



calder valley fell runners

SHEEP SHEET

... December 2003 ...



Merry Christmas and all the best for 2004....



WEEKEND in Ireland ...

Now that we know what the British and English championship races are (published later in the newsletter) we thought we might have another trip to Ireland as we had such a good time last year. Having asked around it seems as though the youth hostel was fine for most of us as it kept the cost down. I'm planning to book flights as soon as possible as this again will keep the cost right down and enable us to stay a bit later on the Sunday (let the lads get over their hangovers and not look so green in the mini bus eh Kari). If you are interested please let me know **NOW** as I'll start the booking process. We will be flying out on Friday 2nd April returning on Sunday 5th April. The race is Donard-Commedagh and it is a medium race of 6.8mils with 3300' of climbing. If it is as good as last years race it will be well worth the trip. Come on let's get Calder Valley over there again.

Thirza

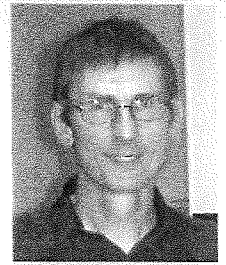
(Telephone 01422 343736 or
email thirza.dave@virgin.net)

Viva Espagne

Yes it's all go. We are planning a trip to Spain the week of 1st - 8th May which includes the May Day holiday. We are going to a place called Cantueso which is in Andalucia.

This can all be viewed on www.axasport.com.
Mixture of running, biking, chilling out out, walking and of course a beer or two. There's something for everyone. If you are interested in going please get in touch with Alec Becconsall on 01422 884623

ON COMMITTEE



CHAIRPERSON
Rod Sutcliffe



CLUB CAPTAIN
Tony Bradley



SECRETARY
Jon Underwood



TREASURER
Adam Breaks



**MEMBERSHIP/
SHEEPSHEET EDITOR**
Thirza Hyde

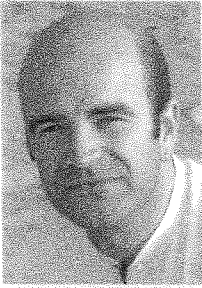
ANY ARTICLES FOR NEWSLETTER PLEASE

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ANY COMMENTS OR INFO FOR WEBSITE

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ON COMMITTEE



WEB OFFICER
Carl Greenwood



PUBLICITY OFFICER
Allan Greenwood



SOCIAL SECRETARY
Anne Johnson

Oh what's happened to Alec ... must still be in shock after having to run in CWR

EQUIPMENT OFFICER
Alec Becconsall



STATISTICIAN
Bill Johnson

RACE RESULTS

Thievely Pike - 4mils/1000' - Saturday 27th September 2003

			Time	Race Level	Ratio
1	Rob Hope	P & B	0:23:33	-	-
2	George Ehrhardt	Todmorden	0:24:27	-	-
3	Ricky Lightfoot	CFR	0:24:42	-	-
11	Adam Breaks	CVFR	0:26:16	1	1.08
32	Rachel Thompson	Horwich	0:29:18	- 1st lady	
78	Linda Crabtree	CVFR	0:33:18	4	1.37
	113 ran				

This seemed another one of those races where they have problems supplying you with safety pins to put on your number. Linda got organised for the race, went to register hoping to then just to warm up and do the race but Oh no they had no pins and she had to make a mad dash back to the car to get some. The organiser answer to her enquiry about the no pins was "You'll have to carry your number!!!!. It might be me but I can't see any sense in not having some safety pins at all at races. I carry them in my race bag and use my own when ever possible but there has been occasions when I've had a lift to races and carried a different bag and clean forgot to bring pins - just a genuine case of forgetting. Race organiser go on to the runners about making sure to tell them if they retire early from a race - what about race organisers commitment to runners safety by making sure marshals can see their number and know where they are in a race!!!! sorry but I had to get that off my chest. Thirza

ENGLISH CHAMPIONSHIP RACES 2004

Saturday 6 th March	Noonstone	Medium
Sunday 25 th April	Three Peaks	Long
Saturday 19 th June	Buckden Pike	Short
Sunday 18 th July	Kentmere	Medium
Saturday 7 th August	Borrowdale	Long
Sunday 5 th September	Shelf Moor	Short

BRITISH CHAMPIONSHIP RACES 2004

Saturday 3 rd April	Donard-Commedagh	Medium	Ireland
Sunday 23 rd May	Elidir Fawr	Short	Wales
Saturday 10 th July	Meal an T	Short	Scotland
Saturday 18 th July	Kentmere	Medium	England
Saturday 7 th August	Borrowdale	Long	England
Saturday 25 th September	Two Breweries	Long	Scotland

Stop Press ☆ Stop Press ☆ Stop Press ☆

Well done to everyone who ran in the Calderdale Way Relay. Our A team were positioned 12th overall and took the 1st local team prize. We got 5th mixed team place as well. A Big Big thank you to Tony Bradley for all his hard work and numerous phone calls ... it is always a nightmare getting the teams out but again we fielded 3 teams. Thanks to anyone who had to step in and run at the last minute - it shows commitment when your club needs you. WELL DONE ONE AND ALL.

Langdale Horseshoe - 14mIs/4000' - Saturday 11th October 2003

		Time	Race Level	Ratio
1	Gavin Bland	Borrowdale 2:04:24	-	-
2	Ian Holmes	Bingley 2:04:46	-	-
3	Rob Jebb	Bingley 2:04:51	-	-
41	Angela Mudge	Carnethy 2:35:07 - 1st lady		
49	Karl Gray	CVFR 2:36:14	3	1.25
86	Steve Houghton	CVFR 2:47:33	4	1.34
106	Mike Wardle	CVFR 2:54:15	4	1.40
125	Rod Sutcliffe	CVFR 3:00:56	5	1.45
135	Barry Shaw	CVFR 3:02:46	5	1.47
144	Adam Breaks	CVFR 3:03:55	5	1.48
171	Jez Wilkinson	CVFR 3:14:39	6	1.56
200	Pete Horne	CVFR 3:19:34	7	1.60
205	Brian Shelmerdine ...	CVFR 3:20:26	7	1.61
215	Richard Allen	CVFR 3:23:10	7	1.63
234	Linda Crabtree	CVFR 3:26:26	7	1.66
265	Anne Johnson	CVFR 3:34:05	8	1.72
269	Thirza Hyde	CVFR 3:34:57	8	1.72
288	Tony Bradley	CVFR 3:38:01	8	1.75
	346 ran			

Pleasures and Punishments in Langdale!!!!

As we (Karl Gray, Alex Cornish, Lee Shimwell and myself) staggered back from Wainwrights, Chapel Stile under the August midnight sky to our tents, this was to be just the start of our preparations for the forthcoming Classic, The Langdale Horseshoe Fell race. The previous day had seen us travel up in Alex's car, settle into a farmer's makeshift campsite and run under one of the hottest days in the Langdale Valley this year.

This was my first ever visit to these parts of the Lakes so I was looking forward to the recce, which took us onto Bowfell via 'The Band' back down to Angle Tarn for a swim and a quick drink before returning back to camp for liquid refreshments and a dodgy BBQ.

A good weekend resulting in seven working days off sick, between us. Medical term from Alex's doctor a "viral infection". Upon our return home, three of us set up camp in our toilets and suffered like hell for 48 hours whilst Karl miraculously got off 'Scott-free'. Must be our young bodies still not used to the pleasures and punishments of fell running. (What are you trying to saying about Karl here Adam!!!! Ed)

A few weeks later Karl and myself returned to recce the route proper along with our guides Steve Houghton and Mike Wardle. The cool start soon give way to another fantastic day. Short cuts were recce'd, bearings recorded, advise listened too and the majestic sites adored, despite all this I still managed to run up Cold Pike only to realise after storming up there that my destination Pike O'Blisco was to my right. Hands were waved, names called and contact was finally regained with Mike Wardle also getting an extra climb to his credit.

The day of the run started out at the crack of dawn, as the four of us travelled up to see the Pikes of Langdale under thick mist, interesting it was going to be.

After receiving your number along with an identitag for recording you through each checkpoint the four hundred and odd runners were off cramped like 'rams' through the opening half-mile on a farm track.

The race soon spread out up towards Stickle Tarn. Karl

had sprinted off so I stuck with some familiar faces namely Jon Wright who soon dropped me, then a few P & B lads, Mark McDermott soon passed me, I tried to slow him down by chatting, "A bit short for you" I questioned "Aye A bit long for you" he replied. He wasn't having any of it. Angela Mudge soon passed me, I was going backwards and the race had only been going ten minutes.

As I finally reached Thunacar Knott I had recovered from my initial blip. The next trouble was trying to find my intended path off, from memory it was slightly to the left, I lost time and places by stumbling around like a drunk out of Wainwrights. Trying to find the bloody thing.

A couple of Ambleside lads passed me chatting, I thought sod it and joined in. By the time we had gone through our life stories and running gripes we had reached Esk Hause! Funny how much time can be gained when you are enjoying yourself.

On from Esk Hause towards Bowfell, on some of the worst paths I had ever ran on, slippery big boulders giving way to sheer drops, no matter what you say about Walshes they are crap over this stuff.

Inexperience and nerves or is that common sense, cost me quite a few positions over this ground I got the right lines between Bow Fell and Long Top and was even privileged to be asked by Angela Mudge where to go off Bow Fell. The big step off Bow Fell caused problems with queuing. Mark McDermott just literally leaped off the thing, EXTREME.

A team of us now grouped, seeking safety in numbers and getting all the right lines between Bow Fell and Long Top in the mist. Upon reaching Long Top Helen Wilkinson greeted us with a supportive sip of water before telling us, Karl was going well about five minutes in front.

From Long Top we descended fast towards Pike O Blisco and out of the mist. I was originally told upon reaching the summit of the Pike is "where the race begins". For four of us it did. Running ourselves into the top 35 of this English Championship counter we descended to far to the south off the Pike O Blisco and found ourselves just to the north of Little Langdale, consequently a little too far in the wrong direction. My natural instinct was to turn back and regain the course.

Dis-orientated, Disbelieve, Disgusted, Distrust, mixed emotions were high among the four of us. Finding where our moment of madness had got us to, was my three comrades immediate concern, for me I just went round the corner to the toilet. When I returned they had deserted me, The b*****ds.

My morale at a low, it started spitting, the fine rain that's soaks you through! I had to look for myself the location that I was in and follow the road back up towards Blea Tarn. The trio were some way in front and not hanging around so I just plodded back eventually regaining the race, which by now mattered no more. That half an hour in the wilderness had taught me a great deal about the pleasures and punishments of fell running.

Up on finishing you can reflect on what could have been. But when you're not the only one going wrong in the race or even club. Karl and Anne Johnson also both went wrong during the race despite running well you just have to take it with a pinch of salt, the sting eventually goes..... Adam

YOUR SUBS ARE DUE ON

1st January 2004. Still a bargain at £7.00.

Please get them to me as soon as possible in the New Year.

If you've decided to definately not rejoin (fool) can you let me know and I won't bother chasing you for money.

Thirza Hyde, 17 Moorlands Crescent, Ovenden

Halifax HX2 8AA

British Fell & Hill Running Relay
Saturday 18th October 2003
Church Stretton

MENS TEAMS

1	Pudsey and Bramley	3hrs 38min 36sec
2	Mercia FR	3hrs 38min 59sec
3	Salford Harriers	3hrs 41min 12sec
19	Calder Valley FR A	4hrs 15min 30sec
??	Calder Valley FR B	5hrs 6min 18sec

LADIES TEAMS

1	Dark Peak	4hrs 38min 39sec
2	Keswick	4hrs 41min 57sec
3	Eryri	4hrs 55min 56sec
7	Calder Valley	5hrs 20min 46sec

The whole logistics for this event took weeks of preparation, and CVFR's were just running. With team selection not being confirmed to the runners until the day of the race due to unfortunate late withdrawals and switching of 'legs'.

First team perspective

The major switch took place in team 1, with Andy Clarke taking over the opening leg from Karl Gray, who in turn would run the second leg with Adam Breaks. Bill Johnson was drafted in at the last minute to run the anchor leg. Jon Underwood and Steve Houghton supporting the team by running the navigational leg 3.

The opening leg got underway under pleasant sunshine with Tim Davies of the organising team – Mercia heading the field from start to finish, around the 6 mile 2200ft of climbing route to come home in a time of 43:04, the rest of the field soon coming home with Andy coming back in 31st in the open category in a time of 52.10, this is where the excitement began.

I watched the front ten runners come in including, George Ehrhardt of Todmorden in an excellent fourth place before going to the start area; upon arriving I couldn't see anyone from CVFR. Karl eventually made it with seconds to spare, just as Andy stormed home, we began the 9 mile course with 3300ft of climbing. Carl Greenwood described the route in the March 03 Sheep sheet as 'a real killer on the legs it goes up and down like a fiddlers elbow'.

We took our first team straight out of the start/finish arena and the course best suited our strengths, good running up and down, the hills not too long both ascents and descents, I took the lead on the ascents, Karl likewise on the descents. We as a pair had the right mix and this showed by taking over countless teams to bring CVFR back home the eleventh team overall. Nine fastest leg 75:11 behind the battling Salford pairing of Billy Burns and Andy Cox 68:08 and Bingley's Andy Peace and Ian Holmes 68:15.

Steve and John had a good run with no major incident with the clear views not creating too much of a problem navigationally, consolidating our overall position coming back in Thirteenth in a time of 71:59 for the seven mile leg, compared with the excellent P & B timing of 58:24 ran by Gary Devine and Jason Hemsley which would bring them back in first position, despite being tracked for long periods by the John Brown and Phil Leybourne of Salford.

Bill rounded off a great season for the club with a top twenty finish overall (19th) in a time of 56:10 for the reverse of the first leg, behind eventual winners Pudsey and Bramley brought home by Rob Hope, Mercia finished second and Salford third. Bingley finished a surprising fourth. Adam

Girlie Team Perspective

We set off around 6 in the morning to make sure that we had plenty of time for a cuppa and something to eat at the start. This was a fantastic day out. The weather was brilliant, lots of people were supporting and it was buzzing. We had a good run with Linda Crabtree leading us off on a fast first leg with Linda Hayles and myself having a longer leg with alot of climbing. The running down here is fabulous with very steep climbs and descents. We then passed over to the dynamic duo of Sarah and Anne who were doing the navigation leg. They had a stormer doing a faster time than our 'B' team of Rod and Carl. Well done girls and then it was on to Helen who had to hold it together to maintain 7th place which she did. Sally was injured but turned up and gave us great support supplying us with all sorts of grub and tea. It was well appreciated. We had a great time. If you get the chance to run in this relay next year don't turn it down - it's a great day out. Thirza

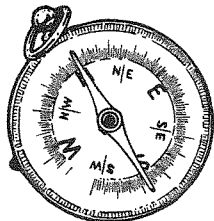
Rhobell Fawr (nr Dolgellau) - 6mils/1900'
Saturday 8th November 2003

			Race		
			Time	Level	Ratio
1	Colin Donnelly	Eryri	52.46	-	-
15	Tina McQueen	Eryri	64.40	-	-
22	Brian Shelmerdine	CVFR	72.54	-	-
36 ran					

It's a beautiful part of the country with the lower slopes of hills clad with conifer, spruce and broadleaved trees in bright autumn colours. The venue was the little village of Llanfachreth where the weather was overcast with light wind and intermittent fine drizzle, a bit on the cold side. I walked into the village hall and straightaway spotted a bloke I'd followed all the way up and down the mountain "Y Llethr" in the race of that name in January last. A friendly bloke, he welcomed me and it turned out the he was organising the race that day. Cups of tea and biscuits followed as the other 35 runners registered and went through their pre-race routines. Shivering a little in the fine drizzle brought on another trip to the loo and getting back I didn't have anymore shivering to do before we were off. I'd looked at the photocopied map and the route looked straightforward enough, roughly following a track and then off to the north east following a wall. It was comforting to know that there wasn't much chance of getting totally lost should the cloud come in. It was good running, soft grass on a bit more than a steady incline for a mile or so and then half a mile of tarmac where the gradient lessened and the pace increased, so no respite here. I'd been catching three junior lads of about eighteen and irritatingly just before I could overtake they increased their pace and ran on until they were about 75 metres clear and then slowed to a walk. I would catch them up, pass them, causing them to run quickly and pass me again me. This continued for some time and we shot off right, on to the open fell where the gradient increased. The vegetation was mostly longish, thickish grass with large clumps of heather from time to time. The terrain was very similar to Crinkle Craggs with outcrops and hollows of various sizes but not on the same scale as C Craggs. The wind had increased significantly, blowing diagonally across the route most of the time and I was finding it tough keeping going especially on the occasional short steep sections alongside outcrops. I was pleased that I'd finally left the "juniors" and this kept me going as the wind increased as we gained height. Reaching the summit, still on grass, a serious gale was blowing but no rain fortunately. Turning round to head back, I was directly facing the wind and running at a 45 degree angle, it

was hard to run in the direction I wanted to. It wasn't far to the wall where there was some but not that much, shelter. The descent, on grass, was great most of the time with only a few tricky bits on the edge of outcrops - the juniors thought it great too and passed me half way down. After the bit of tarmac it felt terrific running on soft meadow type grass down to the finish.

The race was well organised, the refreshments great and in the friendly atmosphere, nothing was too much trouble. Well recommended. The "Y Llethr" race I mentioned earlier is another good race, 14 miles, almost 2500ft. and is one a series It's in the Rhinogs which are close to Llanbedr, Nr Harlech. This area is particularly good for running/walking and I've been going for the past seven years. I'll put details on the MCC noticeboard. Brian Shelmerdine



Short Score Event

Sunday 9th November 2003

1	Craig Harwood	225
2	Jon Underwood	217
3	Mike Wardle	215
4	Barry Shaw	200
5	Mandy Goth	195
6	John Preston	193
7	Richard Henderson	193
8	Rod Sutcliffe	190
9	Jez Wilkinson	180
10	Andy Addis	180
11	Derek Donohoe	178
12	Carl Greenwood	168
13	Peter Ehrhardt	149
14	Helen Wilkinson	145
15	Adam Breaks	145
16	Thirza Hyde	145
17	Trevor Smith	140
18	Neil Croasdel	140
19	Steve Houghton	135
20	Gerry Symes	135
21	Alec Beconsall	130
22	Linda Hayles	121
23	Tim & Clare	78
24	Julie & Anne	75
25	Christine Preston	70
26	Brian Shelmerdine	67
27	Keith Cadby	20
28	Sue Beconsall	-35

In contrast to the rushing around in the week leading up to it, the score event seemed to go very well. 30 people competed, mostly from CVFR but with a few strays from Tod, Macclesfield, Keighley & Craven and *the usual infiltrator from that club that run in a blue imitation of our vests.*

I had tried to have variation in the control positions and routes: firstly to have some controls that are close to home and some that are further afield so that everyone could have targets to aim for, and secondly to include a mixture of intricate track navigation with rough moor running. The other factor was that with this being a generally habited area I needed to plot routes that would encourage everyone to run off road as much as possible.

My concern was that finding the controls was not very technical - I hoped that it would not be too easy for the good navigators. But judging by the comments about controls hidden inside wall corners in the middle of nowhere (#4) and a stream source that could only be found by wading up it (#9) that wasn't the case. Everyone seemed to enjoy it. That stream source (#9) was visited by the most people - all but 6 of the 28 teams, and Shackleton Knoll was predictably the least popular - only 4 people ventured that far.

The winner was Craig Harwood from Macc Harriers who had started off claiming he'd have a gentle run and let the locals hare round their patch, but confessed to getting the bit between his teeth and haring off himself once he got going. Jon Underwood gained the same number of control points as Craig (225) but was forced into second place because he finished in just over the 3 hour limit, suffering 8 penalty points. That was despite Jon not realising until halfway round that the number of points for each control was written on his control card. He thought that it must be a secret and he wouldn't know their values until he got back. He did wonder a bit what the 10, 15, 30 or whatever on his control card meant... Mike Wardle was third, just 2 points behind Jon having made the trip out to Shackleton Knoll and finishing in exactly 3 hours.

Mandy Goth had a superb run to be first lady, in 5th place overall with 195 points, and like Mike judging her run to finish dead on 3 hours. Helen Wilkinson and Thirza Hyde were the next ladies, going to different sets of controls but each getting 145 points and both finishing inside the time. Helen took second place by virtue of taking a shorter amount of time than Thirza.

My thanks to all the people who have helped, especially Thirza for the photocopying, Alec for the acetates, Linda and Allan for invaluable help on the day and everyone who brought food. In particular I'm thankful to Anne for putting up with my many hours poring over maps and roaming the moors looking for fiendish control features.

We're already looking forward to putting on another score event next year. Cheers, Bill

Within Skyline - 7mils/1000'

Saturday 25th October 2003

		Race		
		Time	Level	Ratio
1	Matt Barnes	Altrincham	43:48	- -
2	Phil Sheard	P & B	44:12	- -
3	Jorge Thomas	Leeds Uni	44:34	- -
13	Andy Clarke	CVFR	0:47:33	1 1.08
36	Adam Breaks	CVFR	0:51:12	2 1.16
95	Pete Horne	CVFR	0:58:52	4 1.33
98	Brian Shelmerdine	CVFR	0:59:09	4 1.34
128	Dave Culpan	CVFR	1:05:35	5 1.48

158 finished

Saltergate Gallows - 8mils/1200'

Sunday 26th October 2003

		Race		
		Time	Level	Ratio
1	Phil Addyman	Claremont	1:04:59	- -
2	Duncan Asquith	Skyrac	1:06:07	- -
3	Merv Burn	Thirsk	1:06:25	- -
7	Steve Houghton	CVFR	1:08:26	1 1.04
8	Helen Johnson	Bingley	1:08:36	- 1st lady

56 ran

The Bland Trail

Kendal Duathlon, November 2nd 2003.

CVFR 2003 Club champion, Karl Gray spiced up his winter training with a creditable 12th behind winner Marc Laithwaite. Marc an adventure racer who won the ACE Adventure race series this year led the field home after the first running leg closely followed by Karl at 2 seconds. Inexperience on the bike cost Karl dearly as he dropped a lot of ground over the 35-minute cycle stage. A strong final run helped recover a lot of ground coming home just behind the first female C. Hare in a total time of 1:09:31.

Reebok Cross Country Series, Liverpool, Sefton Park November 22nd 2003.

The series carries a total prize cache of £30000 therefore attracts all the top runners from across GB. This stage of the series also incorporated the European Trails where GB vests were on the line for the top seniors. A quality field amassed including Simon Bailey, Angela Mudge and Britons 2nd fastest marathon runner Chris Cariss. "The race was faster than lightning, these thoroughbreds really made me look and feel like Dobbin. I've never run so fast (running a PB for 10K off road as well). I struggled from about half way with aching legs and stomach cramps, an experience I wouldn't want to repeat for a long time" The class of the field really showed with Olympic hopefuls Chris Thompson and Jo Pavey winning their respective races. Simon Bailey was 76th, and me Adam Breaks 126th.

Leeds Abbey Dash, November 30th 2003.

Adam Breaks broke his PB again for a 10K race coming home in the official time of 34:21 on the back of limited training. Despite this he was made to work by the three leading females who used him as a pacer for the first five 'k' before dropping him, leaving Adam to suffer on the return leg from Kirkstall Abbey. Supermodel Nell McAndrew ran an impressive 43 minutes (under her granddads name) Adam tried to sign her up but she just couldn't spare the time. The race also gave the opportunity for the Salford lads to have a quick chat with "Famous Adam Breaks", and wish him luck for the forthcoming fell season, they promised they'll be there - to watch. Rose Carnochan had a PB getting below that magic 50 min with a time of 49.34. Well in the first half of competitors still behind Nell McAndrew though!

Forthcoming races

Sunday 15th February 2004 Keswick/Buttermere
Round 22 miles

(If anyone hasn't suffered enough in the Trog the day before and wishes to run this event see Adam.)

Sunday 29th February 2004 Radcliffe 12m Trail Race
Sunday 7th March Baidon Boundary Way Half
Marathon, Shipley

or Hawswater Half Marathon from Bampton.

Sunday 4th April 2004 Great Grizedale Trail Race
8.5miles

Again if any members have participated in an interesting event then please don't forget to drop me a line at Abbreucus@hotmail.com. Cheers Adam

Race you to the Summit - 4mils/800' - Sunday 26th October 2003

			Time	Level	Ratio
1	Nick Leigh	Altrincham	26:55	New	Record
2	Karl Gray	CVFR	28:32	1	1.01
3	Chris Seddon	Horwich	29:10	-	-
11	Andy Wardman	CVFR	31:12	2	1.11
24	Dave Beels	CVFR	33:12	2	1.18
26	Lee Shimwell	CVFR	33:21	2	1.18
38	Sally Newman	CVFR (1st Lady)	34:40	3	1.23
47	Anne Johnson	CVFR	35:29	3	1.26
61	Tony Bradley	CVFR	37:04	4	1.31
69	Steve Garner	CVFR	37:53	4	1.34
72	Brian Shelmerdine	CVFR	38:15	4	1.36
78	Linda Crabtree	CVFR	38:32	4	1.37
84	Thirza Hyde	CVFR	39:21	4	1.40
93	Dave Culpan	CVFR	40:45	5	1.44
97	Jackie Scarf	CVFR	41:56	5	1.49

After having an enforced weeks rest by my team mates (They took me to the pictures but even worse they took me shopping!!!!) this was my first run and boy did I feel it at the start. My little legs were really heavy. This is the first time I've run the newer course - very good but very lung burstingly fast (if you've got it in your legs that is). Karl had an excellent running inside the old course record time and Sally led the girls home (Linda C and Anne) to take the first team prize. Steve and Brian had a good old battle with Steve just pipping Brian to the post. You'll get him next time Brian Thirza

The Lamb's Longer Leg Fell Race 11th January 2004 11.00am - 3.10m/950' AS

I organised this great little race for the first time this year and I've extended it a bit for next. It's a fast race, a terrific lung stretcher after the excesses of the festive season - a sort of mini Sedbergh Hills race with more climb/mile than the Langdale Horseshoe - but then we know what a crap race that is. (only joking Jon lad) Andy Trigg has the record for the old route 2.75m/900ft at 20.14 and the female K Harvey 26.38. Race Start 11.10am from GR051834 which is 800m from the Lamb Inn GR 049844 on Hayfield/Chinley Road.

Could I please have massive support for this?

It would be very much appreciated I can assure you. There should be a lot of Dark Peak and Pennine runners there, particularly since the race is in the Hayfield Championships this year. Since the Boulsworth is not being held this year, maybe the Tod lot will come too. There will be chip butties, Fifty pence to runners, £1.25 to non-runners. Unless I'm let down, I won't need any helpers except that Allan has agreed to help and hopefully Linda. All profit will go to the Club.

It's very important to share cars because parking is limited and the police booked people one year, even though the cars were half on the road and half on the grass verge. Scrounge a lift - it doesn't cost as much!

How about coming down to do a recci? We could go up to Kinder or along Rushup Edge to Mam Tor, Edale or else cross the road and up Chinley Churn and along Cracken Edge. Maybe sometime over the Christmas/New Year hols. Would you please let me know either by email: bshel@btclick.com or ring 01457 865091, mob 07817 662 825 Brian Shelmerdine

COLEY CANTER

Saturday 27th December

Shelf Park (start of leg 6 on CWR)

11.00am

Counter in Winter League

Ring Brian Horsley if you want any more information (01274 600651).



Club Handicap Race

Saturday 24th January

Meet at MCC

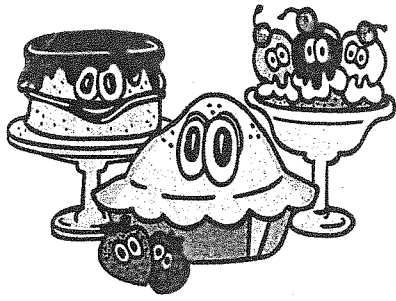
First runner of at 1.00pm

FRA DINNER AND PRESENTATION EVENING



We had an excellent night at the FRA dinner. As usual we were noticed because of the noise (No it wasn't just down to Allan and I talking!!!) We had a cow bell, blowers and party poppers. We really appreciate the hard work and commitment that goes in to getting a medal. It was great being a part of it and yes that is a pair of legs and yes it is a frock!!!! think I'm losing it or maybe I've already lost it. Thirza

Calder Valley Fell Runners					Winter League 2003/4					
Best 4 from 6 races to count										
					Errington Moor	Withins Skyline	Bolton by Bowland	Coley Center	Giants Tooth	Club Handicap
			Points	Races	Sep 13	Oct 25	Dec 7	Dec 27	Jan 1	Jan 26
1	Andy Clarke	V	60	2	30	30				
2	Adam Breaks		58	2	29	29				
3	Brian Shelmerdine	V	53	2	26	27				
4	Dave Culpan	V	50	2	24	26				
5=	Bill Johnson		28	1	28					
5=	Pete Horne	V	28	1		28				
7	Barry Shaw	V	27	1	27					
8	Linda Hayles	LV	25	1	25					



Club Dinner & Presentation Evening

Sat 24th January - Mount Skip Golf Course

The cost is £10.50 per person.

Menu details below. All bookings with cheques for the full amount (made payable to CVFR) to Anne Johnson, Trough Farm, Old Riding Lane, Luddenden HX2 6SR please. Fill in your name below, how many you are booking for & tick appropriate box and how many of each choice you require.

		<u>How many</u>
Starters	A Chunky veg soup	<input type="checkbox"/> _____
	B Prawn cocktail	<input type="checkbox"/> _____
	C Home made pate	<input type="checkbox"/> _____
	D Melon and prawns	<input type="checkbox"/> _____
Main	A Roast beef	<input type="checkbox"/> _____
	B Salmon hollandaise	<input type="checkbox"/> _____
	C Spinach & ricotta cannelloni	<input type="checkbox"/> _____
	D Chicken breasts in white wine sauce	<input type="checkbox"/> _____
Dessert ...	A Cheesecake	<input type="checkbox"/> _____
	B Trifle	<input type="checkbox"/> _____
	C Treacle sponge & custard	<input type="checkbox"/> _____
	D Apple pie & cream	<input type="checkbox"/> _____

Your name _____

Number of people booked for