

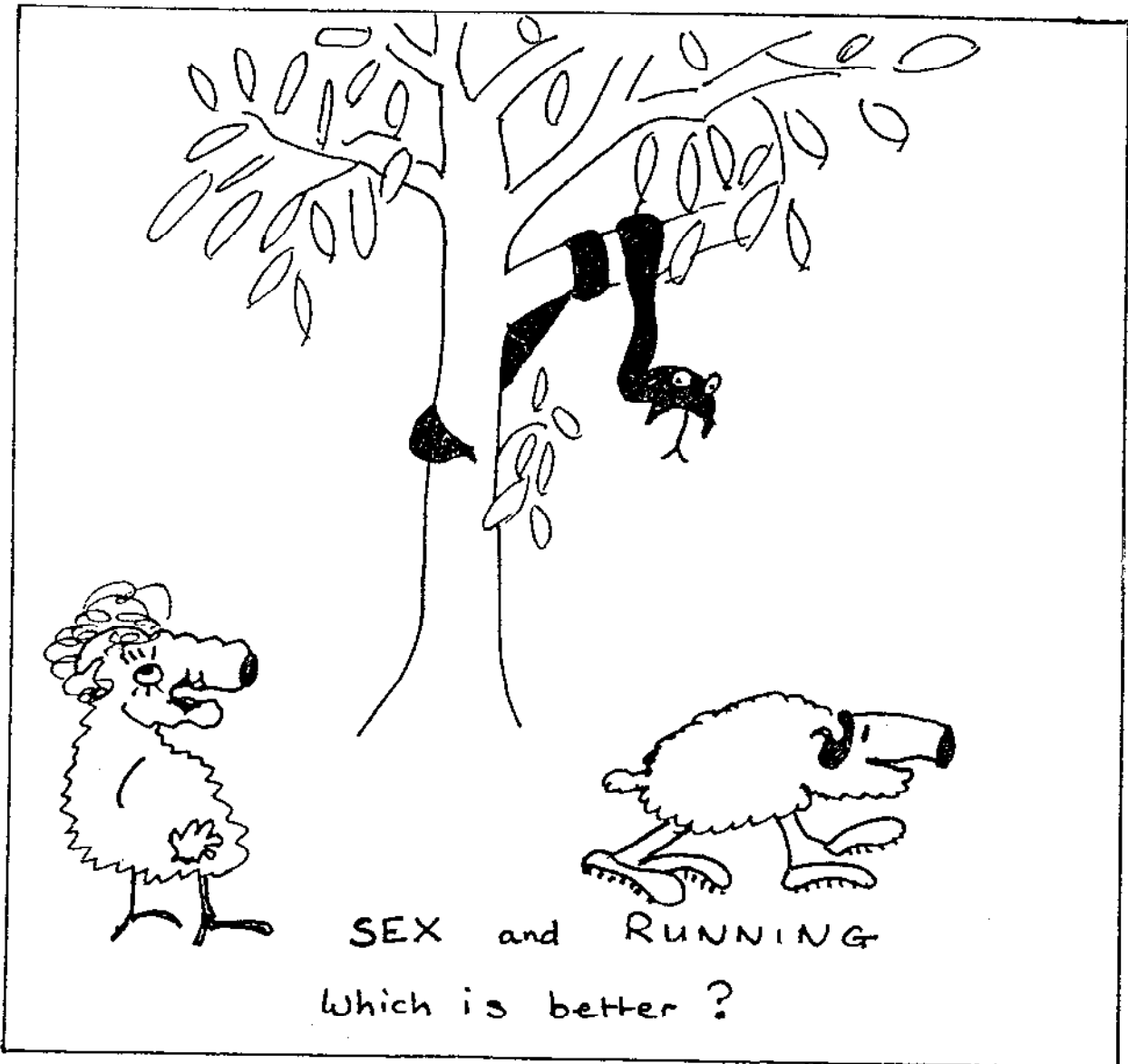


RAMPAGE

ISSUE 10

**CALDER VALLEY
FELL RUNNERS**

MAY 89



SEX and RUNNING

Which is better ?

F i x t u r e s



<u>DATE</u>	<u>RACE</u>	<u>CAT</u>	<u>DIST</u>	<u>HT</u>	<u>ENTRY</u>
<u>MAY</u>					
Sun 7th	Darwen Moors	BM	11m	1800'	OD
Thur 11th	Simons Seat	AS	3.5m	1300'	OD
Sat 13th	Belmont Winter Hill	BS	4.5m	1000'	OD
Sun 14th	Buttermere Sailbeck	AM	9.4m	3700'	PE May 7
Sat 20/21	Rock & Run MM				PE Mar 31
Sun 21st	Fairfield Horseshoe	AM	9m	3000'	OD
Tue 23rd	Two Lads	BS	4m	800'	OD
Sun 28th	Saddleworth	AS	3m	950'	OD
<u>JUNE</u>					
Sat 3rd	Duddon Valley	AL	20m	6000'	OD
Sat 3rd	Pen-y-Ghent	AM	5.5m	1500'	OD
Wed 7th	Otley Cheven	BS	3m	1000'	OD
Sat 10th	Ennerdale	AL	23m	7500'	PE June 3
Sun 11th	Kinder Trog	BL	14m	3000'	OD
Sun 11th	Skipton	BS	4m	1000'	OD
Sat 17th	Buckden	AS	4m	1500'	OD
Sun 18th	Holme Moss	AL	16m	4000'	OD
Sat 24th	Five Cloughs	AM	8.75m	2000'	OD
Sun 25th	Mount Famine	AS	5m	1700'	OD

Attached to the back of this RAMPAGE is a questionnaire compiled by Jeff to winkle out our feelings and hopes for the Club. Please answer the questions on the back of the page and return to Jeff ASAP!!!

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Editor



I'm writing this before the Three Peaks, as I might not have enough strength afterwards! The London Marathon made good viewing, and the sight of the second lady, a Polish runner, does well to remind us that we don't have to be anorexic to run. Still I don't suppose I'll be on the screen this Sunday.

Once again members need reminding that everyone belongs to the Club, and that social functions and this magazine (comic?) need your support to carry on the friendly spirit of CVFR. We are still a small club and therefore it is easy to be on first name terms with all members. At the last two annual dinners, the guest speakers have commented on how well we all seem to get on together, so let's keep up the good work!!!

I'd particularly like some funny contributions for the next RAMPAGE. And finally if anyone is interested in goats milk see me!!!

Jill Thistlethwaite.

COMMITTEE

Chairman	Rhys Kift	Hx 883634
Secretary	Graeme Woodward	Hx 885185
Treasurer	Alistair Sowden	HX 884860
Club Captain/fixtures	Jeff Winder	Hx 883600
Membership Secretary	Richard Kellett	Hx 202923
Social Secretary		
Publicity Officer	Russell Arrandale	HX 883510

CO-OPTED MEMBERS

Officer for Juniors	Mike Bowden	HX 831249
RAMPAGE editor	Jill Thistlethwaite	HX 884756
Statistics	Rod Sutcliffe	HX 845438

RESULTS results RESULTS results RESULTS results RESULTS
results *RESULTS* *results* *RESULTS* *results* *RESULTS*

LONG MYND VALLEYS 26/3/89

1. Eddie Harwood (Mercia) 122.49

8. Duncan Thomson 128.56
28. Keith Munton 138.56

KENTMERE 2/4/89

1. C Donnelly (Rhewyr) 1.23.53
2. M Patterson (D Peak) 1.24.05
3. K Anderson (Ambleside) 1.25.46

CHEW VALLEY 5/3/89

8. Gary Webb 1.47.57
26. Duncan Thomson

15. Gary Webb 1.28.43
148. R Crossland 1.44.37
186. B Horsely 1.47.21
222. G Woodward 1.51.07
360. T Redmond 2.03.43
410. M Fleetwood 2.09.20
459. J Thistlethwaite 2.18.30

94. Dick Crossland
104. Brian Horsley
117. Keith Murton
185. Ian Harthman
225. Trevor Redmond
234. Mark Anderton
316. Chris Jones

HAWORTH HOBBLE 18/3/89

1. Mitchell/Horsfell (Bing) 4.03

14. Horseley/Clare 4.37
D Thomson/J Coulson 4.47
D Crossland/R Sutcliffe 4.46
J Winder/S Skelton 4.54
R Kellett/A Thompson 5.20
S Cavell/G Spencer 5.34
S Kirkbride/P Regan 5.34
T Redmond/R Benn 5.46
A Sowden/G Woodward 5.46
R Kift/J Riley 6.43

CALDER VALLEY FELL RACE 12/3/89

1. Gary Devine (P&B) 1.58.47
2. Ian Holmes (Bingley) 2.02.48
3. Allan Whalley (P&B) 2.06.01

11. Duncan Thomson 2.11.02
20. Steve Skelton 2.16.35
35. Keith Munton 2.21.15
42. Andy Thompson 2.26.08
60. Pete Regan 2.31.25
63. Carl Greenwood 2.32.59
65. Richard Kellett 2.33.31
81. Steve Kirkbride 2.28.30
116. Simon Towler 2.58.56
125. Jimmy Sheard 3.13.56

WARDLE SKYLINE 8/4/89

1. Bashir (Stockport) 43mins?

11. G Webb 45.20
25. D Thomson 46.40
48. M Holmes 48.31
68. B Horseley 49.57
97. T Gauntlett 50.53
98. K Munton 51.01
123. P Horne 52.25
125. R Kellett 52.27
136. A Sowden 53.02
176. G Woodward 55.08
181. P Regan 55.17
215. T Redmond 57.23
223. N Brown 57.46

135 finished.

GARY WEBB 8th AT EDALE 19/3/89

1. M Rice (Tod) 44.29
16. M Anderton 54.41

KENTMERE JUNIOR RACE 2/4/89

CALEST

D R U G S

WORKINGW WORKINGW

There is a balance of £478 in the bank, with £30 owing in kit money. 41 members have paid their subscription fees, this includes only 2 juniors! There are 48 members left to pay, SO PLEASE HURRY UP. See Richard Kellett as soon as possible.



The Calder Valley Fell Race made a surplus of £173, £114 coming from the race entry fees & £59 from refreshments. Thanks to everyone who helped, and well done to Jeff for organising the whole thing so successfully.

Drugs are substances that alter the body's natural chemical environment and actions. In this country a high proportion of people take drugs - some prescribed by their doctor, others bought from pharmacies, and if you include alcohol, some drunk in pubs! The last Olympic Games again highlighted the problems of drugs in sport. we all know that anabolic steroids are harmful and banned, but did you know that there are many substances banned by the IOC, which can be obtained legally from the chemist, even without a prescription. And how long will it be before fell runners are asked to provide a urine sample at the end of the Three Peaks!

n e w s

An attempt to obtain physiotherapy at reduced rates, has largely failed. One of the physios in Halifax said he may consider toning down his price from £15 to £10-£11.

The club YHA is now available for use by members. See Graeme Woodward for details.

Jimmy Sheard has resigned as Social Secretary. Jeff is a temporary replacement. Anyone interested in the post please come forward. Also any suggestions for social events see Jeff.

Ephedrine and related compounds are banned; they are reckoned to be stimulants. They can be found in common cold remedies like sudafed, actifed, lemon powders. Codeine, as found in many painkillers like solpadeine is also banned. The beta-blockers like propranolol, widely used to treat high blood pressure, are banned - they help to calm nervous reactions in "sports" like snooker and darts. How they'd help an athlete is open to question. Alcohol and smoking are not banned, but strychnine is! Is there any logic in the whole thing? And who is going to make sure that we don't cheat?

**More articles & profiles
please, for June issue.**

Too
Tired To
TRAIN?



It happens to all of us; some days we just can't be bothered to go out and run. (I think I can even include Jeff in that "all"!) It might be because of the weather; perhaps it has been a hard day at the office; but often it's because we're too damned tired.

A feeling of tiredness is common. Physical fatigue is a result of hard training and we expect that to pass off quickly, but it is the feeling of chronic tiredness that is worrying and which is often so difficult to manage.

"I'm tired all the time" is a common complaint from athletes and non-athletes alike. The causes are legion, though in most cases the problem is self-limiting and needs no investigation or treatment. For runners another presentation is loss of form, without any obvious physical injury. Times become slower, legs feel like lead and there is no acceleration when it is needed in a race.

I'm going to expand on a few of the reasons for fatigue; both physical and psychological, though it is sometimes not easy to distinguish between the two groups.

PHYSICAL

An acute illness is an obvious reason, which can cause tiredness during its incubation period, before frank symptoms. You can never run to form with a cold, and with flu it is simply daft to train at all. It is dangerous to exert oneself if the body temperature is raised - a possible cause of sudden death during exercise, due to unsuspected viral infection of the heart - "myocarditis." Some viral illnesses are difficult to diagnose. It took a while for Sebastian Coe's poor performances to be attributed to toxoplasmosis, a disease similar in character to glandular fever, both of which can only be reliably diagnosed with blood tests. Any infection can affect running performance, from tonsillitis to cystitis, and the lay off during illness will lead to some loss of fitness.

Asthma; reversible airways obstruction; can present anew in adolescence and later years. There may not be an audible wheeze. The symptoms may be a night-time cough, coughing after exercise or reduced running speed. There may be a family history of asthma or hay fever; or a history of childhood "wheezy bronchitis" in the runner. The condition is highly amenable to treatment these days...if you remember to use your inhaler(s) properly and available as necessary.

Anaemia is fairly rare in well-nourished athletes in this country. It is an unlikely cause of tiredness in young people, but can be detected by a blood test. If you are found to be anaemic, the underlying reason for this will have to be looked for, eg diet, unsuspected gastric bleeding etc. Iron supplements will not help unless there is an iron-deficiency anaemia, so there is no use in wasting money on them as a universal panacea.

While it takes a lot of hard work to get fit, unfairly it is very easy to lose that fitness. If, after a lay-off due to injury, illness or laziness, you feel tired on resuming training, it may just be a question of time before you are restored to top condition. It is silly to expect to return to the training programme you abandoned and perform as well as before, running must be resumed gradually to prevent new injuries.

PSYCHOLOGICAL

Loss of form may not be due to any medical cause. Sometimes it arises from overtraining. The athlete complains of fatigue disproportionate to effort, prolonged recovery times after traing, soreness and stiffness related to the stressed parts of the locomotor system. There may be associated symptoms such as depression, insomnia, loss of appetite. The fault may lie in the runner's unrealistic expectations of the season. "I'm going to win the Club Championship this year." If you then come last in your first race, where is the motivation to continue? One poor performance may blight the next, may lead to heavier training sessions to recover the lost form. during which overuse injuries become more common.

Many of these problems are resistant to treatment. Sometimes a good rest is required or a change of training patterns to alleviate boredom. Perhaps choosing a new route will add a sparkle to a old routine. Sometimes running needs to be abandoned altogether for a few days, while cardiovascular fitness is maintained by alternative aerobic exercise like swimming or cycling.

In some cases poor motivation may be due to a conflict of interests between sport and home commitments. If you know the lawn needs cutting, the dining room needs decorating or the goats need mucking out, feelings of guilt will affect speed and stamina. If the run is abandoned, that may make you feel worse...

Overtraining leading to stress symptoms may result from a lowering of circulating levels of natural cortisol . It has been claimed that some of the beneficial effects of anabolic steroids result from the replacement of this cortisol following hard exercise.

If this all sounds gloomy think about the "runner's high"; the opposite side of the coin to tiredness. This addictive state of locomotor bliss often helps to keep us going, and this good effect accounts for the help that sufferers from anxiety and depression find in running.

SO IF YOU ARE TIRED:

Listen to your body.....rest if necessary.....alter your training patterns.....spend some time at home.....and if you suspect a physical problem call on on your friendly GP.....who may be sympathetic!!!

LAMBING by Mike Mutton

After a very successful first season in cross-country competition, it's hoped that you juniors will be able to repeat the success on the fells during the summer months and add to the notable fell race victories of last year. Now that the weather has improved I hope to see more juniors at training on TUESDAY NIGHT 5.30pm from the Community Centre. Hopefully some of you older juniors will take part in the FRA British Junior Championship and experience the type of top class competition that can only benefit you in years to come. All those under 15 on 1/1/89 please ensure that you try to make at least seven of the races in the Junior Club Championship to make it a worthwhile competition. Note the very local races marked* (seven in all -no excuses). Please show parents and friends the list of races printed here so that you can plan ahead and ensure lifts to races.

Good luck this season & keep up the training.

PS. See me asap if you are interested in Youth Hostelling at Buttermere.

FRA JUNIOR BRITISH CHAMPIONSHIP 1989. (under 18 on 1/1/89)

Good luck to all those runners taking part in this championship and as always please let me know the results asap after each race. This championship is decided on the best seven performances from eleven races. If transport is a problem please ask around as there are usually senior club members going to the senior races at the same venue.

RACES

- | | | |
|----------------------|---------------------|--|
| 1) Sunday March 5th | CHEW VALLEY | |
| 2) Sunday April 2nd | KENTMERE HORSESHOE | |
| 3) Sat April 29th | CONISTON | U/15 & U/18 races. 11am 4miles
£1 on day |
| 4) Sunday May 14th | BUTTERMERE | U/15 & U/18. 1.15pm. 3.4/1700'
£2 on day |
| 5) Sunday May 28th | SADDLEWORTH | 15-17. 2.30pm. 3m. £1 on day |
| 6) Sat June 24th | FIVE CLOUGHS | 9-17 yrs. 11.40am. 1 1/2/3m on day |
| 7) Sat July 8th | MYTHOLMROYD | over 15. 7m/1350. £1.50 on day |
| 8) Sunday August 6th | LATRIGG | U/15/17/18/20 3m/950' 3pm
£1 on day |
| 9) Sat August 19th | BURSALL CLASSIC | in advance * |
| 10) Sat Sept 2nd | BLACKSTONE EDGE | 3 1/2m/1200' 3pm £1.50 on day |
| 11) Sat October 8th | HALF TOUR OF PENDLE | Over 15 9m/1800'
navigation & local knowledge
entries by 8th September |

* Hopefully a Youth Hostel Trip.

JUNIOR RACES TO COUNT FOR JUNIOR CLUB CHAMPIONSHIP 1989.

(Under 15 on 1/1/89.)

But SEVEN RACES to count!

May 1st	PENISTONE HILL RACE	U/13 & U/16 2pm 2½m 75p on day
May 23rd (Tues)	TWO LADS	9-14 7pm 1½m 50p on day
May 28th	GREAT HAMBLEDON	12-15 11am 3½m 75p/£1.25 on day
June 7th	OTLEY GAVIN FELL RACE	11-16 6.45pm 1½m £?
*June 11th	SKIPTON FELL RACE (minibus)	11-17 11.30am 1½///2m £1.50 on day
June 17th	BUCKDEN PIKE	U/15 2.35pm 1mile 50p
June 17th	GREAT HILL RACE	U/13 U/15 3pm 2m £1 on day
*July 5th	STOODLEY PIKE FELL RACE	0/14 7.30pm 3½/700' £1.25
July 15th	INGLEBOROUGH	12-18 3pm 4miles £1 on day
July 19th	COWPE HILL RACE	U/14 7pm 1mile free
July 22nd	TURN SLACK	14-16 2.30pm 3½m £1 on day
*July 26th	WIDDOP	11-15 7.05pm 2½m 25p
August 12th	DOWNHAM FELL RACE	11-15 2.30pm 2m 50p on day
August 13th	BARNOLDSWICK	11-17 11am 3miles
*August 13th	WADSWORTH	U/18 3½m £1 on day
August 19th	BURNSALL CLASSIC	12/15 4.40pm 1m/500' 50pPE
*August 26th	MOUNT SKIP	11-15 3pm 2.25m 50p on day
September 9th	HODDER VALLEY	10-16 3pm 2½m 50p on day
*September 30th	THIEVELY PIKE (minibus)	U/16 2.15pm 2m/500' 50p on day
*November 11th	SHEPHERDS SKYLINE	11-15 1pm 2½m 50p on day
November 19th	ROMBALDS MOOR	11-17 11.30am 2.25m 30p/60p
November 26th	WINTER HILL (minibus)	9-17 11.10am 2.25-6m 25/50p

QUESTIONNAIRE

Please fill in & return to me... Thank you. Jeff Winder.

Due to the recent lack of interest in the social event at "Room at the Top", I thought it would be a GOOD IDEA to try and find out exactly what the feelings within the Club are towards social events. If we are organising the wrong type of events to keep club morale progressively high, then the whole purpose of the social events has failed. Therefore I have written out a QUESTIONNAIRE to get the feelings through out the Club.

Please fill them in with your honest opinions. Try to be constructive with your answers. Remember it is YOUR CLUB so put something into it and we will benefit.

A) Committee

- 1) Are you happy with the committee structure?
- 2) Do you feel the committee represents your views correctly?
- 3) Are there any ways we can improve?

B) Social Events

- 1) Are you interested in a social side to the Club?
- 2) What type of event do you feel you would attend?
- 3) Do we need to involve families more eg Blackpool trips?
- 4) How can we improve and serve both you and the Club?

C) Training

- 1) Are you happy with Tuesday training nights?
- 2) Can we improve Tuesday in any way?
- 3) Weekend training - can we improve this for Club members?
- 4) Is there any aspects to training you would like to see brought into or taken out of our training.

General Views

Are there any improvements which we could make to benefit the Club members and Club in general? Remember we only get out of life what we put into it!!!

ANSWERS