

CALDER VALLEY FELL RUNNERS SHEEP SHEET OCTOBER 2008



Calder Valley Girls - English and British Team Gold

What a fantastic year!!!!

Well done to all the women in Calder Valley Fell Runners for their racing, support, company and cake making. May be this is the ingredients of a successful team?!?!?

A few memories:

A cold cloudy grey day at the start of the year and we were all out for **Black Combe**. At least we made it, unlike some of the lost men roaming the hillside. A fun day with excellent results from Helen and Sally, but due to my first race for a while we missed first team by 1 point. Sorry girlies Thirza and I managed a stop at Broughton bakery, if you haven't been it's worth the trip. Try the chocolate brownies.

Mourne Mountains

The wigs and glasses seem to pop to mind when thinking about this weekend rather than the race. A really fun weekend for us all. Great results, and I came in front of Sally on a long, possibly the first and last. Thanks to Andy Clarke for driving us all around and not being able to run himself ☐ remember the sign which said 'Depressed? Read you bible'. Thanks to Paul and Steve for your support, handing out drinks and cheering us on. We won the team with most runners taking part, yipeeeee. Well done everyone. Well done Jo Porter for your first long British race. Thanks for the yummy tea.

3 Peaks

What a fantastic day and I was sooooo nervous, not sure about everyone else??? The day was exciting with good conditions, although wet, but we don't need to say that this year!!! Can't believe the number of people and the friendliness of the event. Helen had a stormer and we came in 2nd 3rd and 4th England ladies, whoppieeeeeee - did not know Sally was just ahead!!!! We could have managed a sprint finish Sal?!?!? Next time Sal. Unfortunately we did not get awarded the first team prize on the day but hey ho, not to worry. Well done to all who ran and for the superb performances.

Durisdeer

What a gorgeous weekend, in some ways!!! The place was fab, the camping great, good beer.....however ankle problems from me, thirza not good Helen not great, but Sal came through and had another stormer. Well done to all runners on the day including Anne and Gayle. Thirza and Steve were there in force cheering us on. PS we were accused of pulling the toilet off the wall!!!! Because a pair of sports socks were found nearby.

Kentmere

Well done to all girlies, sorry I wasn't there. Fantastic run by Helen, 1st place!!! Well done Gayle, a great performance especially when not feeling too well.

Cake by Godsman confectioners



Blackstone Edge

A local race and fun it was too. Luckily no-body got stuck in the drainage channel, although I think Sally and Anne had a few problems with a headbutt bottom?!?!?!? A fast race with lots of bog, tussocks but fast running back in on the track. Good beer in the pub afterwards, after collecting prizes which consisted of: comfort, clothes hanger, picnic set etc etc.

Borrowdale

Will not talk about me here well done to all finishers from CVFR on such a slippery, wet and claggy course. Jo Porter came in silver and we all thought she'd got some mad disease, no, only her jacket lining had come off. Thirza ran in with a smile on her face, then beer soon after, after the egg butties.

Well done Helen, Anne, Jackie.

Thank you to everyone for a great year and for your help, support, kindness and the laughs. Hope next year will be as good, but remember to get saving for those mountain running trips. I'll strap my ankle permanently next year or get carried downhill maybe???

Snowdon

I know Paul has produced an article for Snowdon which I have not read, but just to add to that I would like to thank everyone for their support and encouragement as I know this had some impact on the British and English results for the season. I found our club more supportive than anyone else and I thank everyone who wished me luck.

Thanks to the girlies for the fab card and present, although feeling a bit emotional at the time. Thanks to Paul for putting up with me all year especially when he's had his own problematic back to cope with, but he's managed to deal with all the abuse from me at races, the worries, stress attacks, ankle probs..... and up's and down's - thanks for the drinks, food, shouting at me etc.

One guy at Snowdon said 'Does that actually make you go faster?' after Pauls verbal abuse!!! This was after running past a guy called 'chicken' who shouted 'Bitch' when I ran past, not sure if he was talking about me or a stone he'd just fallen over?????

Well done everyone!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
XX



21 Today!!! He looks a lot older than that!!!

... And you would if you'd completed 21 Ben Nevis races.

Brian Horsley, a founder member of Calder Valley was presented with the Connochie Plaque for his achievement at this years race. This is fantastic as only 54 others have ever done this. Brian has suffered with a knee problem for the past few years and has struggled abit but he's kept going up to the Ben to complete the race year after year. (How have you coped Brian with the sore legs after the race 21 times!!!) A personal challenge that he had and he's done it. Well done Brian and congrats from all at the club.

BLACKSHAW HEAD FETE FELL RACE 30/8/2008
5.46 MILES/893FT

1	Greg Elwell	M	Halifax	43.04
2	Charlie Adams	MV40	Holmfirth	43.18
3	Peter Rigler	M	Tipton	43.23
7	Simon Bourne	M	CVFR	44.17
15	Dave Beels	MV50	CVFR	45.58
19	Jon Underwood	M	CVFR	46.47
20	Steve Hunter	MV40	CVFR	46.52
23	Stephen Grimley	M	CVFR	47.11
27	Rob Rawlinson	M	CVFR	48.02
30	Lauren Jeska	L	Unattached	49.35
33	Martin Whitehead	MV50	CVFR	50.25
36	Tim Brooks	M	CVFR	50.55
39	Helen Lambert	L	CVFR	51.02
40	Dave Culpan	MV40	CVFR	51.48
41	Charlie Boyce	MV40	CVFR	52.23

Not surprisingly the fete field was flooded this year so the nearby church was used for the stalls for this years Blackshaw Head Fete, registration was held in Jon and Julie's garage, they also kindly loaned the use of their toilet facilities.

Peter Rigler from Tipton Harriers travelled up from Devon for this race and was also participating in the 10k Alice's memorial trail race on the Wednesday night.

Peter was leading for the early part of the race but took a detour along with around 6 of the leading field ending up in some deep tussocks, losing a few minutes and not managing to take the front again.

Calder Valley new recruit from Stainland Helen Lambert was 2nd Lady

The weather stayed fine for the race in clear conditions, a good mix of trail, fell and a bit of road in this race, the route taking in Standing Stone Hill, King Common, down into Colden Clough, then a sting in the tail, unusual for any fell races in this area, a rather tough uphill finish along the Calderdale Way back to the finish in the field.

Good turnout of Calder Valley members despite Duf-ton being on the same day.

It was the first time I had run this race but really enjoyed it, especially the last climb.

A hot dog in the churchyard and a nice cup of coffee, courtesy of Jon and Julie, great afternoon on the fells! **Dave Culpan.**

Unfortunately the Blackshaw Head fete had been curtailed due to a waterlogged show field. There was a valiant effort to save the fete with a few stalls around Blackshaw Head church. Due to the lack of space, we held registration to the race in our garage. The weather cleared for the race, which compounded the disappointment of not being able to stage the full event.

The first couple of miles of the race are very fast. Simon and Dave made a good start. The first 8 runners missed the stile up onto the moor and took a 3 minute extra loop. The route has no tough climbs and it is just a matter of hanging on for grim death, hoping that you have a bit left for the uphill finish.

Jon Underwood

BURNSALL CLASSIC 1.5M/900'

Yet another clan Godridge pilgrimage to the beautiful and untouched village of Burnsall.

The Burnsall village sports day – the first Saturday after the first Sunday after the 12th August – dates back to the Elizabeathan times and the fell race is on record as the oldest in England.

Legend has it that a local man known as Tom Young ran up the hill naked, as most men in those days only had one suit.

Anyway the race is an absolute nightmare, straight up, around the cairn, and back down again. There is no chance of an easy start as this leads to you not being able to pass on the zig zag path half way up. So its sheer gut busting hell for a frantic twenty minutes or so. The descent involves a very steep rocky/heather section followed by the mad leap over the wall and then a very fast sprint down the few remaining fields. Finally its back into the village to a rousing reception and a few jars in the Red Lion.

Ian Holmes took his 6th Burnsall win, first winning it in 1996, followed closely by Gary Devine who won the race way back in 1987, then again in 1998. Karl had a great run to come in 3rd.

My family and I had just spent two weeks in Devon with club member and Marine Denis, having consumed a few gallons of cider and I didn't expect to beat my previous years time by nearly a minute. However having Reece 16 seconds behind me probably had a lot to do with that. Young Godridge junior did the under 12 race in his CVFR vest and came in 8th.

1	Ian Holmes	14.39
2	Gary Devine	14.51
3	Karl Gray	15.01
41	Chris Godridge	19.32
43	Reece Spurr	19.48

There is £1000 for anyone beating the course record of 12.48 **Chris Godridge**

BRECON BEACONS RACE 2008

1	Mark Palmer	Mynydd Du	MV40	02:46:10
				1st and 1st MV40
2	Pete Vale	Mercia	SM	02:47:14
3	Rob Gordon	Mynydd Du	SM	02:56:50
7	Helen Fines	Calder Valley	SL	03:12:58
				1st lady
19	Dave Austin	Calder Valley	SM	04:10:01
26	finished,	9 DNF		

Helen Fines and Dave Austin ran the Brecon Beacons race on Sunday 16/8/08. Helen took advantage of local knowledge to edge out Kate Bailey in 3.12.58 and make it 4 out of 4 wins in the Open Welsh Championships. Unfortunately Dave's debut in the Calder Valley vest was less successful due to a groin injury in the 2nd half of the race he struggled with the last long descent coming home in 22nd place. Performance of the day must go to the marshalls who spent 3 hours on the summits in typical Welsh August weather- driving hail and just sub-gale force winds! **Helen Fines**

Calderdale Way Relay

We've entered 5 teams this year, 3 mens and 2 ladies although the 2nd ladies team may be an open team if we can't get enough gurlies interested. Can you email or ring Andy Clarke if you are a male interested in running and email or ring Jo Waites if you are a female interested in running.

For new members who don't know anything about this relay... it's the biggest relay in the country and it's on you door step. It's a great day out and is open to any club member. Just let the captain know. It's run in pairs with 12 people making up a team.

Contact details

Andy Clarke: tel 01422 341578 email:
Andykatiec@aol.com

Jo Waites: tel 01422 842915 email:
jowaites99@hotmail.com

CONISTON COUNTRY FAIR - SUNDAY 20TH JULY 2008 (6MLS/ 2400')

1	Alister Dunn	Helm Hill	53.20
24	Chris Godgride	CVFR	72.50
28	Susan Hodgkinson	Black Combe	74.18
	(1st lady)		
29	Clare Kenny	CVFR	74.39
39	Karl Robertshaw	CVFR	77.55

If there's a spare day in your diary and a visit to the Lakes is wanting then this little gem is a must. Whilst you can partake in the ancient fell race your fellow companions will be kept busy watching the various competitions take place in the centre of the show field. There are also many stalls for the women to amble round and the kids have all sorts to do to keep busy. In a strange kind of way the only down-side to this fantastic day out is that it all takes place in the dark, gloomy shadow of the "OLD MAN", everywhere you look you seem to see this huge rocky monster, reminding you of the 'small' obstacle you have to overcome before you have earned a visit to the large beer tent. The race itself is fairly straight forward (quite literally), you leave the show-field which is situated at the side of the lake, head out on a few tracks and slowly but surely start climbing. Checkpoint 1 is reached at the top of the track, then that is it until CP2 is reached at the summit. No paths, lots of grass and rock (watch those ankles). It's very steep and very unpredictable. Return the same way and by now your legs are doing their own think. Mine wanted to disco dance all the way back!!!. CP3 is CP1 in reverse, back down the tracks and across a well marshalled road. The entry to the show-field and finish is great, everyone clapping and cheering - brilliant. Clare had a great run to finish 2nd lady overall in a good time and CV new recruit ran a fine time of 77.55 in his first Lakeland fell race.

Overall a brilliant day, well organised, plenty for the children and a tough classic for desserts.

Chris Godridge

DURIS 'O' DEAR!!! SATURDAY JUNE 14TH (10.5MLS/3800')

1	Rob Jebb	Bingley	1.21.53	
13	Karl Gray	CVFR	1.28.56	
19	Shaun Godsman	CVFR	1.30.56	
25	Ben Mounsey	CVFR	1.32.44	
35	Angela Mudge	Carnethy	1.34.43	(1st lady, new record)
73	Sally Newman	CVFR	1.43.47	
74	Jonny Moore	CVFR	1.43.51	
99	Helen Fines	CVFR	1.47.58	
112	Jo Waites	CVFR	1.51.15	
114	Graham Hill	CVFR	1.51.46	
119	Anne Johnson	CVFR	1.52.33	
176	Gayle Sugden	CVFR	2.09.41	
180	Sue Mitchell	CVFR	2.12.09	
201	Darren Sugden	CVFR	2.22.04	

Ankles, upset stomach and toilets are the highlight of this weekend. It was one of those weekends when it just didn't happen and one that lots of us want to forget. It showed great promise when we arrived to a nice camp site with a field all to ourselves. Ah a good night sleeps was had by all. Dave, Paul, Barbara and Tony headed off mountain biking. We got ready and set off to the start of the race in a lovely little village called Durisdeer near Dumfries in South West Scotland. For me I never even started the race as I was struggling with a stomach upset and felt really sick. I did try as I registered and got my number but it just wasn't to be. I watched the race start with Steve Garner and as then we saw Adam coming back down the hill as he packed it in with a sore achilles. We headed to what would be the last climb for the runners and watched as they made their way towards us. It was a tough race and warm conditions made the runners dehydrated. Sally had a great run with Jo just tucked in behind her when they went past us. Disaster on the descent as Jo went over on her ankle. After a sit around in the gorse bushes!!! Ouch she got up and had to limp in to the finish. Unfortunately lots of girls went past her but all credit to Jo she did finish the race. Very mixed emotions at the finish with Jo's ankle, Ben Mounsey was feeling very sick and I was just fed up at not being able to start. We went to the village and got tea and cake and with all the other runners pulled up a gravestone in the churchyard and had a picnic!!! It was surreal. Girls got presented with the first team prize but they had worked it out wrong and it should have gone to Bingley. Never mind the wine was very nice!!! We made the best of a bad do and had a good night except for Sally who had really bad stomach pains and ended up going to bed and not making it to the pub. But that wasn't the end of the weekends entertainment. I was heading up to the loo in the morning when the campsite owner got me and accused one of our ladies at vandalising one of the toilets on the Saturday evening!!! The cistern was off the wall and had leaked water. Can you see Jo or Gayle ripping the cistern off the wall. I don't think so

mate!!!! I was not impressed at all. He didn't look to the other people on the site but seemed to be intent on targeting one of us. We just packed up and got off the site as he kept hounding me and I think he actually wanted us to have a whip round and pay for it!!!! Anyway I have an answer to this as Sally had really bad wind and I think she must have gone to loo and farted so hard she blew the cistern off the wall!!!! **Thirza**

**HALF YORKSHIRE MAN 2008
14TH SEPTEMBER 2008**

Early forecasts were for a wet weekend of running but fortunately the forecast improved and the day stayed fine (the sun even put in a brief appearance!). The course was very muddy in places, especially over the moor land sections making for slippery conditions and slower times.

The route has changed from previous years and is now almost 15 miles long with over 2000 feet of ascent (a little more than half a marathon!). Navigation proved a problem for some as some flags were moved towards the end of the race so following a K&C vest proved to be a good navigational aid! Good runs by the men meant that we got the team prize as well as 1st & 2nd places. Karl was trailing Ben until the closing stages of the race when he overhauled him and came in a clear winner in a record time (for this lengthened course) of 1.38.14. Ben finished some 3 minutes back with Stephen Smithies putting in a great performance finishing in 8th overall, no doubt down to his supper-light-weight kit!

This is a good course for people new to this distance or for those wanting to test an injury as I was – the physio has worked fine! Looking forward to more long runs now, including the OMM and the Tour of Pendle. **Carl Greenwood**



1	Karl Gray	1.38.14
2	Ben Mounsey	1.41.38
8	Stephen Smithies	1.54.01
15	Adrian Muir	2.02.04
38	Chris Godridge	2.10.19
40	Steve Hunter	2.11.39
51	Darren Sugden	2.14.47
53	Stephen Grimley	2.15.15
57	Martin Whitehead	2.18.32
60	David Culpan	2.19.26
63	Linda Crabtree	2.20.47
76	Tony Steward	2.25.23

80	Carl Greenwood	2.26.20
86	Jez Wilkinson	2.29.30
134	Mike Banks	2.42.07
135	Gail Tombs	2.42.11
154	Dave Beston	2.49.49
197	Rose Carnochan	3.06.03
216	Kay Pierce	3.15.25

THE "SUMMER" HANDICAP

Following on from my first fell race (the Cragg Vale event in early July), and with a total of just over 20 miles training in my legs in the last three years, I was a tad cautious entering the Summer Handicap. On the night of the event a mixture of nerves and an inability to follow simple directions (more of that later), had meant that I had managed to end up on the wrong side of the hill at Ogden Water 20 minutes before my scheduled start time and it was only a mad dash through Mixenden (speed bumps and all) that meant I was at the start with a few minutes to spare.

Jason, Jo and Thirza introduced themselves at the start and after pinning my number on and doing a few stretches I had seen on the TV I was ready for the off. The start was an odd affair - the four people due to go before me were not racing so I was first off. This presented me with a quandary - do I stand casually waiting for the off or do I assume a 100 metre start position attempting to go on the 'B of the bang'? Possibly wisely, I opted for the casual approach and ambled off the start when given the nod by Jason. As you know the road stays in view for quite a way from the start and as a result I found myself running flat out on the off-chance that one of my fellow competitors may still be watching me in awe as I slowly disappeared over the brow of the hill. The next couple of miles were fairly uneventful and hugely enjoyable being mainly downhill, although I think I would have been better served running through the muddy sections as opposed to vainly seeking out a dry route. I was soon at the bottom and still 'in the lead' - so far so good. Then I came to the steps. This part of the race was horrific - surely there is another way up to High Brown Knoll?! If the climb wasn't bad enough, I had slowed to such an extent that even the most weary of flies made it his business to pester/bite me every step of the way. Delirious I reached the top of the steps and here I made my first navigation error. I wrongly assumed that the two flags close together denoted a gate that I must run through and following this theory I was soon waist deep in Gorse, Adders and Bracken. Clearly that was not a gate.

I soon retraced my steps and re-joined the course, meandering up to the trig point. On reaching the trig point I again took a wrong turn, this time heading off to the right (I was thrown off by a fell runners shoe imprint in that direction - possibly some other unfortunate soul as lost as I soon became).

Typically this was the section of the race where I felt at my most spritely, ensuring that I headed extremely quickly in completely the wrong direction. Having not seen an orange marker for a good couple of minutes I opted to turn back and when I got back to the turn-

ing point I was no longer in first place! I was briefly comforted by the fact that everyone now in front of me would be under the misconception that 'the new chap' was still somewhere ahead, but my good spirits soon failed me as one after the other I was passed by people who were probably still at work when I had started to race.

The rest of the race was a bit of a lactic blur, although I really enjoyed the reservoir section (I was even tempted to advise the para-gliders on the reservoir that calm and foggy conditions were probably not conducive to flying a big kite with a man tied on to the end of it). I eventually made it back in 1.12.05, comfortably slowest by some way. So did I enjoy it? Oddly yes and I will definitely be back for more - the only way is up from here and I took some solace in the fact that I probably did more mileage during the race than the rest of the field! Many thanks to everyone for their encouraging words as they passed me and for everyone involved in arranging the event!
Regards, Scott

And also Gaz Hodgkinson
a 'moment' on the moors.....

.....as I over took Mike Wardle on the ascent to High Brown Knoll. A couple of runners ahead went astray (Sharon Godsman and another who I didn't know) over to our right and never made the summit, at that moment the three runners, a couple of hundred yards a head, had what looked like a nervous moment in the mist in terms navigation (??? following the flags), at that moment Mike shouted out a comment regarding their 'nervous moment' and something regarding the fact I knew where I was going in case they went further astray, obviously ending in a comment from me reflecting something along the lines the fact that I knew where I was heading (to the summit of course!!!!).

In reality (I had my head down, didn't have a clue and was following the man in front).....of course I knew where I was going!!!!!!.

So much for knowing where I was actually going (but I did get to the summit of high Brown Knoll !!!).

Onwards and upwards. **Gaz**



For more Summer Handicap reports and the full results, keep turning the pages.....

HEBDEN BRIDGE RACE

1	James Logue	Horwich	43.37 (record)
2	David Roome	Bowland	47.43
3	Mark Brown	Clayton	49.07
9	Chris Standish	CVFR	53.02
21	Phil White	CVFR	56.30
22	Helen Allcock	CVFR	56.36 (1st lady)
24	Chris Sylge	CVFR	57.27
26	Stephen Grimley	CVFR	57.45
29	Keelan Serjeant	CVFR	59.44
43	Liz White	CVFR	68.48
47	Louise Marix Evans	CVFR	71.22

For a bit of a change instead of an account but with the intention instead of painting a mental image, I've written it in the form of a Japanese Haiku (In which the first line usually contains 5 syllables, the second line 7 syllables, and the third line contains 5 syllables. Haiku doesn't rhyme.)

Helen Allcock

Strive out of valley
Fingers touch grit stone then turn
Downhill blur to win



Club AGM

The annual general meeting of Calder Valley Fell Runners will take place on Tuesday 11th November at The Shoulder of Mutton.

The Committee elections will take place and some members are standing down from their posts:

Jackie Scarf - Social Secretary

Ben Davies - SheepSheet Editor

Cerys Davies - Treasurer

All committee positions are elected on the night, so if you are interested in having a part in the running of this club, please put yourself forward for nomination and election.

**HOLME MOSS FELL RACE
SUNDAY 13TH JULY 2008
17M 4500FT AL**

The Holme Moss race is probably the only AL race in West Yorkshire. Holme Moss is probably better known as the major climb for road cyclists in the area, popular used on many national events such as the Wincanton Classic and Kellogg's tour. My brother and I used to make the annual pilgrimage to this 'giant' of a road climb in our mid teens.

The fell race now in its 21st year moved to a more desirable location at Cartmoor Cricket Club high above Holmfirth this year. The main route was the same as old, apart from an additional mile to the new finish, mainly up hill from near the old finish.

Conditions were ideal on the day, bright sunshine and little wind. The ground was heavy going in places due to the continued rain running up to the event. The race is very popular and I think out of the five/six years I have been running I've now completed in four races, gaining now a 1st, 2nd and 3rd along with a 33rd when the event was an English championship counter. The race is well flagged despite LK being an advantage and water is stationed around the course.

This year's event was a personal test for me after being out due to injury (Achilles) and set a target for 2:45 and top 10 finish. The early pace was set by Leeds, Chris Burchill, winner of the 2007 event and as usual the fast starting Dave Watson. I settled into 6/7th position early on and was happy just tick over causing limited stress to myself. At the first road crossing at Holme Moss summit, I was lying in 6th but felt good despite having a long run in the Lakes the day before and decided just to keep a steady pace throughout.

The race is run over a figure of eight, running from the start round to Holme Moss summit, the race then continued on the other side of the hill down to Crowden before running back over Laddow Rocks along the Pennine Way to Black Hill and back to Holme Moss summit again crossing the road descending down to a plantation continue to the reservoirs before the 'new bit' ascending back to the finish at Cartmoor Cricket Club.

I used previous knowledge to get some good lines round this back section, and was totally surprised to catch the leading trio at the foot of Laddow Rocks. I think the leaders were equally surprised, at this point I had an adrenalin rush and pushing on up the steep climb but at the top of Laddow rocks had nothing in response to go with them, on the relatively flat Pennine Way section to Black Hill. Lack of endurance due to nearly three weeks off was showing. But I just plodded on knowing that I had some considerable distance between me and the next runner behind.

Gradually from Black Hill I closed the gap on 2nd and 3rd with Birchall now well out of sight. I caught 3rd on the climb back to the finish and nearly caught local man Watson on the long half mile run in, but local encouragement and faster road speed helped him maintain a 100yard advantage at the finish. Pleased with third, giving me confidence to build up

my training again, which I will have to do now, having Bill Johnson breathing down my neck, who had the race of the day finishing in an impressive sixth place. With a couple Holmfirth, Calder and Dark Peak finishers in the top 10 all eyes were on the vital 3rd finisher for the respective clubs to complete the team. Unfortunately the next finisher was from host club, Holmfirth. Calder was second team on the day.

Anne Johnson continued her good form this season with a second position, behind the organiser's daughter Helen Berry of host club Holmfirth. Anne finished in 30th position overall and was first veteran lady in a time of 3:11:06, unfortunately Anne was the only Calder Valley ladies representative. I think we need to know what the Johnsons are having for breakfast, as its working!

Steve Smithies and Richard Greenwood had a battle throughout finishing 24th (3:05:10) and 25th (3:05:16) respectively, Jon Emberton still struggling for pace after his successful Bob Graham round, seven weeks previous came in at 31st (3:12:12) and improvements were shown by Martin Huddleston 42nd (3:19:48) and Dave Culpan 98th (3:58:33)

Finally completing a trend in this years race for Calder Valley runners and finishing in 'couples' in 101st and 102nd position was Graham Lloyd (4:02:31) and Tony Steward (4:03:26). John Nunn and Martin Whitehead completed the Calder Valley contingent finishing in 105th and 106th respectively in time 4:07:39 and 4:08:00. 149 finished out of 159 starters. **Adam Breaks**

1st	Chris Birchall	Leeds City	2:37:27
new course record			
2nd	Dave Watson	Holmfirth	2:41:47
3rd	Adam Breaks	CVFR	2:42:03
6th	Bill Johnson	CVFR	2:47:31

**Turnslack - Tuesday 8th July 2008
(3.7mils/ 700')**

Lovely venue and setting for this race which claims to be 8m and only 2000', it felt longer and the two big climbs at the end of the race after a very undulating 6 miles or so only reinforce the view that the 2000' claim seems a little deceiving!

It was glorious sunshine and although we have been a little out of touch on the sun front, I decided not to carry water, thinking that I wouldn't be out too long!. What I and many more would have given on those last two hills for some water, God only knows.

The race is a very fast start up a track and then its onto the soft tussocky moor – up and down and very runnable if fit! A quick glance out to your left whilst breathing air from Balckpool is a must, and a great reminder why we partake in this lunacy – lovely scenery and views

Then its back to reality and the muddy hairy legs in front.

Quite a low turn out for this local belter, 67 in all, but it is a cracking route, well flagged and plenty of home made goodies at the end. Great. **Chris Godridge**

A "LONG RACE DEBUT" HOLME MOSS 2008:

I was contemplating entering Holme Moss the week before. I hadn't done any distance or climb like this since my days training for my MLC in 1983! On the Thursday night training session there was much banter about the race. I was 90% certain I wouldn't do the race!

45 minutes before the race I was at Sowerby Bridge tip with my running gear in the car. It was now or never. The weather was improving! I decided to go for it, no training, no preparation, just get on with it. After a quick drive

over, a policeman even stuck up 3 fingers at me! I got to registration with 10 minutes to spare. A quick change and I was on the start line. The start was a leisurely affair and I found a pleasant groove and pace to run at. I thought the easiest way to do this was to run until I couldn't. The first part of the race up to Holme Moss was a doddle, no pain, no worries, no water! I did it in

45 minutes and had one cup of water on the summit. It was getting hotter! A lovely run down to Crowden in another 45 minutes, another cup of water, and a

Snickers bar. Dried out my mouth. It was getting hotter! Yomped up to the next check point in 15 minutes! This long racing wasn't so hard after all! Quick stop to lighten the load so to speak, down to the river and up to Laddow !! It was getting hotter! Oh my goodness, I didn't realise how hot I was, nor how dehydrated! So after a long and painful climb up to Laddow I'm still not sure if they faed the Jelly Baby to me or gave it me. It was getting hotter!

Another gratefully received cup of water. Then onto the Pennine way. Flatish, but starting to flag! Then hit the flagstones, uneven, hard, unpleasant, and not very hilly! But really hard on the psyche ! Got to Black Hill, saw some dude prostrate on the ground doubled up in cramp! It was getting hotter! Turned right headed for the Summit crossing again. Jogging on slower now, not

going to do 3 hours like I thought earlier! Went into a hagg or is it Grough? Couldn't get out again, hamstring went into major cramp. Dave Culpan caught me up! Dragged my sorry ass out of the hole and hobbled on for 200 metres, feeling came back. It was getting hotter!

Had 3 cups of water at the top. Climbed over the stile across the road, cramped up again! Jogged down toward Yateholme, Dave giving me encouragement

all the way. Got to the old finish only to be confronted with another mile or so, uphill!!! Got to the next stile, couldn't work out how to get over it without the cramp , so turned myself backwards and did a back flip! Dave had left me by now. So the last mile was walked and run, and that road finish was so far! Came into the finish to cheers and applause, didn't quite break the 4

hour target I'd set myself, (actually set a 3 hour target, but hey I'm new to this!) Had loads of cups of tea, fantastic cakes and sandwiches, had a snooze in the sun. Lessons learnt. Well on long races take plenty of drink! Find something to eat more appro-

priate than Snickers, and the bilberries I ate up to Laddow! But I really enjoyed the race as the scenery was fantastic. I might even do it again! So where is my Tour of Pendle Entry? **Graham Lloyd**

LANTERN PIKE FELL RACE 5 MILES / 1000FT

Summer finally arrived for this classic race in the Peak District . It has the longest standing record in English Fell running .Way back in 1977 Ricky Wilde ran an amazing 29:12 and no one has been under 30 minutes since . Over the last couple of years it has always attracted top runners and this year was no exception with England internationals Steve Vernon and John Brown fresh from representing England in the World Trophy lining up at the start.

The race started as I was expecting it to do so, very fast , and looking at the route before hand I was expecting it to stay that way. Steve Vernon quickly took the reins and charged off out of the show ground with John Brown and Nick Craig not to far behind, and it stayed that way with Steve taking the honours in front of John Brown and Nick Craig.

The Ladies race was also well contested with Sally Newman in contention for the lead all the way round only to lose out to Christine Howard of Matlock by 54 seconds, and Karrie Hewitt of Warrington by 24 seconds, Sally was first Lady Veteran home.

My race turned out to be an interesting one, I was wearing a shiny new pair of Inov 8 X – Talons and was rather impressed by them during my warm up. I set off feeling quite good and was easing my way through the field when trying to cross the only bog on the course about

200 yards from the start when I thought it would be a good idea to face plant into the said bog ,after picking myself up and admiring my rather muddy vest I carried on and picked my way through the field into the top 30.I was rather pleased with myself on my way back off Lantern Pike down into the finish field when I decided again that it would be a good idea to go swimming in the same bog and this time lose one of my shoes, I got some interesting looks as I came into the finish covered in mud waving a shoe over my head. All in all a good day out and a good race.

Andy Fleet

1st – Steve Vernon – Stockport Harriers – 30:30
25th – Andy Fleet 38:14
43rd – Sally Newman 40:36
158th – Steve Garner 49:14



Turnslack - Tuesday 8th July 2008 (3.7mils/ 700')

1	John Brown	Salford	63.24
2	Karl Gray	CVFR	70.16
5	Gary Oldfield	CVFR	75.03
18	Steve Smithies	CVFR	83.32
23	Chris Godridge	CVFR	86.32
24	Garry Hodgkinson	CVFR	87.49
34	Tim Hayles	CVFR	91.21
35	Mark Chatterton	CVFR	91.55
54	Linda Hayles	CVFR	104.42 (1st lady)
57	Neil Croadell	CVFR	106.16
60	John Nunn	CVFR	108.16

We arrived at the race on a beautiful sunny day and registered to find only 66 competitors including two ladies. This was rather worrying as we also overheard the organiser announce that he had run out of flags, so the last part of the route was unmarked. Thankfully someone had the sense to go out and flag this section before the race commenced. With so few entries we were rather concerned that today might be the day one of us came last although I knew my position in the ladies field could be no lower than second. Despite the field spreading out on this wonderful clear day, we both finished near the back but not last. I even took the first ladies prize which was not too hard in a field of two. A lovely race, and highly recommended though rumour has it that it might be the last one. With such wonderful prizes as toilet rolls and lawn seed I can understand why this race is so popular!

Linda and Neil.

Ingleborough - Saturday 20th July 2008 (7mils/2000')

1	Matt Whitfield	Bingley	46.53
15	Gary Oldfield	CVFR	55.21
16	Jo Waites	CVFR	55.36 (1st lady)
25	Steve Smithies	CVFR	57.08
164	Jez Wilkinson	CVFR	71.54
177	Tony Steward	CVFR	72.35
201	Tony Bradley	CVFR	76.40
205	Neil Croasdell	CVFR	76.54
212	Linda Hayles	CVFR	78.10
213	Mick Banks	CVFR	78.17

Having spent the previous three days before the race acclimatising to your rotten English weather by walking and cycling in the rain around Ingleton, you can imagine our dismay when the afternoon of the race turned out fine and clear. Having reccied the route (tricky) we were confident that we could find our way to the top and back, our only concern was whether we could do it before dark. A good turn out of competitors despite Kentmere the next day meant a good cross section of runners and therefore a reasonable chance of not being last.

The usual fast and furious start up the road had me gasping for breath before I got out of Ingleton, but I gamely held on to the back end of the field and, as we started climbing up the fields I started passing some of the runners who had gone off too fast, or perhaps they were walkers out for a stroll. I reached the summit feeling good and turned for the first part of the descent. This section was so steep that the only way I was going to get down was on my backside, very quick but the scars are still healing. The descent to Ingleton went well until Tony (Bradley) passed me on the walled track. I think it's something to do with mass and gravity. We finished reasonably well for two old retired people and thoroughly enjoyed the race. But the English weather!!!!

Neil and Linda

(Jo Buckley race up but had to walk back down as her pelvis is still a bit sore after having her daughter Katie)

THE JAMES HERRIOTT TRAIL RUN 20TH JULY 8.5 MILES/1000FT

What a spectacular setting for a race in the grounds of an ancient castle up on the hillside at Castle Bolton near Leyburn in Wensleydale. Just allow plenty of time to get there in case you get stuck behind two tractors for 10 miles like I did and not able to get past!

Registration was in a big field next to the Castle and next year I'm expecting you Calder lot to have a day out and have one of our famous picnics and cake parties there!

Just before the start I had a chat with Stuart Gardner and Charlotte Roberts who live nearby (so again if its raining next year we can all go and visit them afterwards – we'll probably have to ask them first though!) Anyway Stuart warned me of the climb at the start of the race "It's about a mile or so uphill then along the ridge and back down in a circular route" he said. Didn't mention the second climb later on!

It also happened to be the hottest day of the year so plenty of suntan lotion slapped on at start. I carried my water with me through out the race but due to the conditions arrangements were in place for two water stations on route, which were well received by everyone.

The route itself was tough especially on the climbs as they were runnable so you felt like you had to run and once on the ridge path along the tops the views were awesome in every direction. The route was a wide rocky track all the way so no problems finding your way round. Stewart was just in front of me in the race and I did my best to catch him on the long undulating track in to the finish and it did seem a long way but just couldn't get him. Next year I'll have you!

Well done Jason Stevens in 4th place. A brilliant run. Next year we need you lot out there as we could have taken lots of prizes home. The ladies team was unusually for 4 to count and we could have that easily plus think it would be good training for the Borrowdale race too. **Linda Crabtree**

1st - man Gary Dunn - Thirsk in 53.17.
 4th Jason Stevens 57.17
 65th Stewart Gardner 74.42,
 68th Linda Crabtree 75.27 also 1st Vet 45,
 133rd Jo Porter 82.40
 203rd Charlotte Roberts 90.33.
 269 ran



Kentmere Horseshoe - Sunday 20th July 2008 (11.9mls 3300')

1	John Hennigan	P & B	1,26.17
2	Morgan Donnelly	Borrowdale	1.26.40
3	Gary Divine	P & B	1.29.25
7	Shaun Godsman	CVFR	1.31.55
44	Jason Stevens	CVFR	1.41.50
62	Helen Fines	CVFR	1.44.30 1st lady
103	Sally Newman	CVFR	1.50.46
134	Graham Hill	CVFR	1.54.42
188	Gayle Sugden	CVFR	2.00.45
208	Lee Shimwell	CVFR	2.03.35
253	Mike Wardle	CVFR	2.09.49
277	Sharon Godsman	CVFR	2.12.33
294	Sue Mitchell	CVFR	2.15.17
298	Thirza Hyde	CVFR	2.16.30
308	Stewart Gardner	CVFR	2.19.07
319	Darren Sugden	CVFR	2.21.31
337	Jo Porter	CVFR	2.25.20
370	Gail Tombs	CVFR	2.38.15
381	Charlotte Roberts	CVFR	2.46.15

As usual I felt OK on the drive upto the race but then when you reach the carpark and see all the runners the nerves begin to go and I was more nervous this time as I could count for the ladies team, that's if I didn't blast off and die! So with that in mind I went to the start line thinking, "nice and steady Gayle, take it easy". I don't know about anyone else but I have some right chats with myself on the way round races, "yeah this is OK, keep it going", then in the



next breath "oh, I can't do this". Anyway the first climb was steady away because it was quite congested. For all you speedy runners out there, you need to get a good start or you'll get held up, but it was a big field cos of championship race. Then the race takes you over Ill Bell, High Street and Kentmere Pike with 3300 feet of climb. The climbing isn't to severe

and a lot of it is runnable, with some great grassy descents which I really enjoyed. You also tackle shear-face drops with single path ledges and peat bogs. The only bit I didn't enjoy was the run in at the end but only because I didn't realise how long it was. When you've thrashed yourself down the last, long descent, there's not much in the legs, which I quickly realised. I'd barged past two blokes on the descent so I thought I can't lose face now and let them come past or I can't let a lady come past, so I ran as fast as my burning legs would take me. I didn't quite catch Emma in front of me, she must have heard me panting right behind her and but no one overtook me so I was happy with that.

It was a great result for the Calder ladies team as I now think they have a strong chance of winning the English Championships Gold...fantastic! It was good to play a small part in this race. There were some great individual results too, Shaun 7th, Helen 1st lady, Sally 3rd lady, brilliant positions... come on Calder. Jason was having a flyer until he took a wrong turn near the end, you still got the points though Jason. Sharon and Thirza had a good one, a good day for everyone.

I can't finish without saying what a great cake Shaun, very impressive, shame you felt to sick to eat it!
Gayle Sugden.



psst.... I have a photo of Karl Gray in his boxer shorts shaving his legs when we were cycling in the Alps.... its on eBay to the highest bidder....

Junior Round Up

The second full year draws to a finish for the summer and we have left the juniors in a very healthy situation. We have now had over 100 runners come and try it out which is simply staggering and we have managed to retain 70+ of them of which over 50 regularly turn up each week.

Currently as the English Junior Championships stand we have Edan Whitelaw in 4th in the U12 and Max Wharton in 7th with 2 races left to go. Max has a race in hand and will be pushing all the way for 3rd. Jack Fillingham is in 27th but has done only 1 race. In the same girls category Issy Wharton is 9th and Rose Mather 10th both of them have a race in hand on all those above them and will surely move higher up the finishing table. Molly Chesworth is 29th having done just 1 race.

Peter Walker is 5th in the U14 which is a tough age group and he has been having some right royal battles with Rossendale runners.

There are no points won in the U10 or U8 categories which is a real shame as Gemma Johnson has won several of the races and Todd Halsey having just joined has won every race he has entered so far. Others who have run in the U8 are Chloe Greenwood Charley Godsman and Joey Gwilliam. The U10s who have run in the English races are Jade Harvey, Adam Johnson, Dillon Whitelaw, Sam Foster and Luka Morris. Many of them will have run in at least 4 races and will therefore qualify for a t-shirt. I am sure if you ask anyone who comes down and helps out they will tell you that it is great fun. If at times a little chaotic, but overall fun and that's what we set out to achieve. If it wasn't then 50+ kids wouldn't keep coming each week. So if you can help out then please let me know.

We will be starting up again on Tues 9th Sept and will this year be giving some serious thought to putting on a second weekly session for invited kids only. The success that several are achieving in national as well as local races needs building upon with a proper coaching session. This will likely be at the weekend so if you want to get involved in that or just want to come and train with the kids (if you don't mind getting your ass kicked) then let me know.

Cheers for all the support already given and the encouragement along the way to all the juniors.

Ps. All 3 of the junior races that the club put on each year have now been and were all a great success not even the loss of 3 U8s at Widdop could detract from their success. If any one is in the Widdop area please keep a look out as its never too late to reunite kids and parents. **Al Whitelaw**

Free to a good home – Rockboots Size 11(ish).

Since my achilles operation my shoe size has had to increase a bit to make everything fit properly.

I have a pair of Sportiva Mythos rock boots going spare – well more a rock slipper, great for grit.

These things must be 10 years old, but in very good condition. They were very comfortable. Sizing – depends on pain threshold really, but 10.5 to 11 sounds reasonable. Ideal for someone who wants a first try at bouldering or the like. **Jon Underwood**

NORLAND MOOR 7M/800'

1	Andi Jones	Salford	40.28
2	Owen Bielby	Wharfedale	45.29
3	Shaun Dimelow	Penistone	46.02
18	Aly Raw	Bingley	51.44
25	Chris Godridge	Calder Valley	53.22
27	Donna Riding	Sale	53.25
57	Dave Culpan	Calder Valley	60.22
78	John Nunn	Calder Valley	65.10
93	Mick Banks	Calder Valley	67.45
121	Finished		

Lovely day for this local race. Having run at Burnsall the previous day I thought I may as well just "have a run out". This never happens. The race is a bit like doing a hill rep session followed straight away by a sprint session. Very runnable and fast.

Chris Godridge

Andi Jones of Salford Harriers stormed round this years Norland Moor Trail race to break the record by over a minute in very wet and slippery conditions, the top of the moor being the wettest I've ever seen it, even for the Calderdale Way in December, Andi finished a remarkable 5 minutes ahead of second placed Owen Bielby from Wharfedale, a couple of torrential downpours just before the start made the descent down through the woods quite treacherous. Despite this it was a near record turnout on what may be the last year this race is run.

Chris Godridge finished 25th, only other club members were myself, long distance specialist John Nunn and Mick Banks back from a 3 month injury layoff.

Aly Raw from Bingley finished first lady.

Confusion was caused on the moor when somebody moved one section of flags and actually removed another set, but amazingly the distance ran was still the same. **Dave Culpan.**

RYDAL ROUND 9M/3000'

Another great day up in the Lakes for all the family, with the traditional recipe of a Lakeland sports day. Plenty for all to see and do. For those who have completed the Fairfield Horseshoe, then this follows pretty much the same route. Four and half miles up to the summit of Fairfield and four and a half down. A lovely clear day gave excellent views out over the horseshoe and much of the central summits of the Lakes. A tough race and very runnable if you take it steady at the start. New CVFR signing Reece Spurr had a nightmare in his first true mountain race and had to retire due to very sore feet. I'm sure he'll have picked up some valuable experience. Which leads me onto another tip – sadly one of our club was disqualified by Pete Bland for not carrying any kit. My son Christopher ran in the junior race, couldn't find any results but he came about 9th out of 35

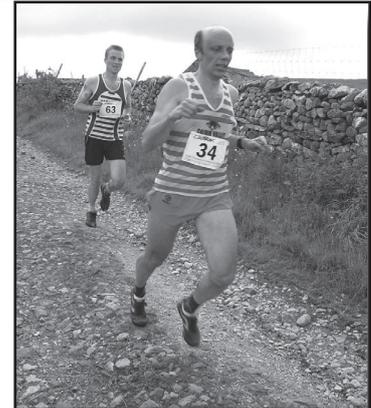
1	J Mercer	Skipton	1.25.44
21	Chris Godridge	CVFR	1.45.25
	Reece Spurr	CVFR	DNF

**PEN Y GHENT - Saturday 7th June 2008
(5.5mls 1650')**

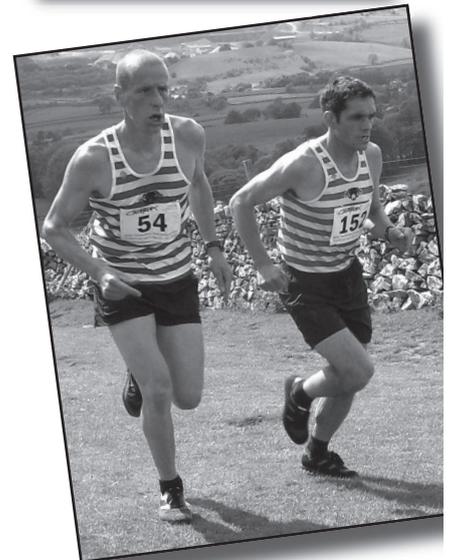
1	Ian Holmes	BINGLEY	46.26
2	Andy Peace	BINGLEY	47.04
3	Craig Roberts	KENDAL	47.25
4	Karl Gray	CVFR	47.49
5	Graham Pearce	P & B	47.56
6	Shaun Godsman	CVFR	48.05
15	Victoria Wilkinson	BINGLEY	52.12
16	Gary Oldfield	CVFR	52.20
22	Jo Waites	CVFR	53.03
29	Bill Johnson	CVFR	54.25
59	Steve Smithies	CVFR	58.54
113	Mike Wardle	CVFR	65.48
115	Sharon Godsman	CVFR	66.36
122	Martin Whitehead	CVFR	67.21
126	Dave Culpan	CVFR	67.47
140	Linda Crabtree	CVFR	70.06
143	Jo Porter	CVFR	70.26
147	Tony Stewart	CVFR	70.51
151	Thirza Hyde	CVFR	71.25
170	Mick Banks	CVFR	75.28
183	Jo Riley	CVFR	78.13



Photos courtesy of
Dave and Eileen
Woodhead



What superb weekend this turned out to be. We travelled up early Saturday for so that Dave could go mountain biking with one of his mates and I headed up to Helwith Bridge to meet up with The Godsmans, Jo Waites, Paul Biddulph, Jo Porter and Jason Stevens. We sorted out our camping spots (We were in our luxury camper van!!!) and after a brew of tea went down to the start field and had a browse round the gala (not much to see!!) and Pete Blands gear van. This was a club race and also a Yorkshire Championship so some of the big guns were out. The sun was shining but it was breezy enough to keep you coolish!!! It was a fast blast along and up the road towards Brackenbottom and the start of the climb up the steep side of Pen Y Ghent. Scrambling up the rocks to the top with plenty of abuse from Paul and Jason ... and then a fast, fantastic downhill (I was thinking of Naomi at this point as she came a cropper on this track in the Peaks but as I was chasing hard to keep with Jo Porter I had to put it in the back of my mind and remember to try and keep breathing) but there is always a sting in the tail with another climb and then some level running before heading down the grass to the track that leads to the Crown pub and then that bloody road again to the finish. Having not had consistent training boy did I feel this race. The cold river dip afterwards soon sorted me out and it put a big smile on my face to see Jo, Sharon and Linda pick up the Yorkshire team gold. We headed back to enjoy the bbq's in the rain but we soon retreated to the pub and had a good sociable night with a few beers and plenty of chat .. midges couldn't get you in here. We had a great laugh at breakfast on Sunday as Jo P told us of her operator error in trying to blow up her air bed while under the influence ... "something to do with not putting it in right" Are you sure we are just talking about blowing up your airbed Jo!!! She failed and slept in the car all night. Shaz and Shaun went for a run, Jason and Jo P went to Settle and headed home as Jo was knackered with having had no sleep the night before. Paul, Dave, Jo W and myself had a great 5 hour mountain bike ride in glorious weather. A couple of cafe stops, ice creams .. anyone would have thought we were on our holidays. Thirza



SEDBERGH HILLS RACE 17TH AUGUST 2008

1	Darren Kay	Horwich RMI	2.23.34
2	James Bulman	North Yorks AC	2.24.09
3	Joe Blackett	Dark Peak FR	2.24.11
36	Bill Johnson	CVFR	2.44.34
48	Andy Fleet	CVFR	2.48.50
68	Gayle Sugden	CVFR	2.55.51 1st Woman
102	Jon Underwood	CVFR	3.06.33
143	Darren Sugden	CVFR	3.21.40
146	Lee Shimwell	CVFR	3.23.43
158	Tony Steward	CVFR	3.32.40
166	Dave Culpan	CVFR	3.40.39
174	John Nunn	CVFR	3.45.47
184	Clare Fothergill	CVFR	4.00.03
185	Philip Jones	CVFR	4.01.05
189	Martin Whitehead	CVFR	4.06.41
206	Started		

It had been a long time since I pinned a number on my colours for a race. (OK nitpickers, I'm excluding the summer handicap and the LAMM – I don't think these had numbers). The operation on my achilles last December had changed my shoe size and I didn't think the steep grassy banks would suit my normal footwear. Therefore a quick wear in of some new Mudclaws was required, but I had to stop several for adjustments and refittings on the first climb up Arrant Haw. I was glad I had made the effort as that extra grip was certainly needed after the recent rain. The day had started warmer than expected, but heavy showers had been threatening. The deluges started for me at checkpoint 3 and on the Calf. It was one of those days when you were constantly thinking whether to get the waterproof out, although I didn't in the end.

I never saw Bill, Gayle and Andy. Well done Gayle for getting first woman. The race organizers seem to have added at least 10 years onto Andy's category. When I passed Lee, before checkpoint 4 he was badly suffering from cramp. He ground to a stop later on the Calf, requiring assistance from the marshals to get going again. The cloud was quite dense during some of the heavy showers, which could have been why Dave C had a navigation mishap which lost him 15 minutes.

I always like this race, and even though my achilles is not 100% yet, it was a relief to get out there again. It was also a relief the next day, when I could walk and run normally, something I haven't been able to do for quite some time, the day after a race.

Jon Underwood

One of my favourite long races, located in the Howgills, lovely grassy slopes but with plenty of contouring, the most I have encountered in a single race I think.

A deceptively tough route with a number of steep climbs, particularly in the middle of the route taking in the summits of Arant Haw, Castley Knotts, the Calf and Winder.

Gayle Sugden took the club honours in this years race finishing 1st lady in an excellent 2 hours 55 mins.

Weather conditions were rather mixed depending on how fast you were, the first half of the field got round in reasonably clear weather but the lower end encountered quite tricky conditions, with very low cloud cover, particularly over checkpoint 5, Calf Summit, causing plenty of navigational errors.

I ended up in Calf Beck west of the Summit a few hundred feet below the main track losing around 15 minutes, Tony Steward gaining a good advantage here obviously not getting lost. John Nunn also had problems losing time in the swirling mist, with visibility down to around 20 yards.

Martin Whitehead took the honours for losing most time out of the Calder Valley contingent wandering around in the mist for about half an hour, taking Jonathan Oldbury with him, he has asked me to apologize for this, before finally finding the correct route to Winder and down the steep descent to the finish field, this navigational error may have cost him the Handicap Championship.

He was very disappointed, you'll have to put things right at the Yorkshireman Martin!

Dave Culpan.

Stoodley Pike - Tuesday 8th July 2008 (3.7mls/ 700')

1	Danny Hope	P & B	18.55
6	Alex Whittam	CVFR	20.15
8	Jason Stevens	CVFR	20.44
15	Steve Smithies	CVFR	21.12
19	James Williams	CVFR	21.47
28	Mark Goldie	CVFR	22.25
33	Johnny Moore	CVFR	22.37
36	Jonathan Emberton	CVFR	22.56
39	Garry Hodgkinson	CVFR	23.23
49	Gaz Pemberton	CVFR	24.08
50	Steve Pullan	CVFR	24.10
57	Anne Johnson	CVFR	24.20
	(1st Lady)		
62	Lee Shimwell	CVFR	24.37
63	Nick Murphy	CVFR	24.38
73	Chris Godridge	CVFR	25.14
86	Keelan Sargeant	CVFR	25.34
104	Helen Allcock	CVFR	26.15
105	Jackie Scarf	CVFR	26.18
110	Johnnie Watson	CVFR	26.34
119	Ben Davies	CVFR	26.48
121	Graham Lloyd	CVFR	26.50
135	Clare Kenny	CVFR	27.24
139	Dave Culpan	CVFR	27.32
141	Thirza Hyde	CVFR	27.40
154	John Nunn	CVFR	28.11
159	Jo Porter	CVFR	28.21
160	Allan Greenwood	CVFR	28.23
172	John Riley	CVFR	29.09
182	Louise Evans	CVFR	29.54
198	Mark Everington	CVFR	33.04

I first started with Calder Valley along with my good mate Denis Gildea (he's still a member but is in the Royal Marines) at the bonny young age of

16 around 1987. Having had a short detour with HM Forces (Parachute Regiment) and with many a 'weak' ankle injury, I have been set back throughout my fell running career. However, there are certain 'things' in our lives that we love and enjoy, which are very hard to put to the back of your mind and forget about. Something lies deeper that just being able to say 'Sod it I'm not doing that again'. As the majority of you will know fell running is one of those 'things'. You either love it or hate it. I'm 36 now and still love running the hills (albeit with very bad ankles) (we'll be getting the hankies out in a minute Chris!!!). I decided to do Stoodley as my comeback race, a short classic, not my style, but we have to comeback somewhere. Lovely evening, great running weather, plenty of red and white hoops, some old and many new faces. Altogether a good return and exemplifies everything about 'our' sport. The Challenge - The Camaraderie - and the bloody mindedness - GREAT. **Chris Godridge**

Calder Valley Summer Handicap - 22nd July (6.7mIs/900')

		Handicap Time	Start Time	Actual Time
1	Tony Steward	1:08:33	19:05:20	59.58
2	Helen Allcock	1:09:33	19:09:45	56.33
3	Alistair Whitelaw	1:09:58	19:04:30	62.13
4	Dick Spendlove	1:10:13	19:10:25	56.33
5	Martin Whitehead	1:10:19	19:07:05	59.59
6	Clare Fothergill	1:10:20	19:03:15	63.50
7	Keelan Sarjeant	1:10:31	19:10:00	57.16
8	Martin Huddleston	1:10:40	19:13:10	54.15
9	Linda Hayles	1:10:40	19:01:50	65.35
10	Chris Godridge	1:10:52	19:13:10	54.27
11	Steve Smithies	1:11:20	19:19:30	48.38
12	Graham Hill	1:11:30	19:17:25	50.50
13	Jon Underwood	1:11:38	19:13:05	55.18
14	Scott Henderson	1:12:05	18:56:45	72.05
15	Adam Breaks	1:12:29	19:23:40	45.34
16	John Nunn	1:12:31	19:05:50	63.26
17	Chris Standish	1:12:50	19:16:10	53.25
18	Steve Pullen	1:12:53	19:16:35	53.03
19	Simon Bourne	1:13:05	19:19:30	50.20
20	Mark Chatterton	1:13:16	19:15:45	54.16
21	Karl Gray	1:13:27	19:25:05	45.07
22	Jon Emberton	1:13:42	19:18:20	52.07
23	Gary Hodgkinson	1:13:43	19:16:20	54.08
24	John Riley	1:14:11	19:01:35	69.21
25	Clare Kenny	1:15:35	19:09:30	62.50
26	Mike Wardle	1:17:00	19:13:10	60.35
27	Rod Sutcliffe	1:22:55	19:08:00	71.40
31 starters				

We had a great but eventful night at the summer handicap. On Monday night Barbara, Jo Porter and myself set off to flag the route not before Barbara went to move her car and proceeded to climb in the back seat!!!! Her face was a picture as it dawned on her she was in the wrong seat. Jo and I couldn't

stop laughing. She did say she was having a bad day. Puts a new perspective on 'back seat driving'. Whilst flagging I was putting a flag on top of one of the footpath signs standing on a wall I stood and almost knocked myself out as I hit the sign full on across my head. Yes I did see stars!!! On the night, as usual, the weather was very overcast and the cloud was low but it was much warmer than last year. We had a fantastic turn out of 31 club members eager to have a go and Jason and Jo set them off on their way. I took my binoculars to watch for the runners heading back but due to the low cloud I couldn't see them. Tony Bradley and Sharon Godsmen decided not to go to High Brown Knoll or at least Sharon was following Tony with her down and didn't realise she hadn't gone to the trig point until it was too late, Hugh Tooby and Carl Greenwood injured themselves so had to walk back and Rod had the runs and had to keep stopping. Not a pretty sight!!! The times were very good as most of the runners came in pretty close together. We had an anxious wait for Carl but as I was just about to get changed and head onto the handicap route he turned up hobbling. Lots of people went back to the pub where some of had a meal and some had a beer or 2. We had a very short presentation with prizes for the fastest lady, Helen Allcock, fastest man, Karl Gray being only 27 secs faster than Adam and well done Tony the winner. A good time was had by almost all. Hope the injured are on the mend and thanks to Jo and Barbara for helping out with the flagging on Monday and Linda and Neil for coming out with me on Wednesday to get the flags back in. And last but by no means Jason for the excellent handicap times. **Thirza**

Its not worth pretending that I have spent years trying to establish a handicap time that gives me a chance of winning the simple truth is I am not fast enough to do better in races than I do. That said this year I have remained injury free (that will be Innov8 rather than Walshes) which has meant that I have been running OK recently at least for me so I really thought I had a decent chance of doing OK in the summer handicap. I had a vague idea where it went not having run it before but having covered all the ground many times.

Having set off as quickly as I could in my eagerness to get to the steps that I enjoy so much I was able to move into the lead on the way up to High Brown Knowl which is an experience I do not think I have ever had before and I have to say I really enjoyed it. I would like to say that I ran tactically saving myself a bit on the climb up to HBK in order to have more left for the long run in, I didn't though I just couldn't go any faster. As the track turned off on the way down I looked up briefly to see a whole bunch of runners closing in and had that sinking feeling that I may have to give up this position I was enjoying



so much when I got swept up by the pack. Sure enough I could hear someone closing in and a quick glance showed it was Tony S who I have to say had been on my tail all the way and having beaten him at Mytholmroyd I wasn't that worried. First mistake. As he closed up right behind me I was hoping that he

had worked too hard to catch me up and would fade away again and then when that didn't happen I just thought that if he was going to come past me then he was going to have to work for it and even if he did I would be able to stay with him and take him at the finish just like Mytholmroyd. Second mistake. Eventually he slipped past and just kept slowly pulling away from me. I didn't really know how far it was to go and with no sight of the Windfarm I just had to keep going and hold on to 2nd. I managed to do just that until Helen A pulled past me at the top of the track to the road. My somewhat feeble attempt to get Helen to turn left at the gate failed and away she went into the mist.

Third it was then. I have now been 3rd in both handicaps. Roll on winter because I can have a couple of duff races this time I am going 2 better.

Well done Tony but the winter handicap has a downhill finish. **Al Whitelaw**

TURN SLACK 8M/2000'

Lovely venue and setting for this race which claims to be 8m and only 2000', it felt longer and the two big climbs at the end of the race after a very undulating 6 miles or so only reinforce the view that the 2000' claim seems a little deceiving!

It was glorious sunshine and although we have been a little out of touch on the sun front, I decided not to carry water, thinking that I wouldn't be out too long!. What I and many more would have given on those last two hills for some water, God only knows.

The race is a very fast start up a track and then its onto the soft tussocky moor – up and down and very runnable if fit! A quick glance out to your left whilst breathing air from Balckpool is a must, and a great reminder why we partake in this lunacy – lovely scenery and views

Then its back to reality and the muddy hairy legs in front.

Quite a low turn out for this local belter, 67 in all, but it is a cracking route, well flagged and plenty of home made goodies at the end. Great. **Chris Godridge**

1	John Brown	Salford	63.24
2	Karl Gray	CVFR	70.16
5	Gary Oldfield	CVFR	75.03
18	Steve Smithies	CVFR	83.32
23	Chris Godridge	CVFR	86.32
24	Gary Hodgkinson	CVFR	87.49
34	Tim Hayles	CVFR	91.21
35	Mark Chatterton	CVFR	91.55
54	Linda Hayles	CVFR	104.02 1st lady
57	Neil Croasdell	CVFR	106.16
60	John Nunn	CVFR	108.16

WHITTLE PIKE

Well, what a wash out. I think most people would have benefitted from a pair of flippers and mainly paddled around the course; need I say more. At least it seems to be the same in Beijing! A huge thanks to all the marshals, helpers etc without whom of course we would not be able to host these events, if you think you were wet then they were cold and wet. Fantastic turnout, a record entry since Nick reinstated the race in 2002.

We obviously need to consider the start times as some people finished in the dark last night, our apologies - well done for completing; one entrant took one look at the rain and didn't start at all. Russell Gill, ULTIMATE OUTDOORS, has been our sponsor for the last 5yrs and we are indebted to him for all his support - many may remember those wonderful orange shorts and last night may be remembered for cross dressing with a predominance of women's clothing as prizes (I didn't get to see it until you did as Russell arrived at 8pm and promptly left again.) Hope you all enjoyed the 2008 series, see you again next year. Some of the profits will be going to the Lancashire wildlife trust. **Clare & Nick**

1	Gary Devine	P&B	V40	0:41:57
24	Jo Waites	CVFR	L*	0:49:42
52	Gayle Sugden	CVFR	L	0:53:55
87	Sharon Godsman	CVFR	L	0:57:11
101	Darren Sugden	CVFR	M	0:59:37
125	Thirza Hyde	CVFR	LV45	1:03:28
137	Scott Henderson	CVFR	V40	1:06:51
141	Neil Croasdell	CVFR	V60	1:07:57
143	Linda Hayles	CVFR	LV50	1:08:04
145	Mick Banks	CVFR	V55	1:09:31

Saunders Lakeland Mountain Marathon – 5th/6th July 2008

Klets... 31 runners
Scafell... 45 teams

Bowfell

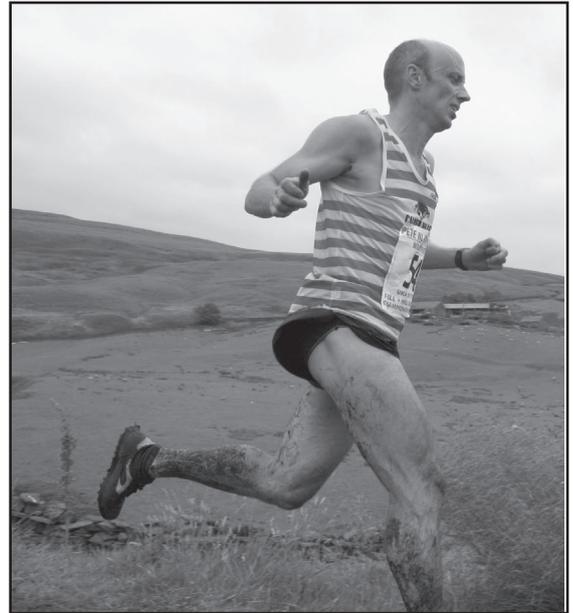
1. Kieran Hodgson Berni Gilmartin 8:26:30
2. Anne Johnson Bill Johnson 8:29:07 (1st mixed) -

CVFR

3. Frank Popham Graham Kirby 8:34:50
- 45 teams

Kirkfell

1. Richard Tyson Shaun Butler 8:27:09
 2. Stephen Martin Timothy Martin 8:27:15
 3. Neil Brammer Julie Brammer 9:14:52 (1st mixed)
 59. Barbara Lonsdale Adrian Sherriff 13:07:15 – half CVFR
- 101 teams



It had been 11 years since Anne and I last did a mountain marathon together. The LAMM on Jura in 1997 when the weather had been glorious and the midway camp simply idyllic had been one of my first ever competitive fell runs. Since then, with kids meaning we couldn't both get away for a weekend, we'd each only done one further such event: Anne did the SLMM with Clare Kenny and I'd done the OMM with Rod.

So now, with Adam and Gemma old enough to be left for the weekend with grand-parents, it was about time to have another go. The SLMM is lower-key, closer to home, generally shorter and in theory has better weather than the other mountain marathons. Besides, with beer and milk available at the midway camp we'd have the essentials for life on hand (at least according to Dr Feelgood). So we entered this year's SLMM.

Rather than being graded Elite/A/B... the SLMM name the different courses in descending height of lakeland peak: Scafell/Bowfell/Kirkfell..., plus a solo class, the Klets. We entered the Bowfell, as did Barbara Lonsdale and Adrian Sherriff, though after some fun and detours trying out last year's Bowfell route as a rehearsal, Barbara and Adrian decided to change to the Kirkfell !

First problem was that the kit list specified that waterproofs had to have hoods. Our lightweight waterproofs don't, so we butchered a couple of the kids' waterproofs, cutting the hoods off and attaching them to our waterproofs with safety pins. Gemma's pink hood looked particularly fetching pinned to my blue cagoule – I was just grateful that it didn't have a barbie logo or bunny ears adorning it !

Then we spent the usual hours weighing everything from fleece tops to food bars down to the ounce, to cut the weight down to a bare minimum. 21 pounds between us (without water) was probably not in Phil Scarf minimum-weight league, but we reckoned was pretty good.

The event start was from St Johns in the Vale, on the west side of the Helvellyn range, at 08:45 for us. A few yards from the start line and we get to see the map for day1. Our first control was on the other side of Stybarrow Dodd and we decided that we'd head directly up onto the top of the ridge, since its such good running on the top of the Dodds – that ridge is one of my favourite places to run. This may well have paid off, because we overtook 13 other Bowfell teams on the way to this first control. We'd been the 24th Bowfell team to start (out of 45) and were the 11th to punch at this control.

We didn't know at the time, but all our rivals in this class started behind us, and they all gained a little time on us at our next control, a sheepfold on the side of Raise that we were a bit slow in finding.

From there it was a long contour around Helvellyn, on which we set the 3rd fastest time and overtook 6 more bowfell teams. Then up to Seat Sandal, our best leg of the day – we were 2nd fastest up here, but a pair of young whippets (Matthew Rooke and Harold Wyber) were just behind us and gaining. They overtook us on the way to checkpoint 5 (a re-entrant below Fairfield) but their navigation wasn't quite as hot as their footspeed because we let them get ahead, then we nipped off to contour our way to the checkpoint and get there before them. Nice!

Although we didn't know it at the time, we were only the 4th Bowfell team to reach this control.

By now, the rain had arrived. What had started out as drizzle and strong winds was now a full-on downpour. We were drenched but it didn't matter too much while running – I felt sorry for the party of youths (maybe a school party or a DofE group) walking up from Grisedale in the pouring rain. They looked miserable, wishing they were anywhere else and probably put off fell-walking for life !

Our route took us up a steep climb to 'Hole in the Wall' – it was either this or a long detour via Helvellyn. It felt even further up this big climb than the 1500' shown on the map, and it was a while before our legs would work again by the time we topped the rise and headed down the springy grass on the other side.

On this control (CP6) I made our first bad mistake of the day – I always feel you have to make at least one mistake otherwise the mountain-marathon adventure just isn't the same! We were looking for a crag foot, but missed it completely and ended up floundering around the valley hunting for it, before having to climb back

up higher to finally reach the very obvious feature that was clearly visible from miles around. I haven't told Anne yet, but I had actually seen the crag foot, with someone punching the control, as we passed it on the way down, but I'd dismissed it – I pictured in my head that we were looking for a small crag and this was more like a huge cliff. Oops.

Those young whippets, Matthew and Harold, had been there 4 minutes before us (maybe it was them I saw punching there ?!) and the team who eventually won the class were 10 minutes quicker on this section than us.

Perhaps the annoyance at that mistake was why I persuaded Anne to take a little shortcut to the next control. This shortcut involved climbing down a small cliff in the rain, followed by the fording of a raging river. No-one else seemed inclined to take this route, and Anne didn't seem particularly keen, but we did gain 2 minutes back on Matthew and Harold by risking life and limb and a tragic accident, so it was definitely worth it.

That section comprised, after the river crossing and a short climb, a long run along a narrow, contouring path below Hart Side on which we started to pass a lot of the competitors on the slower, shorter classes. The risk of being jabbed by walking poles was high, and there were several narrow escapes from having our feet impaled by these sharpened poles as we tried to skip past.

We left the path to cross the moor and get to CP7. Only one more control left, and then the run in to the finish. It was just a short dash across the moor to the final control, but I still made the second mistake of the day – going to the wrong stream/wall junction and having to trudge back through high grass to the correct one. We only lost a minute, but it takes the wind out of your sails when you have to retrace your steps.

So then we followed the tapes to the overnight camp, at Dowthwaitehead, near Dockray. We were the 4th Bowfell team to get to the camp, but the field was already about a quarter full from the shorter courses. Matthew and Harold were already there, of course.

Our day1 time had been 5:14:44, 18 minutes slower than the leaders (another pair of young whippets, Kieran Hodgson & Berni Gilmartin) and 4th fastest overall. We were 12 minutes ahead of our nearest rivals for the mixed team prize, Rachel & David Lawrance from Macc Harriers.

Towards the end of our day1 run, I'd started to feel shattered, and at the camp I was fairly useless. Anne got us organised, we put up the tent and then lay in our sleeping bags trying to get warm. Much of the day had been run in fine rain, occasionally heavy and we were dismayed to find, when opening our packs, that we hadn't been very clever in keeping things dry. Water had got into our clothes bags and rather than having dry, warm clothes to put on at the overnight camp we were faced with sopping wet gear. We got out of our wet running gear and put on waterproofs instead.

Trying to dry gear for the next day was amusing. The weather throughout that afternoon and evening changed dramatically every half hour. There would

be periods of sunshine and everyone stretched their gear over walls and tents, then suddenly a downpour and everyone rushed to get their stuff back in. This cycle repeated and we didn't really manage to get anything dry.

We'd got to the camp at about 2pm, so there was a lot of the day there to relax and chat. Barbara Lonsdale and Adrian Sherriff came in and pitched camp near us, along with another pair of their friends and it was very sociable.

Most people aim to keep the weight they've got to carry down to a minimum, but Barbara operated to different guidelines. While Anne & I cooked dried, powdered food using cubes of solid fuel rather than a stove, Barbara produced from her rucksack a tupperware container of sandwiches and a huge pack of shortbread biscuits !

Before it got dark, Anne & I walked up the hill a bit and looked back on the camp, with hundreds of tents crammed together, a multitude of colours and people. It was quite a sight.

Slept well, despite lying on a sheet of bubble-wrap rather than a karrimat. The bubble-wrap was great – it weighs nothing and was pretty good at protecting us from the cold and lumps of the ground. During the day1 run, with our huge roll of bubble-wrap attached to the outside of Anne's rucksack, we'd met Mark Hartell who had enquired whether we'd bought up the entire stock of B&Qs giant-size bubble-wrap !!

Day2:

Kieran Hodgson & Berni Gilmartin	started 7:15:00
Frank Popham & Graham Kirby	started 7:18:31
Matthew Rooke & Harold Wyber	started 7:26:27
Anne & Bill Johnson	started 7:33:10
James Buckley & Chris Hall	started 7:39:24
Richard Vecqueray & Adam Spiller	started 7:41:18
Rachel & David Lawrance	started 7:45:00
Mark Diplock & Colin Brearley	started 7:47:37
Graeme Tiffany & Richard Pattinson	started 7:55:55

On day 2, any teams who'd finished the first day within 45 minutes of the leading team on their course, would be in the "chasing start". This meant that they would start day2 before any of the other teams, with the same time gap between each of them as they had finished in the previous day.

So because we had been 4th in on day1, 18:10 behind the leaders, we would be the 4th Bowfell team to start on day2, 18mins 10secs after Kieran and Berni. The 9 teams listed were in the chasing start on the Bowfell course. None of them were caught during the day, and they occupied the leading 9 places by the end of day2, but with the order between us all changing a bit.

Neither Anne nor I had ever been in a chasing start before and it was very exciting. You knew exactly what you had to do to catch the other teams or keep the ones behind you at bay, and the fells were virtually devoid of other runners, at least at first.

The clag was well down on day2 and visibility was

poor. We started almost 7 minutes after Matthew and Harold in front of us, and with 6 minutes grace before the team behind us.

The first section was a short climb to a knoll, then CP2 was a re-entrant on a shallow hill. For the first time of the weekend, we set the fastest time – 1.5 minutes quicker than any other pair to this check-point. Without seeing them and without realising, we had got past Matthew and Harold in the mist and moved into 3rd place.

There was an interesting choice of route on the long section to CP3, on the slopes of Raise. If either visibility or the going underfoot had been good we would probably have gone on an undulating, trackless route across the moor, but as it was we decided to minimise our time on the boggy moor and head to the good path that we'd used yesterday. In the mist it still felt like ages on the moor, with no sound of anyone around, before we got to the track, but when we did we fair motored along it.

We were drastically reeling in the leading teams now. 3rd fastest to CP1, overall fastest to CP2, 3rd fastest to CP3 and again the overall fastest to CP4 (a lovely descent to a ruin below Catstycam), we were by now in third place, only 3.5 minutes behind the leading pair and 2 minutes behind the 2nd placed pair. We could see for the first time both teams ahead of us, though we couldn't be sure whether they were on our course or a different one. The lead had actually swapped over, with Frank Popham & Graham Kirby having overtaken Kieran Hodgson & Berni Gilmartin.

A steep climb up to the Helvellyn ridge loomed above us, which we trailed the leading two teams up, then a long way down the other side to CP5. Frank & Graham in the lead pulled away and that was the last time we saw them.

The next section, a long contour around Raise then over the Dodds and down to CP6 in the river valley bottom, decided the leading three positions. Kieran & Berni, just in front of us, were getting worried about our steadily reeling them in. But on Great Dodd they pulled away. We went straight over the top while they skirted round on a good path and escaped us. Unbeknown to us, we'd both passed the previous leaders, Frank & Graham, who had taken a poorer route on Raise. Kieran/Berni and us were a lot faster than any of the other teams on this section.

As we climbed over the final ridge and down to the penultimate control, we again caught sight of Kieran & Berni, 3 minutes in front of us. We were the fastest team to this control (CP7) once again, and Kieran & Berni were desparately looking over their shoulders at our progress. Having not seen any of the teams that we'd got past in the mist, we thought that we were still 4th and chasing down the 3rd placed team. We didn't know that we were in fact looking at the leading team just ahead of us!

Finding the sheepfold at CP7 could have caused problems, but both Kieran/Berni and us were OK, then it was an extremely treacherous descent back down to the finish at St Johns in the Vale. We kept the pressure on but Kieran & Berni had too much of a lead for us to have a hope of catching them.

It was only as we finished that we learnt that we

were second. Brilliant! We'd been the fastest Bowfell team on day2, over 10 minutes quicker than the next fastest (James Buckley & Chris Hall, who had moved up from 5th to 4th place.) Frank Popham & Graham Kirby came in 5 minutes after us, in 3rd place. Matthew Rooke & Harold Wyber had really slowed up on the last couple of controls and finished in 5th place.

Barbara and Adrian had moved up from 65th to 59th in the course of their day2 on the Kirkfell course.

We were a bit worried whether our makeshift children's cagoule hoods would pass the compulsory kit check but they didn't get a mention.

Day 2 times:

1.	Anne & Bill Johnson	3:14:23
2.	James Buckley & Chris Hall	3:25:00
3.	Kieran Hodgson & Berni Gilmartin	3:29:56
4.	Richard Vecqueray & Adam Spiller	3:33:58
5.	Frank Popham & Graham Kirby	3:34:45

URIE LOCH FELL RACE, ARRAN – 6 ILES/1400' SUNDAY 20TH JULY 2008

1.	Adam Anderson (Carnethy)	48:05
2.	Bill Johnson (CVFR)	49:45
3.	Ben Tattersfield (Arran Runners)	51:35
9.	Anne Johnson (CVFR)	54:59 1st L
23.	Paul Driver (Macc Harriers)	73:21
25 runners		

Whilst on holiday on Arran with our friends Paul & Ishbel Driver from Ullapool, we noticed a leaflet in the tourist info office advertising a fell race on the island as part of Lamlash Gala Week. Its a regular, annual race called 'Urie Loch'. What a great opportunity to race somewhere completely different!

We know Paul from our days in Macclesfield Harriers. A lifetime member of Macc Harriers, Paul used to be a very good long-distance runner, but he developed heart problems and hasn't raced for a decade. Still, he was easily persuaded to take part in this race with Anne and I, while Ishbel had the unenviable task of looking after our combined brood of 4 children!

When we eventually found the race registration, round the back of a school, we learnt that there was a children's race starting 45 minutes before ours. Excellent! Adam was keen to enter and he wasn't fazed by not knowing any other children in the race, so he lined up with 7 other children. The lady on registration told me it was about a mile when I asked how far the kids were to run. I can only assume that Arran miles are considerably longer than on the mainland, because despite there being a pair of fast looking local U16s in the race, we were still waiting for the children to return 20 minutes later!

We were a just getting worried that they'd "done a Widdop" as I believe its known, and sent the kids off across the interior of the island towards the distant far shore, when the two U16s finally appeared back, having been out 22 minutes. Adam came in after 33 minutes, having befriended a local who'd guided him. Despite being in a foreign country, Adam seemed to have picked up the lingo quickly and was able to converse with his new friend, Rees. He must have torn his Calder Valley vest because by the end of his

race he was telling his mum to “stitch that, Jimmy” and demanding a pint of heavy and a deep-fried mars-bar. Quaint local delicacies, no doubt.

So by the time Adam came in, we just had enough time to quickly change, have a pee and get to the start line for our race. There were only 25 runners but as always you look round on the start line and everyone seems keener and fitter than you. Or maybe that’s just me.

We started, and after the first mile on tracks, with no flags and several unmarked junctions, I reckoned that I needed to stay behind someone who knew where they were going, so I tucked in behind the leading runners. Further back, Paul was not so lucky and ended up running through a farmyard and into a random field before managing to retrace his steps back onto the correct route.

As the climb up through woods to the high fells began, Adam Anderson (who organises the Durisdeer race) broke away from the leading pack and I followed him. Despite my vow to follow someone who knew where they were going, I was feeling good, the pace felt slow and I wanted to go faster, so I slipped past him. Fortunately there were flags on this bit – I just hoped they wouldn’t die out at a crucial junction.

So, incredibly, I was leading a race !!! It was a very unreal sensation and didn’t feel at all right! We emerged onto the top of the fell, to do a circuit around Loch Urie and then back down a different way through the forest.

I was first to the summit – the first time this has ever happened, and probably never to be repeated. Now I have always been at my best descending, although now that I’ve got stronger at climbing I’ve found that my legs are not so springy at descending, so I could be on for a race win! But I got a lesson in descending from Adam Anderson. He caught me up, we raced side-by-side for a while and then in the slippery forest rides he surged ahead and quickly built up a big lead. By the time I lost sight of him, I reckoned that I’d better concentrate a bit more on looking out for flags so that I didn’t lose the route amongst the trees.

We finally emerged at the bottom of the forest, to do a mile on the road back to the finish. I could see Adam way ahead of me, and he came in to win by 1min 40secs. But still, my second place is the best placing I’d had in a race, even if there were only 25 runners.

Anne came in a few places later as first lady. She’d had a good run too, breaking the ladies’ record that had previously been held by Dawn Scott, who if I’m right is a Scottish international. Anne picked up trophies for 1st lady and 1st lady vet (that we’ll have to send back to Arran for next year somehow, or else come back ourselves and race again!) and between us we went away with lots of prizes.

We got a bit anxious about Paul, hoping he hadn’t had a re-occurrence of his heart problems, but eventually he rolled in, exhausted from the heat and having been reminded of the pain of running at race pace!

All in all, a great race on Arran that we’ll have fond memories of. **Bill Johnson**

MIDSUMMER MADNESS – 20TH TO 22ND JUNE 2008

Thank you to everyone who helped out at the Midsummer Madness races. It was another great weekend for the club. We had a full mix of weather: glorious sunshine for Wicken Hill Whizz, rain for Reservoir Bogs and strong winds for Tom Tittiman.

As always, all the marshals and helpers did a great job, almost always cheerful, even in Saturday’s rain – the friendly spirit in the club is one reason why this weekend of races works so well.

We don’t have any sponsorship for the Midsummer Madness series anymore (it used to come from Longcroft Engineering), but Timothy Taylors still sponsor the individual Tom Tittiman race and the Camping & Outdoor Centre in Hipperholme sponsor the Wicken Hill Whizz race, so we could fund plenty of prizes and still be financially sound.

As he did in 2006, James Logue won all three races to win the series easily, and Holly Page stormed to the ladies title. Only 35 runners completed the series, but they included a U16 for the first time, Joseph Crossfield from Halifax Harriers, who managed to come 2nd overall!

We’ll do a separate series table for the juniors next year. Can’t be having these youngsters beating all of the seasoned runners !

I’m also intending to arrange some kind of social event for everyone, on the Saturday evening of next year’s series – perhaps a ceilidh or band in the MCC. It was just superb fun last time we had a ceilidh as part of the Midsummer Madness series. Then we’ll see who can race 3 times and party the night away in a single weekend !

Hopefully we can start to attract more runners to these races in future years.

WICKEN HILL WHIZZ

1	James Logue	Horwich	0:21:04
2	Jason Williams	Owls Ac	0:21:31
3	Steve Oldfield	Bradford	0:21:41
4	Jason Stevens	CVFR	0:22:55
15	Steve Hunter	CVFR	0:26:00
16	Anne Johnson	CVFR	0:26:12
20	Nick Murphy	CVFR	0:26:44
23	Carl Greenwood	CVFR	0:27:26
38	Patrick Sim	CVFR	0:28:29
42	Jackie Scarf	CVFR	0:28:47
44	Jack Paige	CVFR	0:28:52
47	Phil White	CVFR	0:29:10
49	Rod Sutcliffe	CVFR	0:29:11
52	Mike Wardle	CVFR	0:29:25
58	Graham Lloyd	CVFR	0:29:50
59	Thirza Hyde	CVFR	0:29:51
61	Linda Crabtree	CVFR	0:30:05
62	Cerys Davies	CVFR	0:30:07
68	John Riley	CVFR	0:31:12
69	Philip Jones	CVFR	0:31:40
73	Louise Marix Evans	CVFR	0:32:37
74	Mick Banks	CVFR	0:33:03

81 runners

Jason Williams, a regular competitor in this series from Leicester Owls, was the strongest on the climb –and in fact despite being more of a road and cross-country runner than a fellrunner he led the climbs on

all 3 days. But it was on the descents that he was vulnerable. James Logue got past him about halfway down and went on to win.

Jason had a fine run. He was in the leading pack on the way up, and 4th place was a great result.

Anne was first lady, a minute and a bit before Holly Page, and with Jackie and Thirza as well, the girls won the ladies' team prize. The men's team (Jason/Steve/Nick) lost out to Halifax Harriers by a single point.

Good to see some frighteningly quick youngsters at this race again – Joseph Crossfield (U16) and Bradley Traviss (U14), both of whom run with Halifax Harriers, were 7th and 8th, beating all of our runners except Jason !

On the plus side, Steve Hunter managed to get round without getting sunstroke.

RESERVOIR BOGS

Pos	Name	Club	Time
1	James Logue	Horwich	0:58:32
2	Owen Beilby	Wharfedale	1:05:53
3	Daniel Halliday	Hinckley	1:06:32
4	Jonathan Emberton	CVFR	1:08:09
5	Gary Oldfield	CVFR	1:09:01
15	Dave Culpan	CVFR	1:27:37
17	Jackie Scarf	CVFR	1:27:45

1st lady

18	Graham Lloyd	CVFR	1:27:48
19	Martin Whitehead	CVFR	1:28:04
35	Stewart Gardner	CVFR	1:30:53
45	Clare Fothergill	CVFR	1:33:03

3rd lady

53	Philip Jones	CVFR	1:37:34
56	Rod Sutcliffe	CVFR	1:38:50
57	Patrick Sim	CVFR	1:38:54
58	Tony Bradley	CVFR	1:39:23

71 runners

After getting past Jason Williams, James Logue led the way around the 'Bogs as usual. A 7 minute winning margin is pretty impressive. Jon Emberton had a superb run to be 4th, emulating Jason from the evening before, with Gary Oldfield 5th. With Jackie leading the ladies, it was clearly a good event for the orienteers in the club. Graham Lloyd had a bit of a nightmare between CP3 and CP4, but managed to pull back the lost places back over the moor towards the end.

About a dozen runners, in the top third of the field, got confused in the rain after CP5 and headed off the moor too early. They then had to return back up the lane to get to the final control (except two, who gave up and dropped out). That allowed those who knew where they were going to gain a lot of places, and in particular Martin Whitehead (who won the V50 category) and Dave Culpan, who joined Jon and Gary to form the victorious men's team.

Our ladies couldn't muster a team, though, so it was left to the Leicester Owls ladies, all 3 of whom finished in the last 4 places, to get the team prize.

Jason Williams went wandering after CP4 and eventually retired, but since he had got to CP4 he was still ranked (albeit last!)

As an innovation this year, we'd allowed the slower

runners to start off 45 minutes earlier, to allow them to get through the cut-off time and so that the marshals on later checkpoints weren't out so long. Several of those who started in the early start commented afterwards on how they really liked it, because it meant that they came in along with everyone else rather than feeling on their own and finishing well after most of the field. So its definitely something I'll do again next year.

TIMOTHY TAYLORS TOM TITTIMAN

Pos	Name	Club	Time
1	James Logue	Horwich	0:27:52
2	Jason Williams	Owls Ac	0:29:03
3	Steven Bayton	Halifax	0:29:36
4	Jason Stevens	CVFR	0:30:03
31	Phil White	CVFR	0:36:45
33	Christine Preston	Tod Harriers	0:37:00 1st L
39	Alastair Whitelaw	CVFR	0:37:40
46	Graham Lloyd	CVFR	0:39:26
47	Rod Sutcliffe	CVFR	0:39:32
49	Cerys Davies	CVFR	0:39:44 4th L
52	Mick Banks	CVFR	0:41:05
56	Philip Jones	CVFR	0:42:00
63	Rose Carnochan	CVFR	0:46:45 9th L
68	runners		

So, James Logue registers his third win in three days. In strong wind, his time was just 40 seconds of his record. Jo Buckley's record of 31:59 was never under threat.

Jason again registered a 4th place finish, managing to hold off U16 Sean Carey (5th place in 30:25), but not U18 Steven Bayton. With U16 Joseph Crossfield in 8th place, there were again some fast young local lads running.

Halifax Harriers (Steven, Joseph and Mick Fryer) won the team prize, as they did last year, and again the Leicester Owls ladies, finished amongst the last few places but won the ladies' team prize.

Alastair Whitelaw had a fine run, back from a long layabout layoff. There's no record of him having visited Tom Tittiman on the way out - but despite the clamour for a stewards' inquiry, I'm sure there's nothing suspicious about this. Besides, I'm sure Tony Steward wouldn't be interested in investigating him.

I was asked if we could set the start time a bit earlier next year, to help the travelling teams, so I'll probably bring it forward by an hour or so.

OVERALL 3-DAY SERIES

Pos	Name	Club	Cat	WHW	RB	TT
1	James Logue	Horwich	M	1	1	1 3
2	Jo Crossfield	Halifax	U16	7	7	8 22
3	Malcolm Muir	Sp'd	M	6	21	6 33
4	Paul Smithson	K&C	V40	14	9	12 35
15	Holly Page	Halifax	L18	26	34	37 97
20	Graham Lloyd	CVFR	V45	58	18	46 122
25=	Rod Sutcliffe	CVFR	V55	49	56	47 152
28	Philip Jones	CVFR	V50	69	53	56 178

42 attempted the series, 35 completed it

RAB MM 2008

Driving over Grane Road this morning with lights and wipers on full I couldn't help thinking what a difference a day (or 2) makes. Doing the RAB 2-day mountain marathon in pouring rain wouldn't have been much fun and we would definitely have been soaked in our coffin sized tent. As it happened the weekend was fine and sunny, with good visibility and cracking views in a seldom visited area at the back O'Skiddaw.

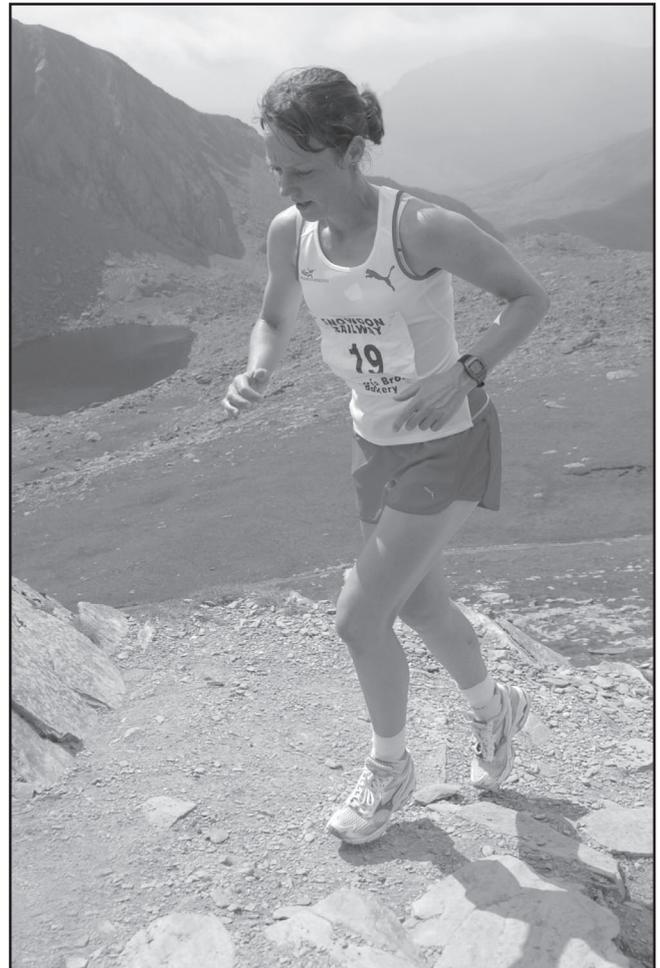
Nick & I hadn't tackled a 2-day event together for quite a while, but the RAB excelled itself last year as a low key, friendly, well-organised event; although the information clearly stated there was no pub to be found nearby this year; which meant very early to bed at 8pm on Saturday instead of boozing with the Saddleworth crowd.

Being a score event with a pre-marked map provided at event start all we had to do was allocate points to the 'live' checkpoints and ascertain a route. Conservative in our initial selection after the crocodile to the first few controls we took a decision to 'go for it' and struck off alone on the long slog over Bowscale fell. Doubt sets in about route choice and map reading skills when you wonder 'why isn't anyone else doing this'?! We certainly didn't make life easy for ourselves striking out cross country rather than speeding along the many tracks and bridleways, but hey, we got plenty of hill climbs in and amassed a very respectable number of points. Just a pity we were penalised many of them for doing an 'out and back' check at the end of Day 1 minus our sacks (slapped wrists). Glad we weren't winning or I would have been well pissed off; but it was a fair cop I guess!

Pot noodles and re-hydrated food packs taste surprisingly good after 5hr40mins on the hoof with plenty of tea and chocolate mousse to cater for my addictions, funny how everyone else's concoctions always look better though. We were early enough into the sweet little grassy campsite to get a flattish spot near the tinkling stream and slept pretty well, despite regular slamming of portaloo doors throughout the night.

Great conversation stopper to say you have been up Great Cock-up, which we did to get the legs back in action on Sunday. CP2 came easily, slightly overshoot the coll for CP3 but nothing to fall out about. However, could easily have spat the dummy out as Nick elected to climb the horrendous vertical face we had descended yesterday for the same control on Carrock fell. By this time we were tiring and it showed as we made our biggest navigational error to the next control and had a few words! Nothing for it but to stagger valiantly to the finish, forget the extra checkpoint I'm all for the bean stew at Wilf's. Time but no energy to spare we clocked off (no penalties deducted today) to claim our goody bag and well-earned refreshments. Hugs and smiles and more 'craic' with fellow competitors analysing points amassed, route choices, cock ups great or small and the inevitable 'see you next year'! Come and try it, you won't be disappointed. **Clare Kenny**

JO WAITES FOR NO MAN.....OR WOMAN ! SNOWDON MOUNTAIN RACE 2008



When I got the news that Jo had won an England vest I felt an overwhelming sense of pride. Jo trains so hard in all weathers throughout the year and regularly drags me around the moors above Hebden Bridge trailing in her wake. At the same time however I also had a sense of trepidation as I thought oh no this is going to be a nightmare as we draw closer to the day. As some of her close friends in the club know, Jo has a reputation for visiting the loo time and time again before a race at even the smallest event. God knows what craziness I was to be put through before the Snowdon race !

Being the true gentleman I am I obviously booked some high class accommodation for the evening before the race at The Bangor Travel Inn. This was true to form the kind of pre race preparation that fits the magnitude of an international race. Obviously I tried to book the penthouse suite overlooking the car park but alas it had already been booked up. We would unfortunately have to make do with a family room overlooking the car park. Class if I do so say so myself.

Anyway as the morning of the race arrived we decamped the hotel to a local layby to crack out the camp stove and cook up the obligatory pre race porridge. Obviously we took some strange looks from passing cars as we cooked up at the back of the car. We headed into Llanberis and bumped into both sets of parents who had travelled down to Wales to be part of what I truly feel was a fantastic day for Jo to have achieved. After a cup of coffee and a slice

of toast in Petes Eats we headed to the hotel and into the debarcle that was the England teams pre race meeting where in theory the team get together, do a bit of bonding and talk through any tactics etc and discuss best routes etc etc. Alas this element seemed to have completely escaped Alan Barlow who set about handing out ill fitting kit to the guys who had not received any whilst scuttling about doing not very much really.

I decided it was time to leave Jo as the obligatory toilet frenzy was slowly taking its hold. My plan was to run up the mountain and meet all the runners on the way up whilst giving Jo a drink. The weather was perfect as I started to make my way up the hill. The parents had set up camp at the start of the track and I encountered them tucking into a their picnic and sipping mugs of hot tea. The sky was overcast and although warm, if it held the conditions would be perfect. As I ascended, the crowds were already lining the route and the top was covered with a thick blanket of cloud which would be great to cool the runners if it held throughout the day.

As I started to hit the top I started to meet crowds of walkers who had made the pilgrimage to the top of Snowdon. Soon, unbeknown to the majority of them they would be confronted by an army of what can only be described as incredible athletes who would power their way up the mountain only to throw themselves back down as fast as they could. Some would say this is a pretty mental thing to do and I am sure many of the people on the peak that day were not only stunned but also pretty in awe of what they experienced.

I headed back down the hill a little to a good vantage point only to pop out of the cloud into brilliant HOT sunshine and a clear blue sky. This was going to be a tough climb not only for the strongest athletes but also for the army of competitors who would normally not attempt such big feats of endurance. Pretty soon the familiar sight of Andy Jones could be seen powering up the mountain in his usual steady but speedy fashion. To watch him grind it out up what can only be described as incredibly steep slopes is nothing short of awe inspiring. Not far behind him came Ian Holmes in his usual steady but once again powerful fashion. The guys started to come through at a steady pace noticeably dominated by the England men. Then came Katy Ingram, only drafted in the evening before she was the first lady. I had seen her coming from some distance and scoured the trail of bodies behind her to try and pick out Jo as I was convinced she would not be far behind. Jo had trained so incredibly hard for this, moment pushing herself to her limits to get both her head and body ready to hammer it up and down the hill. As I picked her out I felt a lump in my throat as I could not quite believe how strong she looked. Many of the guys were walking at that point but Jo in her inimitable fashion was steadily working the hill to her advantage doing what she does best and passing one competitor after another. As she hit the ridge she took a quick swig and I did my usual and gave her a verbal bashing which I hope pushes her on each time just that little bit more. Olivia came shortly afterwards certainly not looking as comfortable but

nevertheless strong. All three of the girls looked well within themselves and were certainly in control of their race.

As the girls had passed I decided to leg it back down the hill and was repeatedly mistaken for the first man descending the hill with many of the competitors and spectators mistaking me for the race leader chering and egging me on to go faster.....we all need a little glory sometimes bogus though it may be !!

After setting the pace for Andy Jones descent of the mountain I felt it was time to stand to the side and let him pass me., After all I did not want to spoil any more of his glory this was going to be his day yet again. He cruised past me almost effortlessly and was well on the way to nailing another victory although still short of the record. The heat was really on now in more ways as Katy Ingram came down I focused my vision on the trail to look for Jo. Time went by and then Olivia appeared. Where was Jo? I feared she had fallen as she looked so comfortable on the ascent. However not far after she came through pushing herself to her very limit breathing so heavily I could hear her chest heaving as she passed me. She had taken a bad line and stuck to the trail. Olivia had taken the grass route as she had reccied the route the week before. As I said earlier, where was the team management support pre race to look over the route and pick out the points for advantage that could be exploited. However, Jo still looked strong and she was chasing hard in the hot sunshine. An opportunity missed and poor management in my opinion.

One of the Scottish girls was really trying to get near to Jo and was gaining a little. However her efforts were in vain and Jo managed to hold her off. As she passed our parents she was unaware that they were nursing Matthew Roberts from Wales who had suffered badly in the heat and had succumbed to dehydration and collapsed.

Jo eventually finished third. As I ran into the finish I felt incredibly proud of what Jo had managed to achieve. To gain a vest and represent your country is a real priveledge in my opinion. Unfortunately I think that England Athletics really missed the point. The organisation on their part was pretty shoddy to be honest and the kit that the guys received was low grade, ill fitting in most cases and in short not fitting of athletes that week in week out push themselves to their limits on the hills and roads around the country and delight us with their achievements.

Not only did Jo get a bronze medal but they also won the gold medal for the team, although they forgot to do the team presentation ! I really think the organisers should take note of the quality of their counterparts in europe and the quality of the events they hold. We found ourselves in a beer fest surrounded by hoards of drunks getting hammered in the sunshine. Apparently this event serves as an annual drunken get together marshelled by security guards and doormen !

As we stood looking around we both wished we were still on top of the hill away from this craziness.

Finally I want to say well done to Jo. Hard work and

dedication provided this opportunity. Today Llanberis tomorrow.....Europe?.....Everest Marathon?.... who knows ! **Paul Biddulph**

WHERNSIDE FELL RACE 12.14 MILES, 2862FT

Pos	Name	Club	Cat	Time
1	Matthew Speak	Knavesmire		1.26.18
2	Morgan Donnely	Borrowdale		1.26.56
3	Jim Davies	Borrowdale	V50	1.31.00
11	Gary Oldfield	CVFR	V50	1.39.47
28	Jane Reedy	Ambleside		1.47.34
52	Chris Godridge	CVFR		1.53.51
98	Karl Robertson	CVFR		2.05.26
123	Dave Beston	CVFR	V50	2.13.37
124	Dave Culpan	CVFR	V40	2.13.49
156	Mick Banks	CVFR	V50	2.34.55
172	ran			

Six club members made the trip up to the picturesque village of Dent for the long awaited return of the Whernside Fell Race, which was last run 13 years ago.

The route had been slightly revised; just falling into the long category, but still took in 7 checkpoints and the summits of Whernside and Gt Coum.

The weather early on was warm and hazy, but the cloud soon burnt off leaving good visibility for the 172 strong field. The views around the route were stunning, especially nearing the summit of Whernside overlooking Deepdale and Whernside tarn.

The descent off was fast and exhilarating, despite cartwheeling after tripping just 20 yards off the top. Navigation was not a problem on the day, but cloudier conditions could have caused problems from Whernside summit to Gt Coum, especially on the lower levels, as the area is quite featureless.

Gary Oldfield had a good run finishing 11th, his brother Steve finished 4th.

The Ovenden duo, Chris and Karl also ran well. Dave Beston overhauled me down the last descent putting in a sprint finish to the line, I didn't have the legs left to chase him on this occasion, Mick Banks came home in just under 2 hours 35mins.

Dave Culpan.



THIEVELEY PIKE FELL RACE 4 1/4 M / 1300' 27TH SEPTEMBER

A last minute decision to do the race as I realised if I did this and the Tour of Pendle I'd have done enough races to complete the championship (for the 3rd time ever and on one of those occasions I won, that won't be repeated with the present crop of runners though!).

A dozen or so runners from the club took part and after a change of start locations headed off on the hilly 4 1/4 mile fell race. After about 1/2 mile of track the race takes in its first climb which is rather steep but I was hoping to try and make up ground here; and I did! However when it levelled off again I lost most, though not all, of it. The real test now was could I hang onto the gains I'd made or would I regret such early efforts? As it turned out the next two climbs passed fairly easily and I even pulled a few places back! The final run on the track seemed to go on forever but frequent checks behind confirmed that I was making as good a job of it as anyone else. I eventually finished in 41st place, just inside the top half of the field and just ahead of Sharon Godsmen (1st lady).

Excellent runs by the men meant that not only did we win the 1st man & 1st lady trophies with Ben Mounsey claiming the men's prize; we also got 2nd (Shaun Godsmen) and 3rd (Alex Whitem) places and with packing like that no one came close to taking the team prize! **Carl Greenwood,**

Pos	Name	Time
1	Ben Mounsey	30:41
2	Shaun Godsmen	30:53
3	Alex Whitem	32:39
17	Steve Hunter (M40)	38:21
34	Lee Shimwell	40:51
39	Tom Hayles	41:40
41	Carl Greenwood (M40)	42:20
42	Sharon Godsmen (1st Lady)	42:34
45	Mike Wardle (M50)	43:25
51	Graham Lloyd (M45)	44:02
52	Martin Whitehead (M50)	44:05
74	Neil Croasdell (M60)	48:33
77	Linda Hayles (2nd F50)	49:10
91	finished	

Hiking in the Atlas

Amongst the many 'love to go' places on my list featured the High Atlas in Morocco and the souks of Marrakech. Pub-talk established that Phil & Mandy from Tod had a guide book and rudimentary map, so we booked a flight and set off into, for us, 'uncharted' territory. Two days hustle and bustle managing not to buy rugs, handbags, lanterns or tourist tat and we were ready to haggle over taxi fare to Imlil, the trail head. (I considered 200 dharam a fair price until we did the return trip for 60!

Shunning the guides and muleteers we went solo and set off for Tachdirt and a CAF refuge, heartened to find two young girls at the shack on the col serving sweet mint tea at 3 DH for locals but 20DH for unwary tourists! The hills were surprisingly vegetated with low scrub and 'hedgehog plants' that put thorns



into outstretched hands on steep climbs and descents. Friendly locals were interspersed with pushy kids requesting dhiram or sweets; Nick's balloons went down well and I had visions of the 'pied piper' of Morocco being followed by a gaggle of balloon wielding youngsters.

A thunderstorm late afternoon day 1 made us reconsider our route plans, having no tents or full waterproofs to overcome the 'open' bivvy sites on our circuit. Instead we chose the less travelled option and spent 2 nights with locals at their Gite in labassen, a little visited hillside village with mules the only transport, no running water or electricity (except for visitors) and food grown on the terraced hillside below (carrots were a 9 hr return trip to the nearest town). These incredibly friendly, welcoming people fed us well on couscous and tagine. Despite their best efforts we still lost half a stone each by the end of the trip – no cakes, biscuits, chocolate or alcohol!

We loved trekking here. The paths were easy to follow, we saw very few tourists most of the trip, the hills were impressive and although basic the food was good. On our revised route we had hostels to stay in each night (fortunately a very good CAF refuge at Oukamaiden when Nick took to his sick-bed); I had struggled up a 4000' pass the previous day on empty not daring to tempt fate with food or drink – the worst 'bonk' experience, following being 'ick' and the hardest day I can ever remember. But none of this detracted from a great trekking experience meeting local goat herders, wandering through twisted juniper trees and baked red soil, over steep passes and past subsistence villages with orchards and olive groves.

Succumbing to 'tourist mode' we stayed at the Neltner refuge, a metropolis on the hillside and mecca for local guides after the tourist euro from poorly equipped hikers intent on bagging Morocco's highest summit Mt Toukbal. Shunning the company we forged our own path up Ouanikrim, looking across to Toukbal and the magnificent Dome D'Ifni. Post lunch activities included abortive attempts to find the ridge route back to Neltner, skittering around on loose scree and opting for retreat before another 'Kenny/Harris' epic played itself out, we must be getting soft or sane! (I'm getting to old for hanging over vertical cliff faces or slithering down waterfalls).

But after all that we couldn't come all this way and not go for a summit bid. Clutching at extra hours in

bed we let the bag rustling, pan clanking Spaniards chase sunrise on the summit and left at a more civilised 7am to reach the summit at 9am and a photo taken by Ian & Sarah whose camera was working despite the cold. A scree running descent found us back before most of the other trekkers, drinking coffee on a sun drenched terrace and rueing the rapidly approaching end of our holiday.

We returned to Imlil in good spirits and met up with Ian & Sarah for the taxi ride from hell back to Marakech with a kamikaze driver. It transpired it was Ian's birthday so we met up in town and downed copious quantities of wine and beer before swaying drowsily back to our comfy Riad through the souk, strangely deserted at 2am. A memorable and thoroughly recommended trip. What next? **Clare**

Junior Final Results

A massive well done to the juniors who ran so well and represented the club in the English Champs. There were 17 who took part in at least one championship race and 6 who did enough races (4) to count in the champs and Edan actually ran in all 6. Max Wharton and Edan Whitelaw finished 4th and 7th in the U12 boys. Rose Mather and Issy Wharton finished 6th and 7th in the U12 girls and Peter Walker who finished 7th in the U14. The competition is tough and the 5 should be well proud of themselves.

This year was a marker. Next year we take medals. And whats more Coiners has been selected as a English Junior race so keep May Day clear in your diaries as there will be plenty of chance to help out, dont worry I wont miss you out.

The away trips have been really good fun this year and we are hoping to have a couple of camping trips next year so the future of the club appears to be in good hands as we are passing on fine traditions, although the drinking will of course be "lightweight" standard for a few years at least. **Al Whitelaw**

JAMES HERRIOT TRAIL RUN JULY 27TH 2008 CM. 8.5M/1000'

This race starts from Bolton Castle in the village of Castle Bolton, Wensleydale which is very confusing. Anyway one of the main reasons myself and Charlotte do this race is that the organiser lives in our village and is very persuasive about us taking part.

This is a beautiful part of the country with the village and castle set on the side of the valley with a south facing aspect. The weather was extremely hot, most unseasonable for the recent English summer. The route is very straightforward and, after passing the castle where Mary Queen of Scots was kept prisoner, the route passes through the village and ascends up onto the moors. The trail then goes west young man on hard track with tremendous views along the dale. A gradual climb ensues, then undulation, which is then followed by a descent through the grouse moors. The final push sees you running through pasture to the finish. Much of this course is over private land belonging to the Bolton castle estate.

The race is always well attended and there are drinks stations at strategic points which are much appreciated on hot days. The run in can seem quite

endless, and much of the course can be seen as you traverse the moors; runners in the distance can either help to push you on, or dispirit the soul, or you can let your mind wander and ponder the good things in life i.e. the thought of drinking a pint of Timmy Taylor's Landlord bitter at the nearest pub to the finish.

This year we were slightly slower but put it down to the hot weather, and in my case old age. So there we are my friends; if you fancy a day out in our neck of the woods we highly recommend the race. There were six Calder valley entrants finishing as follows: Jason Stevens 4th/57.42, Stewart Gardner 65th/74.42, Linda Crabtree 68th/75.27, Joanna Porter 133rd/82.12 and Charlotte Roberts 144th/90.33 with 267 runners finishing. One poor chap collapsed at the finish, which I presume was from heat stroke; it really was hot baby. **Stewart Gardner**

SAUNDERS 2008 - ANOTHER VIEW

After being introduced to mountain marathon by seasoned experts Jackie Scarf, who took me around the LAMM, my friend Adrian and I decided enter the Saunders. This year's Saunders was a centered on the Helvellyn Massive, was in summer and beer was available at mid camp – how difficult could it be?!

As the event drew closer, the rain became more persistent, so pre-race camping plans were shelved and a YHA was booked for the evening before. This was a blessing, allowing us to fling our kit over the floor and mull over packing options. I was aiming to keep my rucksack weight below 6kg because, if it was any more than that, Adrian had threatened to go through my sack and throw random things out.

The day of the Saunders dawned, sunny and with only a few clouds on the hills. Perhaps the weather forecast for persistent rain was wrong! Our start time was 8:45am and we arrived early, which was lucky as we drew the short straw and had a kit check. Once released from our starting pen we hunkered down to mark our maps and plot how to get to check point one. We must have done something right because we navigated to it with ease. Confidence and spirits high (despite the forecast rain arriving), we decided to attack the next checkpoint by climbing up the Helyellyn ridge, running by the Dodds and Raise to drop down to check point 2 off Helvellyn Gill. This was significantly harder than we thought it would be and we noticed that the other teams had contoured instead.

So, lesson learnt, for our next navigation challenge we dismissed the up and over option and contoured. After miles and miles of traversing endless hillside we eventually reached the checkpoint, only to discover that everyone else had gone up and over! Not as simple as this seems this orienteering lark!

The rest of the day was wet and

pretty uneventful, apart from one checkpoint disaster where Adrian picked up a dibber and declared it had the wrong number and that we were obviously in the wrong place. After thirty minutes of fruitless searching, at the point of giving up, we returned to the original dipper, where I picked up, turned over, and saw that it had the correct number on the other side (doh!)

After a few more hours of running around in the rain we made it to the lovely overnight campsite at Dowthwaite (with portaloos, not slit trenches!). We camped next to Bill and Anne, who had a storming first day and finished 4th in their class, meaning they were in the racing start in the morning. The night was interrupted by thunder and lightening storms, but I was snug in my sleeping bag and slept through it all, only waking up to the sounds of Anne and Bill leaving at 6:30.

Adrian and I made a leisurely start at 9. The previous day's lessons had been learnt - contouring is good (except when it isn't!), check both sides of dibbers, and never take rain jackets off because as soon as you do it will start to rain again. The second day was much better for us. We knew our navigation had improved because we were taking the same route between checkpoints as everyone else. Although this was good for our final result, I did miss the solitude of the first day where our navigational errors meant we had the hills to ourselves!

Eventually, we slid down Calf Craggs to be greeted at the finish by Anne and Bill. They had an excellent weekend finishing 2nd overall. We finished 59/80, which wasn't too bad for a pair of novices and, more importantly, wasn't last!

The results were as follows:

Anne & Bill 2nd in the Bowfell Class

Me & Adrian 59/80 in the Kirkfell Class.

Barbara Lonsdale



A CVFR race team picture - not sure where though?, obviously lots of dogs

DUFTON PIKE - Saturday 30th August 2008
(5mils/1500')

Mens Race

1	John Heneghan	P & B	28.55
14	Ben Mounsey	CVFR	31.20
16	Shaun Godsman	CVFR	31.32
30	Alex Whitem	CVFR	32.42
71	Bill Johnson	CVFR	35.49
73	Jonny Moore	CVFR	35.52
105	Dave Austin	CVFR	38.12
109	Rob Sharratt	CVFR	38.32
157	Darren Sugden	CVFR	44.32
160	Dave Beston	CVFR	45.04

Ladies Race

1	Natalie White	Bingley	35.56
4	Sally (Phelps) Newman	CVFR	37.22
11	Helen Fines	CVFR	39.20
16	Gayle Sugden	CVFR	39.57
20	Anne Johnson	CVFR	40.36
34	Sharon Godsman	CVFR	43.08
52	Thirza Hyde	CVFR	46.31
62	Gail Tombs	CVFR	50.07

Well this was the final British and English championship race and who would have know how it all would turn out for the girls ... The race was fast through fields at the start, then on a path around the Pike, a good climb up and a blast down and through the fields back to the finish. It was a proper lung buster. On the run in Sally was just behind Jo when Jo went down rabbit hole in a field and badly twisted her ankle again ... she doesn't like races that begin with the letter "D" or they don't like her. Sal then knew if she could just get in front of Phillipa Jackson she had a good chance of taking Bronze in the senior womens English Championships, Phillipa took a slightly different line on the run in allowing Sal to overtake and as Sal was running stronger at this point she took 4th place on the day and added another medallion to her collection. Helen didn't have a good run on the day but has taken individual silver in the English. Fantastic. It was an agonising day for Jo as she was brought off the hill, first by piggy back and then in a trailer behind a quad bike. Anne was also really unlucky not to get an individual vets prize just being pipped to the post and placing 4th in both championships. Next year Anne. Gail Tombs battled through injury most of the season but still managed to take a silver LV55 medal. A fantastic achievement and it's GOLD AND GOLD team prizes. A first in CVFR history. Ben and Shaun (Sexy Legs!!!) had a great run in the mens race and this placed them, along with Karl in the top 20 in the British and Shaun and Karl, 12th and 13th respectively in the English. COME ON GUYS WE ARE WAITING FOR SOME MEDALLIONS IN THE MENS CAMP NEXT YEAR!!!! WELL DONE ALL. We had a nice time camping overnight and celebrated with cake and wine. Thirza

Tour du Mont Blanc by Johnnie Watson

The Tour du Mont Blanc is a race in the Alps. It starts and finishes in Chamonix, and goes through France, Italy and Switzerland. 100 miles in length with 9400 m in climb in a single stage.

How do you train for a hundred mile race? No idea. I suppose every long race beforehand becomes your training. I had finished the Fellsman earlier in the year and felt OKish at the end, and I did a few races last year of about 50 miles. However the distance and climb are only part of it. I was aiming for 36 hours, 50% slower than what I expected the winning time to be. The race starts Friday evening which meant a Sunday morning finish. I had run into the night many times, I had never run through the night, let alone through two.

So after many months of getting excited about it, the start finally came. It was a carnival atmosphere running through Chamonix with 2400 other runners if a little squashed. After a few km, when the field spread out a little, it was very tempting to up the pace and start passing. "Start slow, get slower just keep going" I had read somewhere so I just stayed put and enjoyed the sunset going up the first climb. The crowds are very enthusiastic, lots of cow bells and cheering. Your race number has your national flag and name on it, so lots of "come on GB". The first "come on Johnnie" took me by surprise though.

The first decent into Saint-Gervais was by torch light. It looked like the whole town were lining the route to the main square. I sorted some blisters out then ate too much of the very good food and felt sick. The first night was quite comfortable. I felt like I was keeping the pace down but was still passing a few people, especially on the down hills. I talked to who ever I could but most of the time I spent alone just enjoying it. The sun came up just as I crossed into Italy and before long I was in Cormayeur. It's just before half way and here you pick up your first drop bag. There is hot food and places to rest. Lucie my girlfriend got the bus to meet me here. She was a welcome friendly face to chat to, however I was eager to get going and was off within 10 mins.

The climb up to refuge Bertone was the first climb I found hard. It was getting hot and by the looks most people struggled, the carnival atmosphere had definitely gone. The refuge is half way and I was 1h 30 up on my pace, which obviously lifts you. During



Saturday afternoon the temp got up into the mid 20s, with very little wind. A lot of people were pulling out. After each check point you would pass people going back, some looked in a sorry state.

The Italian/Swiss border and its fantastic view came and went. Now with a 20km gentle down hill there was a little respite. The field was pretty spread out by now and you could run for long periods completely alone. With the evening cooling down and the spectacular scenery it was all very idyllic.

Lac Champex is _ of the way. Time for the second drop bag, hot food, change of clothing and to take stock. My feet had swollen up and my toes were taking the brunt of too little room, especially on the down hills. My highlanders were also digging into my Achilles heel. My knees were also feeling worn. However I was still going and felt better than I thought I would, and I was an hour up on schedule.

I had only been in Champex for 10 mins but the second night had fallen by the time I left. This seemed to hit me quite hard mentally on the next climb. The Bovine is just a steep pile of greasy rocks with tree roots growing everywhere. I hated it. It was the hardest climb of the race for me. Infact the next couple hours were a low point. My feet were killing me, so when I arrived in Trient I let the Dr have a look at them. Nothing more than blisters and black toenails. He taped them up and before long I was trudging up the 2nd to last hill. At the top all I could manage was a very slow shuffle down to Vallorcine, This was the fastest I had run in ages and was probably due to the mental lift of getting back into France. My mind had gone and I couldn't work out if I was up or down on schedule, but to be honest all I was bothered about was finishing.

The last climb was the sting in the tail, a new addition for this year. The sun was just rising as I got to the top and in the half light I was convinced there was a circus big top up there. The path was rocky and my eyes were less than reliable so I decided to walk for safety's sake. The last check point came and it was all down hill from here. Only 6 km but it took me almost 90 minutes. I remember being passed by what seemed like loads of runners and was desperate to run. But I just didn't have it in me to run downhill. Once back in Chamonix and on concrete I managed a token shuffle and even passed a couple of people before crossing the line in 38 hours and 59 mins in 461st.

I thought I would sleep for a week but was up after 5 hours wanting pizza and beer. I didn't feel as bad as expected, my feet were in a state but my legs were ok to walk on. The usual doubts of whether I could have run harder went through my head but were numbed as the beers went down. Well we will see, I am planning to do it again in 2010 if anybody fancies it...

Johnnie Watson

Johnnie has put a YouTube video online, go on YouTube and search for "johnnietboy", and you'll find two clips. One of th UTMB and one of The Fellsman with Kerry in a starring role. You'll not find anything rude. Although if you want a laugh, search for Chav Kicking in a Wall, to see the folly of attacking concrete fences. Camera phone hilarity.

THE GOOD SHEPHERD 15M/2000' 20TH SEPTEMBER

I did this race for the first time in '07 and had a pretty good run, I thought the route was brill and for most of the year - having been injured - looked forward to it again.

It was a scorching day with pretty decent conditions underfoot, although it has to be said that some areas never seem to dry out!

A short walk from the Good Shepheard centre in Mytholmroyd up Cragg Vale road brings you to the start. Then its up through Spring Wood across Erringden Moor to Stoodley (CP1), drop down the Calderdale Way to Withins Clough, then its quite a rough section for about four miles of Turley Holes moor and if Jon Emberton is about, then follow him as I noticed he took a great line and managed to keep running most of the boggy long grass. Whilst most of the other runners got caught in hte middle. Very rough going!

Next its up to Warland Drain and follow it all the way to London Road, up the face of Stoodley, down through Sunderland Plantation (a boggy nightmare) and a much needed drink station. From here you follow a myriad of paths and trails leading back to Cragg Road and another welcome drink. Then climb up onto Robin Hood Rocks and skirt around the edge to eventually meet Scout Road. Drop down off the hill side to meet the railway path and the last half (though feels like 2) miles into the finish.

Bill had a storming run and would have got a top spot except he turned an ankle on the run in. Naomi also had a great run to finish first lady.

Good effort from Jo and Jason for organising their first race, well marshalled and waterstops were a blessing. the lentil soup was as good as last year.

Chris Godridge

1	James Logue	Horwich	2.02.45	
12	Bill Johnson	CVFR	2.18.49	
15	Jon Emberton	CVFR	2.19.12	
22	Naomi Sharratt	CVFR	2.26.40	1st Lady
26	Chris Godridge	CVFR	2.29.18	
32	Nick Murphy	CVFR	2.35.33	
34	Lee Shimwell	CVFR	2.37.51	
36	Alex Cornish	CVFR	2.38.43	
37	Rod Sutcliffe	CVFR	2.39.15	
40	Jackie Scarf	CVFR	2.41.55	
41	Darren Sugden	CVFR	2.41.56	
43	Helen Lambert	CVFR	2.43.26	
60	Stephen Grimley	CVFR	2.52.04	
61	Karl Robertshaw	CVFR	2.52.53	
62	Tony Steward	CVFR	2.53.06	
74	John Nunn	CVFR	3.12.30	
83	Mick Banks	CVFR	3.33.31	
90	started	88	finished	

CRAGG VALE FELL RACE

At 7.30am on a gorgeous sunny morning above Cragg Vale, 2 villagers waited for a throng of sweaty runners to pass through the 2 gates they were manning near their converted barn. By 8am it dawned on them that something was not quite right.....Maggie wandered up to Sean's marshalling position and they realised their mistake! Neither is a fell runner, but like many locals they were really keen to help out. This little race [4 mile/1000ft? climb] goes along through woods, gardens, farmland, over moorland, plantations, and farm tracks. There's a lot of variety, and a fast downhill finish to the old gatehouse in Cragg. Race centre is the church hall where local villagers always put on cakes, bacon butties, sandwiches and a free cup of tea for all runners. This year [as ever] they were full of praise for the runners and their lovely comments about the refreshments. [Thanks runners.]

Prior to the adult race we had nearly 50 children running the kids races [U8, U10, U12, U14] in the woods along beside Cragg Brook. The winning girl in the U12s, Issy Wharton, who is currently 5th in the British championship, was invited to start the adult race. The applause she received from the adults was wonderful and put a huge smile on her face. Conditions were good and the impending summer storm held off until the very end. [It was even a welcome free shower for one CVFR female who was spotted standing by her car revelling in it]. There's always a little bit of a bottle neck at the start but fast running there on makes for fast times and this year John Brown of Salford decided to claim a new course record of 26.27, breaking James Logue's old record by nearly 1 minute! Similarly, Mary Wilkinson, Bingley Harriers set a new ladies record in 31.11. U16 Youngsters Sean Carey of Tod Harriers, Danny Walsh of Rossendale and Joseph Crossfield of Hx Harriers were awesome, coming 6th, 19th and 22nd respectively. Team Prizes went to Rossendale Men's team and Calder Valley ladies.

Thanks to every one who helped, including my 3 kids and their friends who yet again marshalled, ran, registered, shouted numbers, sorted results, and organised prizes. See you all next year. **Jackie Scarf**

Current Committee

The club is only as good as its own members make it

The AGM is on the 11th November starting at 8pm after a short training run, in the Shoulder of Mutton. If you are interested in standing for election to any of the committee posts, and particularly the ones being vacated at the meeting, let Bill know asap.

email watchcave@hotmail.com

Chairman - Bill Johnson

Mens Captain - Andy Clarke

Ladies Captain - Jo Waites

Secretary - Jo Porter

Treasurer - Cerys Davies (standing down)

Equipment Officer - Richard Greenwood

Web Officer - Alistair Morris

CVFR Juniors - Al Whitelaw

Social Secretary - Jackie Scarf (standing down)

Sheep Sheet Editor - Ben Davies (standing down)

Media Liason Officer - Dave Beston

Coiners Junior Race May 5th 2009 will be an Junior English Champs race. That will mean around 200+ runners. Please put the date in your diaries as much help will be needed to ensure the race runs well and reflects Calder Valleys rising status as a Junior Fell Club. Thanks in advance Al Whitelaw