



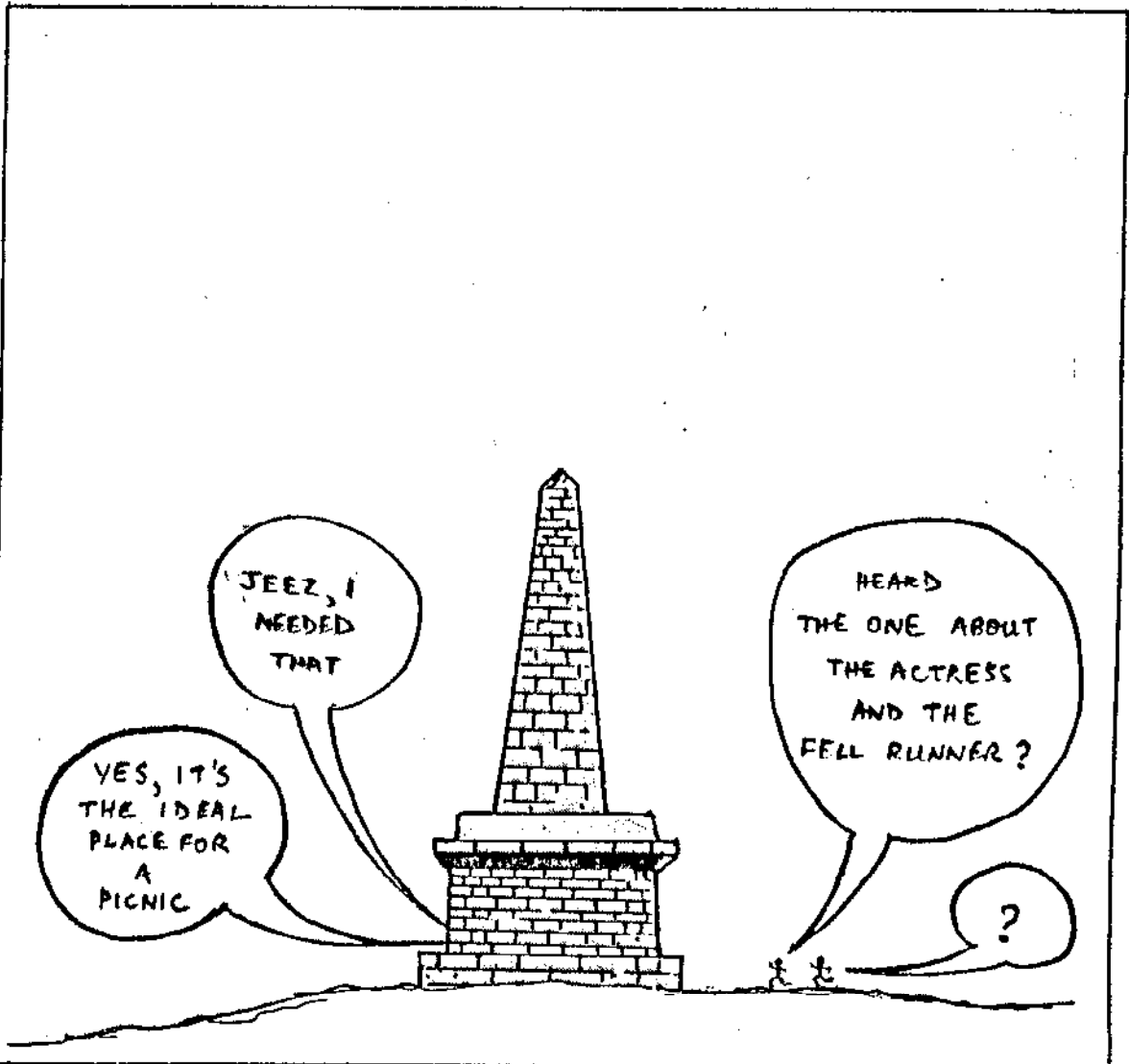
# RAMPAGE

CALDER VALLEY

FELL RUNNERS

Issue No 1

May 1987



## WIT OF THE MONTH COMPETITION

Can you produce a better comment or cartoon to adorn Rampage for the next issue? Suggestions to the editor please. The winner will receive a free entry to the Karrimor this year (as Jeff Winder's partner in the elite class!).

EDITORIAL

Here is our Newsletter, which we intend will be a regular production. That depends on YOU. We need articles, race reports, ideas, cartoons and also help with the production. So come out with it!

The club is now just 6 months old and the achievements to date are considerable. The Calder Valley Fell Race was a great success and we look forward to its becoming established as a popular event in the calendar. Other races are being planned for this year. The Club Handicap to Stoodley will also be looked forward to next year. The Club championship is underway and Jeff and Gary are scoring points regularly in the English championship races this year. There may well be better results ahead. The present core of members provides us with strength in depth.

It has always been intended that the club should have a strong social side and the Club dinner in January got us off to a good start. The Disco on 2 May was also well attended. The support of the partners of members at races and social events is much appreciated.

Much of what has been achieved so far has resulted from a lot of hard work by the committee and more is planned - eg the Junior Section, Mount Skip Fell Race, Calder Valley Relay and Bob Graham Round.

The next edition should appear in July!

Meanwhile . . . . KEEP ON RUNNING!



RAMBLER

COMMITTEE

Chairman	Rhys Kift	883634
Secretary	Dave Yates	-
Treasurer	Brian Horsley	Bradford 600651
Club Captain/Fixt. Sec	Jeff Winder	883600
Publicity Officer	John Riley	882855
Social Secretary	Russell Arrandale	883510
Membership Secretary	Tim Daniel	Dewsbury 465105 (ext 480)
<u>Other Club Officials</u>		
Newsletter Editor	Rod Sutcliffe	845438
Youth Section	Gary Webb	842713

OLD NEWS - FOR THE RECORD

- 28.10.86 First meeting to discuss formation of club.
- 11.11.86 First club meeting of club - Committee approved and club strip decided.
- 31.1.87 Club handicap race from Mytholmroyd Community Centre to Stoodley Pike and back. Distance 5.6 miles, height 1000'. Handicap winner: Richard Rowlands 50.04 (actual time, 39.34). Fastest actual time: Gary Webb 36.42.
- 31.1.87 Club annual dinner at Kershaw House. Guest Jack Maitland. Runners' Runner of the Year: Jeff Winder. Wally of the Year: Russell Arrandale. Over 80 people attended.
- 22.3.87 Calder Valley Fell Race 121 Runners. Distance 14 miles, height 3700'. Winner: Sean Livesey 1.59.20 SUB2!

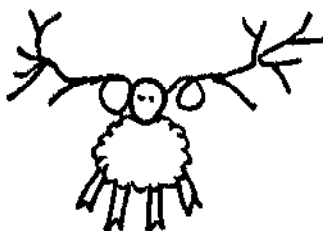
Income	£185.00
Expenditure	£192.94*
<u>Loss</u>	<u>7.94</u>

\* Expenditure includes £65.00 on Stoodley Pike Trophy, which is now a Club asset.

2.5.87 Club Disco Mytholmroyd Community Centre.

\* \* \* \* \*

RAMIFICATIONS



WHAT A WALLY!

Six weeks of headbanging on the roads in December and January led to a stress fracture of the shin bone for Rod Sutcliffe and he has been unable to run since. He was determined to win something in 1987 and he is now a strong contender for Wally of the Year. Ah! Ah!

\* \* \* \* \*

BOB GRAHAM ROUND

At least 2 club members will be doing the Bob Graham Round on the weekend of 18/19 July this year. The Round involves reaching 42 Lake District Peaks within 24 hours, covering 72 miles and climbing 27 000'. Rhys Kift and John Riley will be making the attempt backed up by other club members. Present Bob Graham Club Members are Jeff Winder and Rod Sutcliffe, who completed the Round in 1985 in 22 hours 52 minutes.

\* \* \* \* \*

CLUB MEMBERSHIP

This now stands at a total of 41. Subscriptions fall due on 1 January and include

Associate Membership of Mytholmroyd Community Centre (which entitles us to showers and use of club bar, as well as other club facilities). However, since Community Centre Subs fall due on 1 April, this component of the Club subscription is now due again.

The committee has decided to ask members for this payment of £1.80 now so that Community Centre subs can be paid. In future years (ie from January 1988) the full subscription will be payable on 1 January, and the Community Centre component will be held in the Club's bank account and paid to the Community Centre on 1 April. Please pay your £1.80 to Brian Horsley or Tim Daniel promptly.

\* \* \* \* \*

CHAMPIONSHIP POINTS

Gary Webb and Jeff Winder have obtained the following English Championship Points:

	<u>Gary</u>	<u>Jeff</u>
Edale	22	20
Kentmere	20	6
Blisco	-	-
TOTALS	<u>42</u>	<u>26</u>



Championship Races still to come are:

Saddleworth	short	31 May
Everdale	long	13 June
Blake	medium	27 June
Burnsall	short	22 Aug
Sedburgh	long	23 Aug
Scafell Pike	medium	26 Sept

\* \* \* \* \*

FUTURE CLUB RACES

Look out for:

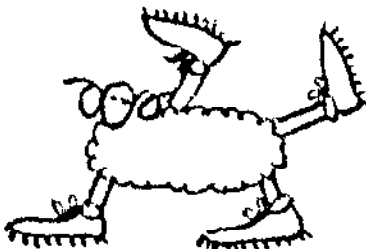
- 1 Calder Valley Relay Race - 3 leg relay from Mytholmroyd Gala Field to Sheepstones Edge Trig Point and back. One Wednesday evening in August.
- 2 Mount Skip Fell Race - From Mytholmroyd Gala Field via Mount Skip to trig point at Sheep Stones Edge (Midgley Moor) and back. Saturday 29 August at 3.00 pm. (Gala Day).

\* \* \* \* \*

RACE VIDEOS

Many thanks from the Club to Dennis-Behind-the-Bar for the time and trouble he takes to produce videos of races. There have been many favourable comments.

\* \* \* \* \*



FELL RAMMER

CLUB STATISTICS

Simon Pierce is now keeping race results, and records of Club and English Championship points. Results will be published in the newsletter and will also be used to determine handicaps.

PLEASE GET RESULTS OF RACES you attend for Simon. Also write a RACE REPORT, however short, for the newsletter.

\* \* \* \* \*

ENNERDALE WEEKEND

13-14 June. Jeff is planning this. Please contact him if you are interested.

\* \* \* \* \*

PENNINE WAY RELAY RECORD ATTEMPT

An attempt on the 8-leg relay record is being considered for the weekend of 25-26 July. The record presently stands at 41 hours 29 minutes (Clayton-le-Moors Harriers, 1985). Richard Crossland, Paul Frechette, Rhys Kift, Rod Sutcliffe, Gary Webb and Jeff Winder took part in a Halifax Harriers attempt last year and the team ran the 269 miles in 43 hours 48 minutes. The record is still there for the taking!

\* \* \* \* \*

LONDON MARATHON

Andrew Thompson ran this year's race in 3 hours 31 minutes. Although he says it was an enjoyable day and worth running, he's 'had enough of the roads' and it's back to the hills now. Well done, Andrew!

\* \* \* \* \*

THE THREE PEAKS RACE - 26 April 1987

The hottest race day for years greeted the runners for the 34th Annual Race. The tannoy rang out at 9.05 am '73°F .... overtrousers and cagoules will not be necessary this year'. Standing next to me in the ever-increasing queue, outside the solitary gents loo was Bod, complete in Club vest, shors and Lifa. 'I don't think you'll need that' says I. 'Tha' can never be too sure' came the reply.

Present on the starting blocks were Jeff, Tim, Brian, Bomber, Andy, Bod, Rhys, Richard, Dave and myself. At 10 bells, we were off. Dave flew off like a man possessed, hanging on to Pete White's bum bag. He had clearly planned the race in great detail. Penny, complete with the prerequisite gallon of Lucozade, was soon to be seen. But we had only just left the road by the Horton Cafe. Wasn't this a little soon for the first pit stop? The heat was on. Surely he couldn't last? I was right! Penny Yates 1 : Pen-y-Gent 0.

Pen-y-Gent soon slowed down the pace and the race began to take shape. 'Now listen, Brian' exhorts Jeff, 'I've been thinking about this. I've made up a cocktail which has all the correct ingredients for a good run .... Accolade, Staminade, Xl1, aspirin, salt tablets and a little potassium thrown in for good measure. Highly recommended by all the top runners. It can't fail.' These famous last words must have been at the forefront of Brian's mind when, upon reaching the first summit, he decided to create a new cairn .... from the contents of half his stomach, which included Jeff's concoction and the obligatory diced carrots. When will you learn, Brian?



RUSSELL ARAMDALE

Jeff, Tim and Richard reached Ribblehead at various stages and, after hearing Jimmy's valuable advice regarding race tactics, continued their running. Bomber, Andy and myself followed and were greeted by the MC announcing our names and club. The race was warming up.

As Whernside came and went, Andy steamed ahead having caught Richard. Even more invaluable advice came from Jimmy at the Hill Inn. Bomber, thinking he was on a Sunday afternoon stroll (well, perhaps he was?), decided to stop for a picnic which included 2 bananas and several honey sandwiches. Jeff's 'Molotov' cocktail was clearly too much for Brian, who decided to call it a day at the Hill Inn.

With Andy pulling away and Bomber stopping for tea, my only other goal was to find Richard. 'Good' came the reply.

Rhys, so pleased with his afternoon out, was heard to ask Dave Smith whether anyone wanted to buy his kit for a fiver. Who on earth would want that luminous green vest, Rhys? Bod said before the start, that this would be his last 'Three Peaks'. I don't think he's changed his mind.

All in all, the race was a great success for Jeff and Tim, who finished in 18th position (3.18.49) and 23rd position (3.21.59) respectively. Tim's great hulk was also spotted on TV .... just! A good day out and another Club success.

Russell Arrandale

THREE PEAKS FELL RACE - RESULTS

1	H Symonds	Kendal	3.00.01
2	B Brindle	Horwich	3.07.48
3	R Whitfield	Kendal	3.08.60
~			
18	J Winder		3.18.49
23	T Daniel		3.21.59
196	A Thompson		4.07.30
225	R Arrandale		4.14.39
230	R Kellett		4.15.26
290	B Horne		4.27.13
318	R Kift		4.40.01
325	J Riley		4.45.08

Retired: Brian Horsley, Dave Yates  
Starters: 483

\* \* \* \* \*

MORE RACE RESULTS

Winter Hill (11 miles) 30.11.86

15	G Webb
29	J Winder
126	R Arrandale
Also	J Sheard
	D Yates

Tanky's Trog (Marsden to Edale)  
(21 miles, 2300') 7.12.86

9	J Winder	3.08
23	T Daniel	3.18

Guisborough Woods (6 miles, 1000')

27.12.86

2 G Webb 37.46

Calder Valley (14 miles, 3700') 22.3.87

1 S Livesey 1.59.20  
 4 J Winder 2.01.28  
 12 S Parsons 2.10.32  
 20 T Daniel 2.13.05  
 24 S Skelton 2.16.10  
 40 A Thompson 2.23.18  
 45 A Sowden 2.26.25  
 55 R Kellett 2.30.00  
 65 G Woodward 2.41.30  
 77 P Regan 2.47.25  
 90 P Round 2.56.50  
 92 J Sheard 2.59.33

Haworth Hobble (33 miles) 21.3.87

B Horsley & B Clare 5.05  
 R Kift & J Riley 5.36  
 K Pierce & S Pierce 5.40  
 R Arrandale & B Horne 6.15  
 M Kift & B Blamires 9.00

Edale Skyline (21 miles, 4500') 29.3.87

8 G Webb 2.54.09 \*\* 22 pts  
 10 J Winder 2.57.11 \*\* 20 pts  
 44 T Daniel 3.13.27  
 97 B Horsley 3.34.13  
 158 J Riley 3.53.54  
 195 R Arrandale 4.05.07

Kentmere Horseshoe (12 miles, 3300')

5.4.87

10 G Webb 1.34.39 \*\* 20 pts  
 24 J Winder 1.37.30 \*\* 6 pts  
 77 T Daniel 1.42.22  
 81 S Parsons 1.42.46  
 92 S Skelton 1.44.52  
 100 B Horsley 1.46.34  
 117 R Crossland 1.47.30  
 177 R Norcliffe 1.51.40  
 180 P Round 1.52.30  
 200 A Sowden 1.53.10  
 214 S Pearce 1.54.43  
 221 R Kellett 1.55.30  
 230 J Riley 1.56.39  
 242 B Horne 1.57.20  
 252 R Arrandale 1.58.33  
 286 P Regan 2.01.36  
 376 J Sheard 2.15.43  
 426 M Fleetwood 2.38.10  
 427 D Yates 2.39.26  
 R Rowlands Retired

Coniston (9 miles, 3500') 2.5.87

4 G Webb 1.16.23  
 34 J Winder 1.24.52  
 52 S Skelton 1.27.57  
 123 T Daniel 1.38.02  
 191 R Arrandale 1.47.28  
 232 J Riley 1.55.44  
 269 M Davies 2.06.30

Simon's Seat (3½ miles, 1200') 14.5.87\*

8 G Webb 26.30  
 25 S Skelton 28.05  
 39 R Crosland 28.44  
 40 P Round 28.45  
 74 T Daniel 30.48  
 78 B Horsley 31.12  
 84 J Riley 31.43  
 103 B Blamires 32.40  
 105 R Arrandale 33.04  
 112 J Sheard 33.36  
 114 S Kirkbride 34.05  
 117 D Yates 34.11.  
 118 T Redmond 34.13  
 141 M Fleetwood 35.35  
 165 C Hopkins 38.33

Ben Lomond (9 miles, 3192')

17 G Webb  
 75 P Round

Fairfield Horseshoe (9 miles, 3000') 16.5.87

14 B Schofield  
 33 J Winder  
 71 T Daniel  
 85 B Horsley  
 126 A Sowden  
 127 R Norcliffe

Other Calder Valley finishers:

J Thistlethwaite  
 S Pearce  
 R Horne  
 P Regan  
 T Redmond  
 R Arrandale  
 J Sheard  
 M Fleetwood  
 B Blamires  
 D Yates  
 G Ridgway  
 C Hopkins  
 J Riley

Typical Lake District mist was the order of the day for this classic race. Calder Valley's Brian Schofield was not deterred, finishing a brilliant run in 14th place, and proving himself one of the Club's top men.

RACE PREVIEW - ENNERDALE

13 June 1987 23 miles, 7500'

Start: Ennerdale Scout Camp	088154	6 Pillar	171121
1 Great Bourne	124164	7 Haycock	145107
2 Red Pike	160154	8 Iron Crag	122119
3 Black Beck Tarn	201129	9 Crag Fell	097143
4 Green Gable	215106	Finish: Ennerdale Scout Camp	
5 Kirk Fell	194104		088154

This is a classic Lakeland Fell race, with every type of terrain en route, rocky, scree runs and fast grass running. It is an achievement and a real pleasure to run this race. Although you might not think so at Pillar. This year it is an English and British Championship race and the 20th Anniversary of the race. The organisers have promised something special to mark the anniversary, most likely 2 laps for good measure. It is a great weekend so let's all make the effort for this one.

To the race itself, there is little or no water after Black Sail Pass (unless we can arrange back up; anyone interested see me). This is a real problem, drinking early on is essential.

The course is pretty straight forward to Red Pike, from here various routes are taken. There is a ridge path from Red Pike via High Stile to High Cragg, but the best way is, Red Pike bearing of 180° for 100 yds, then contouring round to the scree run of High Cragg, a distance of about 2½ km. Down the scree run of High Cragg to the foot, where a flat section is met. About 50 yds past this, drop off steeply to the left at 45°, down the side of a small crag. This leads to Scarth Gap, and misses the large crag climb.



From Scarth Gap there is a path climbing, but contouring Haystacks. Stick to this, climbing all the time. This path peters out after about 700 yds. You have to turn left up a steep path after around 450 yds. This left path is very easy to miss. I did last year!! If you do miss it, climb steep to your left to the top, then run at about 45° from the top - this will put you back on the path to Blackbeck Tarn. You pass a tarn before Blackbeck called Innominate Tarn. Just past here, about 150 yds, the path splits. It is tempting to go straight ahead, but you need to drop off steeply to the left, then follow the path round to the right to Blackbeck Tarn.

At Blackbeck it is wise to drink a pint and take a pint with you; you'll be glad of this later. From Blackbeck follow the tarn path then off on a bearing of 130° to the left of Beck Stream. There is a temptation to contour too soon here. You must climb steepish to the left, or you will finish up in Brin Craggs. The path above Brin Craggs splits; a lot take the top path and climb to meet the path from Brandreth to Green Gable. I think it is better to take the bottom path - follow it round to the stream at Tongue Beck. This stream will direct you to the top of Green Gable, also handy for a drink.

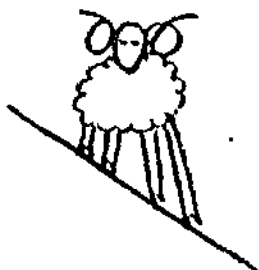
From Green Gable drop down to Windy Gap then off right down the scree run, to contour Great Gable. Be careful here not to follow the path too far down as



this continues straight down. You should be contouring to the left about 300 yds from Windy Gap when you hit grassy ground with large rocks on it. Follow the path round and drop down to Beck Head. There is a tarn here but it is not always full and usually a little dirty.

Up Kirkfell, and on Kirkfell there is a false summit. When the path flattens out, contour to the left round this. From Kirkfell there are a number of ways off. I think the best for two reasons is as follows. (If you have the confidence not to follow the others, it would pay you to look at this before race day.) Kirkfell bearing of 10° down to the stream in the gully Bayscar Gap. Follow stream down on the left hand side for about 450 yds, there is a very steep rocky gully. Contour sharp left, dropping slightly. This will get you back onto the path to Black Sail Pass. Apart from Scoat Fell this is your last drinking point and you still have 11 miles to go.

MYTHOLMRAM



From Black Sail you are on a rocky path over Pillar right through to Scoat Fell. You can follow this right to Haycock, although it is faster to contour Scoat Fell. To do so, at Little Scoat Fell, there is a path off to the left to Red Pike. Follow this for about 200 yds, then contour round to the right. This misses out Scoat Fell climb, and also, if you drop slightly down

the side of the contour line, you will find the stream mentioned.

Contour round until you hit the wall on the spur of Scoat Fell. Just follow this wall now straight up Haycock. This wall leads you right back to the woods at the foot of Crag Fell, although most people chop the corner off at Silver Cove. To do this, drop down from Haycock until you hit a flat spot with a climb in front of you. Get to right hand side of wall and contour round to right. Don't drop too far or you will finish up in Silver Cove Crag. Pick the wall up again and follow this to the woods at the foot of Crag Fell. You climb a stile leading into woods. There is a good path running through the woods but you must turn right after 200 yds from the stile, up through the clearance in the woods. This leads to a wooden fence. Climb over this and straight up to Crag Fell. It is flagged from here back, and seems about 50 mile, although it is about 1½ miles to the finish.

The race is fast from Haycock back, with good running and little climbing. Most of the climbing is done before 14 miles. Therefore it pays to try and save a bit for Haycock onwards.

Jeff Winder

Of course, Fell racing is merely a sublimated race memory of the hunting instinct...



CALDER VALLEY CLUB CHAMPIONSHIP 1987

Apr 5	Kentmore Horseshoe	AM
26	Three Peaks	AL
May 17	Fairfield Horseshoe	AM
20	Blackstone Edge	AS
31	Saddleworth	AS
Jun 6	Pen-y-Ghent	AM
13	Ennerdale Horseshoe	AL
Jul 8	Stoodley Pike	BS
18	Ingleborough	AM
24	Glossop	AL
Aug 1	Borrowdale	AL
8	Downham	AM
22	Burnsall Classic	AS
23	Sedburgh Hills	AL
Sep 26	Thieveley Pike	AS
Oct 3	Tour of Pendle	AL



Points will be awarded on the above races according to the following formula:

$$\frac{(\text{number of finishers}) - (\text{your finishing position})}{\text{number of finishers}} \times 100$$

eg - if you finish 30th out of 100 starters, then  $\frac{100 - 30}{100} \times 100 = 70$  points

Up to 10 races will count towards the championship - that is, your best 3 short, medium and long race results, plus one other race.

Four races have been held. Full results of the Fairfield Horseshoe are not available yet, but the Championship table, including the Kentmere, Three Peaks and Blackstone Edge races, stand as follows:

POS	NAME	POINTS	RACES	POS	NAME	POINTS	RACES	
1	J Winder	272	3	14	R Arrandale	94	2	
2	T Daniel	177	2	15	S Parsons	81	1	
3	S Skelton	161	2	16	R Rowlands	80	1	
4	R Crossland	160	2	17	A Thompson	59	1	
5	B Clare	159	2	18	J Sheard	52	2	
6	B Horsley	151	2	19	S Pierce	50	1	
7	P Round	138	2	20	S Kirkbride	55	1	
8	J Riley	135	3	21	R Kift	34	1	
9	R Horne	134	3	22=	B Blamires	33	1	
10=	R Norcliffe	119	2		P Regan	33	1	
	A Sowden	119	2	24	T Redmond	32	1	
12	R Kellett	100	2	25	S Towler	22	1	
13	G Webb	98	1	26=	M Fleetwood	1	1	WSA
					D Yates	1	1	WSA*

\* \* \* \* \*

\*WSA = Wooden Spoon Award!

LATE RESULT

Blackstone Edge (3.5m/1200') 20.5.87

38	R Crossland	31.22	103	R Norcliffe	33.59
44	B Clare	31.35	129	J Riley	35 dead(!)
51	S Skelton	31.56	147	B Horne	35.47
54	J Winder	32.06	178	J Sheard	36.54
57	P Round	32.07	192	S Kirkbride	37.26
58	R Rowlands	32.08	198	B Blamires	37.37
76	B Horsley	32.42	202	T Redmond	37.44
102	A Sowden	33.55	231	S Towler	38.43

296 Runners

\* \* \* \* \*

FIXTURES LIST

Date	Category	Race	Dist/Height	Entry
* May 20 Wed	AS	Blackstone Edge	3.5m/1200'	OD
! * 31 Sun	AS	Saddleworth	3m/950'	OD
Jun 3 Wed	BS	Otley Chevin	3m/1000'	PE
* 6 Sat	AM	Pen-y-Ghent	5.5m/1500'	OD
! * 13 Sat	AL	Ennerdale Horseshoe	2.3m/7500'	OD
14 Sun	BS	Skipton	4m/1000'	PE/OD
20 Sat	AS	Buckden Pike	5m/1500'	OD
! 27 Sat	AM	Blake	7m/2150'	OD
28 Sun	AS	Mount Famine	5m/1700'	OD
Jul 5 Sun	AM	Skiddaw	9m/2700'	OD
* 8 Wed	BS	Stoodley Pike	3.5m/700'	PE/OD
11 Sat	BM	Mytholmroyd	7m/1350'	OD
11 Sat	AL	Wasdale	21m/9000'	OD
* 18 Sat	AM	Ingleborough	7m/2000'	OD
* 25 Sat	BM	Turnslack	8m/1200'	OD
26 Sun	AL	Glossop	22m/4200'	PE/OD
* Aug 1 Sat	AL	Borrowdale	17m/6500'	OD
8 Sat	AL	Buttermere Horseshoe	20m/8000'	25 July
* 8 Sat	AM	Downham	5.5m/1200'	OD
16 Sun	BS	Wadsworth	4m/800'	OD
! * 22 Sat	AS	Burnsall Classic	1.5m/900'	11 Aug
! * 23 Sun	AL	Sedburgh Hills	14m/6000'	OD
29 Sat	S	Mount Skip	4m/1000'	OD
Sep 3 Thur	BS	Hades Hill	5m/1200'	PE/OD
5 Sat	BM	Jack Bloor (Ilkley Moor)	7.5m/1150'	OD
5 Sat	AM	Ben Nevis	3.5m/850' 10m/4400'	27 June

NB: \* Club Championship race  
 ! English Championship race  
 OD Entry on the day  
 PE Pre-entry available

25 July Latest date for entries

FOR COMPLETE LIST SEE FRA FIXTURE LIST

Other Events

May 23/24	Snowdonia 100	100m	Closed
Jun 27/28	Capricorn, Galloway		1 June
Jul 4/5	Saunders Lakeland Mountain Marathon	50/40/30m	31 May
18/19	Bob Graham Round	72m	OD(?)
25/26	Pennine Way Relay(?)	269m	-
Sep 13	Ordnance Survey Lakes Mountains Race	20m/7000'	31 July
13	Footloose Heritage Walk (from Mytholmroyd)	26m	PE