

Exclusive to KACAC members!! Extracts from the new bestseller from Top Team Co-ordinator E. Lista Woffling-on, entitled "The Winning Way", published by Baton Books, £12.99

December 2008

Never getting involved with the Calderdale ever again! This is **NOT** how I wish to spend my life!

January 2009

Club AGM. Calderdale Way targeted for next year. New volunteers ready to co-ordinate everything. It will all be easy and straightforward. Priority team this year to be the Mixed Team. Aiming to win it.

February 2009

Discover that men are not planning to provide their best 6! In that case sod 'em! We bl**dy well won't either! Concentrating on Women's A and B Teams.

March 2009

Initial draft plans for CWR 2009 teams revealed – we have two mixed, four men's, two women's, two vets and a "fading stars" team, the sum total of which exceeds the total membership of the club! Still no commitment from the men (typical!)

April 2009

Revised plans issued but nobody is interested as they're all doing/watching the 3 Peaks (apart from those doing the London or otherwise injured).

May 2009

The legacy of the 3 Peaks is that we currently have enough fit runners for half a mixed/vets/has-been team. Gearing up for Millennium Way. Still no commitment from the men.

June 2009

Successful MWR – Women's A win it! Definitely not letting the bl**dy men cock up a winning formula now!

July 2009

Revised team plans for CWR re-issued but everyone away on holiday.

August 2009

Now the detailed planning and reccying due to start in earnest.....once everyone gets back from holiday.

September 2009

Men grudgingly agree to provide the best they've got in an historic treaty (the Treaty of the Brown Cow). Can now work on the best 6 women and also the A and B teams – loads of women to choose from now thanks to Richard T's legs.

October 2009

Route reccying on in earnest. Brilliant teams selected – may win every category as well as the mixed. Select women's part of mixed team and carefully plan legs accordingly.

November 2009

Cannot understand men's mixed team leg pairings! Barmy! However biting tongue as don't want to rock the boat now – it's looking good!

Early December 2009

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CWR minus 2 weeks

Men have 2 dropouts in the mixed but we still have a good team. Nightmare with pairings for A and B teams. Ran out of phone credit whilst texting various leg routes to re-arranged pairs.

CWR minus 1½ weeks

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CWR minus 1 week

Men now have 4 dropouts in the mixed but we still have a fair team. Nightmare continues with other logistics. Have dreadful sciatica from sitting at the computer sending innumerable emails and RSI in index finger from too much texting. Also have cold and flu, but otherwise all on track.

CWR minus 4 days

Realise that have accidentally emailed old team list out instead of Revision 34b! Confusion reigns! Never getting involved with the Calderdale ever again! This is NOT how I wish to spend my life!

CWR minus 2 days

Never, *never* getting involved with the Calderdale ever again! This is NOT how I wish to spend my life!

CWR minus 22 hours

Receive call to say a mixed lady has dropped out. Say it's no problem and will sort and then move into headless chicken mode. Mobile phone promptly packs up, with all my contacts on the phone memory instead of the SIM card. Begin rant about Nokia, Three Mobile and Men until gently reminded that this is not solving the Leg 3 Issue.

CWR minus 21 hours

Focus on actual problem. After 3 minutes re-commence rant about Nokia, Three Mobile and especially Men until force fed tea and told to get off the ceiling. Ring Cath. She'll do it! Brilliant! What a star! Commence a long and detailed re-arrangement of all teams until advised to stick to just re-jigging Leg 3 pairings, if only for the sake of my sciatica.

CWR minus 18 hours

A quick outburst about Nokia and Three Mobile and then contact other Leg 3s to sort. Everyone marvellous! All sorted so go down to phone shop to seek repairs.

CWR minus 15 hours

Never getting involved with the Nokia or Three (or Men) ever again! This is NOT how I wish run my mobile account. Cannot believe some organisations!

CWR minus 8, 7, 6, 5, 4 hours

Sleepless night worrying that one of the new pairings on Leg 3 has not reccyed it and may well die of exposure! Seek reassurance that Leg 3 route is not far from civilisation. Receive advice that it's near Todmorden, if that counts? Will have a crap run I know. It's all doomed! Can you get sent to prison for sending people to their deaths?

CWR

Have a good run on my leg and we handover in the lead!

CWR plus 4 hours

Presentation of CWR Mixed Team Trophy at Kings Arms in Silsden, along with a large supply of 2007 CWR coasters and mince pies. It's all clearly been worthwhile and a tribute to everyone who took part (even the Men)!

Next year, the plan is to.....!