



calder valley fell runners

SHEEP SHEET

.... April 2005....

The Davies One Two

Winter Handicap - Saturday 29th Jan 2005

final position		finish time	running time	run-time position	ascent	descent
1	Ben Davies	14:02:15	47:04	12	27:19	19:42
2	Cerys Davies	14:02:29	49:53	17		
3	Alastair Whitelaw	14:03:39	53:34	24	32:11	21:18
4	Jo Smith	14:04:07	44:06	9	25:33	18:31
5	Dave Beels	14:04:34	42:23	4	25:17	17:06
6	Allan Greenwood	14:04:48	48:27	15	28:23	20:01
7	Rob Sharratt	14:04:56	42:45	5	25:31	17:11
8	Ivor Noot	14:05:20	53:04	23		
9	Jon Emberton	14:05:28	41:47	3	24:39	17:05
10	Graham Hill	14:05:31	44:00	8	26:03	17:55
11	Steve Smithies	14:05:32	46:56	11		
12	Helen Wilkinson	14:05:47	58:41	28	33:35	25:04
13	Jon Underwood	14:05:48	43:37	7	25:27	18:08
14	Andy Clarke	14:05:57	39:21	2	23:49	15:30
15	Adam Breaks	14:06:19	38:33	1	22:32	15:59
16	Thirza Hyde	14:06:34	53:58	25		
17	Brian Shelmerdine	14:06:53	49:02	16		
18	Celia Mills	14:06:57	50:36	18	30:17	20:17
19	Jez Wilkinson	14:07:04	48:08	14	28:37	19:30
20	James Williams	14:07:10	43:29	6	25:28	18:00
21	Gerry Symes	14:07:45	51:24	20		
22	Carl Greenwood	14:08:13	46:42	10	25:58	20:44
23	Jackie Scarf	14:08:24	56:28	27	33:17	23:07
24	Mike Wardle	14:08:26	48:05	13		
25	Dave Beston	14:08:45	51:44	21		
26	Dave Culpán	14:09:55	55:29	26		
27	Phil Scarf	14:10:12	50:56	19		
28	Lizzie Scott	14:10:43	1:10:37	30	42:59	27:34
29	Steve Houghton	14:11:05	51:49	22	30:26	21:03
	Tony Bradley	14:01:09	1:01:03	29		

It was good to see a good number of runners at the handicap race – 30 could well be a record turnout. It reflects the enthusiasm in the club. Thanks must go to Rod for flagging and organising the event, and Sarah for her work at the start/finish and the idea to use dibbers.

A Davies family one-two was impressive – both ran very well and deserved their positions. Tony was not feeling good and opted to start off right at the start. Its always difficult doing handicaps for runners who are not well or have been injured, like Steve Houghton. But it was fun to see most of the runners finishing close together. Bill Johnson

ON COMMITTEE



CHAIRPERSON

Rod Sutcliffe



SECRETARY

Jo Smith



TREASURER

Cerys Davies



CLUB CAPTAIN

Andy Clarke



LADIES CAPTAIN

Sarah Noot
(Swoots)

ANY ARTICLES FOR NEWSLETTER PLEASE

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RACE RESULTS

Marsden to Edale AKA Tanky's Trog 5th Dec 2004 roughly 24 miles 6000 feet (I guess)

1	Tim Austin - Dark Peak	3hrs 05min
2	A. Middleditch	3hrs 06min
3	Julian Rank - Holmfirth V40	3hrs 07min
24	Richard Allen - Calder Valley	3hrs 47min
41	N. Spinks - 1st lady	3hrs 59min
83	Jez Wilkinson - Calder Valley	4hrs 38min
120 ran		

Richard Allen had been talking about this for about 5 years and it turns out he has done every year for 14 years. As the route suggests it roughly takes a straight line from Marsden to Edale apart from a little deviation down Snake Pass road 2 miles to the Snake Inn. I finally succumbed to having a go at this, and the day of the race the weather was actually pretty fantastic for December. The route sets of very fast up tracks and millstone paths to reach the top of Black Hill, very easy bit. A really good steep fast, muddy descent takes to Crowden youth hostel (not via the Pennine Way). Then the killer a massive climb up Bleaklow into the mist and peat hags. I had taken the early section very slowly as had done very little running since the KIMM and I could enjoy the good views. I really struggled up Bleaklow but just followed this guy that knew exactly where he was going until we hit the Pennine Way. I had to stop then to get some food out and have a pee. Richard said you turn off left down a stream valley when the flagged path restarts after a gap on Mill Hill (or something like that). The flags kept stopping and starting, and there was nobody around so eventually I went off down a stream valley zig zagged around and ended up back on the PW. Went off down the next one and bingo found the little trod down. Unfortunately this probably lost me 10 mins. Survived the rest of the route and negotiated the famous 4 or 5 or 6(?) minute crossing (timed it and it was accurate) across Kinder and very steep finish just near the Edale Skyline finish. My verdict a good route to be done not every year and in good weather. You also need to find somebody who knows where to get the entry from. Jez



WEB OFFICER
Carl Greenwood



PUBLICITY OFFICER
Allan Greenwood



SOCIAL SECRETARY
Clare Kenny



EQUIPMENT OFFICER
Alec Becconsall



STATISTICIAN
Bill Johnson



MEMBERSHIP/SHEEP SHEET ED
Thirza Hyde

Coley Canter - Tuesday 28th Dec 2004

			Medium	improvement	
				Rating	rating
from 2003					
1	Dave Hinchcliffe	Longwood	46:28	-	-
2	Steve Duxbury	Ross'dale	46:47	-	-
3	Rob Sturges	Halifax	46:55	-	-
7	Richard Greenwood	CVFR	48:06	1.11	0%
13	Jon Emberton	CVFR	50:22	1.16	-
23	Graham Hill	CVFR	53:45	1.24	-
25	Maureen Laney	Clayton	53:51	1.24	1st lady
33	Rod Sutcliffe	CVFR	55:41	1.28	1%
47	Allan Greenwood	CVFR	59:42	1.37	1%
51	Brian Horsley	CVFR	?	-	-
61	Dave Culpan	CVFR	?	-	-
65	Andrew Burn	CVFR	?	-	-
67	Thirza Hyde	CVFR	63.00	-	-
72	Mark Everington	CVFR	?	-	-
75	Jackie Scarf	CVFR	?	-	-

missing times due to timer problem or operator error eh Karl!!!



What an excellent turn out of 86 on my baptism of race organising. Dave Hinchcliffe of Longwood led the way home over a very muddy Coley course, closely followed by Steve Duxbury and Rob Sturges. Calder Valleys Andy Wardman looked to be in good shape early on setting the pace at the front. Unfortunately he had to pull out of the race with a severe groin strain. Maureen Laney of Clayton was pretty much unchallenged in taking the womens first prize in an excellent time of 53-51. However, the performance of the day must go to 15 year old Jonathon Hare of Halifax Harriers, who came home 6th in a time of 47-48. A big thanks to The Camping and Outdoor Centre for the mens prizes and my Mum & Dad who sponsored the womens prizes. Thanks to all the people who helped marshall and a special thanks to Allan Greenwood, Linda Crabtree and Tony Bradley. Hope to see you all there again this year! Karl

Auld Lang Syne - Friday 31st Dec 2004

6mils/900'

			Medium	Rating	improvement
					rating
					from 2003
1	Andi Jones	Salford	39:05	-	-
2	Ian Holmes	Bingley	39:46	-	-
3	John Brown	Salford	39:54	-	-
49	Katie Ingram	Horwich	46:49	- 1st lady	-
76	Rob Sharratt	CVFR	48:34	1.20	-
95	Graham Hill	CVFR	50:22	1.25	-
103	Richard Allen	CVFR	50:37	1.25	-
188	Jon Hairsine	CVFR	54:30	1.35	-
273	Richard Henderson	CVFR	59:27	1.47	0%
296	Phil Jones	CVFR	60:45	1.50	-
297	Linda Hayles	CVFR	60:46	1.51	-2%

434 runners



A huge field turned out in half reasonable weather by Howarth standards, must be something to do with the bottle of beer given to every starter. It was my 1st time at this race, and the route was slightly amended due to footpath work following a less direct route up to The Stoop before picking up the usual course that loops along the conduit before hitting usual race route. Fast, frantic from the start, I picked my way round the course looking over my shoulder frequently for Graham having been outsprinted by him at Withins. The descent off The Stoop was as boggy as ever and I saw some spectacular half sommersaults with twist as

runners decelerated to a standstill in 2 strides. Long legs are an advantage in these conditions and I was able to keep upright and get in before Graham.

Rob Sharratt

Giants Tooth - Sat 1st Jan 2005

3mils/400'

			Short	rating	improve from
					Short races
					over
					last 12 mths
1	George Ehrhardt	Tod	17:05	(new record)	
2	Chris Smales	Tod	17:18	-	-
3	Andy Wrench	Tod	17:26	-	-
4	Andy Clarke	CVFR	18:03	1.09	-4%
7	Bill Johnson	CVFR	19:14	1.16	3%
13	Sue Becconsall	Bingley	20:11	(new record)	
19	Ant Mayer	CVFR	21:09	1.28	-5%
26	Andy Carnochan	CVFR	21:37	1.30	-1%
28	Richard Kellett	CVFR	22:17	1.34	-3%
39	Dave Culpan	CVFR	23:15	1.40	6%
56	Linda Hayles	CVFR	25:16	1.52	-1%
61	Neil Croasdell	CVFR	26:35	1.60	6%

80 runners

Thanks for making The Giant's Tooth race - the first race of 2005 - a great success. The weather stayed fine for the duration but as we were leaving the pub we had a torrential downpour and wind-blown hail shower. We were very lucky, especially as officials, our parents on refreshments and those standing around waiting for competitors to finish would have been soaked and frozen. Despite a damp course underfoot, both the men's and women's record times fell, Tim Austin's 2003 time to George Ehrhardt and Sally Newman's very respectable time to Sue Becconsall. Both are top flight internationals in the peak of form. However the main thing is that you all appeared to have a great time and raised a tidy sum for the Asian earthquake and tidal wave disaster appeal of £190. Thanks to Peter at Screentone printers for the 2005 diaries to all runners and Mark at SMK Sports for assistance with prize vouchers. Also to all our marshals, helpers particularly Karl Gray who saved me an hour by sweeping and getting the flags in, and Terry and Christine at the Causeway Foot Inn.

Allan Greenwood and Linda Crabtree.

Ovenden Fell Race - 8th January 2005

Amended distance and climbing

			Medium	rating	Improve from
					Medium races
					over last
					12 months
1	Lloyd Taggart	Dark P'k	41:30	-	-
2	George Ehrhardt	Tod	42:17	-	-
3	Tim Austin	Dark P'k	43:42	-	-
24	James Williams	CVFR	50:50	1.16	-
25	Jon Emberton	CVFR	50:55	1.16	0%
36	Sharon Taylor	Bingley	52:00	1st lady	-
43	Rob Sharratt	CVFR	53:27	1.22	0%
59	Ant Mayer	CVFR	55:16	1.26	-1%
75	Steve Smithies	CVFR	57:31	1.31	2%
79	Brian Shelmerdine	CVFR	58:25	1.33	1%
80	Dave Beston	CVFR	58:26	1.34	-
106	Dave Culpan	CVFR	62:52	1.44	3%
114	Linda Hayles	CVFR	65:27	1.50	-3%
119	Jackie Scarf	CVFR	68:20	1.56	-7%

142 runners

This was the morning after the huge storms which hit Calderdale the previous night and it was still pretty grim on Saturday with gale force freezing winds and hail. Allan had to amend the race route as the causeway was closed hence the change from the advertised 8m/1200 ft but thanks to a lot of hard work we still had a race. Most runner opted to start with a cag on, except Sharon Taylor who just has a vest on (hard as nails!) Despite all the warnings to carry full kit, Allan still had to send one hapless runner back to his car for a bum bag. The race started on the footpath up the East side of Ogden water and I tried and failed to keep a tail on James on the climb up to the moor. Once we hit the moor the cag became a major disadvantage, I looked like Michelin man and at one point actually got blown backwards! Needless to say the outward journey was hell. The return was slightly better and the final wind assisted descent off the moor back to the start/finish a real hoot though I don't think Allan really appreciated the bunch sprints when virtually everyone had their number hidden — "don't be so bloody stupid" was bawled more than once! I finally thawed out on Sunday afternoon. Rob Sharratt

How was 2004 for you?

As I did last year, I have again summarised the race results for each of us over the past year. You can see how well or not-so-well you did in 2004.

Checking the results from all the races that at least 3 CVFR runners went to, and from which I could easily get the results, I have shown a rating for each of us for short, medium and long races, and an overall rating for all races. These ratings are a factor of your race time compared to an average race winning time. E.g. Adam Baker's overall rating of 1.63 means that on average in 2004 his race times were 1.63 times an average race winner's times – if a race was won in 100 minutes, Adam would probably finish in 163 minutes. So the lower the rating, the better.

You should be able to see from the "improvement on 2003" column how much better (or worse) you were running in 2004 compared with 2003. You can also see what sort of distance you performed best at: short, medium or long.

I've also shown the race during the year at which we each had our best performance, and the race where we had our worst performance. (NB: these ratings might be slightly different to the ones shown over the course of the year in the Sheepsheet, since at the end of the year with a full set of race results I can calculate the ratings more accurately.)



Some points of interest:

- I have excluded certain results where the individual had an excessively poor result, since it may well have been due to being ill, getting lost or injured, or are simply atypical for that runner. Those were: Steve Cavell at Giants/Withens/Windmills, Alec Beconsall at Donard Commedagh, Allan Breaks at Buttermere Sailbeck, Jo Smith at Borrowdale and Mark Everington at Cragg Vale.



- On the other hand, there were 5 exceptional runs where the runner's time was significantly quicker than their average race time over that distance: Rose Carnochan at Giants Tooth, Steve Cavell on the Winter Handicap, Adam Baker at Shepherds Skyline, Dave Beels on the Half Trog and Julie Underwood on the Calderdale Relay.

- The race attended by most CVFR runners was Noonstone (20).

- The race that CVFR runners finished highest up in was Mount Skip, and the race in which CVFR runners struggled the most was Borrowdale.

- Karl Gray's rating at Buttermere Sailbeck (0.97) was the best CVFR result I've recorded over the last 3 years.



I'll continue to work out race ratings to show in the Sheepsheet for races in 2005. I hope the above explains what the ratings actually mean. The "improvement from last year" shown for race results means how that race result compares with all your results from races of the same category (short/medium/long) over the last year.

So hope you have a good 2005. Enjoy your running!

Cheers, Bill



	Rating 2004			Improvement			Number of races	2003 rating			
	Overall	Short	Med	Long	on 2003	Best run			Worst run		
Adam Baker	1.63	1.59	1.66			Shepherds Skyline	1.52	Buttermere Sailbeck	1.81	4	
Adam Breaks	1.05	1.03	1.04	1.08	8%	Reservoir Bogs	1.00	Withins Skyline	1.11	21	1.14
Alec Becconsall	1.58	1.54	1.62		4%	Giants Tooth	1.54	Summer Handicap	1.67	3	1.64
Alex Cornish	1.29	1.25	1.33		4%	Crow Hill	1.21	Calderdale relay leg2	1.37	8	1.35
Alex McGowan	1.40		1.40			Calderdale relay leg5	1.40	Summer Handicap	1.40	2	
Alison Wright	1.56		1.56			Calderdale relay leg5	1.56	Calderdale relay leg5	1.56	1	
Alistair Whitelaw	1.54	1.54				Cragg Vale	1.48	Ilkley Moor	1.57	3	
Allan Breaks	1.55	1.60	1.50			Mytholmroyd	1.47	Giants Tooth	1.70	12	
Allan Greenwood	1.40	1.43	1.36	1.41	2%	Donard Commedagh	1.32	Yorkshireman Full	1.44	10	1.43
Amanda Farrell	1.48	1.43	1.46	1.56		Ilkley Moor	1.38	Edale Skyline	1.56	7	
Andy Burn	1.55	1.55				Stoop	1.55	Stoop	1.55	1	
Andy Carnochan	1.33	1.29	1.37		1%	Tom Tittiman	1.27	Noonstone	1.44	6	1.35
Andy Clarke	1.09	1.05	1.08	1.15	0%	Edale Gala	1.03	Three Peaks	1.15	15	1.10
Andy Wardman	1.44			1.44	-21%	Yorkshireman Full	1.44	Yorkshireman Full	1.44	1	1.18
Anne Johnson	1.35	1.34	1.36		0%	Summit	1.29	Norland Moor	1.43	8	1.35
Anne Taylor	1.84	1.84	1.84		-4%	Stoop	1.79	Giants Tooth	1.89	3	1.76
Ant Mayer	1.23	1.21	1.25		-3%	Ovenden	1.21	Erringden Moor	1.29	3	1.20
Barry Shaw	1.27	1.27	1.26	1.26	1%	Erringden Moor	1.21	Summit	1.35	21	1.28
Ben Davies	1.49	1.40	1.45	1.61		Shepherds Skyline	1.38	Borrowdale	1.61	7	
Bill Johnson	1.19	1.20	1.18		2%	Midgley Moor	1.15	Elidir Fawr	1.26	7	1.22
Brian Horsley	1.24	1.24			6%	Giants, W & W	1.24	Giants, W & W	1.24	1	1.32
Brian Shelmerdine	1.38	1.37	1.35	1.41	3%	Ovenden	1.33	Roaches	1.41	8	1.41
Carl Greenwood	1.25	1.26	1.24		5%	Winter Handicap	1.22	Wicken Hill	1.31	5	1.31
Celia Mills	1.37	1.31	1.37	1.43		Buckden Pike	1.31	Two Breweries	1.55	9	
Cerys Davies	1.47	1.45	1.50			Tom Tittiman	1.40	Reservoir Bogs	1.54	9	
Clare Kenny	1.32	1.31	1.36	1.29		Two Breweries	1.25	Calderdale relay leg6	1.36	6	
Dave Beels	1.22	1.20	1.19	1.28	-2%	Half Trog	1.12	Reservoir Bogs	1.28	19	1.21
Dave Culpán	1.52	1.49	1.48	1.61	3%	Calderdale relay leg3	1.41	Tour of Pendle	1.62	30	1.57
Denis Gildea	1.19		1.19		8%	Ovenden	1.19	Ovenden	1.19	1	1.29
Dick Spendlove	1.35	1.36	1.35			Widdop	1.31	Summer Handicap	1.39	6	
Gerry Symes	1.36	1.36			4%	Edale Gala	1.36	Edale Gala	1.36	1	1.41
Graeme Hill	1.22	1.24	1.19			Ovenden	1.18	Winter Handicap	1.24	3	
Graeme Woodward	1.42	1.47	1.37		-10%	Shepherds Skyline	1.36	Winter Handicap	1.54	4	1.29
Graham Hill	1.22	1.23	1.22			Reservoir Bogs	1.16	Noonstone	1.28	26	
Greg Houghton	1.46			1.46	-5%	Roaches	1.46	Roaches	1.46	1	1.39
Helen Wilkinson	1.64				-3%	Stoop	1.64	Stoop	1.64	1	1.59
Hugh Tooby	1.46	1.49	1.43			Windmill Whizz	1.43	Stoop	1.50	3	
Ivor Noot	1.46	1.41	1.50			Shelf Moor	1.41	Shepherds Skyline	1.50	2	
Jackie Scarf	1.47	1.49	1.46		2%	Erringden Moor	1.40	Winter Handicap	1.54	15	1.51
Jeff Winder	1.21		1.17	1.25	-9%	Calderdale relay leg4	1.17	Tour of Pendle	1.25	2	1.11
Jez Wilkinson	1.35	1.32	1.26	1.47	4%	Half Trog	1.24	Edale Skyline	1.47	12	1.40
Jo Smith	1.23	1.25	1.23	1.22		Kentmere	1.19	Cragg Vale	1.27	14	
John Murray	1.37	1.37				Stoop	1.37	Stoop	1.37	1	
John Riley	1.59	1.60	1.59			Blackstone Edge	1.53	Stoodley Pike	1.64	7	
Jon Emberton	1.16		1.16			Coley Canter	1.16	Coley Canter	1.16	1	
Jon Hairsine	1.32		1.32			Auld Lang Syne	1.32	Auld Lang Syne	1.32	1	
Jon Underwood	1.22	1.21	1.21	1.24	0%	Buttermere Sailbeck	1.19	Two Breweries	1.25	10	1.22
Jonathan Wilkinson	1.26	1.28	1.24			Half Trog	1.24	Stoop	1.28	2	
Julie Underwood	1.72	1.69	1.75		0%	Calderdale relay leg2	1.60	Kentmere	1.92	6	1.71
Karl Gray	1.01	1.03	1.02	1.00	4%	Buttermere Sailbeck	0.97	Tom Tittiman	1.06	27	1.06
Kay Pierce	1.77	1.78	1.77		-3%	Half Trog	1.77	Mount Skip	1.78	3	1.72
Lee Shimwell	1.25	1.30	1.19		1%	Half Trog	1.19	Stoodley Pike	1.30	3	1.26
Leigh Jepson	1.50			1.50		Three Peaks	1.50	Three Peaks	1.50	1	
Linda Crabtree	1.58	1.61	1.54		-9%	Donard Commedagh	1.54	Elidir Fawr	1.61	2	1.44
Linda Hayles	1.48	1.51	1.46	1.46	0%	Kentmere	1.43	Shelf Moor	1.55	17	1.48
Mark Everington	1.65	1.65	1.65		9%	Giants, W & W	1.56	Wicken Hill	1.80	9	1.81
Mike Wardle	1.28	1.26	1.21	1.37	3%	Ovenden	1.21	Three Peaks	1.37	7	1.32
Neil Croasdell	1.71	1.71				Giants Tooth	1.71	Giants, W & W	1.72	2	
Neil Palmer	1.35	1.33	1.38			Giants, W & W	1.30	High Brown Knoll	1.38	4	
Neil Taylor	1.27	1.28	1.26			Ogden Moors	1.23	Giants Tooth	1.28	3	
Paul Frechette	1.41	1.41			4%	Winter Handicap	1.40	Cragg Vale	1.42	2	1.47
Paul Gallagher	1.37	1.37			-6%	Giants Tooth	1.37	Giants Tooth	1.37	1	1.29
Phil Jones	1.48	1.42	1.46	1.56	1%	Tom Tittiman	1.38	Half Trog	1.58	15	1.49
Richard Allen	1.23	1.23	1.23		7%	Auld Lang Syne	1.23	Ilkley Moor	1.23	2	1.32
Richard Greenwood	1.14	1.12	1.12	1.18	-3%	Calderdale relay leg1	1.06	Edale Skyline	1.24	23	1.11
Richard Henderson	1.41		1.41		5%	Noonstone	1.37	Auld Lang Syne	1.44	4	1.48
Richard Kellest	1.31	1.31			4%	Crow Hill	1.31	Crow Hill	1.31	1	1.36
Rob Sharratt	1.20	1.19	1.22			Auld Lang Syne	1.18	Erringden Moor	1.30	7	
Robin Skelton	1.31	1.31	1.30			Ovenden	1.30	Winter Handicap	1.31	2	
Rod Sutcliffe	1.28	1.29	1.29	1.26	1%	Two Breweries	1.22	Norland Moor	1.33	21	1.29
Rose Carnochan	1.73	1.77	1.69		-1%	Giants Tooth	1.65	Waughts Well	1.87	5	1.71
Sally Newman	1.16	1.19	1.15	1.14	4%	Borrowdale	1.12	Winter Handicap	1.23	12	1.21
Sarah Noot	1.32	1.31	1.34		-5%	Shelf Moor	1.26	Gt Whernside	1.35	4	1.26
Steve Cavell	1.56	1.57	1.56		1%	Winter Handicap	1.44	Giants Tooth	1.69	4	1.58
Steve Coey	1.48	1.41	1.45	1.59	-7%	Tom Tittiman	1.41	Borrowdale	1.59	3	1.39
Steve Garner	1.49	1.45	1.48	1.55	-7%	Winter Handicap	1.39	Two Breweries	1.55	8	1.39
Steve Smithies	1.32	1.31	1.34			Summit	1.30	High Brown Knoll	1.37	5	
Thirza Hyde	1.43	1.42	1.43	1.44	3%	Waughts Well	1.36	Gt Whernside	1.54	25	1.47
Tony Bradley	1.40		1.40		1%	Ogden Moors	1.33	Noonstone	1.48	2	1.42

Stanbury Splash - 23rd January 2005

7mils/1200'

		Medium		Improve from
			rating	Medium races
				over last
				12 months
1 Ian Holmes	Bingley	44.46	-	-
2 John Brown	Salford	45.07	-	-
3 John Heneghan	P&B	46.23	-	-
40 Jason Stevens	UA	56.04	-	-
62 Rob Sharratt	CVFR	57.32	-	-
87 Adrian Muir	CVFR	59.50	-	-
103 Neil Palmer	CVFR	62.41	-	-
135 Stephen Smithies	CVFR	65.52	-	-
137 John Murray	CVFR	66.08	-	-
152 Dave Beston	CVFR	67.29	-	-
243 runners				

-2c on the drive over Oxenhope Moor should have prepared me for the condition's at the start of the race which were even worse with a strong wind blowing. The start was the usual stampede with at least 2 unfortunate runners falling on the climb out of the quarry. The ground was frozen hard over the first fields with some runners wearing cross country spikes to get better grip. I was running well until I got into (literally) the icy water along Ponden Clough and then it was more about hanging on up the climb of Ponden Kirk before the run home. Jason was running incognito having not joined the club at the time and put in a good time. Rob Sharratt

Ogden Moor - 5th February 2005

6mils/700'

		Medium		Improve from
			rating	Medium races
				over last
				12 months
1 Simon Bailey	Mercia	32:24	new record	-
2 Ian Fisher	Otley	33:43	-	-
3 Lloyd Taggart	Dark P'k	34:13	-	-
4 Karl Gray	CVFR	36:34	1.08	-6%
18 Ant Mayer	CVFR	41:46	1.23	1%
19 Emma Barclay	Ilkley	41:47	1st lady	-
25 Adrian Muir	CVFR	42:38	1.26	-
44 Ben Davies	CVFR	45:24	1.34	8%
69 Dave Culpan	CVFR	48:04	1.42	4%
79 Hugh Tooby	CVFR	49:57	1.48	-3%
84 Ivor Noot	CVFR	50:23	1.49	1%
94 Jackie Scarf	CVFR	52:04	1.54	-6%
138 runners				

Simon Bailey ripped the field apart at Ogden Moors this year and broke the course record by over a minute. The course was very windswept and muddy but he led the field from the start ahead of Ian Fisher of Idle, the route taking in Ovenden Moor to the former Withins Inn, Bailey posted a new record time of 32 minutes and 24 seconds with Fisher placed second on 33-43, Karl Gray showed an immediate return to form after his operation placing fourth in 36-24 a personal best, Calder Valley men won the team race. Dave Culpan

New members



Again we have had a healthy number of new, enthusiastic members join the club and we want to help you as a club get the most out of your running and of course Calder Valley, the club you have joined. Here are a few things that you might need to know. The club captain is Andy Clarke (Tel 01422 341578 or email Andykatiec@aol.com). He organises the Tuesday night runs which are mainly from Mytholmroyd Community Centre but we do have away runs from different venues (usually with a good pub nearby). We go to the Shoulder of Mutton after the runs on Tuesday nights where we have sandwiches laid on (but you have to be quick to get them as Jon Underwood is usually really, really hungry!!!). This is where we get a chance to chat (as this doesn't usually happen while running - if it does you're not trying hard enough). We also discuss runs for the weekend or sharing transport for races etc. (Oh .. and the girls decide if they are racing what kind of cake we need for the picnic). If you use the showers at the Community Centre it is 80p. (Please pay this at reception as we have a good relationship with the centre and don't want to jeopardise this. Ta.) And yes at long last the showers seem to be hot. If you haven't already received your membership card it will be in with this newsletter. All CVFR



championship races are on the first 2 pages and then all the British/English champs and our club races that we organise are on the next 2 pages. Please if you want further explanation on how the championships work please ask Andy or Bill Johnson, our statistician (Tel 01422 881312). Club vest and other kit are available from Alec Becconsall (01422 884623).

Moelwyn Peaks Race and Wales Weekend



Another one of our British champs races is **Moelwyn Three Peaks** on Saturday 23rd April at **2.00pm**. This is near Blaenua Ffestiniog. We are again organising **shared transport** leaving from Mytholmroyd Community Centre. Can you please let Andy Clarke (01422 341578) know if you are planning to go down so that he can organise how many cars might be needed and a time to set off at.

Jo Smith has also booked her **families cottage**, Cae Coch near Conwy. Cae Coch (GR 733 717 on Explorer OL17 Snowdon Map) is in a great setting. There is a bunk room that will sleep 6 and the cottage will sleep 4 inside with a family room as well. There is ample camping space. There is a pub a few miles down the road for food or you can cook you own. It might be nice to take bikes for a ride out on Sunday or just to get to and back from the pub (of course you could take your own beer or wine anyway!!). It is about 25 miles from the race and we can make a weekend of it. Can you please let Jo know on tel. 01422 847611 or email jsmith17@hotmail.com. to let her know you are coming.

Pennine Bridleway Relay - Sunday 6th February 2005 - 47 miles in 5 Legs

1.	Borrowdale	4:56:37
2.	Horwich	5:04:15
3.	Clayton Vets	5:05:41
4.	CFVR (nearly mixed)	5:59:23
5.	Pudsey & Bramley (MIX)	6:08:09
19.	Clayton Ladies (LADIES)	6:12:13

48 Teams

Leg 1 - Waterfoot to Long Causeway 8.5mils/1360' - *Clare Kenny & Jez Wilkinson*

The leg of a thousand gates. Clire set off trying to chase down the purple vests of Borrowdale, which she said later may have been a mistake. Jez nursed her through the final miles of this leg up to the wind farm at Coal Clough. Clare definitely looked bad at the changeover.

Leg 2 - Long Causeway to Callis Wood 12.5mils/1560' - *Rob Sharrat & Jon Underwood*

Rob and I agreed to have a steady start on this the longest leg. Rob being stronger on the flat and myself been stronger on the climb. With a bit of communication we kept together. We picked off team after team. I got an earful from one of the Howrich ladies for running through puddles and causing a lot of splash back. Rob did say that I was pretty good a kicking up mud all the way round, but since he was taller, he didn't have so much of a problem. Rob tired after the climb from the Gorples and we let a team through. A toilet stop didn't help (Rob, peanut). The Horwich ladies who we passed earlier caught us just before the final descent, which I was not looking forward to. I didn't endear myself to them again after tried to lead them astray down the wrong track.

Leg 3 - Callis Wood to Summit - 9.5mils/1570' - *Rod Sutcliffe & Jon Wilkinson*

A hard leg with a tough climb from the changeover. Jon ran strongly on the climbs and with Rod's demon descending the team made up some more places.

Leg 4 - Summit to near Lobden Golf Club - 5.5/750' - *Ben & Cerys Davies*

For some reason I ended up taking numbers at this check point while Nick Harris got changed in the car. I had just started to get cold and went for a jog to see how Ben and Cerys were doing, thinking that I could give Jo and Richard a bit of advanced warning that they were coming. I had only got a couple of hundred yards, when I was Ben moving at speed across the moor followed by Cerys. Both looked comfortable and had obviously had a good run.

Leg 5 - Lobden Golf Club to Waterfoot - 11/1390' - *Jo Smith & Richard Greenwood*

The early arrival of Ben and Cerys sorted out one of dilemmas of whether to wear her club vest or not. Jo had washed her vest that morning(?) and was waiting for it to dry. Jo and Richard picked off a couple of teams immediately and chased for home. A few miles into the leg, Jo said to gentlemanly Richard 'Are you sure you are running hard enough?'. Richard put the hammer down, saying later 'I got a bit of earache towards the end. An outstanding run, being 14th fastest for the leg and only 10 minute behind Gary Devine and Paul Henegan's time

Jon Underwood.

Caption Competition



Amanda and Steve caught on camera at the club dinner ... we now need an appropriate caption.

Prize - a bottle of wine or a box of chocolates. Winner gets to choose

So get writing and yes it does have to be printable.....

Send me the caption or email me.

Thirza Hyde,
17 Moorland Crescent,
Ovenden,
Halifax. HX2 8AA
or email
Thirza.dave@virgin.net

NAME _____

CAPTION _____

WASDALE WEEKEND

May 13 - 14th

I have reserved 15 bed spaces at The Fell & Rock Hut, Brackenclose, Wasdale. GR 185073. Camping in the grounds should also be no problem. The hut is virtually the start point of the Wasdale fell race.

This a Wasdale 'recce' weekend. Can you let me know if you are coming up so that I can get an idea of numbers for the hut (sorry no children allowed). And please can we have someone who has done the race to show us some of the route please!!! If you can't come for the weekend why not come up for the day and get out on the hills anyway.

Clare Kenny
Tel: 0161 795 9740
email: clare.kenny@northmanchester.net

Did you know...???

Calder Valley fell runners are affiliated to Yorkshire Veteran's Athletics Association.

This means that if you are a veteran, (over 35 for women and over 40 men) then you may participate in a year long series of great low key events, over all sorts of distances and terrains.

The races are organised by like minded people, usually very low key, with 80 or so runners, and for a couple of pounds you get a 10km road, or maybe a 5km trail, fell race or cross country. There is also a monthly grand prix race series (10 fixtures). The prizes are nearly always raffled, (so anyone can win one!) and there is usually tea and sandwiches on afterwards – sometimes free.

Linda Crabtree regularly competes (bronze in the over 40's cross country champs which took place on Feb 6th at Thirsk).

If you want to know more, contact Allan (07866 043572) or Linda, (01274 816517) or visit Yorkshire Vets Association at <http://members.lycos.co.uk/yvaa>

THE TROGS ...

Half Trog - Sat 12th February 2005 9mils/1500'

		Medium		Improve from Medium races over last 12 months	
			rating		
1	Adam Breaks	CVFR	1:20:40	1.03	1%
2	Adam Haynes	Eryri	1:23:54	-	-
3	Boff Whalley	P & B	1:24:47	-	-
10	Dave Beels	CVFR	1:30:10	1.15	3%
15	Ben Davies	CVFR	1:34:35	1.21	17%
21	Sue Mitchell	CVFR	1:35:55	1.23	1st lady
27	Keith Cadby	CVFR	1:41:16	1.30	-
34	Steve Smithies	CVFR	1:46:01	1.36	-2%
37	Cerys Davies	CVFR	1:51:57	1.43	4%
43	Jackie Scarf	CVFR	2:01:36	1.56	-7%
46	Phil Jones	CVFR	2:03:42	1.58	-8%
52 runners					

Full Trog - Sat 12th February 2005 20mils/4000'

		Long		Improve from Long races over last 12 months	
			rating		
1	Rob Jebb	Bingley	3:01:02	-	-
2	Neil Eccles	Altrinch	3:10:41	-	-
3	Garry Wilkinson	Clayton	3:12:22	-	-
8	Karl Gray	CVFR	3:19:58	1.10	-10%
9	Andy Clarke	CVFR	3:21:08	1.10	4%
16	Richard Greenwood	CVFR	3:32:46	1.17	1%
17	Sharon Taylor	Bingley	3:33:30	1st lady	-
20	Jon Emberton	CVFR	3:36:37	1.19	-
46	Bill Johnson	CVFR	4:01:18	1.32	-
53	Clare Kenny	CVFR	4:06:46	1.35	-5%
54	Brian Shelmerdine	CVFR	4:07:02	1.35	4%
60	Ian Wood	CVFR	4:11:56	1.38	-
66	Jez Wilkinson	CVFR	4:13:58	1.39	5%
67	Allan Greenwood	CVFR	4:15:59	1.40	1%
112 starters, 100 finishers					

I thought I'd write my first submission for the Sheepsheet about the Trog races' day. It is a simple story to tell as, like most good stories, it has a beginning, a middle and an end.

In the beginning

Saturday 12th dawned wet, blustery and bitterly cold. The forecast specifically said "running will be difficult today". Watching the water run off the moors from above the cricket ground, whilst trying to get numb fingers to work safety pins, the thought of an enjoyable run was far from my mind. And I was only contemplating 9, not 20 miles. But, this was one of the first races I had entered last year, Cerys had won the women's race last year, so there was no alternative but to lace the shoes up tight and pull the hat down low.

In the middle

Adam had the Half Trog won from about a mile in. As I turned the first corner to head up onto the moor, I could see Adam was about 150m out in front, already on the moor edge heading for High Brown Knoll. It would have taken an injury or catastrophic navigational error for anyone to have caught him. The high winds remained all through the race, either head on, on the way out to Cock Hill. Or from the side on the return leg, so that any forward momentum it gave was counter acted by being blown sideways off the sheep track you were running on. However the sun was out, so the final few miles along from Sheepstones were far more pleasant than the first miles. I had overtaken two runners on the last climb from the bridge, on the loop of the cricket field I could see one of their shadows bearing down over my shoulder. Alecs' plastic flags, which were on the boundary maker, forced me into a last 30 second push for the line. Park speed sessions do have a benefit. One of our newer recruits Sue had an excellent run to win the womens race at her first attempt at the Half (Full Trog next year Sue Ed!!!!). CVFRs took both the womens and mens team prizes.

It was a good sweep for Calder Valley, winning the mens and womens individual and team races. So while prizes were given, soup drunk and sandwiches eaten; the sky was darkening, and the rain began to fall.

In the end....

Rob Jebb plus canine companion came in to win the Trog convincingly. Number 2 Neil Eccles crossed the line, lent on Jon while we removed his tag, then collapsed into the mud at our feet. His wife and daughter were also at the line, and as they seemed unconcerned we shoved a custard creme into his hand and let him sort himself out. Over the two hour spread from first to last all sorts crossed the line. Two runners had each lost the sole to one shoe, so had finished from Sheepstones carrying the errant sole with them. One runner had gone glasses first into a stone, smashed his lenses and cut his eye. He had to phone his wife, to go to Specsavers for a replacement, as he couldn't drive home without them. Dr Jo Smith had a fine afternoon, she helped strip three runners, (in her official medical capacity obviously) including Bill Johnson, out from their wet kit, smeared them in vegetable soup and put on dry clothes. Jo was definitely smiling, the runners looked a bit shell shocked but that could have been due to the hypothermia. Sharon Taylor easily won the womens race and while all these hardy men were shivering in their hats, gloves, and cags Sharon crossed the line with a smile on her face in short sleeved t-shirt and running vest and short shorts. God she must be hard as it was bloody freezing.....To put it politely.

The Trog races' require a huge commitment to stage from taking the names and money, to sitting at High Brown Knoll with the Ardbeg, to marshalling road crossings all afternoon, to standing in the rain pushing a red button at the finish. Yet however tired, wet and cold the finishers were, at least three quarters said "thanks very much" to all the Marshals or those involved in the race. Ben Davies

Winter Hill - Sun 13th February 2005
11mIs/2750'

			Medium		Improve from Medium races over last 12 months
				rating	
1	Rob Hope	P & B	1:38:28	-	-
2	Danny Hope	P & B	1:38:40	-	-
3	Paul Thompson	Clayton	1:45:23	-	-
35	Christine Howard	Matlock	2:00:46	1st lady	-
41	Jo Smith	CVFR	2:02:54	1.19	3%
74	Rod Sutcliffe	CVFR	2:18:42	1.35	-4%
92	Dave Culpan	CVFR	2:33:56	1.50	-1%
96	Celia Mills	CVFR	2:35:32	1.51	-10%
118 runners					

This was a challenge, if not an ordeal, for most of the way. A bright, if cold start led us up a gradual climb to Rivington Pike. A tour of Winter Hill then ensued, reminiscent of the Tour of Pendle as we climbed the hill several times from different directions. The weather progressively deteriorated as we went over the shoulder of Smithills Moor, and then turned into a vicious blizzard as we battled up the long track to the masts of Winter Hill summit. Tramping through snow now, there were still two climbs to come, and it was not pleasant. At lower levels the snow was replaced by icy bog. Eventually it was down off the moor, and the long track (2km) to the finish at Rivington Hall Barn. I hadn't realised that this was another long climb and the jelly babies failed to kick in, so it was a bit of a struggle for me (*this was not surprising as Rod had swept almost all of the Trog the day before Ed.*). Although it felt like a survival challenge in the wintry conditions, this is a great race and I would recommend it, especially if the weather was better. Well done Jo, who was second female finisher. Rod Sutcliffe

What Jo had to say about the race *"My eyeballs were sore with the horizontal icy snow ... Anyway, lots of hot chocolate enjoyed in the café. Oh and Rob Hope fell over, dislocated his finger and then fell over again and put it back in place!!!"* Eventful race had by all.

Half Tour of Pendle - Sat 5th March 2005
9mIs/2250'

			Medium		Improve from Medium races over last 12 months
				rating	
1	Ian Holmes	Bingley	1:06:08	-	-
2	Rob Jebb	Bingley	1:06:31	-	-
3	Lloyd Taggart	Dark P'k	1:06:35	-	-
12	Adam Breaks	CVFR	1:12:10	1.02	2%
49	Natalie White	Holmfirth	1:21:22	1st lady	-
53	Sally Newman	CVFR	1:22:26	1.16	-1%
79	Graham Hill	CVFR	1:28:54	1.25	-3%
121	Gerry Symes	CVFR	1:35:49	1.35	-
141	Celia Mills	CVFR	1:41:15	1.42	-3%
147	Dave Culpan	CVFR	1:43:30	1.46	1%
179 runners					

The Half Tour of Pendle was very cold and blusterery on the tops as well as being covered in snow which made it hard going from CP1 - CP2. Sally had a fantastic run coming 2nd lady behind a **younger model!** (but the younger model was pushed into 2nd place at Fiendsdale 2 weeks later by the more **mature woman**). This was a quality field of both men and women obviously using it as a warm up for Fiendsdale.

THE CAPTAINS CORNER

A call for the men



... to see if we can emulate the women and get teams into scoring positions for the English and British championship races.

The English races are: Fiendsdale (Medium); Buttermere (Medium & pre-entry); Edale (Short); Wasdale (Long & pre-entry); Whittle Pike (Short & pre-entry); Langdale Horseshoe, (Long & pre-entry).

The British are: Spelga (Long); Moelwyn peaks (medium; Edale; Culter Fell (medium); Wasdale (Long & pre-entry); Pen Y Fan (Short)

There are 5 counters per team and we now have enough competitive members to score in both the senior and vet categories if we can prioritise these races.

Anyone interested in doing these championship races then enter in the knowledge that the FRA committee only choose classic fell races to complete the set. If you are interested, but unsure about venues, travelling, who's running, etc., then give me, Andy, a ring on 01422 341578.

(Since writing this article the club has competed at Spelga and Fiendsdale and have scored some useful points. Good effort lads ... Ed)

Congratulations to all the girls who ran at Fiendsdale and a



huge thank you

We finished third team - a great start to the season. (Keswick were 1st team, Ilkley were only 1 place behind Keswick to take 2nd team and they look to have strength in numbers this year but so have we!) For those who didn't know, **Sally won**. Looking forward to Ireland now ... not the racing bit ... think that could be rather a challenge for us ... but the weekend away and social side will be great fun!! (*Hot off the press as we've just been to Ireland Sal was 1st LV40 and 4th overall and with Sue Mitchell and Sarah took 2nd team prize. Fantastic effort. Ed.*)

Hopefully see you all very soon anyone fancy another girlie get together? It would be no problem to arrange one...a curry, greek???? Snoots xxx (sarahnoot@hotmail.com)

WUTHERING HIKE (AKA HAWORTH HOBBLE)

Sat 12th March - 31 Miles/4400'

1	Graham Cunliffe & Philip Atherton	Clayton-Le-Moors	4hrs 13min 54sec	(1st team)
2	Rick Ansell	Tring	4hrs 16min 29sec	(1st Individual man)
3	Chris Davies	Saddleworth	4hrs 16min 30sec	(2nd Individual man)
5	Jon Underwood & Adam Breaks	Calder Valley	4hrs 21min 06sec	(2nd Team)
11	Amy Green & Paul Crabtree	K & C	4hrs 32min 15sec	(1st Mixed Team)
21	Claire Gordon	Hunters Bogtrotters	4hrs 46min 07sec	(1st Individual Woman)
30	Jean Shotter & Kathy Farquar	Holmfirth	5hrs 17min 52sec	(1st Womens Team)
58	Richard Henderson	Calder Valley	5hrs 52min 56sec	
116	Alec Becconsall & Julie Underwood	Calder Valley	7hrs 17min 03sec	

200 Entries

I didn't really feel this race until about 2am on the Sunday morning coming home from town. This coupled with our trip to the Big 6 on the preceding Thursday, making sure I was adequately hydrated!!!

A crisp clear morning provided ideal conditions, despite the cold earlier on for running. Jon and I's, target of a sub 4hour 30min time looked achievable. We set off steadily maintaining a top 10 position throughout the race. The leading Clayton pair set off briskly and were soon well clear by the time we had ascended to Within's Ruin and along the Pennine Way, the panoramic views of Calderdale couldn't be enjoyed too much as the paving stones down towards Withins dam were encrusted in treacherous ice.

The route to Long Causeway was pretty uneventful, we were met and greeted by Jon's parents at both Widdop and the Long Causeway checkpoints providing superb support for both Jon and myself, not just subsistence but also valuable time updates at various points along the route, which was much appreciated.

Coming onto The Stocks Lane checkpoint (CP4) despite Jon beginning to show signs of fatigue we pushed the pace with the hope of splitting our group, unfortunately we didn't prevail although two early solo leaders were caught, this left the race open again with only the Clayton pair around ten minutes clear at Mankinholes. After a stop at the well equipped Makinholes checkpoint which included scones and tea we set off at a steady pace towards Stoodley where most of the front leaders were sporadically dotted climbing towards the monument.

Jon dug in like he did on the remaining climbs up to Heptonstall and the infamous climb up to Top O' Stairs. It was at this point that we overtook a struggling solo runner and confirmed our top five position in fine style.



We finished in 4hours 21mins, therefore achieving our object of a sub 4:30 time. Which was very rewarding for the both of us. The fine weather certainly helped, along with support from Jon's parents. Jon has set his sites after finishing fourth and second team on returning and winning the event in a sub 4hour time. I may try and bring the record down even further!

Jon's wife Julie and Alec Becconsall also participated and came through in 7hrs 17min, as did Richard Henderson.

The Wuthering Hike was traditionally a paired LDWA event with a running section added, many make a good day out with the 'slower' runners able to enjoy warm food refreshments which the marshals begin to prepare after the front runners have come through, so if you are wanting a long run over reasonable tracks, trails and road then this event could be one for you next year, Karl don't book your snowboarding trip until the date of this has been issued for next year!!!!!!!!!!!! Adam Breaks



Windmill Whizz - Sat 12th March 2005

6mls/800'

		Medium			Improve from
			rating		Medium races
					over last
					12 months
1	Chris Smale	Tod	38:56	-	-
2	Jon Cordingley	Bingley	39:17	-	-
3	Paul Stevenson	P & B	39:20	-	-
41	Rob Sharratt	CVFR	44:42	1.21	1%
44	Graham Hill	CVFR	45:14	1.23	-1%
49	Steve Smithies	CVFR	46:10	1.25	6%
59	Clare McKenna	Horwich	47:04	1st lady	-
86	John Murray	CVFR	50:45	1.38	-
119	Hugh Tooby	CVFR	55:34	1.51	-4%
135	Andrew Burn	CVFR	57:53	1.57	-
136	Allan Breaks	CVFR	57:54	1.57	-5%
143	Mark Everington	CVFR	59:39	1.62	2%
178 runners					

Fiensdale - Sat 19th March 2005

9mls/2600'

		Medium			Improve from
			rating		Medium races
					over last
					12 months
1	Simon Bailey	Mercia	1:15:48	-	-
2	Rob Hope	P & B	1:18:40	-	-
3	Gavin Bland	Borrod'le	1:19:29	-	-
35	Karl Gray	CVFR	1:25:41	1.02	1%
38	Adam Breaks	CVFR	1:26:08	1.02	1%
58	Andy Clarke	CVFR	1:28:40	1.05	3%
70	Richard Greenwood	CVFR	1:30:44	1.08	4%
101	Sally Newman	CVFR	1:34:54	1.13	2%
194	Rob Sharratt	CVFR	1:44:36	1.24	-2%
205	Rod Sutcliffe	CVFR	1:45:49	1.26	3%
224	Graham Hill	CVFR	1:47:57	1.28	-5%
232	Clare Kenny	CVFR	1:49:38	1.30	4%
233	Keith Cadby	CVFR	1:49:58	1.31	-1%
249	Jo Smith	CVFR	1:51:19	1.32	-9%
278	Jez Wilkinson	CVFR	1:56:59	1.39	-9%
287	Celia Mills	CVFR	1:58:43	1.41	-1%
296	Ben Davies	CVFR	2:00:26	1.43	-3%
321	Gerry Symes	CVFR	2:03:58	1.47	-9%
330	Dave Culpan	CVFR	2:05:59	1.50	-3%
349	Thirza Hyde	CVFR	2:10:27	1.55	-8%
360	Dave Beston	CVFR	2:12:32	1.57	-11%
361	Steve Garner	CVFR	2:13:32	1.59	-4%
392	Alison Wright	CVFR	2:24:49	1.72	-10%
405	Cerys Davies	CVFR	2:36:11	1.85	-26%
416 runners					

There was an excellent turnout of 21 Calder Valley runners for this race, the first in the English Championship series. We were treated to a lovely sunny day and a classic, challenging fell course. Sally had a magnificent run to win the women's section overall and lead the club to English Championship team points. Competition was tight among the men, with our top four runners all finishing within five minutes, Karl just holding off Adam at the end. The route starts with a steep climb up onto the fell and across the shoulder of Parlick, followed by a long contour over the tussocks and bog of Wolf Fell. Most Runners then descended the long and tricky path beside Bleasdale Water to the castle ruin on Langden

Brook, but it was difficult to overtake. Some, including Sally, kept higher, running straight down across Brown Berry Plain and Bleasdale Moss, and this may have been quicker. The steady run up the path beside Fiensdale Water to Fiensdale Head was a drag, and was rewarded by a fast steep descent before an equally steep but aching slow climb to Paddy's Pole. As I climbed I managed to convince myself that this was the last summit, so at the top it was disconcerting to see the long ridge stretching away towards Parlick in the distance. However this proved to be a fast run for those with anything left in their legs, and the final descent back to the finish was another hectic descent. A great race.

Rod Sutcliffe

IF YOU HAVEN'T ALREADY ENTERED
BUTTERMERE SAILBECK
ON SUNDAY 8TH MAY
THEN GET ENTERED AS THE
NUMBERS ARE BEING RESTRICTED

Walsh Shoe Sale

George will be in the Shoulder of Mutton on Tuesday 19th April at about 8.30pm after the club run with his Walshes. He has black/yellow at £40 and blue/yellow at £35 depending on size. In one or the other he has, at present, a full range of half sizes from 3 to 13, with the exception of size 6.

ISLE OF JURA FELL RACE Spring Bank weekend

I would like to be a point of contact for people going to Jura. Please let me know if you are planning to go. The date of the race is Sat 28 May. Attached is some information about it that Thirza previously circulated.

It's a long weekend, but a good one. The ferry takes two hours to Islay and then there's a short 5 minute ferry hop across to Jura and 10 miles along the road to Craighouse. Many people leave their car on the mainland and take a bike across for the road. It's an easy ride. There's free camping at Craighouse, site of the start, finish and ceilidh.

You have to travel across on Friday to be there for the start at 10.30 am on Saturday. The best ferry is at 1300 (last check-in 1215) so it needs an early start from home. There is also a 1800 ferry, but you get to Craighouse late. You can get an afternoon ferry back on the Sunday. Ferries can be pre-booked with Caledonian MacBrayne www.calmac.co.uk. It's about £16 return, but gets much more expensive if you take a car. Some of us will be staying up in Scotland for a few days afterwards.

Deadline for race entries is 1 May.

Rod Sutcliffe Tel. 01422 882082



The Isle of Jura Fell Race

16 miles – 7 mountain summits (including the Paps of Jura) - 7,500 feet

RACE SPONSORS: Isle of Jura Distillery
RACE INSURANCE: Scottish Hill Runners
RACE ORGANISERS: Ann and Andy Curtis

18 Killiebrigs, Heddon on the Wall, Northumberland, NE15 0DD.
 Tel. 01661-853095 email: arj.curtis@talk21.com

INFORMATION and REGULATIONS

Please read carefully.

- VENUE and DATE:** Craighouse, Isle of Jura; *Saturday 28 May 2005.*
- START and FINISH:** The Jura Distillery, Craighouse. Start time: 10:30am prompt.
- RULES:** The race will be run in accordance with rules of the Scottish Hill Runners (SHR). Non-compliance with the race rules or the specific requirements of the organisers will lead to disqualification and/or a ban from future races.
- ENTRIES:** The minimum age for entry is 18 years on the day of the race. **ENTRY FEE: £6** non-returnable and should be made only on the official form or a copy. Because of the severity of the course and in the interests of safety, entry will be limited to 180. **There will be no entry on the day.** All entrants must produce evidence of having successfully completed at least two fell races making comparable demands of fitness and mountain-craft. If the organisers consider experience is insufficient your entry will be rejected.
ENTRY CLOSING DATE: *Thursday 1st May 2005.*
- TEAMS:** No team fee or declaration is required. To be decided on aggregate time of the first three finishers running for the same athletic club.
- CHECK-IN:** at the Jura Distillery between 1800-2000, Friday evening or 0900-1000 race day to receive race number and check card and to undergo equipment check.
EQUIPMENT: All runners **must carry** a) whistle, b) compass, c) map (OS sheet 61, *Jura and Colonsay* 1:50 000 or Explorer 155, *Jura and Scarba* 1:25 000). **Black and white photocopy not acceptable** emergency rations equivalent to one mars bar (minimum), e) waterproof garments (preferably of bright colour) affording complete body protection. In addition, a **survival bag or mountain safety** blanket is recommended and may save your life in case of injury.
Non-compliance with equipment requirement carries automatic disqualification from the race.
- COURSE:** See 'The Course' and 'Description of Terrain'. Prior reconnaissance is strongly recommended. Checkpoints must be visited in the order stated. Runners may choose their own route between checkpoints and accurate navigation is often necessary. Checkpoints will be controlled by marshals. Race numbers must be worn to the front and must be clearly shown or given to marshals and other race officials on request. Runners will be responsible for their own registration at each checkpoint.
- MOUNTAIN RESCUE:** will be in attendance at strategic points on the course and will be in radio contact with each other and the Start/Finish.
- RETIREMENTS:** Runners arriving at a checkpoint after the stated closing time (see 'The Course') will be compulsorily retired by the marshals. All retiring runners should report to the nearest checkpoint (if possible), return by the safest, direct route **and must report to the finish.**
- REFRESHMENTS:** will be provided only at the finish in the Distillery cooperage. Although there are a number of lochans *en route*, most of the race is run at high level and the mountains are dry. Runners are strongly recommended to carry a drinking bottle and sufficient food to sustain energy over a long race period.
- AWARDS:** Trophies and/or prizes will be awarded to the first three runners, the first veterans o/40, o/50 and lady and to the winning team, along with others depending on entries. All finishers will receive a certificate and a memento of the occasion. The presentations will be made at the Distillery after the race.
- LOCAL FACILITIES:** Accommodation on Jura is limited and usually booked in advance for Race weekend. Contact the organisers for details. Camping is free for race competitors and their relatives at Craighouse, on the field opposite the Jura Hotel, with toilet and shower facilities at the rear of the Hotel. Other sites on the island are also used but have no facilities. A shop and café are available in the village.
- TRANSPORT to JURA** See 'Jura: How to get There'
- CEILIDH:** organised by the Jura Hall Committee will be held on Saturday evening.
- The ISLE OF JURA FELL RACE ORGANISERS** serve the right to postpone or cancel the race, to alter any part of the course, to run an alternative course (in the event of bad weather) and to refuse entry. Their decision on any matter of the race must be considered final. Complaints concerning any aspect of the race must be submitted in writing to the organisers by 1700 on the day of the race.

ALTERNATIVE COURSE

In the event of extreme weather, a shortened course will be run:

- Checkpoints 1, 2 and 3 same as full course (Dubh Bheinn, Glas Bheinn and Aonach Bheinn).
- Checkpoint 4: grid reference 496742 (east end of lochan)
- Checkpoint 5: grid reference 513736 (inflow of burn into Loch an t-Siob, near boathouse)
- Checkpoints 6 and 7: same as 7 and 8 of full course (Corra Bheinn and Three Arch Bridge).

Competitors should note that this is a shortened version of the previous alternative course but in bad weather will still necessitate careful and accurate navigation.

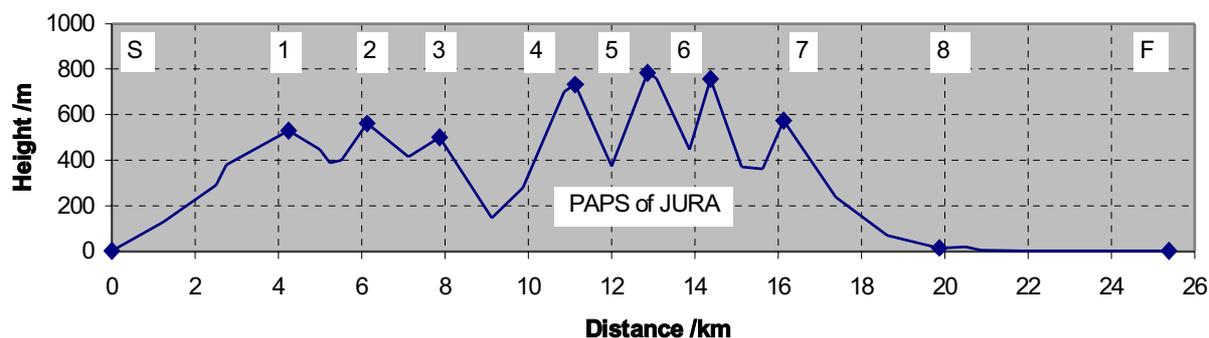
RECORD HOLDERS

Men's	Mark Rigby	1994	3:06:59
Ladies	Angela Mudge	2003	3:45:31
Veterans' (o/40)	Billy Bland	1988	3:09:36
Super-Veterans' (o/50)	Joss Naylor MBE	1988	3:48:43
Jurachs'	Mark Shaw	2002	3:53:24
Eilachs'	Donald MacPhee	1993	3:45:44

CONTACTS

Caledonian MacBrayne Ltd. http://www.calmac.co.uk http://www.calmac.co.uk/ttable_frameset.html	Gourock, PA19 1QP Kennacraig	01475-650100 01880-730253
Serco Denholm (Islay to Jura Ferry) http://www.juradevelopment.co.uk/ferry/	The Pier, Port Askaig, Islay	01496-840681
The Travel Centre (Bus from Glasgow)	St Enoch Square, Glasgow G1 4BW	0141-226 4826
Tourist Information Centre	The Square, Bowmore, Islay	01496-810254
British Airways http://www.british-airways.com	Bookings/Enquiries Islay Airport	0345-222111 01496-302022
Isle of Jura Distillery http://www.isleofjura.com	Race HQ, (week before the race only)	01496-820240
Local travel: http://www.juradevelopment.co.uk	Jura Hotel: http://members.aol.com/jurahotel	
Jura Stores: http://www.stores.demon.co.uk	Jura Feolin Centre: http://www.theisleofjura.co.uk	
Others: http://www.isle-of-islay.com	http://www.scotland-inverness.co.uk/jura.htm	http://www.ileach.co.uk
http://www.geocities.com/Yosemite/1015/paps.htm	http://www.husthwaite.freeserve.co.uk/juranew/jura.html	

ISLE OF JURA FELL RACE Course Profile



POINT	ROUTE	GRID	REMARKS	ROUTE DETAILS/ CONDITIONS	Closing Time	Leg Time
START	CRAIGHOUSE (Distillery)	527672	S end of village	Proceed through gate opposite village hall		
	Dubh Chreag	500680	Rocky	Proceed on to Dubh Bheinn		
CP1	DUBH BHEINN	489683	Rocky	Moderate ascent to summit	1130	60
CP2	GLAS BHEINN	501699		Lochans on way to Glas Bheinn	1150	20
CP3	AONACH BHEINN	484706		Straightforward ridge traverse	1205	15
	Abhainn Gleann Astaile	483718	Strike river to E of lochan	Boggy area around river		
CP4	BHEINN A'CHAOLAIS	489735		Ascent through steep scree for 2,000 feet	1315	75
	Na garbh Lochanan	495742	Loch water here	Steep descent on scree and grass		
CP5	BEINN AN OIR	498749	Spring below summit	Steep ascent on scree slope or ridge	1430	75
	Am Bealach	507749		Steep descent on rock and grass		
CP6	BEINN SHIANTAIDH	513748		Steep ascent by gully or ridge	1535	65
	Lochanan Tana	523750	Loch water here	Direct descent to lochans impossible due to sheer precipice on N side of Beinn Shiantaidh. Descend E ridge then N on scree		
CP7	CORRA BHEINN	527756		Steep ascent mainly on rock and grass. Boggy and rough going to bridge.	1640	65
CP8	THREE ARCH BRIDGE	544721	On roadway	Glen Battrick path easier (but slower)	1730	50
FINISH	CRAIGHOUSE (Distillery)	527672	Last three miles on road	Narrow coast road from Bridge.		

DESCRIPTION OF TERRAIN

The mountain terrain crossed by the race is potentially dangerous. It is imperative that you should take the utmost care when on the Paps. Carelessness could cause injury to others. Prior reconnaissance of the course (particularly with regard to ascent and descent of the Paps) is strongly advised.

Please note checkpoint closing times which are strictly applied.

- Craighouse to Dubh Bheinn: Proceed from the Distillery through the gate opposite the Village Hall and continue on up the road to the top near the telephone exchange. Leave the road at this point to break off through a deer-fence gate on to open moorland, keeping to the right of the intervening plantation. Though the gradient is fairly moderate, the ground itself is somewhat rough with innumerable rocky outcrops and is very boggy. Once over Dubh Chreag head for CP1 at Dubh Bheinn, a complex summit in the mist.
- Dubh Bheinn to Glas Bheinn: Retrace your steps slightly and move round the ridge passing some lochans and on up to the summit of Glas Bheinn; a moderate but stony ascent.
- Glas Bheinn to Aonach Bheinn: Ridge traverse to the west summit of Aonach Bheinn.
- Aonach Bheinn to Beinn a'Chaolais: Moderate descent from Aonach Bheinn into Gleann Astaile; wet near the river. Choose your own route up the 2,000 feet to the summit of Beinn a'Chaolais. Prior reconnaissance reveals useful tongues and ramps of vegetation through otherwise sheer scree.
- Beinn a'Chaolais to Beinn an Oir: Steep descent on loose scree of large, sharp boulders (some grass) to saddle, then steep ascent up ridge to summit of Beinn an Oir. **TAKE CARE ON SCREE** –Beinn a'Chaolais is a convex mountain and the direct bearing would take you over a precipice.
- Beinn an Oir to Beinn Shiantaidh: Eastern side of Beinn an Oir, although steep, is not as treacherous. Best descent is from low ruins at the end of a boulder-marked track NE of summit cairn. Spring in hillside about 200 feet down. The ascent of Beinn Shiantaidh from the pass (Am Bealach) is steep but on sure ground; take natural gully or right-hand ridge; ascent eases off before the summit.
- Beinn Shiantaidh to Corra Bheinn: Beinn Shiantaidh is another convex mountain. Descent of N side is **very dangerous**– sheer drop a short way below the summit. Best way is to descend E ridge for a few hundred feet on mainly small scree, then descend steeply northwards on rough scree for Lochanan Tana. From here, steep ascent on sure ground to summit of Corra Bheinn.
- Corra Bheinn to Three Arch Bridge: Straightforward descent to Bridge over rough grassland, very wet in places. Most runners cross the Corran River and follow deer tracks on the S side to the Bridge.
- Three Arch Bridge to Craighouse: The rest of the way lies along a 3.3 mile stretch of road which hugs Jura's beautiful coastline.

THE ISLE OF JURA

Of all the Western Isles of Scotland, the Isle of Jura, though one of the most beautiful, remains one of the most mysterious and least known. Almost 30 miles long and 7 miles wide, Jura is the third largest of the islands of Argyll, yet is still one of the few places in Britain around which you cannot completely drive. Only one road exists, following the southern and eastern shoreline and for its size, Jura is the wildest, emptiest and least visited of Britain's islands. The appeal of Jura is threefold: scenery, history and wildlife.

The spectacular Paps of Jura, rising from sea-level to over 2,500 feet are visible from the Argyll mainland some 16 miles away and provide breathtaking views of many Hebridean Islands and even (on a very clear day) the Isle of Man and Ireland. Jura is fringed by a rocky shoreline and deserted beaches of silver sand with many caves and raised beaches. At the northern tip of the island is found the fearsome whirlpool, Corryvreckan; occurring when currents flowing from the mainland collide with the opposing ocean current setting into the narrow strait between Jura and the Island of Scarba, a natural phenomenon visible from the shore.

It would be hard to pretend that it never rains in the Hebrides but Jura is situated in the Gulf Stream and the climate is mild, supporting fuchsia hedges and several palm trees. May and June are invariably the best months.

Jura has been inhabited for about 5,000 years – a period spanning the Bronze and Iron Ages, Viking settlements and Clan warfare. This long history provides the visitor with standing stones, hill forts, castles and deserted crofts. Christianity touched early; St Columbus's uncle, St Eaman, is buried in the graveyard of Inverlussa. The main literary connection is that of George Orwell who wrote 'Nineteen Eighty Four' while visiting Jura in 1948.

Wildlife abounds. The island was known to the Vikings as *Dyr Oe* – pronounced *Joora*, meaning Deer Island. Today there are more than 5,000 red deer, outnumbering human inhabitants by 20:1. Small wild goats abound on the uninhabited west coast, which they share with the grey seal. Inland, the rabbit is the commonest mammal, but the hare, stoat and otter may be glimpsed. Around 100 species of bird have been noted, including the blackcock, grouse, snipe and golden eagle inland, and practically every variety of seabird on the shore. The lochs and burns are trout-filled, whilst mackerel, saithe and lythe are just a few of the sea-species caught locally.

JURA: TRAVEL

Caledonian MacBrayne Ltd (enquiries: 01475-650100; timetable: http://www.calmac.co.uk/ttable_frameset.html)
Islay is reached by car/passenger ferry from Kennacraig (West Loch Tarbert) in Kintyre. Islay has two ports served regularly from Kennacraig – Port Ellen and Port Askaig, the latter much more convenient (especially for foot passengers) travelling onward to Jura. **Booking for vehicle transport is essential** for cyclists, the distance between Port Ellen and Port Askaig is 21 miles.

Kennacraig is reached by road from Glasgow via Loch Lomond (A82), Arrochar (A83) and Tarbert. The distance from Glasgow is 105 miles and is often slow.

An alternative route to Kennacraig is via the **Isle of Arran** using Caledonian MacBrayne car/passenger ferries from Ardrossan in Ayrshire to Brodick and from Lochranza to Claonaig on Kintyre. The 'Island Hopscotch' fare (including Kennacraig to Islay return) offers a significant saving over the sum of the individual fares involved.

Sercu Denholm Ltd (enquiries: 01496-840681; timetable: <http://www.juradevelopment.co.uk/ferry>)

Jura is reached by car/passenger ferry (5 minute crossing) from Port Askaig on Islay to Feolin Ferry. The ferry crosses regularly during the day and sails to meet the Kennacraig – Port Askaig ferry and continues to ply until all cars and passengers have been transported across the Sound of Islay. **Booking is not required**

Buses

Time-tables and other information regarding public transport in the Argyll & Bute area can be obtained from The Travel Centre, St Enoch Square, Glasgow G1 4BW (0141-226 4826).

Kennacraig is served by Scottish CityLink Coaches (0990-505050) from Buchanan Bus Station, Killermont Street, Glasgow. Connections with ferry services are given on the Caledonian MacBrayne time-table and should be verified with the bus station (0141-332 7133). There is a limited bus service between Cloanaig and Kennacraig connecting the Lochranza to Claonaig and Kennacraig to Islay ferries.

On Islay, busses connecting Port Askaig with ferries to/from Port Ellen and services to/from the Airport are operated by Islay Coaches (01496-840273) and The Royal Mail 01463-256200).

On Jura, a bus operates between Feolin and Craighouse, proceeding later to Inverlussa. Details of the service and request bookings should be made direct to the drivers: Charlie MacLean (01496-820221) and Alec Dunnachie (01496-820314).

Online Jura bus timetable: <http://www.juradevelopment.co.uk/jurabus/index.html>

British Airways

Islay can be reached by air from Glasgow. Buses connect with flight times for transport to/from Port Askaig.



The Isle of Jura Fell Race

16 miles – 7 mountain summits (including the Paps of Jura) - 7,500 feet

RACE SPONSORS: Isle of Jura Distillery
RACE INSURANCE: Scottish Hill Runners
RACE ORGANISERS: Ann and Andy Curtis
18 Killiebrigs, Heddon on the Wall, Northumberland, NE15 0DD.
Tel. 01661-853095 email: arj.curtis@talk21.com

Saturday 28 May 2005

Start: Craighouse, Isle of Jura, 10:30am prompt

PROSPECTIVE COMPETITORS PLEASE NOTE

Because of the severity and very real dangers of the course and in the interests of safety of all competitors, entries will only be accepted from those with the required experience of long mountain races. Please do not enter if your experience is limited. Rather, gain the requisite experience and enter again next year. Please indicate two races making comparable demands of fitness and mountain-craft e.g. Isle of Jura, Ben Nevis, Ennerdale, Wasdale, Langdale, Borrowdale, Welsh 1000m, Lakes Mountain Trial, Karrimor or Lowe Alpine Mountain Marathons.

Please enter me for the Isle of Jura Fell Race.

I hereby declare that I completed the events as stated:

1. **Year:** **Position:** **Time:**
2. **Year:** **Position:** **Time:**

I also declare that:

- I have read and understood the race regulations and agree to abide by them.
 I am aware of the severity of the course and the need for navigational skills.

The race will be held under rules of the Scottish Hill Runners (SHR).

I understand fully the hazards of fell-racing and that I enter the Isle of Jura Fell Race entirely at my own risk; that neither the Promoting Body, the Organisers, the Race Sponsors nor Landowners will be held liable or responsible in any way whatsoever for any injury or loss, or damage to property, sustained by myself or anyone else, during the race, however caused.

Signed: **Date:**

PLEASE USE BLOCK CAPITALS

FIRST NAME: **SURNAME:**

ADDRESS:

POST-CODE: **TELEPHONE:** **Email:**

CLUB: **DATE OF BIRTH:**

I enclose cheque/postal order value **£6.00** made payable to the 'Isle of Jura Fell Race'.

Post entry form and fee to: A Curtis, 18 Killiebrigs, Heddon on the Wall, Northumberland, NE15 0DD.

Closing date for entries: 1st May 2004.