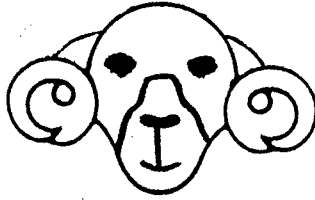


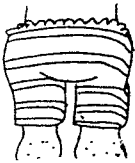
SHEEP



SHEET

**CALDER VALLEY
FELL RUNNERS**

Welcome to the first Sheep-sheet of 1994. The idea is to keep you informed of what's happening at Calder Valley Fellrunners in-between issues of the proper Club magazine, RAMPAGE. I hope to include race results, committee news and forthcoming events and attractions, so please; i can't print it if i don't know about it. Send articles, newspaper cuttings, jokes, cartoons, five pound notes etc to me, Allan, today (Address on reverse of RAMPAGE) or 'phone 0274 722783.



Shorts...

Benson Knott was dropped from the Club Championship after it was pointed out that it would clash with the Rossendale Relay. This way, relay runners would not be forced into missing out on points through staying loyal to the team. The short race has been replaced by Thievelly Pike, 24th September.

Ian Hartman has kindly run off a set of results from the first Calder Valley championship race, 'the screen malt loaf/ seabrook crisps fell race' or, Stanbury Splash! see within this issue of Sheep-sheet to note your points tally.

It was suggested at a recent committee meeting that the club might hold an annual 'Founder's day' run. This would be held in November as near as possible to the date that Calder Valley Fellrunners was Founded, in 1986. The run could take the form of an event, (race/ relay/fartlech) or a social run for everyone at a steady trot, remembering the reasons why Calder Valley was formed.

Your suggestions would be welcomed. Please give some ideas to any committee member.

Assets, we got 'em... Rhys Kift has very kindly donated a self contained gas powered water boiler to the club. It hold approx 5 gallons of water and has a built in stove to heat it up. Gas bottle included. Allan has it stored in his shed at the moment so if you need it for your race, give him a ring on 0274 722783, to make arrangements.

I was in conversation with the Three Peaks race organiser, Dave Hodgson on the night of February 8th, when he asked me to spread the news that the race was full. 500 entries had been processed in 7 days! If you finished in the top 50 last year, or were a prize winner, there will be an automatic entry for you, otherwise unless you get a late substitution, i'm afraid it's "too late".

Competition

Thanks to all who took the trouble to enter the "Has anyone seen this man" competition featured in RAMPAGE issue 29. We had some very amusing entries, among them one which posed the question, "Is it Russell Arrandale?", sent in by Russ "likes to see his name in print" Arrandale.

Another entrant offered, "It is Chris Peart Binns, atop Helvellyn on his way to Winnig the Old County Tops team award". We couldn't actually read the signature on that one but i think i recognise the handwriting.

Anyway, we have a clear winner. It is from funky Dunky, a Lanky lad, poor fella, so i reckon the prize will be a food parcel or something.

"I think this is Lionel Ritchie in the Andy Thompson Gala Spectacular, held at Ceasers Palace, Scunthorpe, in July '92.

"Notable absentees were Micheal Jackson, Diana Ross, and Albert Postlethwaite.

Micheal was in the recording studio,(or was it the playground?), Diana was at The Betty Ford Clinic and Albert was looking for one of his ferrets that escaped 'last Tuesday' ".

Socials

Jimmy Sheard has been very busy with his 'thinking cap' on just lately and he has come up with some ideas for social events. Please try to to support them if you can.

Sunday March 6th 1994 Quiz night

This will no doubt be a night of fun and games with Jimmy as the host, the venue being KERSHAW HOUSE, Luddendenfoot, and the start time 8.00pm Prompt.

Sunday April 10th 1994 Orienteering Event

You will be provided with a map and the course will be well within the capabilities of all of us. All you need to bring is yourself, a compass and an alert brain! Start; 9.00 am.

For more information, please contact Jimmy on 0422- 884764.

Race News

There is a real belter of a fell race coming up. It's organised by Damian Whitehead's brother Vince on the 26th February 1994 and it is called the Turkey Trot. 7 miles of tracks, farmland and rough fell, starting from the Turkey Inn, Goose Eye, near Oakworth. Entry on the day (£1.00) Start times, 11.30 Juniors, 11.50 Seniors
Try it, you'll like it!

RAMPAGE will be out at the end of March. Please try to contribute to the next issue if you can. The Club magazine is a provider of what's new, as well as indiv. members views and experiences. It is a source of entertainment as well as a form of stimulation to reach a goal or challenge. It can be a shop window, a meeting place, a lifeline to a stricken sailor, a hostel for the homeless, a source of foo...
... hey hold on what the hells all this? Look, just do summat for RAMPAGE, okay?

DUNKY'S DIALOGUE

This is your Captain speaking....

Firstly, i would like to thank everybody who voted for me in the fellrunners' fell runner of the year vote at the Club dinner. I really do consider it to be an honour. I must apologise for not thanking you all on the night but i was that stunned that for once i was left speechless.

1994 promises plenty for the Club. The highlight of the year has got to be the awarding of the F R A British relay Championships to Calder Valley. Eat your heart out Manchester Olympic Committee.

We have all got to pull together to make this a resounding success as i'm sure it can be under the guidance of Bernard. I feel that on this occasion we can ALL pass on what we may have intended doing to ensure that everything runs smoothly. Don't wait to be asked- GO AND VOLUNTEER! I know that there have already been 3 committee meetings between Calder & Todmorden Harriers, so things are already progressing!

I know it's a long way off yet but i do not want a repeat of last year's Ian Hodgson Relay mix up. We only got one team in by the skin of our teeth. This year i will enter as many teams as interest dictates -so if you want to run in this Classic Lakeland Mountain relay, let me know as soon as possible.

Thanks to Pete Horne and Pete Round for stepping in at the 11th hour in the Rossendale Way relay. I think we finished 13th -the results that were up were a bit vague.

Tight lines, -no that's fishing,
Grippy studs,
Duncan.

Awards

The Club dinner and presentation evening was again a success. Thanks to Peter Regan who puts in a lot of time and effort to make sure the evening goes smoothly. Duncan was presented with his trophy as Club champion, Brian Horsley the Veterans' champion and Irene carried off the Ladies' award. Chris Peart Binns won the Handicap Championship whilst Peter Regan (1st) and Mick Allcock and Geoff Bell (2nd=) took the Handicap race awards. Two Club members managed the "double" as Duncan was voted the Runners' runner of the year, whilst Chris managed to scoop the "Wally of the year" award, nominated by his best mate, Paul Frechette. Paul nominated Chris for boasting of his ability to run a relay leg blindfolded after only a single recce, as they travelled to the start of their third leg stint in the Rossendale Way 1993. Chris assured Paul that he knew every inch, every blade of grass, every turn twist and tussock of the third leg.

When they arrived, they got out of the car and Paul noticed that his partner didn't look too happy. "Everything alright Chris?", he asked, seeing that it obviously wasn't as his compatriot hung his head slightly a continued to kick his heels a bit. "You don't look too good Chris, what's wrong? You did say that you know the 3rd leg didn't you?"

"I do", replied Chris, "but not this third leg!"

There was also a special award made this year to Alan Jones. As highlighted in Rampage issue 29, Alan has an amazing talent in that he sets off in fell races like he's got a rocket up his arse. He was presented with the Otley Chevin "1st to Woolworths" trophy in recognition of this great gift. Just for anyone who doesn't get the joke, it's like the first out of the start field at the Three Peaks! Well done Al.

HANDICAPS

Here are the full results from this year's Club handicap race. A well deserved victory for Pete Regan. Notice that Peter's Pb for the course set in 1991, would have tied him with Steve and Rob for fastest actual time this year.

I don't know about you but i'm sure that man Peart- Binns is getting a bit slower just lately. Could it be due to the fact that he keeps insisting on wearing the Old County Tops team trophy around his neck?

CALDER VALLEY FELL RUNNERS - ANNUAL HANDICAP Stubbs Field - Saturday 22nd January 1994

Pos'n		Time	H'cap	Act. Time	Act. Pos'n	Best Time	Year
1	Pete Regan	58.50	12.00	46.50	12	41.04	1991
2=	Michael Allcock	59.37	16.00	43.37	5		
2=	Geoff Bell	59.37	12.00	47.37	14	45.36	1993
4	Steve Houghton	60.04	19.00	41.04	1=	37.01	1992
5	Charlotte Roberts	60.10	7.00	53.10	23		
6	Michael Wardle	60.12	15.00	45.12	9	43.02	1993
7	Tony Bradley	60.55	13.00	47.55	16	46.01	1992
8	Brian Horsley	61.08	16.00	45.08	8	42.25	1993
9	John Riley	61.17	13.00	48.17	17	45.34	1993
10	Andy Wimpenny	61.18	17.00	44.18	6	39.03	1992
11	Damian Whitehead	61.36	17.00	44.36	7	44.36	1994
12	Paul Frechette	61.42	14.00	47.42	15	45.39	1993
13	Graham Spencer	61.50	9.00	52.50	21	46.55	1991
14	Eddie Procter	61.52	9.00	52.52	22	44.26	1992
15	Rob Skelton	62.04	21.00	41.04	1=	38.12	1992
16	Chris Peart-Binns	62.14	16.00	46.14	11	41.04	1991
17	Richard Kellett	62.16	17.00	45.16	10	40.22	1991
18	Bob Horne	62.33	13.00	49.33	18	46.01	1992
19	Pete Horne	63.14	16.00	47.14	13	43.24	1993
20	Allan Greenwood	63.35	10.00	53.35	24	50.32	1993
21	Richard Benn	63.39	12.00	51.39	19		
22	Val Bell	63.51	0.00	63.51	27		
23	Duncan Thompson	64.28	22.00	42.28	3	37.54	1992
24	Irene Neville	64.50	6.00	58.50	26	51.46	1992
25	Jamie Smith	65.14	22.00	43.14	4	39.40	1993
26	Allan Jones	65.43	14.00	51.43	20	45.57	1993
27	Steve Cavell	66.33	12.00	54.33	25	42.48	1992

A popular and comfortable (?) win for Pete Regan, who has been close to victory on a few previous occasions. I hope you enjoyed the bottle of champers kindly donated by the Shoulder of Mutton. Second place was keenly contested - many observers thought that Mike Allcock had just snatched it on the line in his first run in the handicap. But the judges couldn't separate him from Geoff Bell. What luck then that our new Club Secretary had the foresight to obtain two second-place trophies rather than a second and a third!!!

Conditions were atrocious - a cold, gale force wind and deep bogs. Times were generally much slower than in earlier years - only Damian Whitehead recorded a PB - many of the others were 4 or 5 minutes down. The fastest time was set by Steve Houghton and Rob Skelton, but nearly six minutes outside Gary's course record of 35 minutes 19 seconds

Many thanks to all the runners and to Trevor and Gerry for their assistance.

Ian Hartman.

FRA Relay

Selected

As you will all know by now, i'm sure, we have been as the hosts of the F R A relay, to be held in October this year. What you may not be aware of is the fact that there have already been at least 3 official 'commitee' meetings between Calder and Todmorden representatives, under the guidance and supervision of Bernard and Kay Pierce. Many items of interest to CVFR members are already proposed for the near future, for example, the 4 relay legs have been provisionally mapped out and need club members from both clubs to recce and "fine-tune". When this has been done, we need to find out the duration of the individual leg times, both for the faster runners and the slower ones on the day. One Tuesday night would be an ideal time to hold a club time-trial round the route chosen, with plenty of variety of abilities within the club, to provide a suitable barometer.

Also, as stated in the attached 'minutes', Allan Greenwood has, at Bernards request, obtained a large amount of flourescent paper, in 4 different colours, to be used in the making of route markers. In all, there will be in the region of 1000 markers required to mark the relay. These need to be made, and that's where you come in. Please get in touch with Allan if you can offer some help. Remember, there's no time like the present and, many hands make light work!

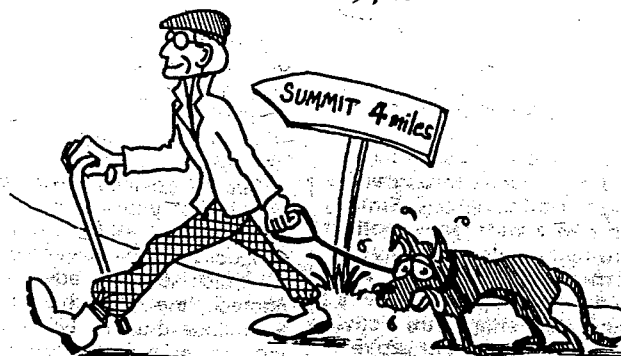
Results

CHASE TRIG POINT RACE- STAFFS...(CL-15m/1500') SAT 8th JAN 1994

1	Brian Peacock	Cannock & Staffs	1;35.30	
7	Steve Houghton	C V F R	1;37.37	
10	Andy Wimpenny	C V F R	1;38.29	
30	Paul Cleary	C V F R	1;46.24	
67	Greg Houghton	C V F R	1;52.01	<u>C V F R Were 2nd team.</u>

BOULSWORTH HILL RACE (BM -6 $\frac{1}{2}$ /1200') SAT 15th JAN 1994

1	Ian Ferguson	BINGLEY	49;58
35	John Simpson	C V F R	55;06
37	Jamie Smith	C V F R	55;24
49	Mick Allcock	C V F R	57;32
66	Richard Kellett	C V F R	60;22
72	Pete Horne	C V F R	61;15
83	Jez Wilkinson	C V F R	62;45
86	Trev Redmond	C V F R	63;09
89	Denis Gildea	C V F R	63;16
108	Mick Banks	C V F R	66;24
126	Richard Benn	C V F R	67;56
133	Graham Spencer	C V F R	69;18



■ Fitness doesn't have to be an uphill struggle . . .

CALDER VALLEY FELL RUNNERS 1994 CHAMPIONSHIP

Race Results

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
RACE 1: STANBURY SPLASH (BM - 7m/1200') - SATURDAY 29th JANUARY								
1.	Colin Donnelly	46.27						
26.	Steve Houghton	51.17	40			0.819	42.00	40
37.	Gary Webb	52.00	39			0.943	49.02	26
39.	Rob Skelton	52.13	38			1.000	52.13	23
48.	Duncan Thompson	53.44	37			0.897	48.12	29
49.	Andy Wimpenny	53.45	36			0.811	43.35	38
70.	Jamie Smith	55.00	35			0.879	48.21	28
71.	Damian Whitehead	55.10	34			0.847	46.44	34
78.	Michael Allcock	55.40	33			0.783	43.35	39
81.	Richard Kellett	56.11	32			0.821	46.08	36
118.	Pete Round	58.52	31			1.000	58.52	22
125.	Denis Gildea	59.28	30			1.000	59.28	21
129.	Pete Horne	59.52	29	20		0.824	49.20	24
141.	Pete Regan	60.29	28			1.000	60.29	20
146.	Ian Hartman	60.41	27	19		0.779	47.16	33
147.	Jez Wilkinson	60.44	26			0.791	48.02	31
161.	John Riley	61.33	25	18		1.000	61.33	19
167.	Trevor Redmond	62.04	24			0.765	47.29	32
180.	Bob Horne	62.48	23	17		0.766	48.06	30
194.	Debbie Flanagan	63.52	22		10	1.000	63.52	18
220.	Graham Spencer	65.44	21			0.691	45.25	37
223.	Charlotte Roberts	66.12	20		9	1.000	66.12	17
229.	Grahams Fry	67.12	19	16		0.695	46.42	35
246.	Steve Kirkbride	68.51	18	15		0.704	48.48	27
256.	Pete White	69.58	17	14		0.703	49.11	25

OGDEN MOORS FELL RACE

(CM 6m/700') SAT 5th FEB 1994

1	Kenny Stirratt	Halifax	32;47	Carol ran in her own race,
31	Jamie Smith	C V F R	41;24	finishing 18th in 38;59 (rec)
40	Babs Bukunola	C V F R	43;45	
43	Denis Gildea	C V F R	43;54	Thanks to Ian Hartman, Peter
94	Steve Cavell	C V F R	49;47	Horne, Bob and Barny Horne & Bernard Pierce for help on the day. -ed.

MICKLEDON STRADDLE

(BM 11½m/1820') SUN 6th FEB

1	A Jones	Glossopdale	1;34.19	
??	Graham Fry	C V F R	2;14.09	Just as a possible point of interest, 1st Lady C Greenwood 16th pos, 1;46.04 (rec)
??	Bob Horne	C V F R	2;14.34	
???	Allan Greenwood	C V F R	2;23.18	

Recipe of the month

Wholemeal Ginger Bread

¾ lb wholemeal flour; 4oz margarine; 1 teaspoon ground ginger; 1½ teaspoons baking powder; 6oz sugar (soft brown for preference); 2oz treacle; 1 egg, well beaten; a little milk.

Melt the fat, sugar and treacle, mix together the dry ingredients and add the melted fat, etc. Stir well and add the beaten egg and sufficient milk to make a soft mixture. Pour into a shallow tin about seven inches square, well greased or lined with greased paper, and bake for about three-quarters of an hour in a moderate oven.

CVFR SOCIAL SCENE

As you know, I've decided to volunteer as the Social Secretary this year.

Why?

Well, a year or two back we had quite a good Social Scene although recently, its been allowed to take a back seat. We've always been an informal, friendly and sociable mob and I think that "Socials" play an important role in the club scene.

Tuesday night training and weekend races are all well and good, but there's more to a club than just this. If well supported, Socials are fun and help to knit the club together.

I've put a few thoughts to paper (see below) and you'll see that some of the events tie in with some races.

In particular, I've put together a local orienteering event, loosely based on something I did a year or two back. This will be on... *APRIL 19th*

Despite many years on the fells, many of us (yes, even me!) still lose our way when it comes to navigation.....even those Karrimor vets.....don't they Jeff? Whether you're a race organiser or a participant in a race, we all have a responsibility to ourselves and others when it comes to navigation and of course, safety. Witness the Carol Matthews tragedy.

So, keep an eye on the calender and try and support your club Social Scene.

1. Sunday 6th March Quiz night at Kershaw House 8.00 p.m. start (be prompt!). Bring your thinking caps, or even your wife.
2. Orienteering Event in April *19th*
Somewhere over Hoofstones Heights. It'll improve your navigational skills and who knows, you might even enjoy it.

Keep an eye on the noticeboard for further details.

3. BBQ at the Pub in summer. *JUNE 19th.*
4. Halloween Night (Fancy Dress optional). Live band. Believe it or not, it will be in October. *29th*
5. Xmas Celebrations, followed by the Club Handicap and Annual Dinner in January 1995.
6. Many Races are also good family social events. Those that spring to mind are:-

Three Peaks	(APRIL 24th)
Burnsall	(AUG 20th)
Ben Nevis	(SEP. 30th)

Why not make these events a family day out?

Do you need a partner for any event. Race event that is!

<u>Date</u>	<u>Event</u>	<u>Partner Required?</u>
<i>JULY 4th/AUG</i>	Rock and Run	<input type="checkbox"/>
<i>JULY 28th</i>	Saunders	<input type="checkbox"/>
<i>OCT 22nd</i>	Karrimor	<input type="checkbox"/>
<i>SEP 11</i>	Yorkshireman	<input type="checkbox"/>
	Fellsman	<input type="checkbox"/>
<i>MARCH 19</i>	Howarth Hobble	<input type="checkbox"/>

Let me know and I'll see what we can do.

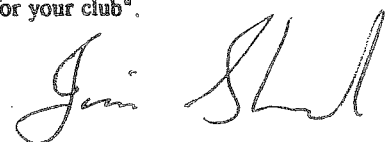
Is anyone interested in the following events:

<u>Date</u>	<u>Event</u>
<i>MAY 28</i>	Paps of Jura? Three Peaks Run and Sail Race? A race overseas?

Again, let me know and maybe we can set something up. Remember as an ex-CVFR, Dr Tim Daniels once said "Its not what your club can do for you, its what you can do for your club".

Thanks Tim.

Tim was last heard of somewhere in New Zealand!



F.R.A. Relay

Minutes of meeting on January 25th

Present Ian Hartman, Alan Greenwood, Alistair Sowden, Mandy Goth, Simon Anderton, Dave Kite, Bernard and Kay Pierce

Apologies Keith Parkinson, Rod Sutcliffe

Correspondence

1. Reply from Wadsworth Parish to request to use Green - KP asked to attend meeting on 22.2.94.
2. Reply from Wadsworth Community Association to request to use Centre - B&KP attended meeting WCA will co-operate as fully as they can.
3. From FRA asking us to attend their next meeting on 20.3.94 at Hayfield with our basic outlines and proposals.

Routes Routes 1 & 3 - Tod. Harriers will fully recce and report back to next meeting with fastest/slowest estimates and all resource implications eg. flags, marshalls, road signs. These routes will be for a single runner.
Routes 2 & 4 - C.V.F.R. will do as above. These routes will be for pairs. (Teams will be able to have checkpoints for route 4 once their team has started route 3.)

Resources Flags - AG has all the material for the flags and strong aluminium wire and will need help to make all these flags.

First Aid - MG has contacted St. Johns and will report back. (will need donation to their funds.)

Rescue - Moorland Rescue will attend.

Venue Car parking - can use Automobilia land but will probably need more.
Catering - WCC have agreed to do this - finalise nearer the time.
Toilets - AS to follow up his enquiries with P. White, E.P.O.C. and Council.
PA - BP is following this up.
Final decisions about the use of the various facilities in Old Town will have to be taken at the next meeting. B & KP, MG, AS will meet to walk round area on 12.2.94 at 9.30am.

Hebden Royd Council may be willing to help support and publicise the event. BP will write to them and ask for a specific grant towards the cost of hiring a marquee and possibly mobile toilets and/or a contingency financial back up.

Security will be needed for any marquee during the whole time it is set up.

Finance It was agreed to open an account with the Yorkshire Bank in Hebden Bridge and ask each club to put in an initial £100 float with £100 from the FRA to cover immediate expenses.

Signatories to be 2 of 3 - Mandy Goth, Kay Pierce, Alistair Sowden.

A.O.B. B & KP have to arranged to meet with Peter Jebb before next meeting.

Date of next meeting

Thursday Feb. 24th 8.00 at 7, Old Town Hall Cottages