

ISSUE 15

MAR. 90



RAMPAGE

CALDER VALLEY

FELL RUNNERS

Committee Members.

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Rampage Editor	:- Peter Regan	Tel No. (0422) 355243
Helper	:- Mark Bramall-Pimlott	Tel No. (0422) 843574

Editor's Comments.

Congratulations to all our trophy winners, which were presented at this years annual dinner; Glad everybody could make it through the snow. So with the winter training sessions getting into top gear for the coming season, Rod's new routes on Tuesday night, are proving popular and demanding.

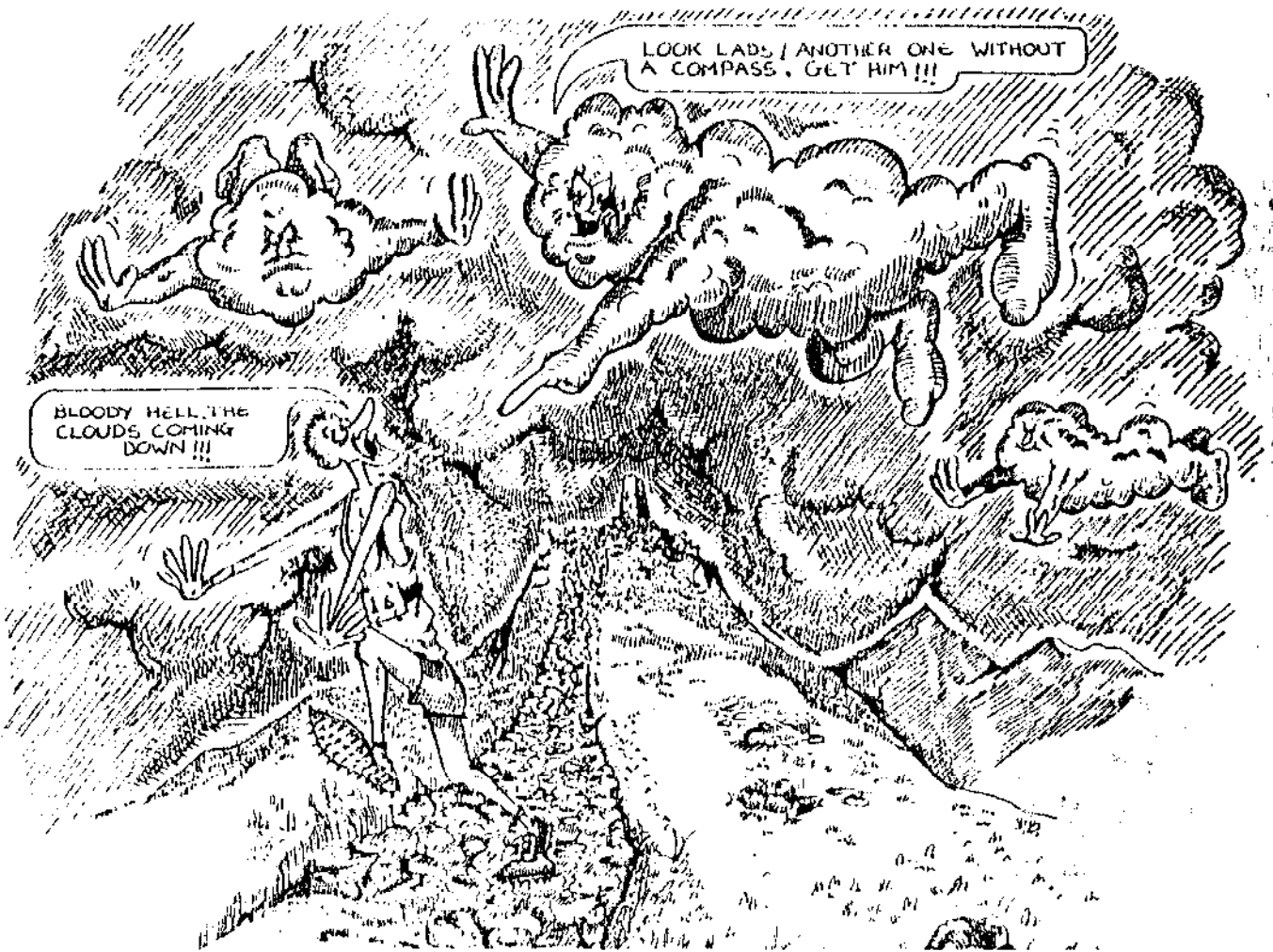
Don't forget there's also the Sunday morning run's on the fells, at 9.30a.m. from Mytholmroyd Community Centre.

Well done to all the lads who competed in the Rossendale Relay an excellent team performance.

Peter Regan.

DON'T FORGET

The 11th. March at 11.00a.m sees the start of the CALDER VALLEY FELL RACE from it's new venue of THE MYTHOLMROYD COMMUNITY CENTRE, anyone wanting to help out in anyway, marshalling etc. see JEFF WINDER as soon as possible.



HALF TOUR OF PENDLE 17/2/90.

1st.	S.LIVESEY	ROSSENDALE	1.01.57	NEW RECORD
19th.	D.THOMPSON	C.V.F.R	1.08.07	
37th.	J.WINDER	C.V.F.R	1.11.33	
48th.	A.WIMPENNY	C.V.F.R	1.12.55	
59th.	B.HORSLEY	C.V.F.R	1.14.39	
65 th.	I.HARTMAN	C.V.F.R	1.15.18	
71st	K.MUNTON	C.V.F.R	1.16.02	
85th	R.KELLETT	C.V.F.R	1.16.56	
109th	C.PEART-BINNS	C.V.F.R	1.19.02	
128th.	P.ROGAN	C.V.F.R	1.21.07	
156th.	T.REDMOND	C.V.F.R	1.23.40	
172nd.	J.HILEY	C.V.F.R	1.24.57	
216th.	J.SHEARD	C.V.F.R	1.30.24	
224th.	G.PRY	C.V.F.R	1.31.52	

252 FINISHED. 9 Miles.

Ilkley Moor Race 4m, 1150', 25/2/90.

1st.	G.Devine	P&B.	39.57.
9 th.	D.Thompson	C.V.F.R	42.27.
34th.	C.Greenwood	C.V.F.R	46.45.
40th.	K.Munton	C.V.F.R.	47.15.
47th.	I.Hartman	C.V.F.R.	48.04
74th.	C.Peart-Binns	C.V.F.R.	49.51
87th	J.Wilkinson	C.V.F.R.	51.01
92nd	S.Kirkbride	C.V.F.R.	51.34
100th	J.Riley	C.V.F.R.	52.09.
112th	P.White	Hx.	53.11.
134th	A.Auton	C.V.F.R	55.29
145th.	G.Fry	C.V.F.R	56.33
163rd.	R.Nuttall	C.V.F.R	60.25
168th.	M.Burns	Hx.	61.05
171st.	I.Neville	Hx.	61.41.
180th.	L.Hayles	Hx.	63.27

Club Championship and Handicap Championship

Analysis of questionnaire

Eight replies were received. For both competitions, everybody felt the balance of short, medium and long races was right. The majority felt that the number of races in the list and the number required to be done was about right with only two people saying there were too many races available and one saying the number required was too many.

Seven out of eight said the number of local races was about right, with one person wanting more local ones. Two people wanted less races in the Lakes. Five people wanted more in Wales, two were uncertain and one person wanted less (what's less than none?!)

The following races were requested: Boulworth Hill (3), Langdale (2), Borrowdale (2), Wasdale (2), Tour of Pendle (2), Downham (2), Moel Hebog (2), Three Peaks, Ben Nevis, Holme Moss, Naut Peris, Buttermere, Sailbeck, Skiddow, Shepherd's Skyline, Thievely Pike, Sedburgh, Shelf Moor, Gategill, Gunson Knot.

Clearly the format for the Championships last year has been popular and therefore we are keeping it unchanged for this year. There is a demand for some races in Wales in preference to the Lakes. We will try to get results and championship positions out at more frequent intervals this year to increase the interest. A more detailed questionnaire (courtesy of Ian Hartman) will be used next year to get further feedback.

Choice of races for 1990

I have tried to accommodate requests as far as they would fit in with practical considerations (eg dates and balance of short/medium/long) and a number of principles. These are as follows:-

1. The majority of races should not be too distant
2. There should be a balance between old favourites and some new races.
3. Pre-entry races, or races with limited entry, should be kept to a minimum
4. Calder Valley Races should not be included, because this would discourage people from helping out

For the 3rd reason I have left out the Three Peaks, but included Ingleborough. The Langdale is a firm favourite, but I have also included Ennerdale and Fairfield rather than Wasdale or Borrowdale because they are English Championship Races this year. Does this matter to people? The Tour of Pendle is also a strong favourite and, although the Half Tour covers the same ground, it is at the opposite end of the season and usually we do not have the chance to do both. Although Boulworth Hill was a popular request, it will be a Calder Valley Race this year. Two Welsh races, Peris and Moel Hebog, are included as requested. All the short races are fairly local because people do not like travelling far for these, but Ilkley Moor, Simon's Seat and Shelf Moor are new. Other races not previously included are Ravenstones and The Roaches.

Let's have a good turnout at all these races this year - remember everyone has a chance in the handicap.

Rod Butcliffe

Points Championship

1989

C. V. F. R.

Name	Total		Short		Medium		Long	
	No of Races	Points	Races	Pts	Races	Pts	Races	Pts
Gary Webb	10	300	4	120	3	90	3	90
Duncan Thompson	10	291	3	87	4	117	3	87
Brian Horsley	10	273	3	83	3	84	4	106
Peter Horne	10	254	4	100	3	78	3	76
Richard Kellett	10	247	4	104	3	79	3	64
Peter Regan	10	235	4	90	3	76	3	69
Keith Nunton	8	216	2	51	3	86	3	79
Trevor Redmond	10	213	3	60	3	65	4	88
Ian Hartman	8	194	4	93	1	27	3	74
Rod Sutcliffe	7	187	2	56	3	78	2	53
Christopher Peart-Dinns	7	181	4	98	2	54	1	29
Graeme Woodward	7	175	3	70	2	50	2	55
Steven Cavell	8	169	4	84	3	67	1	18
Graham Spencer	7	143	3	63	3	64	1	16
Richard Crossland	5	140			1	29	4	111
Jill Thistlethwaite	7	127	3	51	3	58	1	18
Bob Horne	5	121	1	25	3	75	1	21
J. Wilkinson	5	121	4	97	1	24		
Carl Greenwood	5	120	2	50	2	48	1	22
Jeff Minder	4	120			1	30	3	90
Russell Arrandale	6	114	2	41	2	37	2	36
Malcolm Holmes	4	113	1	28	2	58	1	27
Robin Skelton	4	95	3	73	1	22		
John Riley	4	91	2	47			2	44
Alistair Souden	3	68	1	22	2	46		
Roger Nuttall	4	59	3	47	1	12		
Alex Bowden	2	58	1	29	1	29		
Simon Pierce	2	57	2	57				
Richard Rowlands	2	56	1	29			1	27
Steve Skelton	2	56	1	28	1	28		
Jimmy Sheard	3	53			1	22	2	31
Tim Gauntlett	2	50	1	26	1	24		
Mark Anderton	2	49	1	26			1	23
Andy Thompson	2	48	1	22			1	26
Mark Branall-Pinlott	2	44	1	22	1	22		
John Smith	2	44	1	25			1	19
David Shepherd	2	40			2	40		
George Ridgway	2	37	1	23	1	14		
Jes Wilkinson	2	36	1	17			1	19
Dominic Rivron	2	33	1	22	1	11		
Mike Fleetwood	1	25			1	25		
Simon Towler	1	24			1	24		
Chris Jones	1	23			1	23		
A. Wimpey	1	23					1	23
Stephen Kirkbride	1	21	1	21				
Ian Powell	1	21	1	21				
Graham Bailey	1	20	1	20				
N Brown	1	18	1	18				
Christopher Nuttall	1	18	1	18				
Dave Langmead	1	15					1	15
Irene Neville	1	12	1	12				
Linda Hayles	1	11	1	11				

CALDER VALLEY FELL RUNNERS
CLUB CHAMPIONSHIP AND HANDICAP CHAMPIONSHIP

CLUB CHAMPIONSHIP RULES

Each runner's best 10 races (3 short, 3 medium, 3 long, plus the next best) out of the 21 races will score. The first Calder Valley runner in each race will score 30 points, the second 29 and so on. Thus the maximum score will be 300 points. In the event of a tie, the winner will be decided on race times (average percentage above winner's time).

HANDICAP COMPETITION RULES

An individual handicap will be calculated for each club member, based on performances in the previous year's races. This handicap will be applied to the member's time in each championship race in the current year, to give a corrected time. The Calder Valley runner with the fastest corrected time will, as in the club championship, score 30 points, the second 29 and so on. Each runner's best 10 races (3 short, 3 medium, 3 long, plus the next best out of the 21 championship races), will count towards the handicap competition. The maximum possible score will be 300.

Each runner's handicap will be calculated as follows:-

For each previous year's race result available, the winner's time will be subtracted from the runner's time and this divided by the race distance in miles. These results will be averaged to give an average speed in minutes/seconds per mile by which the runner is slower than the winner. This figure is that runner's handicap. Where less than 5 race results are available, the runner's handicap will be estimated by the club statistician. His decision will be final.

For each championship race in the current year, each runner's handicap is multiplied by the race distance in miles and this is subtracted from his actual time, to give his corrected time.

Each club member's handicap will be published in Rampage and on the notice board.

Using this handicap system, everybody should theoretically start the season on an equal level, since the handicaps equalise everybody's average racing speed over the previous year. The runner who wins the handicap competition should, therefore, be the one who improves the most during the season.

Rod Sutcliffe
Club Captain

CALDER VALLEY FELL RUNNERS

1990 CLUB CHAMPIONSHIP AND HANDICAP CHAMPIONSHIP

RACES

Date		Race	Category	Distance (miles)	Climb (feet)	PRE ENTRY REQUIREMENT
Feb	Sat 17	Half Tour of Pendle	M	9	1800	
	Sun 25	Ilkley Moor	S	4.5	1150	
Mar	Sun 25	Edale Skyline (1,2)	L	21	4500	
Apr	Sun 15	Rossendale Fells	M	13	2700	
May	Sat 5	Ravenstones	M	10	1250	
	Thur 10	Simon's Seat	S	3.5	1300	
	Wed 16	Blackstone Edge	S	3.5	1200	
	Sun 20	Fairfield Horseshoe (2)	M	9	3000	
June	Sat 9	Ennerdale (1,2)	L	23	7500	<u>2nd June</u>
	Sun 17	Holme Moss (3)	L	16	4000	
July	Wed 4	Stoodley Pike	S	3.5	700	
	Sat 21	Ingleborough	M	7	2000	
Aug	Sat 4	Moel Hebog	M	5.5	2560	
	Sat 11	Downham	M	5.5	1700	
Sept	Sun 2	Shelf Moor	S	6	1500	
	Sat 22	Peris Horseshoe	L	18	8400	
	Sat 29	Thieveley Pike	S	3.5	900	
Oct	Sat 6	Tour of Pendle	L	17	4200	<u>30th Sept</u> <u>1st Oct</u>
	Sat 13	Langdale	L	16	4000	
Nov	Sat 10	Shepherds Skyline	S	6	1150	
	Sun 18	Roaches	L	15	3700	

- Notes
1. British Championship Races
 2. English Championship Races
 3. Yorkshire Championship Race

1989 TROPHY WINNERS

CLUB CHAMPIONSHIP	Gary Webb
HANDICAP CHAMPIONSHIP	Pete Horne
LADIES CHAMPIONSHIP	Jill Thistlethwaite
UNDER 13 CROSS COUNTRY CHAMPIONSHIP	Jon Smith
UNDER 16 JUNIOR CHAMPIONSHIP	Ian Powell
UNDER 18 TOP SCORER BRITISH JUNIOR CHAMPIONSHIP	Alex Bowden
HANDICAP RACE	Robin Skelton
RUNNERS' FELL RUNNER OF THE YEAR	Russell Arrandale
WALLY OF THE YEAR	George Ridgway
GREATEST NAVIGATIONAL COCK UP THE YEAR	(Andy Thompson (and (Mark Bramall-Pimlott

Congratulations to Gary on winning the Club Championship. The Handicap Championship selects the most improved runner of the year, so well done, Pete. Jill has again taken the ladies award (although there's no actual trophy!). She may have stronger competition this year. The vet's section is also strengthened this year with a few "new" recruits - maybe enough to have a separate vets championship? Jon, Ian, Alex and Robin are showing what strength we are developing amongst the juniors - and much of the credit for this must, of course, go to Mike Bowden.

Russell was very deservedly elected the Runners' Fell Runner of the Year at the Dinner and George was well rewarded for his raffle ticket selling efforts.

How could Andy and Mark go wrong within 50 metres of the start of their leg at Blackshawhead in the Calderdale Way Relay in front of 100 spectators? Only they know, but it got them what must be the most sought after trophy of the lot, if the tales told over pints after races are anything to go by.

Rod

NOT QUITE THE

GREATEST NAVIGATIONAL COCK-UP OF THE YEAR

Nomination Speech

I would like to nominate Paul Frechette for the Greatest Navigational Cock-up of the Year Award. I'll probably regret it, but it's worth the risk. I know that Paul is only a second claim member of the club, but I hope he qualifies, because he is the most deserving case I know.

The incident that I am going to describe occurred in the Wheeldale Tandem 2 weeks ago. In case you're not familiar with this event, it's a Long Distance Walkers' Association Event, 27 miles from Goathland in the North York Moors. It is for teams of two and for the first three quarters of the race members run separately on either the West Route or the East Route. These routes are semicircular and meet up at Wheeldale Youth Hostel. The teams then run together via a last checkpoint back to the Finish at Goathland.

The Frechette-Sutcliffe combination was called The "Desperados". Paul ran the East Route and I ran the West. All went (reasonably) well to Wheeldale Youth Hostel. In fact, Paul beat me there by 5 minutes. We then picked up the last check point and set off for the finish, almost due north in a straight line, a long drag over a heather-clad hill. I put my map away and, of course, Paul had never had his out.

On reaching the top of the hill we saw people running off down a path to the left and followed them down. We knew that at the bottom we would have just a quarter of a mile along the road to the finish. As we reached the bottom, the realisation dawned on me. "Paul", I said, "do you know where we are?". "No, where?", he answered innocently. "Back at Wheeldale bloody Youth Hostel", I grunted.

I swear that Paul's jaw dropped three inches! The Collins English Dictionary defines "desperado" as "a reckless or desperate person, especially one ready to commit any violent illegal act". If the name did not quite fit up to this point, it certainly did from then on.

Now I know that I was involved in this cock-up, but I'm nominating Paul. The reason I'm nominating Paul is that the people we followed down the path were on the East Route, running to meet their partners at the Youth Hostel. As I said, Paul had done the East Route and had run down this very path less than an hour ago to meet me at Wheeldale. Not only did he not recognise the path, but he did not recognise the Youth Hostel either.

I therefore nominate Paul Frechette for the Greatest Navigational Cock-up of the Year.

Rod Sutcliffe

ROSSENDALE WAY RELAY 11.2.90.

An interesting new tactic was developed by Halifax Harriers prior to this race in an attempt to sabotage our team. Having found out that Paul Frechette was running second claim for us he became their obvious target.

The day before the event Paul was despatched to run round the Tod. 20 with Jeff. "you should be doing 25miles a day with two long runs at weekend" Winder. This had the desired effect and Paul was seen to be running on the spot if the wind was against him on the relay. With just one leg left and a 3minute advantage Halifax must have thought they had it sewn up. They didn't account for Dick and Steve blitzing round the last leg in 6th fastest time to put us two places in front of them.

We finished 11th. out of 41 starters. Well done to all concerned - next year we will really give them hell!!

Duncan Thompson.

IMPORTANT NOTICE!!!

WOULD ANY CLUB MEMBER WHO DOES A RACE AT WHICH I AM NOT PRESENT PLEASE MAKE A NOTE OF THE WINNER AND ALL CLUB FINISHERS AND TIMES AND RING ME ON 0282-63559 . PREFERABLY BEFORE 8.00P.M SUNDAY. THIS WILL ENABLE ME TO GET A REPORT IN THE EVENING COURIER AND HEBDEN BRIDGE TIMES. REMEMBER WE NEED AS MUCH PUBLICITY AS WE CAN GET. IF WE ARE TO ATTRACT NEW MEMBERS AND BECOME MORE COMPETITIVE AT ALL LEVELS.

DUNCAN THOMPSON.

SUNDAY MORNING RUN WITH SADDLEWORTH RUNNERS.

A long social run has been arranged with Saddleworth Runners on 8th. April. Meet at the Cross Keys Pub in Uppermill (East of Oldham) at 9.30a.m. The run will be from 10a.m. to 1p.m. approx. Followed by lunch in the pub. Grid reference 006 062. A62 from Huddersfield. A677 from Ripponden. Through Denshaw and Delph. See you then.

CARTOON REQUIRED FOR THIS SPACE!!!

C.V.F.R CLUB HANDICAP RACE 27.1.90

<u>POSITION</u>	<u>NAME</u>	<u>HANDICAP TIME</u>	<u>ACTUAL TIME</u>
1	Robin Skelton	1.49.15	44.15
2	Carl Greenwood	1.49.25	43.25
3	Jeff Winder	1.50.05	40.35
4	Richard Rowlands	1.50.39	41.09
5	Steve Kirkbride	1.50.46	46.46
6	Andy Thompson	1.51.01	46.31
7	Peter Regan	1.51.07	46.37
8	Chris Jones	1.51.37	45.37
9	Trevor Redmond	1.52.00	48.03
10	Steve Cavell	1.52.03	48.03
11	Richard Kellett	1.52.22	45.02
12	Duncan Thompson	1.52.33	43.03
13	Graeme Woodward	1.52.55	46.25
14	Rod. Sutcliffe	1.52.56	45.56
15	Ian Hartman	1.52.57	50.04
16	John Walker	1.53.04	50.04
17	Pete Horne	1.53.55	45.25
18	John Riley	1.54.27	50.57
19	Andy Kellett	1.54.31	51.31
20	Mark Bramall-Pimlott	1.54.45	48.45
21	Keith Munton	1.54.46	46.46
22	Andy Wimpenny	1.55.05	47.05
23	Paul Fréchette	1.56.02	47.32
24	Alistair Sowden	1.56.22	51.52
25	Jimmy Sheard	1.57.18	54.18
26	Graham Spence	1.57.18	53.18
27	Ian Powell	1.57.58	53.28
28	Pete White	1.58.00	54.00
29	Irene Neville	1.58.05	56.35
30	Roger Nuttal,	1.58.20	54.50
31	Linda Hayles	1.58.27	56.57
32	Chris Nuttal	1.59.49	57.49
33	Richard Benn	2.05.22	54.00
34	David Ayling	2.07.54	65.54
35	Roger Gill	2.09.50	68.20

CLUB HANDICAP RACE 27th JANUARY, 1990

We were lucky with the weather for the race this year as the cold crisp afternoon turned later to snow which almost blocked the roads to Kershaw House, venue of the Annual dinner.

Amongst much mumbling about the handicapping (I'm happy to blame Russ again for this!) runners set off over a 10 minute period for Stoodley Pike. Again, the improvement of certain juniors was underestimated as Robin Skelton flew back to win by 10 seconds from Carl Greenwood, who had an excellent run, the 4th fastest of the day. Jeff Winder had the fastest overall time in 40 mins 35 seconds, followed by Richard Rowlands and Duncan Thompson. 35 Club members took part

Rod

CLUB CHAMPIONSHIP REPORT

The Club Championship, with its new points format, has been successful, and more popular, with 52 people in the listing. However, only 7 members completed a full 10 qualifying races.

Predictably, Gary Webb lead the way, but Duncan Thompson was very close behind, and those who put in the races were rewarded with high placings. Well done Keith Munton, first veteran. I think a veterans' championship is warranted this next year.

As explained elsewhere, the Handicap Championship gives everyone a chance, since the handicaps we based on the previous year's running speeds. Everyone starts the year equal, so if you can improve on last year's performances, you will do well in the handicap championship. Pete Horne was rewarded for his efforts in '89, so who will it be this year?

Let's have more people doing 10 races this year to make it a great competition for everybody (and show the Calder Valley Colours in force).

Rod

THE 2ND ROSSEDALE WAY RELAY

Sunday February 11th 1990, 8.30 am Start

45 miles - 6 legs in pairs


POSITIONS

LEGS


1	Rochdale	4-49-08	1.	7.5 mls	Richard Kellett) Ian Hartman)	51-10
11	<u>Calder Valley</u>	<u>5-26-28</u>	2.	7 mls	Jeff Winder) Rod Sutcliffe)	54-12
12	Halifax H.		3.	7 mls	Keith Munton) Chris Jones)	46-42
total teams:			4.	6 mls	Carl Greenwood) Pete Round)	50-33
			5.	7 mls	Duncan Thompson) Paul Frechette)	68 mins
			6.	6.5 mls	Dick Crossland) Steve Skelton)	53 mins

This was a good overall performance by the team, who achieved 11th place in spite of the unavailability of several of the club's fastest runners. The weather started cold and crisp and became appalling, with mist, rain, wind and hail to contend with over the middle legs. After a good solid start from Richard and Ian against the strong opposition on the first leg, we gradually pulled up from 19th place to 12th, with a particularly good result from Keith and Chris (6th fastest over their leg). Halifax's master plan of loaning us Paul Frechette backfired, as Dick and Steve overcame a 3½ minute deficit on the final leg to beat them by 2 minutes.

Rod Sutcliffe



CALDER VALLEY FELL RUNNERS



INTRODUCING
OUR
PROGRAMME

RAMSBOTTOM

We now have a series of good and challenging fell races based on the Calder Valley in the South Pennines and it's no secret!

CALDER VALLEY FELL RACE Sunday 11th March
A hard 14 mile race taking in Stoodley Pike, Fly Flats Reservoir, and the Calder and Luddenden Valleys. New route this year from Mytholmroyd.

WIDDOP FELL RACE Wednesday 25th July
A surprisingly tough skyline race of 7 miles around Widdop from the "Ridge" (Pack Horse Inn), a good social venue.

SHEEPSTONES RELAY Wednesday 1st August
To Sheepstones Edge and back from Mytholmroyd (3 miles, 1000ft) for teams of three. A great evening event.

MOUNT SKIP FELL RACE Saturday 25th August
A Classic gale fell race of 4.5 miles from Mytholmroyd over varied terrain. Good local gale.

BOULSWORTH HILL FELL RACE Saturday 16th December
Wind up the season with this 6 miler and a welcome pint at the Herder's Arms - if you can get up the "hands and knees" climb to the finish.

For further details see the Fixtures List or contact Graeme Woodward, 9 Holme Terrace, Mytholmroyd, Hobden Bridge, NX7 6EX, Tel. 0422-885186

THE RELAY

Along the corridors of life we run,
The winds of time obliterate our footprints,
Inspired dreams lead us on into the future
Each culmination slowly and unobtrusively
Phasing out further aspirations,
Younger runners take up the challenge,
The unseen baton handed on.

John Newby

Handicap Championship

1989

C.V.F.R.

Name	Total		Short		Medium		Long	
	No of Races	Points	Races	Pts	Races	Pts	Races	Pts
Peter Horne	10	274	3	86	4	108	3	80
Gary Webb	10	272	3	80	3	84	4	108
Peter Regan	10	258	3	75	4	107	3	76
Duncan Thompson	10	253	3	67	3	76	4	110
Trevor Redmond	10	244	3	59	3	67	4	118
Richard Kellett	10	241	4	111	3	69	3	61
Keith Munton	9	234	2	40	4	107	3	87
Brian Harsley	9	227	2	47	3	78	4	102
Christopher Peart-Bi	8	206	4	96	2	59	2	51
Steven Cavell	8	205	4	101	3	80	1	24
Graeme Woodward	7	188	3	74	2	54	2	60
Ian Hartman	8	167	3	58	1	24	4	85
Jill Thistlethwaite	7	160	3	68	3	74	1	18
Graham Spencer	7	159	3	68	3	74	1	17
Rod Sutcliffe	7	155	2	43	3	67	2	45
Russell Arrandale	6	147	2	57	2	39	2	51
Wilkinson	5	125	3	71	1	28	1	26
Richard Crossland	5	113			1	27	4	86
Jeff Winder	5	112			1	15	4	97
Carl Greenwood	4	111	1	30	2	53	1	28
John Riley	4	107	2	52			2	55
Alistair Sowden	3	82	1	28	2	54		
Roger Nuttall	3	78	3	78				
Malcolm Holmes	3	73	1	21	2	52		
Alex Bowden	2	60	1	30	1	30		
Robin Skelton	3	59	2	41	1	18		
Mark Bramall-Pimlett	2	59	1	30	1	29		
Jimmy Sheard	3	54			1	22	2	32
Tim Gauntlett	2	54	1	27	1	27		
George Ridgway	2	53	1	28	1	25		
John Smith	2	52	1	28			1	24
Bob Horne	2	45			2	45		
Andy Thompson	2	44	1	23			1	21
Mark Anderton	2	43	1	19			1	24
Simon Pierce	2	40	2	40				
id Shepherd	2	37			2	37		
Richard Rowlands	2	36	1	16			1	20
Steve Skelton	2	32	1	18	1	14		
Mike Fleetwood	1	29			1	29		
Stephen Kirkbride	1	28	1	28				
Dominic Rivron	1	27	1	27				
Christopher Nuttall	1	26	1	26				
Jon Wilkinson	1	26	1	26				
Simon Towler	1	25			1	25		
Chris Jones	1	23			1	23		
Jon Powell	1	22	1	22				
Dave Langmead	1	18					1	18
Irene Neville	1	13	1	13				
Linda Hayles	1	12	1	12				

RACES MARCH/APRIL.

- SAT. MAR. 3rd. MOEL Y CI. AS. 11.00a.m 2.5m/800'.
- SAT. MAR. 3rd. MYNYDD MAEN TRAVERSE. BM. 3.00pm. 7.5m/1700'.
- SUN. MAR. 11th. AXNFELL RACE. AL. Interval start from 8.00am. 21m/7000'.
- SUN. MAR. 11th. CALDER VALLEY FELL RACE. AL. 11.00a.m. 14m/3600'.
- SUN. MAR. 11th. CLOUD NINE CHALLENGE HILL RACE. CM. 11.00a.m 8.75m/950'.
- SUN. MAR. 11th. CRIFFEL HILL RACE. AM. 1.00p.m. 7m/1800'.
- SAT. MAR. 17th. FIENSDALE FELL RACE. AM. 11.00a.m 9m/2600'.
- SAT. MAR. 17th. HAWORTH HOBBLE. BL. 8.00a.m 33m/4400'.
- SAT. MAR. 17th. IAN ROBERTS MEMORIAL FELL AND ROAD RELAY RACE. 2.00p.m 2 by 4m road
2 by 4m fell.
- SUN. MAR. 18th. BLACK COMBE FELL RACE. AM. 11.00a.m 10m/3000'.
- SUN. MAR. 25th. DON MORRISON MEMORIAL EDALIE SKYLINE FELL RACE. AL. 10.30a.m 21m/4500
- SAT. MAR. 31st. PEN-Y-FAN RACE. AS. 2.00p.m 3.5m /1900'.
- SUN. APR. 1st. KENTMERE HORSESHOE FELL RACE. AM. 1.00p.m 12m/3300'.
- SUN. APR. 1st. LLANBEDR TO BLAENAVON FELL RACE AL. 1.30p.m 14m/4500'.
- SUN. APR. 1st. NORFOLK BROADS MOUNTAIN CHALLENGE. CL. 4.30a.m. 23./36'.
- SAT. APR. 7th. PENDLE FELL RACE. AS. 2.00p.m 4.5m/1500'.
- SUN. APR. 8th. GISBOROUGH MOORS RACE. BM. 12.00noon. 12.5m/2400'.
- THUR. APR. 12th. MOUGHANMORE. AS. 7.30p.m 3m/1500'.
- SAT. APR. 14th. MANX MOUNTAIN MARATHON. AL. 9.15a.m 30m/8000'.
- SUN. APR. 15th. ROSSENDALE FELLS RACE BM. 11.30a.m 13m/2700'.
- THUR. APR. 19th. CASTLEWELLAN. CS. 7.30p.m 4.5m/850'.
- SAT. APR. 21st. MOELWYN PEAKS. AM. 2.00p.m 9.5m/2500'.
- SAT. APR. 21st. WARDLE SKYLINE FELL RACE. CM. 2.00p.m. 7m/1000'.
- SUN. APR. 22nd. KINDER DOWNFALL FELL RACE. AM. 11.30a.m 10m/2150'.
- TUE. APR. 24th. PENTYRCH HILL RACE. BM. 7.00p.m. 7.5m/1700'.
- TUE. APR. 24th. SNAEFELL. AM. 7.00p.m. 5m/1900'.
- WED. APR. 25th. CAVE HILL RACE. AS. 7.30p.m. 2m/750'.
- SAT. APR. 28th MYNYDD MAWR. AS. 12.00noon. 4m/1300'.
- SAT. APR. 28th. SHINING POR RACE. AS. 3.00p.m. 6.5m/1900'.
- SUN. APR. 29th. CROWTHORN FELL RACE. CS. 12.00noon. 6m/700'.
- SUN. APR. 29th. THREE PEAKS RACE. AL. 10.00a.m. 23.5m/4500'.