

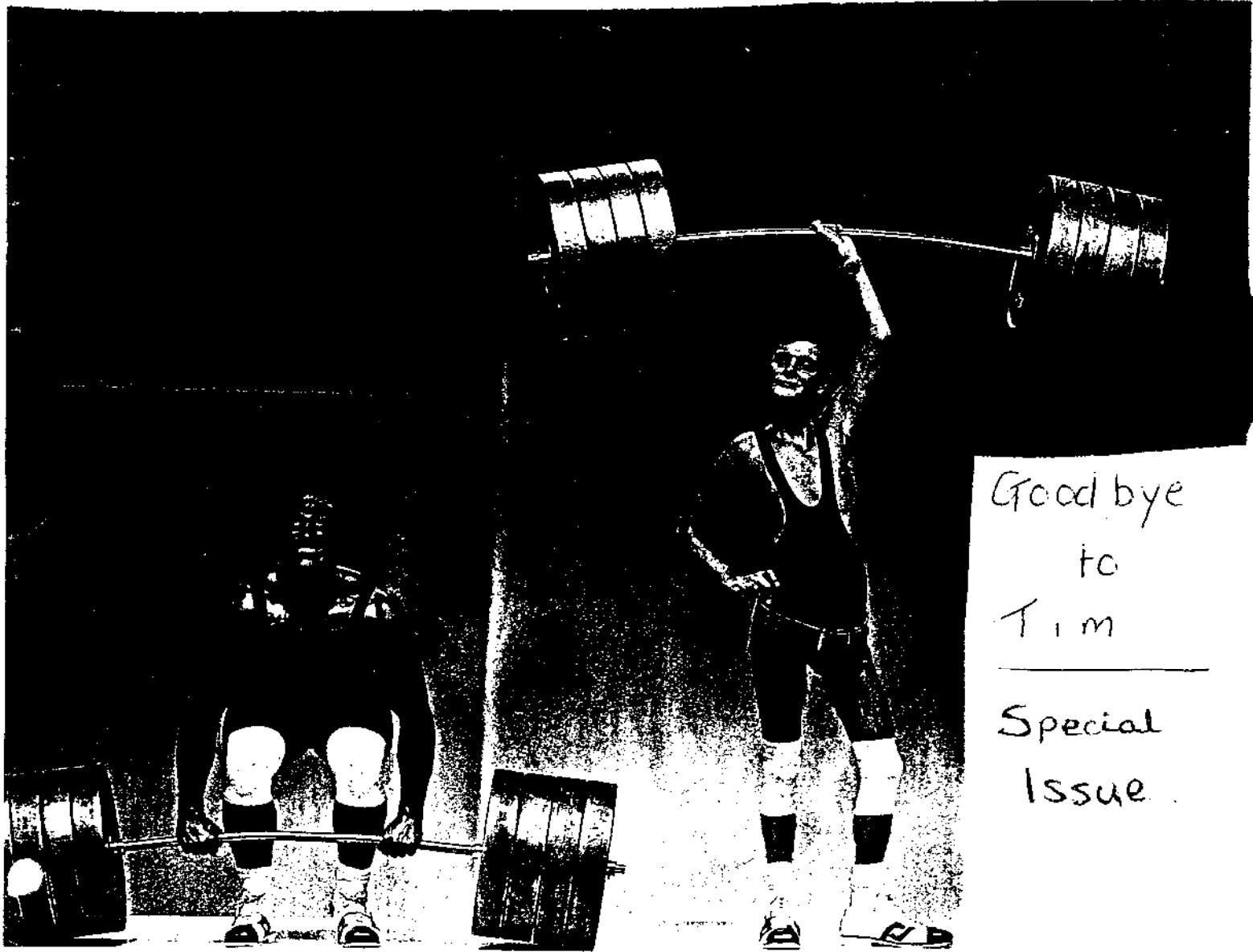


RAMPAGE

CALDER VALLEY
FELL RUNNERS

ISSUE 12

SEPT '89



Goodbye
to
Tim

Special
Issue



'Monster' — English male, from Pegler, 1886.



AND LO, THE SHEEP
SHALL BE SEPARATED
FROM THE GOATS...

It has been a good time, and it has been a bad time for the club in the last two months. We have lost Tim Daniels to an expedition somewhere in the heart of Iceland. Who knows when he will surface???

There have been some excellantly well-attended and organised club races, with a few hiccups thrown in. Surely we can marshall the Sheepstones relay and ENTER a club team to rival the winners. The Widdop race again attracted a large field, but there did seem to be some problem with car parking, which needs to be sorted out next year. Any way, well done Bod, Graeme and Russell.

We should all take time to read and digest Gary's article. We do seem to be in some danger of losing our most famous runner if the club does not pull together a bit more. If anyone does wish to reply, then why not make your opinions known in RAMPAGE.

I am having a bit of trouble getting all the race results. Any missing results would be welcome for the next issue.

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

THE TOUR OF PENDLE

This race is, in my opinion, rigged so that CLAYTON-LE-MOORS (the organising club) win the team event. This is achieved by ruling that the first SIX club members count for team awards. It is obvious that in a race of this nature, very few clubs will have sufficient strength and depth to challenge them "on their own patch".

I believe that CALDER VALLEY can successfully challenge Clayton on this front, as ROCHDALE did two years ago. Not only do I think that we can win the team award, I also feel that if we turn up in sufficient numbers, we could maybe take SECOND & THIRD team positions as well !!!!!

To this end I propose to organise a couple of "TOURS of the TOUR" training runs over the course to point out the best lines etc.

Provisional dates for these runs are SUNDAY 17th SEPTEMBER and either SATURDAY 23rd or SUNDAY 24th SEPTEMBER. Anybody who is interested should contact me on Tuesday evenings.

OR RING : NELSON (0282) 63559 for further details.

Duncan Thompson.

NB.....The TOUR OF PENDLE is a PRE-ENTRY race.

STUFF THE KARRIMOR

As Karrimor have decided that it's too *wimpy* an event to have most of us hardened mountain marathoners in it this year, there will be an alternative:

THE SOUTH PENNINES MOUNTAIN MARATHON

- * longer than the Karrimor
- * more gruelling than the Rock 'n' Run
- * more climbing than the Saunders
- * nearer to home than the Mourne

IT WILL

- * be a two day event on the same weekend as the Karrimor
- * start and finish at Mytholmroyd CC
- * have a mid-way camp NEAR A PUB
- * have an A and B class
- * be low key with minimal organisation
- * be an interesting course devised by your fellow runners with your best interests in mind (???)
ie. it will be a long (Kift), pest-bashing (Woodward) course.

WHAT WE NEED ARE PEOPLE TO:

- * put out kite orienteering markers on the Friday & Saturday collecting them on the appropriate day after
- * help at registration at Mytholmroyd (Sat AM), mid-camp (near a pub Sat PM), and at the finish (M/R Sun PM)
- * help to put up & break up mid-camp on Sat & Sun

ANY HELP WOULD BE KINDLY APPRECIATED

Graeme and Rhys.

Duncan Dares



THE DREAM

It's 7 o'clock on Saturday 24th June. I have just finished writing the paper rounds up and have looked out to see it is a nice bright warm summer's morning.

Today should be a good day. Have some breakfast at 9.30 and then off to Sabden to do one of my favourite races: The Five Cloughs Race. Follow this with a few pints of Daniel Thwaites Best in the White Hartperfect!! Who knows? there may even be a maximum 30 points to be picked up for the Club Championship on my own territory. I know Gary's out of the way down in Wales doing Y Garn. I wonder what Jeff is doing? OH NO - JEFF!!

THE REALITY

It's 7 o'clock on Saturday 24th June. I have been up since 4 am and am now sitting in Jeff's car forcing myself to eat cold rice pudding washed down with tepid water. We are parked outside the toilets at Staveley en route to the New Dungeon Ghyll Hotel in the Langdales.

By 7.45 we have reached our destination and I am wandering around the car park loaded up with enough food and drink to get me round the Tour of Pendle ten times.

Why are we here? the answer is to set off and hopefully complete the Old County Tops Fell Race. I have run further than the 37 miles required for this race in the past, but not with 10,000' of climbing thrown in for good measure.

Jeff opts to run with a rucksack on. That is a good sign. If I get tired, I can hitch a lift for a few miles.

8 am and we and sixty odd others set off. The gentle climb and descent over to Grasmere pass without incident as does the climb up to Grisedale Tarn. Now comes the first serious climb: a hands on knees pull up Dollywagon Pike. It is on this climb that we have our first "meal" of dates and warm water - delicious!!

Plain sailing over to Hellvelyn and we go through in about 9th position followed by an SAS type assault course through a wood (Jeff's idea to take this route) to the next checkpoint where we have moved up to 6th position. Nice steady run from Thirlmere over to Angle Tarn where Steve Skelton was waiting with refreshments and moral support. He later informs me that we were the only "pair" to arrive at the check as individuals.

On the long climb up to Scafell Pike, we are joined by the Achille Ratti pair of Hope & Nixon. we discuss the route choice off the Pike with them. It is decided that we shall go one way and they the other and see who gets to Cockley Beck Bridge the first. I had been up four days earlier and had recceyed this section and for the first time in 25 miles I was able to tell Jeff where to go.

It was on this section that Jeff demonstrated a technique that I had previously only seen used by Indians in John Wayne films. We were running along a well defined track, when he suddenly dived to the ground and put his ear to the floor. No doubt trying to find out how far behind us the possé was. Something he picked up in the Karrimor maybe???

Our route choice paid off. We reached Cockley Beck Bridge three minutes in front of Hope & Nixon and ten minutes behind the next pair. We were now in 3rd place and "mogging" along nicely. A big effort round Grey Friar and up to Coniston Old Man, saw us reduce the deficit on 2nd placed Gibbison & Worswick to five minutes. This nearly proved to be my undoing and I now definitely felt in need of a lift in Jeff's rucksack.

On the out and back run to Coniston Old Man, I discovered that we were now six minutes in front of Hope & Nixon. Surely we couldn't blow that sort of lead. John Hope had looked just as tired as I felt. From Three Shires Stone the one mile road section seemed like a real blessing and we were soon at the turn off to go round the side of Blea Tarn and into the final descent into Great Langdale.

After 7hrs 21mins 35secs we finally crossed the line in 3rd place, nearly 56 mins behind the winners and pre-race favourites Colin Valentine & Dave Nuttall. It was at the finish that it dawned on me that nearly everything I had eaten, had been given to me by Jeff. No wonder my bum bag wasn't getting any lighter.

At the finish, there was as much to eat and drink as you could possibly want. All in all it was a very well organised event with an interesting and challenging course. We would both recommend it to anyone who likes long events and we will certainly be back again next year.

Duncan Thompson.

n s a i d s what are they ???

In every day life, we are a nation of pill takers; either prescribed by a doctor or brought from a chemist. Here I would like to discuss the merits or otherwise of a group of drugs which many athletes take to help cope with sporting injuries.

Soft tissue and overuse injuries are a common problem in the runner. Sore and aching muscles; tender joints; sprained ligaments; all frequent excuses for poor performances. In many cases the pain will settle with rest, or with the help of a mild painkiller like paracetamol or aspirin. (These analgesics should not be used to mask pain in order to continue running as further damage may develop.) Moving on from simple things, an anti-inflammatory drug may be required.

NSAIDs: non-steroidal anti-inflammatory drugs; commonly used for sports injuries, as well as for arthritis. They exert their effect by inhibiting the action of a chemical called prostaglandin, which causes swelling and pain in damaged muscles and joints. In other words they help prevent inflammation, while having less side-effects than steroids, which were previously used extensively for the treatment of arthritis. In higher doses than the usual two tablets every four hours, aspirin also helps prevent inflammation; but at these higher doses causes a lot of indigestion and possibly bleeding in the stomach.

The most widely used drugs are IBUPROFEN (Brufen, Nurofen), PIROXICAM (Feldene) and NAPROXEN (Naprosyn). It is advisable to take them with food, to avoid stomach irritation and in short courses only. Some forms of ibuprofen can be bought without prescription, though Nurofen is only a third of the strength of the normal prescribed dosage.

Recently drug companies have been manufacturing topical preparations of their products, ie creams and gels to rub into the skin. This obviously cuts down on stomach side-effects. There is active absorption of the drug into the inflamed tissue. Large joints some distance away from the site of the cream can also be affected by transport of the drug via the blood stream. Ibuprofen is a compound that penetrates the skin well and reaches the same concentration in joints and muscles as when swallowed as a tablet. These NSAID creams are different to the other remedies that can be applied direct to the skin, such as Algipan and other liniments. These work by inducing heat in the skin, causing a local sensation of warmth and probably work no better than rubbing the skin warm with just a hand or hot water bottle. Before a race a proper exercise warm-up is more use than liniments and smelly oils!

The NSAIDS are not on the list of drugs banned by the IOC.

RESULTS RESULTS RESULTS

FIVE CLOUGHS 24/6/89
8.75m/2000'

1.	S Livesey	64.43
12.	K Munton V45	79.28
35.	C Peart-Binns	84.05
39.	R Kellett	86.06
47.	P Regan	87.34
59.	S Cavell	91.21
65.	R M Horne	94.45
68.	D Shepherd	96.08
72.	G Spencer	97.31
89.	R Arrandale	108.45
	103 ran	

MYTHOLMROYD 8/7/89
7m/1350'

1.		
10.	J Winder	51.47
16.	Alex Bowden	52.41
21.	S Skelton	54.04
29.	K Munton	54.50
38.	R Kellett	56.50
42.	C Peart-Binns	57.25
44.	J Wilkinson	57.31
48.	Chris Jones	58.13
49.	R Skelton	58.14
53.	A Sowden	59.07
57.	P Regan	60.00
58.	S Cavell	60.18
59.	G Spencer	60.19
87.	T Redmond	64.12
90.	D Shepherd	64.37
93.	R Arrandale	66.06
97.	G Ridgway	67.20
104.	J Thistlethwaite	68.??

STOODLEY PIKE 5/7/89
3.5m/750'

1.	S Livesey (Rossendale)	17.07
8.	Gary Webb	18.18
23.	R Rowlands	21.26
46.	Steve Skelton	20.28
82.	C Peart-Binns	21.26
85.	Richard Kellett	21.26
93.	Robin Skelton	21.34
126.	John Riley	22.38
131.	J Wilkinson	22.50
132.	Graham Spencer	22.52
134.	Pete Regan	22.53
140.	Ian Hartman	23.04
142.	Steve Cavell	23.07
169.	Trevor Redmond	24.01
211.	Russell Arrandsle	25.33
223.	Jill Thistlethwaite	25.57
242.	Roger Nuttall	27.02
	300 ran	

WASDALE FELL RACE 8/7/89
21m/9000'

1.	Colin Donnelly	3.41.33
	Gary Webb	4.15.54
	Dick Crossland	4.34.00
	Duncan Thompson	4.53.40

GLOSSOP FELL RACE 30/7/89
22m/4200'

1.		
4.	Gary Webb	
50.	Chris Peart-Binns	
62.	Pete Regan	

RESULTS RESULTS RESULTS

WIDDOP FELL RACE 26/7/89

Seniors	7m/850'		Juniors	2.5m	
1.	Mike Prady (Glossopdale)	47.35	1.	Alex Bowden	19.13
16.	Jeff Winder	51.40	4.	Chris Nuttall	28.24
46.	Brian Horsley	56.27	5.	Kieran Bowden	30.48
47.	Keith Munton	56.30	9.	P Coughlin	
49.	Jes Wilkinson	56.38	14.	J Smith	
53.	Robin Skelton	56.58	18.	G Bailey	
54.	Chris Peart=Binns	57.01	22.	Edward Welham	
78.	John Marshall	58.55			
87.	Ian Hartman	59.44			
90.	Pete Horne	59.55			
116.	Trevor Redmond	62.24			
9.	Dave Shepherd	66.26			
172.	Steve Kirkbride	69.04			
182.	Dominic Rivron	71.34			
190.	Roger Nuttall	72.58			
	213 ran				

SHEEPSTONES RELAY 2/8/89
3 X 3m/1000'

1.	Pudsey & Bramley (record)	71.01
2.	Clayton-le-Moors	71.28
3.	Bingley A	72.40
	37 teams ran	

Juniors.....1 lap only

1.	Alex Bowden	24.47
2.	N Matthews (Horwich)	26.16
3.	B Taylor (Rossendale)	26.27
6.	J Smith	30.49
9.	K Bowden	37.47

SEDBERGH HILLS 20/8/89
14m/6000'

	K Anderson (Ambleside)	2.01.59
17.	J Winder	2.20.11
28.	D Thompson	2.25.23
40.	K Munton	2.26.56
66.	R Sutcliffe	2.33.21
79.	B Horsley	2.37.11
81.	P Horne	2.37.43
139.	I Hartman	2.51.48
162.	T Redmond	3.01.21
	200+ ran	

RAS MOEL HEBOG 29/7/89
5.5m/2560'

1.	C Donnelly (Eryri)	43.58
14.	Gary Webb	48.46
71.	Ian Hartman	63.20
94.	Dave Yates	74.08
	106 ran	

SEDBERGH JUNIORS

1.	P Wade U/A	1.38.31
4.	C Jones	1.46.02
	5 ran	

MINI-ORIENTEERING EVENT: organised by Graeme on 24/8/89. A damp evening's jaunt from the Hinchcliffe Arms. Bod and Richard Rowlands were easily the first couple back, as every one else got bogged down in a gully. The landlord kindly provided sandwiches, which Russell and Richard Kellett almost missed!!!

ANDY'S QUIZ

QUESTION

ANSWER

16 = O in a P	ounces in a pound
1001 = A N	Arabian Nights
52 = W in a Y	weeks in a year
2 = T D (& a P in a PT)	turtledoves
5 = P of a S	points of a star
4 = Q in a G	quarts in a gallon
9 = P in the SS	planets in the Solar System
3 = B M (SHTR)	blind mice
18 = H on a G C	holes on a golf course
13 = S on the S and s	stripes on the Stars and Stripes
2 = G on a R	grooves on a record
54 = C in a D (with the J)	cards in a deck (including jokers)
24 = H in a D	halves in a dozen
24 = B B in a P	blackbirds in a pie
1 = W on a U	wheels on a unicycle
11 = P in a F T	players in a football team
4 = C on the T	corners of table
or 4 = C on the T	channels on TV
6 = P on a S T	pockets on a snooker table
7 = W of the W	wonders of the world
2 = H on a C	hands on a clock
180 = T in a B	three in a bed
say this in a cockney accent 40,000 - F on a F	fevvers on a frush
366 = D in a L Y	days in a leap year
147 = M B	maximum break
13 = P in a R L T	players in a Rugby League team Andy Thomson

RESULTS RESULTS RESULTS

MOUNT SKIP FELL RACE 26/8/89
4.5m/1000'

1.	John Taylor (Holmfirth)	30.00
2.	Robert Jackson (Horwich)	30.52
5.	Duncan Thompson	33.05
12.	Keith Munton	34.57
16.	Robin Skelton	36.20
17.	Jes Wilkinson	36.35
19.	Mark Anderton	37.08
22.	Chris Peart-Binns	37.24
25.	John Riley	37.40
27.	Jon Wilkinson	37.55
36.	Mark Bramall-Pimlott	39.38
51.	Dominic Rivron	42.44
4.	Roger Nuttall	44.42

This club organised event was very successful this year in spite of poor weather.

There was a record field of 64.

The winning time was a new course record.

The first lady in 21st position was Julie Harold of Horwich, also in a record time of 37.20 .

The team prize went to Horwich.

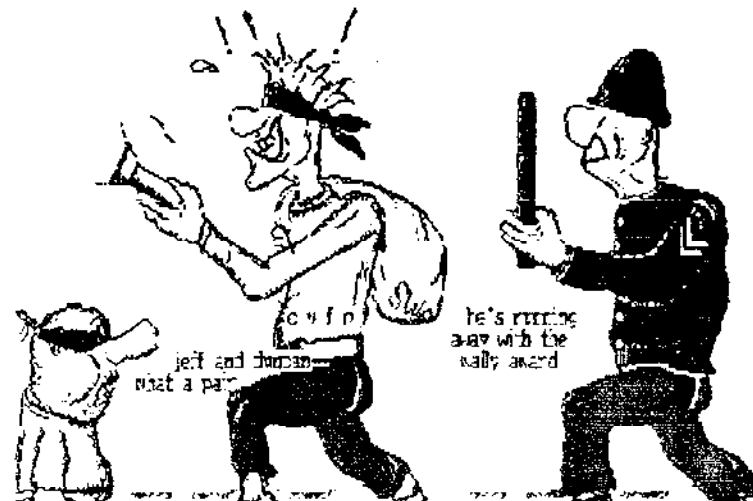
JUNIOR RACE

1.	Alex Bowden	14.58
2.	Nathan Matthews (Horwich)	15.27
6.	Ian Powell	17.02
7.	Jon Smith	17.07
9.	Edward Welham	19.72
10.	Kieren Bowden	20.53
11.	Chris Nuttall	20.59
15.	Mark Powell	23.00??
17.	Simon Nuttall	23.15
19.	Scott Tetlaw	23.40

The junior race also had a record entries: 24 ran.

First U13

Alex won in a new record time.



CAPTION
COMPETITION
any other
ideas for this?

apathy rules OK???

I seem to have been unfortunate enough in recent months to see the gradual decline of our club. No doubt others have noticed it as well. Some people obviously couldn't give a shit. To these people I have nothing to say, other than that, in my opinion, they should perhaps consider running unattached....

To those people who do come I have this to say. When you join a club, any club, surely the reasoning behind it is to improve, by running with other people, and to actively give your services to the club in a variety of ways. Being a member of CALDER VALLEY FELL RUNNERS should really mean something to people. It used to. Does it anymore???

I know attendance on Tuesday evening sessions, since we have been back on the fells, has been abysmal! Why? Sometimes I must admit I've missed the odd session but I've been there enough to see the numbers dwindling. Perhaps ten or fifteen now turn up regularly on Tuesdays. Is it too much to ask of people to give up a couple of hours on a Tuesday to a club they are supposed to be a part of???

Let me give some examples of how things used to be. At the Fairfield one year there were 26 Calder Valley runners. The Three Peaks managed about 20 and the Kentmere over 20. Not anymore. At a "club" training weekend in Sadbergh recently, shortly after Jeff had asked for people's support, only five runners turned up. With good lady wives and girlfriends the number was eleven. The depressing thing was that people said they would go. Are we really this apathetic?? If we are then I no longer want to be a part of it.

I would have thought that being a member of a club meant certain basic things. Firstly a dedication through serious training to personal improvement, not only for the individual but for the club and the club's improvement. Secondly, a certain pride at being a member of Calder Valley. I used to feel this every time I put on a club vest. Not so much these days. Thirdly, supporting club social events. I accept that the Bradford lads have quite a way to travel but the disco and buffet that Jeff organised the night before the Kinder was very poorly attended. We must be able to do better than this.

It is not the standard of runner that limits our progress as a club to be reckoned with, for we have some very useful improvers in Chris Peart-Binns, Mark Bramall-Pimlott and Alex Bowden to name but three. No, what restricts us is apathy and lack of commitment. It has spread like a disease. we are all now simply doing our own thing. No new members are joining and hardly anyone cares about the Juniors. Selfish bastards really, are we not???

SOLUTIONS? You tell me, or Jeff, or anyone. But to talk you have to be there, on Tuesday, at seven.

Webbo.

F i x t u r e s



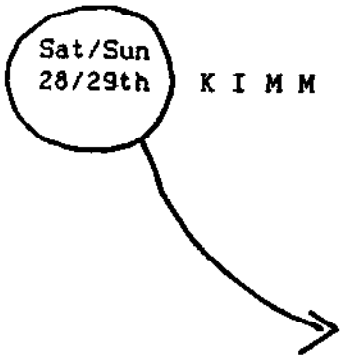
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SEPTEMBER

Sat 2nd	Ben Nevis	AM	10m	4400'	PE
Sat 2nd	Blackstone Edge	AS	3.5m	1200'	OD
Thur 7th	Hades Hill	BS	5m	1200'	OD
Sat 16th	Three Shires	AL	13m	4000'	OD
Sat 23rd	Scafell Pike	AM	5m	3000'	PE
Sat 30th	Thievely Pike	AS	3.5m	900'	OD

OCTOBER

Sun 1st	Ian Hodgson Mountain Relay		25m	8500'	PE
Sat 7th	Tour of Pendle	AL	17m	4200'	PE
	Half Tour		9m	1800'	PE
Sat 14th	Langdale Horseshoe	AL	16m	4000'	PE
Sun 15th	Meltham Cop	CM	7m	900'	PE/OD
Sat/Sun 28/29th	K I M M				PE



STOP PRESS:

S. P. A. M. M.