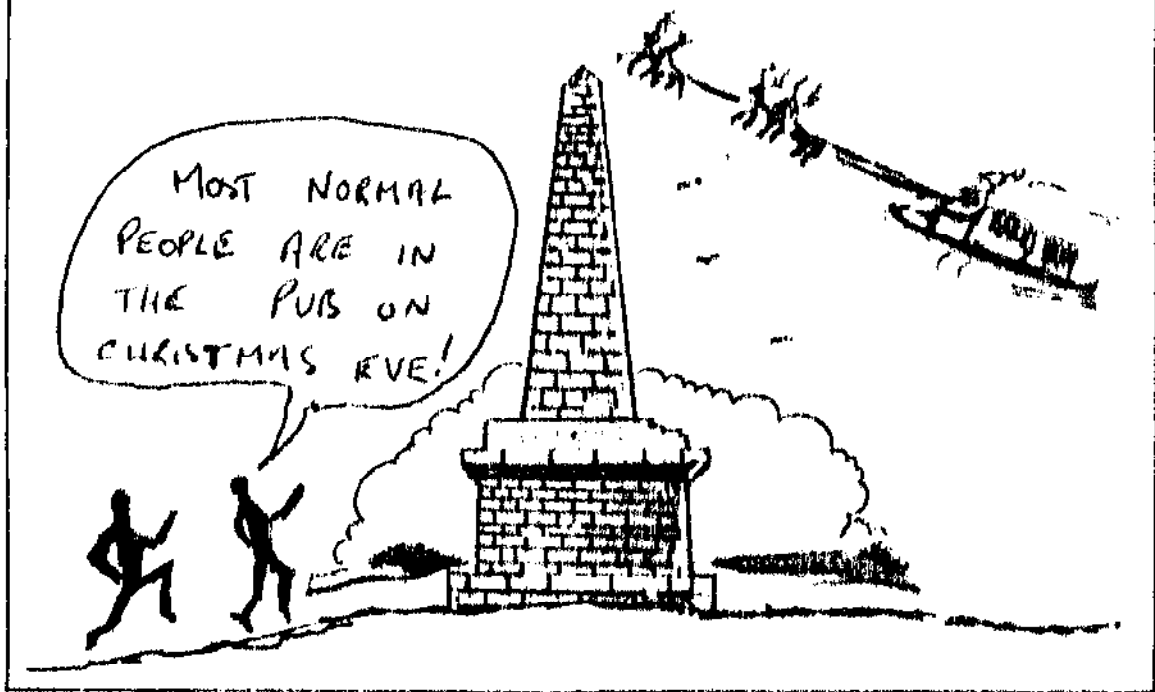


merry christmas



RAMPAGE

CALDER VALLEY
FELL RUNNERS

Committee Members.

Chairperson	:- Jill Thistlethwaite	Tel No. (0422) 884576
Secretary	:- Russell Arrandale	Tel No. (0422) 883510
Treasurer	:- Allstar Sowden	Tel No. (0422) 884860
Club Captain	:- Rod Sutcliffe	Tel No. (0422) 845438
Publicity Officer	:- Duncan Thompson	Tel No. (0923) 63559
Membership Secretary	:- Richard Kellet	Tel No. (0422) 202923
Social Secretary	:- Graham Woodward	Tel No. (0422) 885185
Rampage Editor	:- Peter Regan	Tel No. (0422) 356243
Helper	:- Mark Drummall Pimlott	Tel No. (0422) 843574

Editor's Comments.

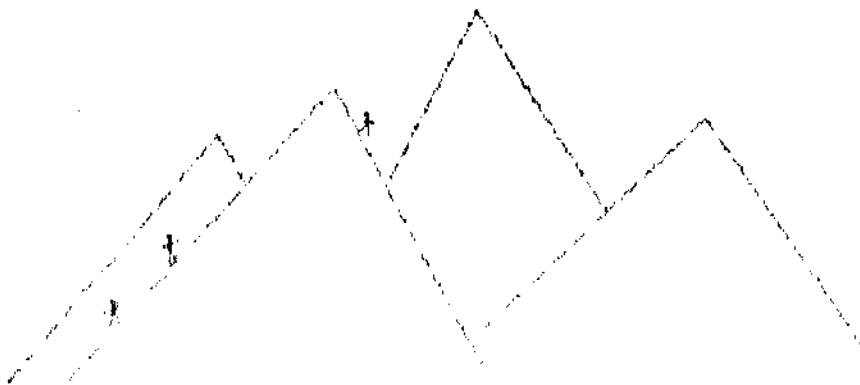
Welcome to my first edition as co-editor of Rampage.

We will be hoping in the future to publish Six Editions per year, depending on Material supplied, so keep it coming. The new year will soon be with us, so lets hope the Club continues to prosper.

Pete Regan.

For Rampage to remain interesting and enjoyable we need contribution of articles from yourselves. It would be nice to have articles from the more experience runners on event such as the Karrimor with advice on equipment, training, etc.. Advice on events involving map reading or better routes on long races. This information can only come from yourselves. Everyone talks about races, so a small write up would be nice. Thanx.

Mark Drummall Pimlott.



Subs Report.

Club fees are due on the 1st January :

Senior £6.00

Junior £2.00

This includes Social membership of Mytholmroyd Community Centre
All fees to be paid to Richard Kellat.

Help Required...

The club having recently purchased it's own photo-copier may at sometime require the help of anybody with any experience in the repair of these machines. So if you can help or know of anyone who can, then can they get in contact with Rod Sutcliffe.

Orienteering Event on Sunday 21st January 1990.

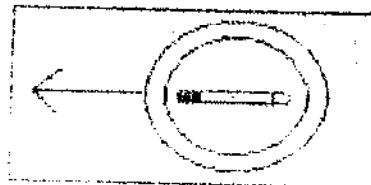
For those who wimped out of the Karrimor and entered the SPAMM, and any other nutters.... please note your diaries for Sunday 21.01.90.

There's a low key orienteering event to take place from the Hinchcliffe Arms (Cragg Vale) at 9:15 am as an alternative to the usual Sunday morning training session. It'll be similar to the one we ran a couple of months ago from Kibs and will be suitable for anyone who wishes to turn up. You can run as far as you want to, over familiar territory... So if you should miss the checkpoints, you'll always find your way back to the pub.

You'll need a South Ferrings Map, Compass, Whistle, A Pen and suitable attire. I also recommend that you run in pairs.

The idea is that we start at 9.15 am, finishing (very conveniently) at about 12.00 noon, ready for opening time. The Landlord's expecting us, so be there!! If you're interested, then let me know so that I can forewarn the landlord.

Russ.





Club Handicap & Dinner



The Club Handicap will as usual be ran From mytholmroyd Community Centre and will commence at 1:00pm prompt on Saturday 27th January.

The club dinner this year is to be held at Kerhaw House, Luddenden Foot at 7:30 for 8:00pm.

A £5.00 deposit each to be paid to Graham Woodward before January 9th , the balance paid for the 16th January, £11.00 total.

There are only 90 tickets available so to avoid disappointment **Book Now !!!**

The Right Stuff.

Much has been said and writtern about committment to the Club. Our new Captain decided to show us what it was all about recently at Winter Hill when due to a navigational Error he gave the rest of the field a ten minute start. Even so he got round in a good time of 1hr 40mins. Well done Rod (most of us would have gone home, me included).

Members Please Note.

Physiotherapy

Facilities have been arranged for your use at Heath Rugby Club.

- Steve Darlington is available
 - Each Sunday Morning from 11am
 - Cost per Session £8.00
- (N.B. Average Private Rate £12.00)*

See Richard Killet for further details.....

Karrimor Report for Rampage

Let me lay to rest the scurrilous and libeuous invuendo surrounding this year Karrimor being circulated by Sheardy. I'm not sure what he's said, but why is it that everyone has a smile as broad as a cheshirecat when they ask how I got on?

It all started as a bit of a laugh. One Tuesday evening, Richard and I went around to Jimmys', **basically to give him some stick.** I'd just started running again and felt holier than though. Jimmy however, had done nothing since **wimping out of the Three peaks having reached Ribbleshead** Viaduct and thurbing a lift back to the start from some unsuspecting sole who felt sorry for this obvios, inadequate, failure. He was drinking and eating too much, was getting fat and had the jowls of a hamster. Jimmy wasn't too chuffed at our outburst although we were in stitches, before being thrown out. It was after this episode that he got his own back.

The next day, a Karrimor entry arrived at Jimmys' which he completed and posted. It was only then that he told me that I was his partner. I thought no more of it, as it would clearly be oversubscribed and we wouldn't get in. Unfortunately, whilst most entries were turned down, ours wasn't one of them. **Even**, I wasn't too concerned as it was only June and the event wasn't until late October..... either Jimmy would forget about it or I would injure myself as I'm prone to do.

As the day came nearer, it became clear that I wouldn't be allowed to forget, so I began to lose weight and build my training up to 5 mile runs.

In July, some of us from the club went up to Sedburgh for the weekend. The weather was glorious but my training was horrendous. The only pleasant thing to happen was to watch Nutcutlet squirm as I ate my bacon sandwich. **As long as the Karrimor wasn't in the Howgills, I didn't mind..... everything would be alright, I was sure.** Imagine therefore my delight when the Karrimor venue was announced..... **that's right, that very same Howgill range where only 3 months earlier I had suffered so badly.** Matters weren't helped when I found out that in the week leading up to the Karrimor I was to attend a course in Stafford for 5 days. Never mind, I'll train at 6:00am every day, give the three three course meals a miss, eat salads, stay off the beer and get to bed by 10:00pm at the latest. Things never seem to turn out as you plan them, do they? At least I could hope Jimmy had come down with some highly contagious disease or injury in that week.

Staying at our sister-in-laws on the friday night, it still annoys me that having woken to my alarm at 5:00am, I went in to wake Jimmy. He told me later that he'd slept through his own alarm and that it was lucky I had woken up! Never mind, I did raise a smile later, on finding out that Jimmy for once in his life had turned off the plugs in the house, defrosting the fridge and freezer in the process.

We had an 8:13am start and there was just enough time to take a visit beforehand. Take my advise, never use a port-a-loo with no flush or running water unless you're first in the queue. I was about 20th. 'Nuff Said'.

We set off in the pouring rain, get our co-ordinates and off we go. After only 1 hour, I thought to myself "I don't want to do this! And yet there's 2 days to go." After 3 hours on the go and only 3 check points visited, I ate and promptly went through all the Welsh villages starting with "Huey" and ending with "Gogogoch". Never mind I thought I can only get better. By the 4th checkpoint, I thought its lunch time. I sat down in this ravine with everybody else and got my marmite sandwiches out, albeit soggy. "What the hell are you doing?" shouts Jimmy to which I replied with some expletive. Up I get and off we go, with butties in hand.

As the afternoon went on, the rain came down, the bogs got deeper and I became more miserable. By 3:00pm, I sat down again for a bite, thinking (mistakenly) that that I deserved a rest. It wasn't to be. Despite others taking a well earned rest, Jimmy growled and grunted. At this stage, I was getting pissed off and told him to get stuffed. Another hour passes and I suddenly see a chance of getting out of this mess. Someone was clearly in trouble as they had pitched their tent on the fells. Quickly thinking, I was just about to volunteer my services and thus excuse myself from the event (not to my choice you understand) when I saw that 4 others had similar ideas.

We finally reached base camp at 6:15pm in the dark and pouring rain. As I eventually crawled into the tent, I thought to myself "What the hell am I doing here? I'm Wet, Cold, Miserable and there's another day to get through yet."

The next day was not much better than the first and it wasn't until gone 3:00pm that we finally reached the finish line. relieved and absolutely knackered. I shall not allow myself to even consider entering the event again so before you ask again Jimmy Sod Off !!!

Russ.

IAN HODGSON MOUNTAIN RELAY

Race Report.

In the 4th Ian Hodgson Mountain Relay (and the inaugural F.R.A. Championship), Ambleside achieved a hard fought win in the closest finish in the short history of the competition. When the final pair crossed the line, just 6 seconds separated the winners from Keswick, these two teams having been neck and neck on the descent from the final control.

The "easy" second leg was to decide the race. Ambleside extended their lead gained on the first leg, which, despite record breaking runs by Keswick's 3rd and 4th leg runners, proved crucial at the finish. Bingley's international pair severely damaged their team's chance with a bad route choice which cost them nearly two minutes on the leaders, and the Pudsey and Bramley runners inexplicably failed to find the Angle Tarn control which resulted in the teams disqualification.

In ideal running conditions, records tumbled throughout the day - Amblesides final time of 3hr.30min.20sec. was some 13 minutes inside the old record, and indeed, both Keswick and third placed Bingley were also inside the previous mark. Three of the four leg records fell to the two leading teams, emphasizing the difference that good conditions and close competition can make to personal and team performances.

The mixed team and ladies records were also comprehensively beaten, with Livingston edging out Keswick in the mixed, and Clayton dominating in the ladies by breaking 5 hours for the first time.

Possibly the most popular record to be broken was that of the weather!! - after three years of low cloud and rain, the race was mostly run in good visibility. From a spectator viewpoint, relays provide intriguing viewing, and being able to see the final pairings battle it out up the steep Red Screes climb was an added bonus to competitors and spectators alike. We hope that an enjoyable day was had by all.

Rescue Incident - The accident involving the members of Fellandale 'C' team on the 4th leg of the race has been reported in the press. The facts are that one member of the team severely damaged his ankle when descending Dovedale from the final control. His team mate stayed with him and both runners donned their rain-tops. Competitors from other teams reported the accident to officials at the finish. Members of the Fellandale club immediately set off carrying sleeping bags and first aid equipment accompanied by a member of the Raynet Radio team. Meanwhile, race officials descending from the final control had located the accident and were rendering assistance. It was found that the second team member was suffering from mild exposure and consequently Patterdale M.R.T. were called out. Both runners were stretchered down and the ankle victim taken to Kendal Hospital for X-Rays, which established ligament damage. His companion had recovered fully by the time he reached Sykeside Campsite.

Our thanks are due to members of the Fellandale Club who were quick off the mark to give first aid, to Patterdale M.R.T. and to the Doctor who attended to both the lads when they arrived at Sykeside.

contd.....

IAN HODGSON MOUNTAIN RELAY

2.

The incident illustrates the importance of carrying a windproof top at all times when running on the fells and in future the race rules of the Mountain Relay will specify that rain-tops as well as whistle and compass must always be carried.

YORKSHIRE VETERANS CROSS-COUNTRY CHAMPIONSHIPS

SUNDAY JANUARY 14TH 1990

WALMGATE STRAY, HESLINGTON, YORK

If you wish to enter, please give your details and entry fee (£1.25) to me by 2nd January and I will submit a block entry.

For further details, see notice board
or ring me on Bradford 546549

Ian Hartman



IAN HODGSON MOUNTAIN RELAY

RESULTS

1st OCTOBER 1989

	Leg 1.	Leg 2.	Leg 3.	Leg 4.
1. Ambleside 'A'	1.07.46 (1)	1.41.28 33.42 (1)	2.43.05 1.01.37 (3)	3.30.20 47.15 (5)
2. Keewick 'A'	1.08.39 (4)	1.42.37 33.58 (2)	2.44.05 1.01.28 (1)	3.30.26 46.21 (1)
3. Bingley 'A'	1.08.23 (2)	1.43.45 35.22 (4)	2.45.40 1.01.55 (2)	3.33.52 48.12 (3)
4. Clayton 'A'	1.08.28 (3)	1.43.26 34.58 (3)	2.55.17 1.11.51 (10)	3.47.06 51.49 (6)
5. Kendal 'A'	1.16.33 (9)	1.54.13 37.40 (6)	3.01.06 1.06.53 (5)	3.52.48 51.42 (5)
6. Horwich 'A'	1.14.10 (6)	1.53.35 39.25 (3)	3.02.33 1.08.58 (4)	3.54.58 52.25 (7)
7. Rossendale 'A'	1.17.52 (10)	1.54.36 36.44 (5)	3.01.51 1.07.15 (7)	3.55.16 53.25 (9)
8. Clayton 'B'	1.18.19 (12)	1.56.35 38.16 (11)	3.08.17 1.11.42 (13)	4.03.25 55.08 (15)
9. Lancaster & Morecambe 'A'	1.16.19 (8)	1.54.09 37.50 (9)	3.07.33 1.13.24 (17)	4.06.05 58.32 (21)
10. Bingley 'B'	1.21.42 (20)	2.02.31 40.49 (7)	3.11.15 1.08.44 (9)	4.08.13 56.58 (16)
11. Skyrac 'A'	1.24.54 (23)	2.03.19 38.25 (12)	3.13.51 1.10.32 (11)	4.08.31 54.40 (11)
12. Calder Valley 'A'	1.19.47 (4)	2.00.49 41.02 (18)	3.13.52 1.13.03 (14)	4.08.34 54.12 (12)
13. Pennine F.R.	1.19.38 (13)	2.01.48 42.10 (20)	3.12.59 1.11.11 (12)	4.10.18 57.19 (18)
14. Kendal 'B'	1.18.07 (11)	1.56.05 37.58 (10)	3.10.05 1.14.00 (16)	4.11.23 1.01.18 (25)
15. Bolton 'A'	1.21.18 (17)	2.03.03 41.45 (19)	3.13.06 1.10.03 (9)	4.13.18 1.00.12 (20)
16. Pellandale 'A'	1.21.04 (16)	2.01.15 40.11 (15)	3.20.17 1.19.02 (22)	4.13.37 53.20 (8)
17. Rossendale 'B'	1.22.33 (21)	2.00.21 37.48 (8)	3.19.32 1.19.11 (27)	4.14.26 54.54 (19)
18. Keewick 'B'	1.25.26 (24)	2.03.12 37.46 (7)	3.20.52 1.17.40 (12)	4.14.10 54.18 (10)
19. Livingston 'A' Mxd.	1.14.52 (1)	2.02.18 47.26 (34)	3.19.04 1.16.46 (21)	4.26.48 1.07.44 (31)
20. Lunenburg City	1.28.20 (25)	2.11.03 42.43 (22)	3.27.20 1.16.17 (20)	4.31.38 1.04.18 (4)
21. Keewick 'C'	1.20.59 (5)	2.11.51 50.52 (14)	3.22.07 1.10.16 (5)	4.31.51 1.09.44 (20)
22. Carnethy	1.31.05 (27)	2.14.23 43.18 (25)	3.35.17 1.20.54 (29)	4.33.28 58.11 (19)
23. SROC	1.36.45* (32)	2.21.44 44.59 (28)	3.36.20 1.14.36 (14)	4.33.36 57.16 (17)
24. Clayton 'Z'	1.23.07 (22)	2.06.24 43.17 (24)	3.29.01 1.22.37 (24)	4.33.47 1.04.46 (22)
25. Bingley 'C' Mxd.	1.40.24 (42)	2.30.08 49.44 (26)	3.43.06 1.12.50 (16)	4.37.57 54.51 (13)
26. Skyrac 'B'	1.31.33 (28)	2.12.27 40.48 (11)	3.29.40 1.21.13 (22)	4.34.58 1.01.18 (28)
27. Ambleside 'B'	1.33.05 (35)	2.21.05 48.00 (31)	3.42.15 1.23.30 (30)	4.40.55 58.40 (22)

* Mixed Pair

Figures in circles indicate leg time positions.

IAN HODGSON MOUNTAIN RELAY

	Leg 1.	Leg 2.	Leg 3.	Leg 4.
8. Fellandale 'B'	1.28.19 (38)	2.13.58 45.39* (31)	3.38.55 1.24.57 (37)	4.42.03 1.03.08* (27)
9. Livingston 'B' Mxd.	1.28.11 (37)	2.12.19 44.08 (26)	3.32.48 1.20.29 (38)	4.44.10 1.11.22 (45)
0. Bolton 'B'	1.32.33 (33)	2.18.10 45.37 (30)	3.36.15 1.18.05 (24)	4.44.49 1.08.34 (38)
1. Rossendale 'C' (AA. 80.1)	1.33.16 (36)	2.15.51 52.02 42.35 (22)	3.47.55 1.32.04 (25)	4.47.14 59.19 (33)
2. Horwich 'Vets'	1.26.22 (25)	2.13.13 46.51 (32)	3.42.36 1.29.23 (20)	4.48.32 1.05.56 (34)
3. Lancaster & More. 'B'	1.42.21 (44)	2.27.14 44.53 (27)	3.46.08 1.18.54 (25)	4.50.15 1.04.07 (29)
4. Horwich 'B'	1.39.46 (41)	2.22.10 42.24 (21)	3.49.13 1.27.03 (20)	4.51.01 1.01.48 (26)
5. Clayton Pendlemen.	1.32.31 (32)	2.21.27 48.56 (26)	3.43.03 1.21.36 (31)	4.51.43 1.08.40 (29)
6. UMOG Ex-Bears	1.21.35 (19)	2.15.07 53.32 (44)	3.37.20 1.22.13 (22)	4.54.09 1.16.49 (45)
7. Clayton Ladies 'A'	1.27.35 (26)	2.16.17 48.42 (35)	3.48.42 1.32.25 (43)	4.54.34 1.05.52 (33)
8. Eden Valley M.C.	1.45.43 (45)	2.30.46 45.02 (29)	3.47.53 1.17.07 (22)	4.54.57 1.07.04 (25)
9. Horwich 'C' Mxd.	1.21.23 (18)	2.15.11 53.48* (45)	3.57.32 1.42.21 (48)	4.55.56 58.24 (20)
0. Provincial A.C.	1.32.47 (34)	2.25.34 52.47 (43)	3.58.02 1.32.28 (44)	5.02.35 1.04.33 (31)
1. Calder Valley 'B'	1.46.08 (46)	2.36.02 49.54 (39)	4.00.55 1.24.53 (26)	5.08.37 1.07.42 (26)
2. Airienteers.	1.37.33 (29)	2.38.08 1.00.35 (48)	4.00.56 1.22.48 (24)	5.13.07 1.12.11 (43)
3. Bendrigg Lodge. Mxd.	1.41.26 (43)	2.30.46 49.20 (27)	4.07.51 1.37.05* (46)	5.27.14 1.19.23* (47)
4. Pendle Forest O.C.	1.52.58 (42)	2.55.01 1.02.03* (49)	4.24.24 1.29.23 (40)	5.40.56 1.16.32 (44)
5. Moon Restaurant Ladies.	2.02.50 (50)	2.52.46 49.56 (40)	4.31.12 1.38.26 (47)	5.42.27 1.11.15 (41)
6. Rossendale 'E' Ladies.	1.54.00 (49)	2.51.13 57.13 (46)	4.27.54 1.36.41 (45)	5.52.36 1.24.42 (48)
7. Adhoc Mxd.	1.35.25 (37)	2.39.16 1.03.51 (50)	4.27.10 1.47.54 (50)	6.06.12 1.39.02 (48)
8. Clayton Ladies 'B'	1.51.17 (47)	2.49.42 58.25 (47)	4.36.00 1.46.18 (49)	6.20.17 1.44.17 (50)
10. Pudsey and Bramley.	1.10.39 (3)	1.50.42 40.03 (44)	2.57.06 3.57.01 (44)	3.46.32 49.26 (41)

S.P.A.M.M.

South Pennines Alternative Mountain Marathon.....

We decided to have a go at this event before venturing onto anything as serious as the Karrimor, so despite numerous reservations we finally committed ourselves, by forwarding our entry.

Once committed it was time to get the equipment together, but never having done anything like this before we had to start from scratch, begging and borrowing from friends. Equipment collected and eventually squeezed into our rucksacks, we set off on the weekend hoping that the weather forecast of gale force winds was exaggerated.

On arrival at the community centre next morning, the first thing we noticed was that our packs seemed much bigger and heavier than our fellow racers. What should we have left out we wondered. Still, too late now, so we set off, over loaded, overdressed but still undaunted.

Up the first hill to the checkpoint we were feeling optimistic for what was to be the only time on the weekend. The first Checkpoint seemed easy enough, yet when we arrived at the 'carefully navigated' spot there was no sign of the control, so we wasted half an hour searching, only to find it (with help) as everyone else came along. Perhaps we shouldn't have set off first after all!

On to number two and even worse luck. We didn't find this one at all, so on to number three where eventually, with only a small assistance this time we found the control. Spirits high we now raced onto Stoodley Pike in increasingly worsening weather, and from this point things began to deteriorate.

The weather forecast had been right, Gale force winds, coupled with freezing rain. The only objective now was to reach overnight camp, yet the road seemed to stretch unendingly in front of us. Imagine our relief at seeing the approaching 'White' van.

At this stage we could have gone home to comfort, a hot bath, a good meal and a cosy bed. But no, we hadn't practised putting up the tent for nothing, so we decided to camp overnight. Strangely putting up the tent was not as easy in gale force winds as it had been the previous day in my garden, especially with the ' Spare' guy ropes at home.

With male assistance however, it eventually got erected, if a little shakely so now for the much awaited meal. Next mistake we laid down the butane gas container, causing alarmingly large flames to dance from the stove. What a contrast from freezing to death, we were now afraid of burning. Worse still the gas container had

been permanently damaged, so three stoves later we were still without our meal, and eventually had to settle for luke warm soup and brittle pasta.

Carrying the heavy pack was now to prove worth it. We were warm in our 'Gaint' sleeping bags and got a very good night sleep. To our disappointment the weather was just as bad next day and another attempt with the stove had failed. We were left with no choice but to head for home, finally conceding defeat on our first mountain marathon. Still this only served to make us more determined for the next one, so despite all the traumas we suffered over the weekend we'll be there to try again next year. Hopefully this time though we'll be much better prepared.

IRENE & Linda

Information

London Marathon
22nd April 1990

The club has received a guaranteed entry.
Anyone who has entered but is rejected contact Rod Sutcliffe.



Christmas cheers




























Graham's Beer & Curry Night Friday 22nd December venue to be decided.....

Hic... Hic



Club Vests.

Anyone requiring a Club Vestor T-Shirt we are now stocking women's Style.

See                           



A Tour and a half of Pendle

Sixteen runners from Calder Valley lined up in this years Tour of Pendle race.

Conditions on the fell were atrocious with driving rain and visability down to twenty yards, perfect conditions for navigational chaos?

Having done the race before, trained on Pendle several times, reconnoitred the course two weeks previously, and had Duncan showing us the best line to take, there should have been no problem.

But as we all know everthing looks different in the fog. Check point one to four came and went without incident. As I approached check point five, my navigational aids, Ian and Richard disappeared into the mist, "Never Mind" I thought I know the route after all I'd reconnoitred it before hand but "where the bloody hell" is check point five.!

On and on I ran with Bod and several other runners close behind, as we started to descend the ridge, the fog began to thin and there looming out of the mist in front of us was a PUB!

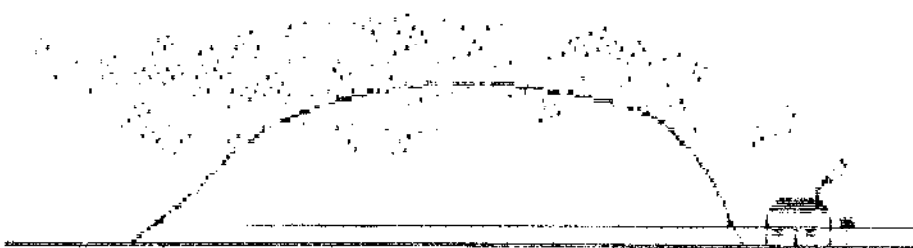
I hadn't noticed that when I'd reccied. We're come too far over, said one of the other lost runners, it's back over that hill, eventually we came to check point five.

As I started the climb upto Mearley Moor a familiar figure came into view, with tracksters rolled up to his knees, Russell was moggng along gamely (God that detour cost me alot of time) spirits were low. As I climbed on I could see figures coming towards me, thinking nothing of it. I carried on, maybe they were runners out on a training run, but as they got closer I noticed they had numbers on, the one leading the pack in his storm suit with his number pinned on it looked very familiar, as he passed me I commented he was going the wrong way, there was no reply just a growl as Jimmy continued on his way back to check point five.

The race continued on Bod was begining to pull away on the climb up to Pendle Moor. By the time I'd got to the summit he was nowhere in sight, I carried on following Duncans route along the top of the hill, then dropping down to the foot of the Big End. There once again I met up with Bod. He was still leading me at the trig point on the summit, there was just one more checkpoint to go and I knew a short cut (Probably Bod did as well but had the good sense not to take it).

So I set off across the moor guessing the direction I should be going, as often happens the guess was wrong and brought me out well below the checkpoint, when I finally got back on the right track, I realised my race with Bod was over as I saw him disappearing toward the finish. When I got into the finish it was nice to know, I wasn't the only one who had been lost, Brian, Richard & Ian had all been on a round trip to God knows where.

Pats Regan.



CALDERDALE WAY RELAY - STOP PRESS

<u>Leg</u>	<u>A team (16th position)</u>		<u>B team (53rd position)</u>	
1.	J. Winder	1.20.50 (30,30)	P. Round	1.26.12 (49,49)
	R. Rowlands	-3.33	C. Greenwood	+ 2.06
2.	A. Bowden	1.01.18 (23,27)	Jon Wilkinson	1.07.15 (48,50)
	R. Sutcliffe	-1.46	Jes Wilkinson	+0.46
3.	I. Hartman	0.38.44 (19,24)	J. Riley	0.43.02 (43,50)
	R. Skelton	0.00	C. Peat-Binns	+1.13
4.	G. Webb	1.04.35 (4,13)	A. Thompson	1.25.51 (65,56)
	D. Thompson	+6.01	M. Bramhall-Pimlott	-5.11
5.	B. Horsley	0.52.55 (13,8)	P. Regan	0.59.25 (40,54)
	K. Munton	+1.16	C. Jones	+2.30
6.	R. Crossland	1.10.16 (25,16)	P. Horne	1.19.25 (55,53)
	R. Kellett	-1.59	A. Sowden	-1.24
Total time	<u>6.08.38</u>		<u>7.01.10</u>	

The first number in brackets is the position for that pair on that leg (eg Gary and Duncan were 4th fastest overall on leg 4) and the second number is the position of the team at the end of the leg. The +/- figure is an expression in minutes/seconds of how much faster or slower the pair was than would have been expected if they had run at the team's average speed (corrected for terrain and time by using the percentage leg times below).

Average % of total time for each leg (all teams)

1	2	3	4	5	6
20.97%	16.15%	10.51%	19.15%	14.20%	18.52%

Leading teams

1.	Pudsey and Bramley	5.35.02	5.	Halifax	5.51.37
2.	Bingley	5.39.24	6.	Rochdale	5.58.22
3.	Rosendale	5.41.51	7.	Macclesfield	6.04.22
4.	Clayton	5.44.02	8.	Bingley B	6.04.45

91 teams competed in a tremendous and close fought event. Conditions were good and times were fast, with Pudsey breaking the course record; although we were one minute down on our previous best (6.07.40 in 1987, and 6.19.56 in 1988). The depth of strong competition was much greater this year and although we were 11 minutes faster than last year, we dropped 4 places.

Richard R. now officially back with the club, took on the task of matching Jeff over leg 1, but struggled due to lack of running training. Get off yer bike, Richard! I won't make any comments about leg 2, except to say that Alex was out of sight! After this we picked up places steadily with a good run from Ian and Robin and a tremendous effort from Gary and Duncan, who improved on their previous time by 2 minutes. Brian and Keith also ran magnificently to bring us up to 8th place at the end of leg 5.

However, the teams were packing close behind, and Richard Kellett, although running a good time with Dick, was unable to hold them off and we dropped to 16th. The strength of competition this year is shown by the fact that only 4 minutes separated the 10 teams between 7th and 16th places. We can be up there if we get it right.

I have not got details of progress on the B team, but the time was 10 minutes faster than last year and it was a consistent performance, with only Andy and Mark struggling to maintain the place on the long 4th leg. Well done everybody!

Rod Sutcliffe

ROSSENDALE WAY RELAY

SUNDAY, 11th FEBRUARY

This is run along similar lines to the Calderdale Way Relay. There are six legs of between 6 and 7.5 miles, to be run in pairs. The total distance is 45 miles. We are entering one team, but if people are keen to run in a B team as well, please let Rod Sutcliffe know straight away.

RESULTS

SHEPHERD'S SKYLINE

11th Nov 1989

BS 6m 1150'

1.	S. LIVESSEY	ROSS.	39.54
7.	D. THOMPSON	CALDER	42.54
31.	R. CROSSLAND	"	46.17
45.	R. SUTCLIFFE	"	47.32
50.	K. MUNTON	"	47.45
55.	A. WIMPENNY	HALIFAX	48.07
56.	I. HARTMAN	CALDER	48.10
57.	T. QUANTLETT	"	48.41
68.	R. KELLET	"	49.18
73.	R. SKELTON	"	49.28
79.	P. HORNE	"	50.20
85.	P. REGAN	"	50.56
98.	A. THOMPSON	"	52.08
100.	R. ARRANDALE	"	52.21
119.	S. KIRKBRIDE	"	53.21
129.	D. YATES	"	54.40
156.	C. PEART-BINNS	"	56.33
168.	J. SHEARD	"	57.13
196.	J. THSTLEWAITE	"	60.22
212.	I. NEVILLE	HALIFAX	62.47
215.	R. NUTTALL	CALDER	63.54
224.	I. HAYLES	HALIFAX	67.08
233 RUNNERS			

ROMBALDS MOOR

19th Nov 1989

BS 5m 800'

1.	S. LIVESSEY	ROSS.	82.24
13.	A. BOWDEN	CALDER	82.33
18.	D. THOMPSON	"	"
71.	I. HARTMAN	"	"
74.	R. SKELTON	"	"
77.	T. QUANTLETT	"	"
81.	K. MUNTON	"	"
92.	P. HORNE	"	"
99.	J. WILKINSON	"	"
107.	C. JONES	"	"
115.	T. WILKINSON	"	"
146.	S. KIRKBRIDE	"	"
154.	C. PEART-BINNS	"	"
165.	D. YATES	"	"
215.	D. LANGWEAD	"	"
226 RUNNERS			

WINTER HILL

26th Nov 1989

AM 11m 2700'

1.	G. DEVINE	P. & B.	83.25
16.	D. THOMPSON	CALDER	91.27
34.	A. WIMPENNY	HALIFAX	95.26
56.	K. MUNTON	CALDER	100.14
61.	B. HIRSLEY	"	100.54
84.	I. HARTMAN	"	105.09
86.	P. HORNE	"	105.24
123.	R. KELLET	"	109.20
138.	P. REGAN	"	110.37
158.	R. SUTCLIFFE	"	112.54
163.	T. REEDMOND	"	113.24

Date	Time	Race	Cat.	Dist.	Ht.	Entry
------	------	------	------	-------	-----	-------

December

Tues 26 th	11:30am	Whinberry Naze	BS	4.5m	750'	00
-----------------------	---------	----------------	----	------	------	----

Wed 27 th	12:00	Guisborough Woods	BS	5.75m	1000'	00
----------------------	-------	-------------------	----	-------	-------	----

		Wansfell	AS	3m	1500'	00
--	--	----------	----	----	-------	----

January

Saturday 6 th	11:30am	Chase trig Point	CM	15m	1800'	P.E.
--------------------------	---------	------------------	----	-----	-------	------

Sunday 7 th	12:00	Blue Pig	BM	8m	2600'	00
------------------------	-------	----------	----	----	-------	----

February

Saturday 24 th	11:45am	Titterstone Clee	AS	2.5m	750'	00
---------------------------	---------	------------------	----	------	------	----

Sunday 25 th	11:30am	Long Mynd Valleys	AM	10m	4000'	00
-------------------------	---------	-------------------	----	-----	-------	----