



RAMPAGE

ISSUE 11

CALDER VALLEY
FELL RUNNERS

JULY 89

GOOD COATING OF SLIME WILL
KEEP OUT THE DRYNESS
UP TOP



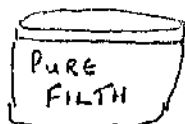
FUNGUS the
BOGEYMAN:

The Complete Fell Runner.



CO TIM!!!

Nominations
← Please...



with thanks to Raymond Briggs.



Editor

In this issue of RAMPAGE there is news of some interesting club events, plus Jeff on variety in training; the main thing is to get all members interested in the different activities on offer. In the last two months we had two successful outings to Pendle, but a disappointing low turn-out for the disco in Hebden Bridge.

I'm still looking for budding writers to give me some articles for this modest paper. I'll type them out, so anything will do. Jottings on loo roll if you like. If I can decipher Jeff's writing I'll tackle anything.

Now speaking professionally...remember if the hot weather continues, keep on drinking... (though I hear Graeme is cutting down!) and make sure you have regular ten yearly tetanus boosters for the marks of affliction we all bear.

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 |

Provisional date for the AGM is 31st October, after the Karrinor. Put the date in your diaries and come along to throw tomatoes at your favourite Committee member. More fun than the Euro elections.....

The club will be entering two teams for the Ian Hodgson Mountain Relay on 1st October from Patterdale. There are 8 runners per team; 4 legs; a total of 25m/8500'. see Jeff or Tim for further details.

Hopefully, there will be a rounders match and picnic following the Wadsworth race on 13th August. More details later.

Money in the bank...

£482

We have 55 paid-up members.

TUESDAY NIGHT TRAINING

In order to add some variety to the usual Tuesday night training sessions, a sub-committee of Jeff, Gary & Rod has been set up to provide a training schedule. Up-to-date details will be found on the Community Centre notice board.

In principle, the 1st Tuesday of the month will involve either a trip in the mini-bus (like the successful outings to Pendle) or a drive in the car to a local spot for a different run.

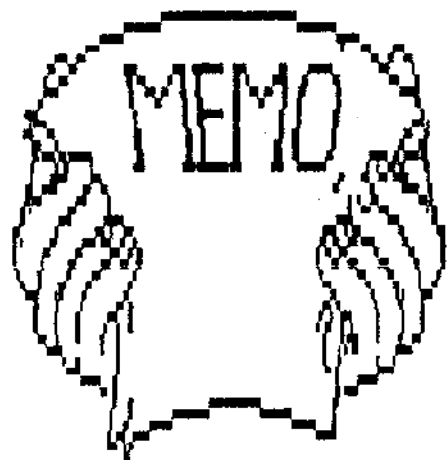
The last Tuesday will be a speed work session at Calder High track, followed by the monthly meeting at 08.30pm.

Other nights will include hill reps (lovely!!!) or fartlek. The usual 8, 10, or 12 mile runs will always be an option.

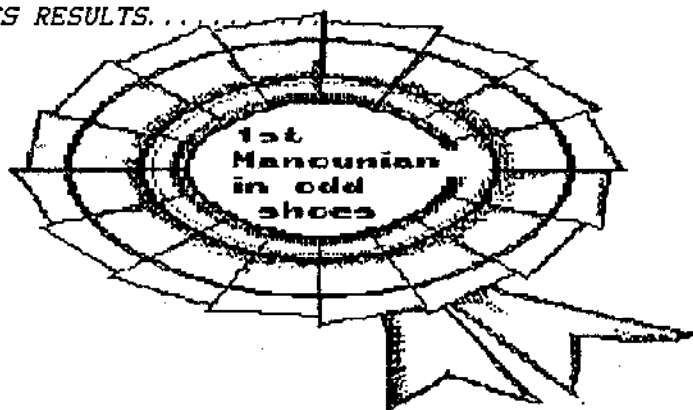
Please would you return the COMPLETED questionnaires to Jeff.....

**Important club races:
WIDDOP July 26th
SHEEPSTONES RELAY
August 2nd.**

**Help needed
or run.**



results



THREE PEAKS RACE 23.5m/4500' April 30th

| | | | |
|------|---------------------------|---------|---------------------------|
| 1. | Sean Livesey (Rossendale) | 2.51.45 | record |
| 2. | Gary Devine (P & B) | 2.54.24 | newcomer |
| 3. | Ian Ferguson (Bingley) | 2.56.58 | |
| 20. | Gary Webb | 3.10.15 | Bingley were 1st club |
| 35. | Jeff Winder | 3.19.06 | CVFR were 7th. |
| 36. | Duncan Thompson | 3.20.02 | |
| 7. | Malcolm Holmes | 3.32.49 | |
| 92. | Dick Crossland | 3.37.28 | |
| 121. | Brian Horsley | 3.43.52 | |
| 162. | John Riley | 3.52.16 | |
| 176. | Richard Kellett | 3.55.11 | ran as Russell Arrandale! |
| 223. | Pete Regan | 4.04.30 | |
| 264. | Bob Horne | 4.13.49 | |
| 272. | Trevor Redmond | 4.15.04 | |
| 354. | J Smith | 4.41.11 | |
| 359. | Jill Thistlethwaite | 4.42.02 | |
| | 444 started | | |
| | 410 finished. | | |

2nd ROCK & RUN MOUNTAIN MARATHON 20/21 May Galloway

ELITE

| | | | |
|-----|-------------------------|----------|-------------------------------|
| 1. | D Rosen/J Gibbison | 11.28.12 | |
| | Γ Daniels/B Blamires | 13.47.47 | listed as 15th in the A class |
| 4. | J Winder/S Skelton | 13.55.23 | |
| 11. | R Sutcliffe/P Frechette | 15.52.47 | |

A CLASS

| | | | |
|-----|--------------------|----------|--|
| 1. | K Leitch/K Masson | 9.32.38 | |
| 11. | J Riley/G Woodward | 12.56.46 | |

C CLASS

| | | | |
|-----|---------------|----------|------------|
| 80. | R Kift/M Kift | 13.12.08 | mixed team |
|-----|---------------|----------|------------|

On the last bank holiday Monday, 29 May, there was a new addition to fell running events. The Robin Hood pub at Cragg Vale put on a 3½ mile race, to raise money for the Courier Scanner appeal. Mr & Mrs Barker and friends were very generous with their prizes. Hopefully the race will become an annual local event.

The overall winner, U17 winner and 1st Cragg Vale runner was Alex Bowden. He needed a trailer to carry his winnings home!!!

RESULTS RESULTS RESULTS.....

BUTTERMERE SAILBECK 9.4m/3700'
May 14th

| | |
|-------------------------------|---------|
| 1. Robin Bergstrand (Mandale) | 1.26.58 |
| 2. Jack Maitland (P&B) | 1.28.48 |
| 19. Gary Webb | 1.34.29 |
| 39. Duncan Thomson | 1.41.22 |
| 69. Rod Sutcliffe | 1.46.57 |
| 74. Keith Munton (vet) | 1.47.44 |
| 99. Pete Horne | 1.52.25 |
| 123. Alistair Sowden | 1.57.00 |
| 134. Bob Horne (vet) | 1.58.35 |
| 171. Carl Greenwood | 2.03.56 |
| 177. Mark Bramall-Pimlott | 2.15.46 |
| 260 ran. | |

Pete Horne had a thrilling run falling on the final descent, breaking his hand & cracking a few ribs!!!

According to my sources (ie I haven't run this one) this is an arduous race.

And now for some obscure races....

TREFRIW MILL RACE (Wales) 13m/3250'
May 20th

| | |
|--------------------|---------|
| 1. Hefin Griffiths | 1.51.55 |
| 9. Duncan Thomson | 2.10.15 |
| 21. Keith Munton | 2.23.54 |
| 50 ran | |

KAIM HILL RACE (Fairlie) 3.5m/1250'
May 21st

| | |
|----------------|-------|
| 1. Gary Devine | 26.52 |
| 11. Gary Webb | 28.00 |
| 150 ran | |

FAIRFIELD 9m/3000'
May 21st

| | |
|------------------------------|---------|
| 1. Sean Livesey (Rossendale) | 1.13.12 |
| 2. Malcolm Patterson (Dk PK) | 1.14.26 |
| 157. Bob Horne (vet) | 1.42.17 |
| 226. Mark Bramall-Pimlott | 1.48.23 |
| 270. Graham Spence | 1.55.00 |
| 295. Steve Caven | 1.57.54 |
| 387 started | |

PEN-Y-GHENT 5.5m/1500'
June 3rd

| | |
|---------------------|-------|
| 1. ????? | |
| 2. Sean Livesey | |
| 65. Duncan Thomson | 50.45 |
| 100. Brian Horsely | 53.36 |
| 124. Rod Sutcliffe | 54.44 |
| 146. Malcolm Holmes | 56.17 |
| 152. Bob Horne | 56.45 |
| 153. Pete Regan | 56.51 |
| 162. Simon Towler | 57.30 |
| 168. Graham Spence | 58.19 |
| 181. Steve Cavell | 59.26 |
| 284 ran | |

CLUB HANDICAP

There seems to be some confusion over the handicap system using times. As many race results as possible were obtained for last year, every member who ran had the winner's time subtracted from their time and the result was divided by the number of miles of that particular race.

$$\frac{(\text{time taken} - \text{winner's time})}{\text{no of miles in the race}}$$

All these results were collected and then an average was taken for each member for the short races, the medium and the long races. If a member didn't have a result, say for a long race, then all the long races were averaged together, likewise all the shorts and all the mediums. A ratio was then worked out between the different categories and the members who didn't have a handicap for a short or medium or long were then calculated one with the use of ratios. The handicaps will be improved next year as more members enter the club championship and there is less guessing with calculations.

Now you have a handicap that works as in the following

example:

Joe Cabbage ran a short club championship race of 5 miles, in a time of 35.25. the winner ran in 27.57.

Joe's handicap for short races is 89s (per mile), so converting his time into secs and subtracting the handicap:

$$2125 - (89 \times 5) = 1680 \text{ secs.}$$

This, converted back, gives Joe's corrected time of 28mins exactly. As you can see the larger your handicap, the less your time becomes.

SADDLEWORTH 3m/950'

May 28

| | | |
|------|-----------------------|-------|
| 1. | B Hussein (Stockport) | 19.14 |
| 2. | G Devine (P & B) | 19.22 |
| 18. | G Webb | 20.53 |
| 70. | C Greenwood | 23.51 |
| 86. | R Kellett | 24.34 |
| 88. | C Peart-Binns | 24.43 |
| 92. | R Horne | 24.47 |
| 97. | P Regan | 24.59 |
| 98. | J Wilkinson | 25.03 |
| 126. | S Cavell | 26.39 |
| 136. | G Spencer | 27.52 |
| | 155 ran | |

ENNERDALE 23m/7500'

June 10

| | | |
|-----|----------------------|---------|
| 1. | I Ferguson (Bingley) | 3.23.43 |
| 17. | J Winder | 4.19.21 |
| 19. | D Thompson | 4.23.52 |
| 35. | R Crossland | 4.48.45 |

BUCKDEN PIKE 4m/1500'

June 17

| | | |
|-----|-------------|-------|
| 1. | M Patterson | 31.23 |
| 15. | D Thompson | 36.00 |
| 60. | R Kellett | 41.35 |
| 80. | P Regan | 43.23 |
| 91. | S Cavell | 44.12 |
| | G Spencer | 45.24 |
| | J Marshall | 47.30 |
| | R Arrandale | 55.48 |
| | C Vaughan | 58.49 |

Points Championship

| Name | No of Races | Points |
|-------------------------|-------------|--------|
| Gary Webb | 7 | 210 |
| Duncan Thompson | 6 | 174 |
| Brian Horsley | 5 | 136 |
| Malcolm Holmes | 4 | 110 |
| Keith Munton | 4 | 105 |
| Bob Horne | 4 | 97 |
| Peter Regan | 4 | 92 |
| Trevor Redmond | 4 | 89 |
| Richard Crossland | 3 | 83 |
| Carl Greenwood | 3 | 77 |
| Peter Horne | 3 | 76 |
| Richard Kellett | 3 | 74 |
| Graeme Woodward | 3 | 71 |
| Jill Thistlethwaite | 3 | 63 |
| Rod Sutcliffe | 2 | 56 |
| Tim Gauntlett | 2 | 50 |
| Alistair Sowden | 2 | 47 |
| Steven Cavell | 2 | 46 |
| Graham Spencer | 2 | 46 |
| Jeff Winder | 1 | 29 |
| Christopher Peart-Binns | 1 | 27 |
| Mike Fleetwood | 1 | 25 |
| Ian Harthman | 1 | 25 |
| John Riley | 1 | 24 |
| Simon Towler | 1 | 24 |
| Mark Anderton | 1 | 23 |
| Mark Bramall-Pimlott | 1 | 22 |
| Chris Jones | 1 | 22 |
| Jimmy Sheard | 1 | 22 |
| John Smith | 1 | 19 |
| N Brown | 1 | 18 |

CHAMPIONSHIP

TABLES

-7-

Handicap Championship

| Name | No of Races | Points |
|-------------------------|-------------|--------|
| Gary Webb | 6 | 160 |
| Duncan Thompson | 6 | 152 |
| Brian Horsley | 5 | 123 |
| Trevor Redmond | 4 | 103 |
| Peter Regan | 4 | 102 |
| Bob Horne | 4 | 92 |
| Malcolm Holmes | 4 | 91 |
| Carl Greenwood | 3 | 83 |
| Graeme Woodward | 3 | 83 |
| Peter Horne | 3 | 82 |
| Richard Kellett | 3 | 78 |
| Keith Munton | 3 | 76 |
| Richard Crossland | 3 | 71 |
| Tim Gauntlett | 2 | 57 |
| Steven Cavell | 2 | 56 |
| Alistair Sowden | 2 | 55 |
| Graham Spencer | 2 | 53 |
| Rod Sutcliffe | 2 | 47 |
| Jill Thistlethwaite | 2 | 46 |
| Mark Bramall-Pimlott | 1 | 29 |
| Christopher Peart-Binns | 1 | 29 |
| John Riley | 1 | 29 |
| Mike Fleetwood | 1 | 28 |
| John Smith | 1 | 28 |
| Simon Towler | 1 | 27 |
| Mark Anderton | 1 | 24 |
| Jeff Winder | 1 | 23 |

Buck your ideas up!!

Mountains of Help in the HOWGILLS

15 JULY... CLUB WEEKEND IN THE HOWGILLS

Next year Hugh Symonds is having a go at all the peaks in England, Scotland and Wales above 3000'. His aim is to start in Scotland at the farthest Northern peak "Ben Hope" and continue for the next 100 days to try and complete all the 296 peaks. This will be a marvellous feat.

He is doing this for charity. His cause is to help the desperately poor people of rural Nepal, with aid on technology, advice and equipment, ie the manufacture and installation of efficient small scale water turbines, to provide mechanical and electrical power.

However this is a two year plan. This year we can help by getting sponsorship for a friendly little jog around the Howgills. Hugh holds the record for covering all the 31 peaks in one go. It is entirely up to you how many you want to have a go at. It is open to all the family. Sponsorship forms are available. There would be organised runs and walks of various lengths. Myself and Gary will be doing the lot. This will be a steady run, not eyeballs out (I think) so anyone can come.

Also the wife/husband will be able to have a go at one or two or ten....it is up to them.

We are trying to make this into a social weekend with the club providing some subsidy for junior travel. Hopefully there will be a good nosh-up on the Saturday night. Please come along and have a go...either both days or just the one.

I will be booking us in at a local caravan and camping site. We have used this before. The facilities are good. I need a rough idea of how many will be coming, so please let me know as soon as possible.

Besides being a very good cause, this could be a good fun weekend, so get your fingers out and give it a go. If you cannot attend but your kids want to go, there will be tents arranged for the juniors.

PS... PLEASE LET ME KNOW SOON.

..... WE HAVE SPONSORSHIP FORMS READY.

Jeff Winder.

Mountains of Britain Mountains of Help

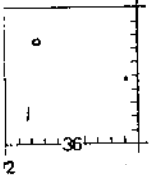


GRID NORTH
GENETIC
17th

Genetic north is 8' less of Grid North
1981 decreasing
1" in five years

NATIONAL GRID

The grid on this map is the national Grid taken from the Ordnance Survey with the sanction of the Controller, Her Majesty's Stationary Office.



sample - grid reference of O 22 147
2 Easting
2 Tenths eastward
36 Northing
7 Tenths northward
HE CALF is 68 7911 - Grid lines are one kilometre apart

- Contour
- Tern
- Cultivation improved grazing
- Motorway
- Index contour
- Pond
- Rough grazing (enclosed)
- Major road
- Auxiliary contour
- River
- Heath or moorland
- Narrow road
- Spot heights (from air survey)
- Footbridge
- Boundary wall or fence
- Track
- Large cairns trig pillar
- Stream
- Open forest or woodland
- Footpath

HELP FROM THE HOWGILLS

Check list of the 31 x 1500 ft hills in the Howgills

| Hill Number | Hill Name |
|-------------|-----------------|
| 1 | Wendale |
| 2 | Harter Fell |
| 3 | Knott |
| 4 | Greer Fell |
| 5 | Green Bell |
| 6 | Honksey |
| 7 | Randygill Top |
| 8 | Kensgriff |
| 9 | Yarlside |
| 10 | Hazelgill Knott |
| 11 | West Fell |
| 12 | Langdale Knott |
| 13 | Middleton |
| 14 | Simon's Seat |
| 15 | Docker Knott |
| 16 | Uldale Head |
| 17 | Rispa Pike |
| 18 | Hare Shaw |
| 19 | Bleasae Fell |
| 20 | Linghaw |
| 21 | Fell Head |
| 22 | Bush Howe |
| 23 | White Fell Head |
| 24 | The Calf |
| 25 | Bram Rigg Top |
| 26 | Great Dummocks |
| 27 | Calders |
| 28 | Arant Haw (P) |
| 29 | Sickers Pel |
| 30 | Crook |
| 31 | Winder |

GROUP A

- Cautley
- to
- Ravenstonedale
- 1 to 9

GROUP B

- Ronderdale
- to
- Tchav
- 10 to 19

GROUP C

- Carlinsill
- to
- Sedbergh
- 20 to 31

The representation of a road, track or footpath is no evidence of a right of way. Boundaries on moorland are shown. Only the walls or fences bounding farmland are shown. Follow the Country code at all times. Keep dogs under control, close gates, avoid damaging walls, no litter and do not start fires.

Permission for the copying of this map has kindly been given by HARVEYS MAP SERVICES or better navigation please use the proper map on sale locally. (HARVEYS HOWGILLS).

| Name | Address | Tel. No. |
|-------------------------|---|--------------|
| Mark Anderton | 8 Hepton Drive, Heptonstall, Hebden Bridge, HX7 9LU | HB 843443 |
| Russell Arrandale | 25 Carrfield Drive, Luddeneden, Halifax, | HX 883510 |
| Tony Ashcroft | 5 Dry Soil, Blackshawhead, Hebden Bridge | HB 844032 |
| Andy Auton | 41 Woodvale Way, Liget Green, Bradford | BD 578493 |
| Dr. Ayling | 1, High Court, Heptonstall, Hebden Bridge | HX 842973 |
| Graham Bailey | 2 Sandy Gate, Hebden Bridge | HX 842359 |
| Richard Benn | 860 Great Horton Rd, Horton Bank Bottom, Bradford | BD 735621 |
| Mike Bowden | Moor End Farm, Steep Lane, Sowerby Bridge | HX 831249 |
| Kieran Bowden | Moor End Farm, Steep Lane, Sowerby Bridge | HX 831249 |
| Alex Bowden | Moor End Farm, Steep Lane, Sowerby Bridge | HX 831249 |
| Mark Bramall-Pimlott | 2 Wilcroft Terrace, Peckett Well, Hebden Bridge | HB 843574 |
| Christopher Britton | 17 Edge Hey Green, Colden, Hebden Bridge | HB 844457 |
| Peter Cartwright | 30 Glyndon Court, Brighouse | BR 718275 |
| Steven Cavell | 292 Poplar Grove, Great Horton, Bradford | BD 574003 |
| Richard Crossland | 144 Hightown Rd, Liversedge, Cleckheaton | CL 861673 |
| Paul Daly | 9 Grandsmere Place, Manor Drive, Halifax | HX 67812 |
| Tim Daniel | 2 Providence Hill, Stainland, Halifax | HX 76045 |
| Mike Fleetwood | 10 Shaw Lane, Oxenhope, Keighley | HA 6535 |
| Anthony J. Flint | 13 Carr Field Drive Luddenden Halifax | HX 884265 |
| Tim Gauntlett | 27 Bridge End, Mill Bank, Sowerby Bridge | HX 822073 |
| Carl Greenwood | 17 Hill Crest, Hebden Bridge | HB 844101 |
| Ian Harryman | 26 New Marsh Sowerby Bridge | |
| Malcolm Holmes | 5 Teinplar Way, Selby, N. York YO8 9NX | 0757 700123 |
| Bob Horne | 8 Bramley View, Lightcliffe, Halifax | HX 201269 |
| Peter Horne | | |
| B. Horsley | 2 Netherlands Ave, Halifax Rd, Bradford | BD 600651 |
| Dave Jackson | 15 Stocks Ave, Mytholmroyd | HX 883756 |
| Chris Jones | 29 Banksfield Cres, Mytholmroyd | |
| Richard Kellett | 16 Hope Street, Shelf | HX 202923 |
| Rhys Kift | 'Clunsters', Cragg Vale, Mytholmroyd | HB 883634 |
| Stephen Kirkbride | 16 Mountfields, Lightcliffe, Halifax | HX 203338 |
| Dave Langmead | Bluebell Lodge, Lower Mill Bank, Sowerby Bridge | HX 822936 |
| John Marshall | 25 Lee View, Lee Mill Road, Hebden Bridge | HB 844589 |
| Keith Munton | 30 Birwistle Ave, Colne Lancs. | |
| Christopher Nuttall | 19 Chapel Ave, Hebden Bridge | HX 844266 |
| Roger Nuttall | 19 Chapel Ave, Hebden Bridge | HX 844266 |
| Leahn Parry | 2 Oxford Terr, Scout Road, Mytholmroyd | HX 885030 |
| Stephen Parsons | 9 Booth House Terr, Luddenden Foot, Halifax | HX 882969 |
| Christopher Peart-Binns | 2 Neptune, Hebden End Hebden Bridge | HB 842589 |
| Bernard Pierce | 7 Old Trown Cottages, Hebden Bridge | HB 842377 |
| Kay Pierce | 7 Old Trown Cottages, Hebden Bridge | HB 842377 |
| Ian Powell | 16 Rose Grove, Hebden Bridge | HB 842455 |
| Trevor Redmond | 33 bRaamley Lane, Lightcliffe, Brighouse | HX 206517 |
| Peter Regan | 111 Church Lane, Mount Pellon, Halifax | HX 55243 |
| George Ridgway | Trough Farm, Stocks Lane, Luddenden | HX 884756 |
| John Riley | 4 Lower Hathershelf, Luddenden Foot | HX 882855 |
| John Sheard | 54 Kershaw Crescent, Luddenden | HX 884764 |
| David Shepherd | 7 Smithwell Lane, Heptonstall, Hebden Bridge | HB 843030 |
| Damian-Sirmond | 18 Sackville Street, Hebden Bridge | HB 843131 |
| Steve Skelton | 9 East View, New Road, Luddenden | HX 885485 |
| Robin Skelton | 1 Crimsworth Terrace, Hebden Bridge | HB 844856 |
| Dave Smith | 18 Rothwell Mount, Savile Park, Halifax | HX 64818 |
| Joanne Smith | 46 Clifton Road, Manor Heath, Halifax | HX 54268 |
| John Smith | 81 Oakleigh Road, Clayton, Bradford | BD 883431 |
| Jon Smith | Tranquility, Heptonstall, Hebden Bridge | HX 843983 |
| Alistair Sowden | Rose Cottage, Cragg Road, Mytholmroyd | HB 884860 |
| Graham Spencer | 26 Ascot Ave, Horton Bank Top, Bradford | BD 57079 |
| Rod Sutcliffe | 3 High Court, Heptonstall, Hebden Bridge | HB 845438 |
| Jill Thistlethwaite | Trough Farm, Stocks Lane, Luddenden | HX 884756 |
| Andy Thompson | 40 Caldene Ave, Low Moor, Bradford | BD 676133 |
| Duncan Thompson | 27 Glenfield Road, Nelson, Lancs. | NL 63559 |
| Simon Towler | 125 Moor Ave, Wibsey, Bradford | BD 501957 |
| Chris Vaughn | 1 Harrow Street, Halifax | HX 67930 |
| John Walker | 25 Overton Drive, Bradford BD6 3NE | BD 502072 |
| Gary Webb | 3 Crimsworth Terrace, Hebden Bridge | HB 842713 |
| Edward C Welham | Brearley Old Hall, Brearley, Luddenden Foot | HX 882301 |
| Peter White | 12 Coiners Fold, Mytholmroyd | HX 885728 |
| Jeremy Wilkinson | 2 Low Field Road Chester-Le-Street, Co Durham | 091-328-3172 |
| Jonathan Wilkinson | 4 Delph Lane Woodhouse Leeds LS6 2HQ | 0532 425898 |
| John Wilkinson | Flat 7, 22 Moorland Road Leeds LS6 1AL | 0532 432576 |
| Jeff Winder | 6 Finkle Street, Sowerby Bridge | HX 883600 |
| Graeme Woodward | 9 Rolme Terrace, Mytholmroyd | HB 885185 |

MEMBERSHIP LIST

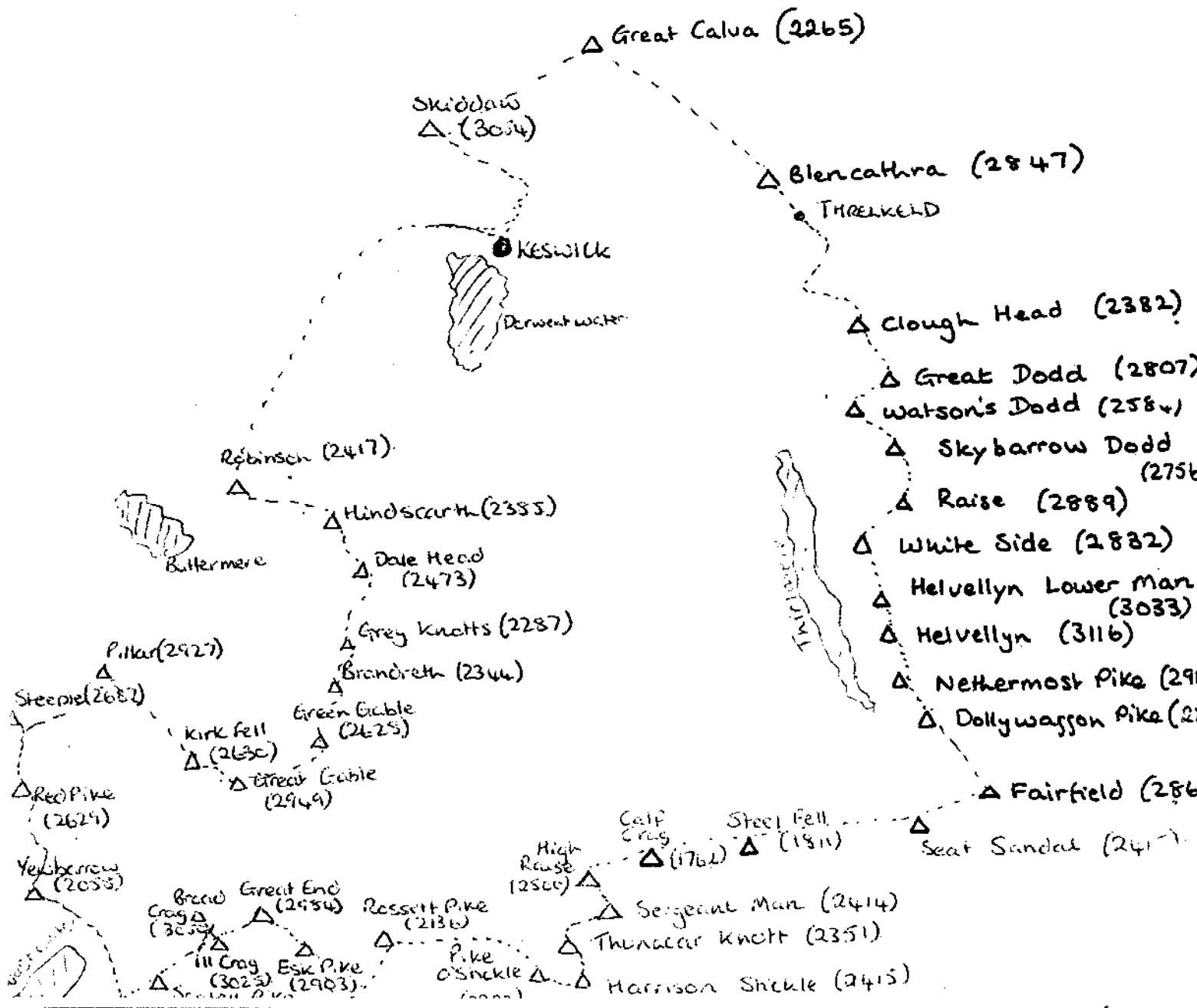
BOB GRAHAM ROUND

7/8/89

From the 7th August for 3 days, there is to be a "social" attempt of the Bob Graham round. As you know, the round is 72 miles long; means climbing 27,000' in the hills of the Lake District and has to be completed in 24 hours. About 500 runners have achieved this challenge since Bob Graham set the standard in 1932. The idea behind the 3 day venture is to give more modest runners a chance to do the round in a more civilised manner, with overnight camping by the walls of local hostleries. The peaks involved include Red Pike, Wasdale Head, Scafell, Threlkeld, Helvellyn etc. Anyone interested can receive further details from Graeme or Mark.

The club members who have successfully completed the round in 24 hours are:

Jeff Winder, Tim Daniels, Rod Sutcliffe and Steve Skelton.



training runs

by
Jeff. . manager?



club captain... JEFF WINDER

TRAINING.....you need it.... (see Russ!)

I feel Gary's criticism of our training methods on Tuesday nights are justifiable. Therefore we are having a comprehensive look at training with Gary, Rod and myself planning ahead every two months for training night schedules. There will still be the usual selection of runs available to anyone who is too knackered from racing etc or who simply wants a steady run. I have also introduced some interesting new routes this year for both sessions.

The aim is to spread the training over speed, hillwork and speed endurance with an introduction to variation to keep it interesting. All the training will be done in the pack run formation, with fartlek, trackwork and hillwork done to your own ability. So join in and see what you think; make the most of it. You lot can be knackered following Gary, I've been doing it for years!!!!

SCHEDULE...this will be on the notice board. If anyone wants to introduce a different route, write it out and put it on the board as Group 6. We could always travel a few miles by car to start a different run.

RAMPAGE is being scheduled to come out every two months, from the next issue on the last Tuesday to tie in with the monthly meeting.

All the events, training and meetings are there for the members benefit so please take part. then hopefully, we can build up club morale once again.

| <u>DATE</u> | <u>RUN GROUP NO.</u> | <u>SESSION</u> |
|-------------|----------------------|---------------------------|
| July 4 | No 3 | Hill work |
| July 12 | No 4 | Pack run light fartlek |
| July 18 | No 5 | Fartlek |
| July 26 | No 1 | Track |
| August 1 | No 2 | Hill work |
| August 8 | No 3 | Light fartlek |

ARRAN'S MOUNTAINS

We left the house at one in the morning on Saturday. We set off with some friends in a mini. It rained as we passed Sedburgh, but as bonny Scotland drew nearer, the sun crept up from the horizon.

When we arrived at Ardrossan at 6 o'clock, three hours early, our hearts sank. Ardrossan would be more suited to some hideous industrial city that died 20 years ago. It had made an attempt to cheer the place up with a big pink elephant on the sea front, but it didn't work.

From the harbour, Arran could just be made out: clouds covered the view of the mountains. On the ferry across Goat Fell slowly came into view, but its summit was hidden mystically in the clouds; the island's beauty slowly unfolded as we drew nearer.

On arriving on Arran, my first investment was a Harvey Mountain map. This opened to my running route. We stayed just outside Brodick in Glen Coy. The glen was surrounded by hills and mountains with Goat Fell (2864) dominating the view, its white granite summit pointing into the sky. The island was out of this world. If Ardrossan was the pits, Arran was just breath-taking. The island is twenty miles long and ten miles wide. All the mountains are concentrated in the north-east of the island, the rest is very hilly with the odd mountaine here and there. For none runners there was lots to do from golf to pony-trekking and lots to see: Brodick Castle, Lochranza Castle, caves, waterfalls, stone circles and museums.

After a good night's sleep, I set out for a run up the glen, my ambition was to run up to Cnoc Dubh (1350) via Glen Ormidale. The run went from a pony stable and across to the base of the hill which rose up steeply to the top of the ridge. The going was very rough as there was no real path. As I approached the summit the going got harder but the view drove me on. From the summit one commanded a view right down the glen and to the north, Gleann ant-Suidhe and all the other mountains branching from the ground around Goat Fell. The descent back was rough going from the bracken.

My next run was to include Goat Fell and a few others. The weather was a bit hazy and clouds hid Goat Fell. The run was to be 7 miles and over 3000' ascent. I set out from Corrie (on the coast) along a footpath which takes you to the summit of Goat Fell within 2 miles. At about half way I went right to first bag Am Binnein (2180). Deer appeared and disappeared in the now damp conditions, their coats matching the surrounds. Mist closed in and swirled amongst the peaks. the final climb up to Am Binnein was very rocky and very steep but offered enough hold, with deer paths allowing quicker movement. From the summit a ridge followed around giving views into Glen Sannox. The ridge led to North Goat Fell (2680) and then around to Goat Fell itself. Deer were all around, following maybe, in the earthly silence. The ridge had a path along it, which rose and weaved amongst the large rocks. The view from the summit of Goat Fell was unbelievable; Glen Rosa dropped to the west, Brodick to the south and the sea to the west. To the north was Cir Mohr and many other peaks. The whole island opened out. hiding nothing. The final run down was into Brodick along the same course as the fell race. It was here I first met anyone else on the whole run. It was so peaceful with no-one about.

ARRAN'S MOUNTAINS

My final run involved setting off from Sannox (1 mile up from Corrie) and doing 14 peaks within 18 miles. I ran up Glen Sannox which has to be the most beautiful of all the glens on Arran. Glen Sannox is only 200' above sea level but the mountains surrounding are all over 2000'. I set off at 9am with food and water in my bum bag. I followed the path and then veered off to the north to climb on to the ridge. After a steep 1490' climb, I was now on the start of the ridge. There was no path on the way up but from the top a large path (or dried out river) went down. I ran the ridge to Suidhe Fhearghas and then on to a height of 2160' which had ravens perched waiting for me maybe. The view was unbelievable right across the glen and to the north of the island. The ridge was at this stage about 29' wide but was slowly decreasing to about 4' at stages. The path followed the ridge down but then rose up to Ceum na Caillich (2380). From this rocky outcrop which spurred into the sky, Goat Fell and Cir Mohr (2620) thrust into the blue hue. It was here my fear for heights came into effect. The path followed up and then disappeared into 20 or even 30' rocks which had drops on their sides of at least 1500'. I turned tail and had to drop down the mountain side to avoid the Witch's Step. A rope would have been a better friend than PRs. After dropping 1000' I moved around the rocky outcrop and aimed back for the ridge. The ascent got steeper and steeper until it must have been 90% vertical. There was nothing to hold onto but rock and granite gravel. I got into a situation in which I could not go up nor down, as going down might have met a slippery descent which for a few hundred feet I could do without. No-one was about so with risk I moved along kicking my feet into the gravel making foot pices and holding on for dear life. As the ridge and footpath came into view, I was so relieved. The path moved around to Caisteal Abhail (2820), it was so easy to follow and I made up time by which I was now well behind. The view was sheer brilliance, Glen Sannox opened out to its full splendour. Deer could be seen running on the ridge and in the far distance people were slowly coming down from Cir Mohr.

The path descended from Caisteal Abhail to a level of 2040' and then rose up to Cir Mohr (2620') which is a massive pillar of rock. The shape and size was breath-taking and from the top Arran unfolded with corries and lochs hidden by ridges now exposed. There was a steep descent down to a level of 1450' , then the climb up to North Goat Fell and then Goat Fell itself. The latter I was to be denied, as the final 20' up to the summit of North Goat Fell meant a rock climb and there was no way I was going to attempt it. I returned and descended into Glen Rosa and followed the crystal clear river until Garbh Allt joined it at a level of 150' above sea level. I climbed Cul na Creagan (1160') and dropped over the other side seeing deer all around into Glen Shurig. I was feeling now very tired and racing against the clock to get back so I followed the road back into Brodick. In all the run was 14 miles long and 7250' of climbing.

Arran has much to offer for the fell runner but you also have to be very careful as the rock is very sharp and gravelly. The mountain sides can be very steep and if an accident occurred you might not be found for a long time as there was no-one around on the less well known paths (if you were lucky to find a path!) The scenery was fantastic and out of this world as the mountains really looked sharp and pointed with great descents between them or ridges only feet across.

Mark Bramall-Pimlott

L A M B P A G E

RESULTS

BUTTERMERE U15/U18 3.4m/1700'
(British Championships)
May 14th

| | |
|----------------------|-------|
| 1. G Bland (Keswick) | 29.11 |
| 9. A Bowden | 32.00 |
| 13. R Skelton | 33.32 |
| 14. C Britton | 34.09 |
| 17. I Powell | 34.56 |
| 18. A Ashcroft | 35.02 |
| 22. E Welham | 38.51 |
| 26. K Bowden | 43.19 |
| 28. C Nuttall | 43.47 |
| 31. G Bailey | 45.40 |

A very good turn-out from the juniors and good placings all round.

Thanks to all the parents for their support.

If any seniors are going to races please could they try and arrange to take some juniors with them.

CONISTON U15/U18 4m
(British Championships)
April 29th

| | |
|----------------------|-------|
| 1. J Bland (Keswick) | 32.36 |
| 12. A Bowden | 37.15 |
| 21. K Bowden | 46.09 |

SADDLEWORTH 15-17 3m
(British Championships)
May 29th

| |
|---------------|
| 17. C Jones |
| 18. R Skelton |

SKIPTON 11-17
June 11th

Youths U17
1. A Bowden

U13
4. E Welham
9. K Bowden
11. T Bennett

JUNIORS
at
BUTTERMERE



FIXTURES

| <u>DATE</u> | <u>RACE</u> | <u>CAT</u> | <u>DIST</u> | <u>HT</u> | <u>ENTRY</u> |
|-------------|-------------------|------------|-------------|-----------|--------------|
| JULY | | | | | |
| 1/2nd | Saunders M M | | | | PE |
| Sun 2nd | Skiddaw | AM | 9m | 2700' | OD |
| Wed 5th | Stoodley Pike | BS | 3.5m | 700' | OD |
| Sat 8th | Mytholmroyd | BM | 7m | 1350' | OD |
| Sat 8th | Wasdale | AL | 21m | 9000' | PE |
| Sat 15th | Ingleborough | AM | 7m | 2000' | OD |
| Sat 15th | Snowdon | AM | 10m | 3300' | PE |
| Sat 22nd | Turnslack | AM | 8m | 2000' | OD |
| Wed 26th | Widdop | CS | 7m | 850' | OD |
| Sun 30th | Glossop | AL | 22m | 4200' | OD |
| AUGUST | | | | | |
| Wed 2nd | Sheepstones Relay | | 3X3m | 1000' | OD |
| Sat 5th | Borrowdale | AL | 17m | 6500' | OD |
| Sun 6th | Latrigg | AS | 3m | 950' | OD |
| Sat 12th | Buttermere | AL | 20m | 8000' | PE |
| Sun 13th | Wadsworth | BS | 4m | 800' | OD |
| Sat 19th | Burnsall Classic | AS | 1.5m | 900' | PE |
| Sun 20th | Sedbergh Hills | AL | 14m | 6000' | OD |
| Sat 26th | Mount Skip | BS | 4.5m | 1000' | OD |