	1.26						0	25																	21	115					
9 Carl Greenwood	1.24	28			22		45	24				25													21	107					
10 Dave Beels	1.21	26	X25	26			21	29	107			28													26	105					
11 Richard Henderson	1.28	17					11	26	79																26	104					
12 Duncan Thompson	1.13						0	27																	29	77					
13 Tony Bradley	1.40					26	21	55				23	24									23			0	102					
14 Paul Frechette	1.43	21				21	21	44																	55	99					
15 Phil Swaine	1.34					21	21	24				22										26			27	53					
16 Brian Horsley	1.22	24	21			21	21	70				28													0	98					
17 Graeme Woodward	1.29	14	28	27		21	21	89																	0	89					
18 Jez Wilkinson	1.25	21	18	23			27	89																	0	89					
19 Bill Johnson	1.12							0																	83	83					
20 Andy Thompson	1.34	15	20	20	21			76																	0	76					
21 Gary Webb	1.10	25	24					49		26															0	75					
22 Jon Wilkinson	1.25	25					25	26																	22	73					
23 Geoff Bell	1.29					20		20																	28	72					
24 Steve Coey	1.28							0	22																27	70					
25 Simon Towler	1.32	19	19					38				21													0	62					
26 Helen Wilkinson	1.58	27						56																	0	56					
27 Greg Houghton	1.21					25		25																	27	52					
28 Stewart Gardner	1.29							0																	0	45					
29 Ian Law	1.32	16						16		29															0	45					
30 Steve Houghton	1.14							17																	0	45					
31 John Murray	1.26						21	22																	0	44					
32 John Riley	1.44	22						22																	0	28					
33 Val Bell	1.90							28																	0	28					
34 Charlotte Roberts	1.58							0																	0	25					
35 Chris Robinson	1.19							25	25																0	23					
36 Wayne Brown	1.18							0																	0	21					
37 Graham Spence	1.43						21	21																	0	20					
38 Frank Mallinson	1.29	20						20																	0	18					
39 Adam Baker	1.30						11	18																	0	18					
### Mike Bell	1.61							18																	0	18					
### Rose Carnochan	1.90	18						18																	0	18					

Championship tables.xls  
 AT = actual time  
 HT = handicap time