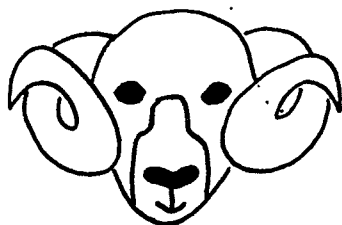


SHEEP



SHEET

**CALDER VALLEY
FELL RUNNERS**

Dear Clubmember

Welcome to Sheep-Sheet, a short newsletter to keep you up to date with a few forthcoming events. Please support them if you can.

GALE FELL RACE; 4½ mile/900' 31st Oct 1993 (Sunday)

Allan & Carol Greenwood are organising this years event, along with Rochdale A.C.s Andy Maloney, and will be grateful for any offers of help with Marshalling etc. The race has the distinction of having the oldest record in the fell calendar (23;53 ;Andy Holden,1969) and as such attracts a good quality field. I have it on fairly good authority that a couple of ringers are going for it this year, so i want to be sure they go the right way! Start times; 11;00 Juniors/ 11;30 Seniors from the Gale Inn, Todmorden Road Littleborough nr. Rochdale.

Allan Greenwood (0274 393101)

2nd NOVEMBER 1993

CALDER VALLEY RUNNERS A.G.M. MCC 8.45 Prompt

****COME AND AIR YOUR VIEWS****

Come along, this is your chance to air your views and have a say in how your club is run. Have you any gripes, ideas, or desire to take up a position on the Committee? Now is the time to do it. Don't miss out then moan afterwards.

THAT'S MCC 8.45 Prompt 2nd NOV 1993 Okay?

CALDERDALE WAY RELAY 12th December 1993

This year Calder Valley will be making an all out attempt to win the Calderdale relay. This means that all eligible 'A' team runners must be prepared mentally and physically and should notify team Captain Duncan Thompson in good time of their availability.

This year we will really make them sit up and take note!

A 'B' team and possibly a 'C' team will be entered and, it is hoped, will be equally as revved up.

Shepherds Skyline (Nov 13th) and Rombalds Moor (Nov 21st) will be used as a guide to assess your form before teams are selected.

Duncan; (0282) 613559 ('A' team only)

CLUB DINNER & PRESENTATION EVENING Sat 22nd January 1994

Pete Regan has again agreed to organise a dinner do, as last year at the Imperial Crown Hotel (Wallis Simpsons room) Halifax. Price unconfirmed at time of printing so give Pete a ring on;

Halifax (0422) 355243

CROSS COUNTRY.

The Safeway International Cross Country races at Gateshead Bowl is on 27th November 1993 and makes a great day out for all the family. There is a full list of supporting races for youngsters throughout the meeting, as well as the chance to rub shoulders with some of the biggest names in athletics for Seniors. Anyone can enter any of the races, i did the International 4 laps last year and didn't come last, honest! Events you may find of interest are;

- 10.40 am Senior Mens OPEN (3500mtrs) 80p Entry fee
- 11.25 am Senior Mens INT'L(1900mtrs)£1.00 Entry fee
- 1pm Senior Mens Open Int'l (6900mtrs) £1.00 fee (recommended!)

Ladies 11.45 am One race all ages-(5200metres) 80p Entry fee
for Ladies, Lady Veterans/Open/International.

Times may vary as last year the snooker on telly finished early and they re-scheduled some of the start times to suit the T.V. companies. The whole event was televised last year. Quality T shirts and Sweatshirts were on sale at £3.00/£6.00!

for full details and entry form - send s.a.e. to Alan G. address below-

Some other Cross Country fixtures, a bit closer to home;

October 23rd 1st W.Yorks CC League, St. Blaize Bradford.
November 28th 2nd W.Yorks " " , York
December 11th Yorks CC CH'SHIPS. Shelley, Huddersfield.
January 15th BAF CC CH'SHIPS/Inter Counties, (TBA.)
22nd 3rd W.Yorks CC League, Bramley Fall Woods, Pudsey.
February 20th 4th W.Yorks CC League, Otley
March 12th NATIONAL CC CH'SHIPS (Men) South Shields.
13th National CC CH'SHIPS (Women) Witton Park, Blackburn.

Please try to support at least one or two of the W.Yorks meetings. Besides being a good hard training run, and a refreshing departure from the fells and roads, these events are largely a spectator sport. What better opportunity to get out and 'fly the flag' and get the club some recognition. You know, if some of our top runners were to turn out in some of these races, i reckon we could do allright!

RAMPAGE

I would like to see a drastic improvement in the quality of the club newsletter, but i need your help. If you have any ideas, articles or especially photographs, please send them immediately so that i can get an issue together. What thoughts go through your head as you are out training, travelling to and from races, or during a race*. Don't keep it to yourself, we want to hear it. So write it down and send it in now! Also, if you come across any magazine articles which you feel may be of interest to other members, please send them also.

Send to ;

Allan Greenwood
71 Smiddles Lane
West Bowling
Bradford 5

(*If it's printable!)

BD5 9NT or see me at races.

Well that's all for now. See you on the run or in the bar.

All the best, Allan. G.