



RAMPAGE

CALDER VALLEY
FELL RUNNERS

COMMITTEE MEMBERS.

| | | |
|----------------------|-------------------------|-----------------------|
| Chairperson | :- Jill Thistlethwaite | |
| Secretary | :- Russell Arrandale | Tel No. (0422) 883510 |
| Treasurer | :- Alistair 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 | | |
| Rampage Editor | :- Peter Regan | Tel No. (0422)355243 |
| Statistician | :- Mark Bramall-Pimlott | Tel No. (0422) 843574 |
| Youth Officer | :- Mike Bowden | |

EDITORS COMMENTS

The letters from Tim are not very recent, so by now he should be in New Zealand, hopefully there will be further installments of his adventures, and that he is still in one piece.

The Club Championship is well under way with a good club turn out at all races, lets try and keep it going for the rest of the season.

Anybody with any ideas for Club Social events let's hear them, also anybody wishing to take on the job of Social Secretary there is now a vacancy.

PETER REGAN.

A Bit of Gossip...

Having completed the Howarth Hobble, I was now ready to start the season. I had earmarked Kentmere, even though Carl insisted that it had been cancelled. Graham then ran the route a week earlier only to be inform us about the snow and freezing conditions.

The actual day was lovely and the race was certainly on., you just had to walk 10 miles from the car to the start of the race with a river crossing (stream). How roly's baby survived the route I don't know I'm sure he thought he was a rally driver the baby certainly did.

Surprise, Surprise, Carl, Graham and half the club were there, even Rod was early. Linda and Irene no more about climbing now! abit longer than Daisy Bank.

I certainly will be looking behind in furture because as I stormed into the finish Pete Round came flying pass saying "Hi Mark "and beat me.

The following week at Pendle saw Graham thrashing his was to the finish. Maybe he didn't want his parents to see him finish in his normal postion. I cant make any more commets, he wapped me.

It was nice to see Gary Webb *drop in* to the club after his long absence. Now Jeff can be put under pressure for a change..

While we look at Buttermere, Wasdale and even Peris and awe at the ascent, some of the club are to tackle the Cullen Ridge - 7 Miles but 10,000 foot of climbing. Because the route involves climbing , I hear Carl has been doing extra training in the Tythe Barn or was it a spiderman impersonation. All the best.

A number of club members did the London Marathon, I'm glad they had a carpet on the cobblies, what with it being hard under foot. Do you think the organisers might have a lift set up to Causey Pike on Buttermere Sailbeck.

Is there a comptition within the club to come up with the longest 8 Miles incorporating the steepest and hardest climbs..?? Everyone now knows Jeff's eights are tens but Rod's Eights..?????

| Name | Handicap | | |
|-------------------------|----------|-----|-----|
| | S | M | L |
| Mark Anderton | 95 | 118 | 199 |
| Russell Arrandale | 206 | 222 | 213 |
| Tony Ashcroft | | | |
| Andy Auton | | | |
| David Ayling | | | |
| Graham Bailey | | | |
| Micheal Banks | | | |
| Richard Benn | | | |
| Daniel Bennett | | | |
| Mike Bowden | | | |
| Kieran Bowden | | | |
| Alex Bowden | 54 | 26 | 34 |
| Mark Bramall-Pinlott | 128 | 273 | 313 |
| Christopher Britton | | | |
| Michael Burns | | | |
| Steven Cavell | 151 | 189 | 236 |
| Paul Charnley | | | |
| Avril Coward | | | |
| Richard Crossland | 64 | 67 | 143 |
| Paul Daly | | | |
| Linda Daly | | | |
| Mike Fleetwood | | | |
| Paul Frechette | | | |
| Graham Fry | | | |
| Stewart Gardner | | | |
| Tim Gauntlett | 88 | 120 | 155 |
| Roger Gill | | | |
| Allan Greenwood | | | |
| Carl Greenwood | 111 | 158 | 188 |
| Carol Haigh | | | |
| Ian Hartman | 143 | 145 | 180 |
| Linda Hayles | 301 | 316 | 407 |
| Bob Horne | 180 | 189 | 210 |
| Peter Horne | 118 | 137 | 127 |
| Brian Horsley | 87 | 110 | 156 |
| Chris Jones | 68 | 73 | 302 |
| Richard Kellett | 111 | 140 | 169 |
| Rhys Kift | 140 | 147 | 190 |
| Stephen Kirkbride | 135 | 254 | 328 |
| John Marshall | 242 | 147 | 190 |
| Keith Munton | 84 | 89 | 114 |
| Irene Neville | 251 | 264 | 340 |
| Christopher Nuttall | | | |
| Roger Nuttall | 214 | 199 | 257 |
| Leahn Parry | | | |
| Stephen Parsons | | | |
| Christopher Peart-Binns | 133 | 147 | 190 |
| Bernard Pierce | | | |
| Kay Pierce | | | |
| Ian Powell | | | |
| Mark Powell | | | |
| Trevor Redmond | 137 | 165 | 213 |
| Peter Regan | 126 | 145 | 175 |
| George Ridgway | 202 | 264 | 175 |
| John Riley | 94 | 189 | 159 |
| Peter Round | | | |
| Jimmy Sheard | 173 | 182 | 282 |
| David Shepherd | 179 | 188 | 243 |
| Steve Skelton | 73 | 38 | 49 |

| | | | |
|---------------------|-----|-----|-----|
| Robin Skelton | 97 | 77 | 99 |
| Dave Smith | | | |
| Jon Smith | | | |
| Alistair Sowden | 177 | 186 | 240 |
| Graham Spencer | 161 | 202 | 308 |
| Rod Sutcliffe | 101 | 125 | 100 |
| Daniel Tetlow | | | |
| Jill Thistlethwaite | 219 | 207 | 282 |
| Andy Thompson | 122 | 128 | 152 |
| Duncan Thompson | 50 | 60 | 100 |
| Simon Towler | 225 | 237 | 306 |
| Chris Vaughn | 412 | 433 | 558 |
| John Walker | | | |
| Gary Webb | 29 | 47 | 49 |
| Edward C Welham | | | |
| Peter White | | | |
| Jeremy Wilkinson | 114 | 73 | 216 |
| Jonathon Wilkinson | 111 | 116 | 150 |
| Tim Wilkinson | 106 | 111 | 144 |
| Lee Wilson | | | |
| Andy Wimpenny | 82 | 66 | 112 |
| Jeff Winder | 31 | 32 | 79 |
| Graeme Woodward | 160 | 113 | 214 |
| Dave Yates | | | |

A LETTER FROM INDIA

Dear Graham & C.V.F.R.

Now arrived from Kathmandu via. the Taj Mahal in Agra Kathmandu very touristy - like a western city really - You get spaghetti bolognese here! Somebody wants to sell you "hash" on every Street corner! Going off trekking around Annapurna on the next few days- Should be good training! Then back to India for Varanasi- holy city on the Ganges where they half cremate people and float them off down the river!

All the Best Tim.

Dear Graham & C.V.F.R.

Am now leaving India and heading on to New Zealand. Have had a fairly eventful time- had my passport stolen, was run over by a bullock cart (bruised ribs) and also had to leap onto a speeding train (gashed shin) - add to that being knocked off my bike by some Indian lunatic yesterday and I have decided this country is just not safe! Roll on the hills of New Zealand! Will make contact again from New Zealand.

Hope all well with you Tim.



CROSS-COUNTRY

Bowden's near miss

CALDERDALE'S Alex Bowden narrowly missed a place in the England Schoolboys team for the match against Scotland, Wales and Ireland at Rugby on April 7 when he ran 12th in Saturday's English Schools Cross Country championships, in Cornwall.

Places from the Wadebridge race went to the top eight juniors and intermediates, both boys and girls, and Bowden, from Calder High School, was only just behind his West Yorkshire teammate William Styan from Kirklees, who grabbed the fast place in the England intermediate team.

Styan, son of former British fell racing champion Andy, from the Holmfirth Harriers, and Bowden put up the best performances by any of the West Yorkshire athletes in Cornwall, but the intermediate boys team for which they ran finished 13th over all with 595 points. The West Midlands won the race with 288 points.

Bowden was one of three Calderdale runners in this Milk-sponsored meeting which annually brings together the top teenage athletes in England.



□ ALEX BOWDEN ...
12th in Cornwall.

RACES FOR MAY & JUNE

- Thur. May 3. Hen/Rocky Mountains. AS. 7.30p.m. 3.5m/1500'.
- Sat. May 5. Coniston Fell Race. AM. 11.15a.m. 9m/3500'.
- Sat. May 5. Ravenstones Fell Race BM. 2.00p.m. 10m/1250'.
- Sat. May 5. Slieve Bearnagh. AM. 2.00p.m. 7m/2650'.
- Sun. May 6. Darwen Moors Hill Race. BM. 12.00 noon. 11m/1800'.
- Mon. May 7. Beacon Hill Fell Race. BS. 3.00p.m. 1.5m/500'.
- Mon. May 7. Penistone Hill Race. BS. 3.00p.m. 6.5m/1055'.
- Mon. May 7. Penrith Beacon Hill Race. CS. 3.00p.m. 4m/500'.
- Mon. May 7. Wray Caton Moor Fell Race. Bs. 3.00p.m. 6m/1000'.
- Wed. May 9. Dumyat Hill Race. BS. 7.00p.m. 5m/1250'.
- Thur. May 10. Meelbeg & Meelmore. AS. 7.30. 3m/1800'.
- Thur. May 10. Simons Seat Fell Race. AS. 7.30. 3.5m/1300'.
- Fri/Sun. May 11/13. FRA Course-Edale. See FRA Calendar for details.
- Sat. May 12. Belmont Winter Hill Race. Bs. 1.00p.m. 4.5m/1000'.
- Sat. May 12. Ben Lomond Hill Race. AM. 2.30p.m. 9m/3192'.
- Sat. May 12. Goatfell Race AM. 2.15p.m. 8m/2866'.
- Sat. May 12. Moel Eilio. AM. 1.00p.m. 8m/3000'.
- Sat. May 12. Trefriw Mill Race AL. 1.00p.m. 10m/3250'.
- Sun. May 13. Buttermere Sailbeck Horseshoe. AM. 1.00p.m. 9.4m/4250'.
- Sun. May 13. Ellun Vannin. AL. 10.00a.m. 20m/6000'.
- Sun. May 13. Kaim Hill Race. AS. 2.00p.m. 3.5m/1250'.
- Wed. May 16. Blackstone Edge Fell Race. AS. 7.30p.m. 3.5m/1200'.
- Wed. May 16. Capadoc Classic. Bs. 7.00p.m. 3m/600'.
- Fri. May 18. Bruich Laddich Island Peaks Race. See FRA Calendar for details.
- Sat. May 19. Clougha Pike Race. EM. 3.00p.m. 7m/1400'.
- Sat. May 19. Spelga Skylight. AL. 12.00noon. 12m/4500'.
- Sat. May 19. Stuc A'Chroin. AL. 1000p.m. 13m/5000'.
- Sun. May 20. Elizabeth Cullum Memorial Marathon. N. 10.00a.m. 26m/3500'.
- Sun. May 20. Fairfield Horseshoe Fell Race. AM. 1000p.m. 9m/3000'.
- Sat/Sun. May 19/20. Rock & Run Mountain Marathon. See FRA Calendar for details.

Tue. May 22. Two Lads Race, BS. 7.30p.m. 4m/800'.
 Thur. May 24. Lough Shannagh Horseshoe. AM. 7.30p.m. 4m/1700'.
 Sat. May 26. Bens of Jura Fell Race. AL. 10.30a.m. 16m/7500'.
 Sat. May 26. Hutton Roof Craggs Race. BM. 2.30p.m. 7m/1300'.
 Sun. May 27. Cwm Nant-Y-Croes. BS. 2.00p.m. 6m/1500'.
 Sun. May 27. Great Hameldon Hill Race. BS. 11.30a.m. 6m/900'.
 Mon. May 28. Bentham Gala 10 Hill Race. CM. 2.30p.m. 10m/800'.
 Thur. May 31. Clitheroe Fell Race¹. BM. 7.00p.m. 6m/1350'.
 Sat. June 2. Alwinton Fell Race. BM. 11.30a.m. 14m/2500'.
 Sat. June 2. Duddon Valley Fell Race. AL. 11.30a.m. 20m/6000'.
 Sat. June 2. Langdale Gala Fell Race. AS. 3.00p.m. 1.25m/650'.
 Sat. June 2. Pen-Y-Ghent Race. AM. 3.00p.m. 5.5m/1500'.
 Sat. June 2. Scottish Mountain Trail. O. 8.00a.m. onwards 23m/10000'.
 Sun. June 3. Edenfield Fell Race. BM. 12.30p.m. 7.5m/1600'.
 Sun. June 3. Mallerstang Yomp. BL. 8.00-9.00a.m. 23m/3400'.
 Sun. June 3. Saddleworth Fell Race. AS. 3.15p.m. 3m/950'.
 Sun. June 3. Scottish Mountain Trail. AM. 11.00a.m. 10m/3000'.
 Tue. June 5. Blencathra Fell Race. AM. 7.15p.m. 8m/2000'.
 Tue. June 5. Paddy's Pole Fell Race. AS. 7.15p.m. 4.5m/1100'.
 Wed. June 6. Otley Chevin Fell Race. AS. 7.30p.m. 3m/1000'.
 Thur. June 7. Knockchree. CS. 7.50p.m. 1.25m/800'.
 Sat. June 9. Dollar Hill Race. AS. 2.30p.m. 5m/2000'.
 Sat. June 9. Ennerdale Horseshoe Fell Race. AL. 11.00a.m. 23m/7500'.
 Sat. June 9. Knock layd. AM. 1.00p.m. 6.5m/1700'.
 Sat. June 9. Man V Horse Marathon. BL. 11.00a.m. 22m/4000'.
 Sun. June 10. Muncaster Luck Fell Race. BM. 2.00p.m. 10m/1800'.
 Sun. June 10. Skipton Fell Race. BS. 9.00p.m. 4m/1000'.
 Wed. June 13. Coledale Horseshoe. AM. 7.00p.m. 8m/3000'.
 Thur. June 14. Five Cloughs Fell Race. AM. 7.00p.m. 8.75m/2250'.
 Thur. June 14. Grindleford Carnival Fell Race. CS. 7.30p.m. 4m/550'.
 Sat. June 16. Buckden Pike Fell Race. AS. 2.30p.m. 4m/1500'.
 Sat. June 16. Carneddau. AM. 1.30p.m. 10m/3500'.

Sat. June 16. Glen Rosa Horseshoe. AL. 12.00noon. 13m/5500'.

Sat. June 16. Patrick Fete. AM. 1.30p.m. 10m/2800'.

Sat. June 16. Royal Dockeray Fell Race. BL. 11.30a.m. 17m/4500'.

Sun. June 17. Holme Moss Fell Race. AL. 11.00a.m. 16m/4000'.

Sun. June 17. Kinder Trog. BL. 11.00a.m. 14m/3000'½

Tue. June 19. Roseberry Topping Race. AS. 7.30p.m. 1.5m/715'.

Tue. June 19. Wrekin Streak. AS. 7.30p.m. 2m/900'.

Wed. June 20. Ben Sheann. N. 7.30p.m. 2.5m/1400'.

Wed. June 20. Holcombe Tower Race CS. 7.15p.m. 3.5m/850'.

Wed. June 20. Tebay Fell Race. AM. 7.30p.m. 8m/3000'.

Thur. June 21. Crossone. AS. 7.30p.m. 2.5m/1700'.

Sat. June 23. Annalong Horseshoe. AL. 12.00noon. 13m/5200'.

Sat. June 23. The Chevy Chase. AL. 11.30a.m. 17m/3000'.

Sat. June 23. James Blakeley Fell Race. CS. 4.30p.m. 3m.

Sat. June 23. South Downs Way Race. BL. 9.00a.m. 80m/9000'.

Sat. June 23. Y Garn. AS. 2.30p.m. 3m/1500'.

Sun. June 24. Falklands Festival Hill Run. AS. 12.30p.m. 3m/1200'.

Sun. June 24. Mount Famine Fell Race. AM. 11.00a.m. 5m/1700'.

Sun. June 24. St. John's Fair Fell. AS. 2.00p.m. 3m/900'.

Tue. June 26. Horwich Rmi Composite Relay. 7.00p.m. 2 by 4.8m rpad /2 by 3m.

Wed. June 27. Boar's Head Hill Race. BM. 7.30 p.m. 8m/1200'.

Wed. June 27. Coity Race. BS. 7.30p.m. 5m/1000'.

Wed. June 27. Crowthorn Backwards. CS. 7.15p.m. see calendar for details.

Thur. June 28. Drinahilly. BS. 7.30p.m. 3.5m/850'.

Thur. June 28. Potter Fell. CM. 7.30p.m. 7m/650'.

Sat. June 30. Eldwick & Gilstead Gala Fell Race. CS. 3.00p.m. 3m/500'.

Sat. June 30. Old County Tops Race. AL. 8.30a.m. 35m/9000'.

RESULTS FROM WALES

PEN-Y-FAN (3.5m/1,900ft) - SATURDAY 7TH APRIL 1990
(British Championship)

A classic horseshoe course, all off road, climbing from around 1000 feet to the highest point in South Wales (2906ft). The weather was cool, fine and clear (unlike 1988 when I lost about 5 minutes trying to find the route from the summit), but with a strong facing wind on the ridge. Colin Donnelly reached the summit with a clear lead, but poor route choice coupled with a tremendous descent by Keith Anderson resulted in victory for the latter. The men's record was broken by 32 seconds and the ladies record by over 4 minutes. Among the casualties on the steep descent, was Willie Gaunt who limped home in 144th position having been 20th at the summit. There were 145 finishers.

| Pos. | Name | Club | Pos. at top | Ascent | Descent | Total |
|------|-----------------------------|---------------|----------------|--------|---------|-------|
| 1. | Keith Anderson | Ambleside | 5. | 24.01 | 7.05 | 31.06 |
| 2. | Colin Donnelly | Eryri | 2. | 23.25 | 8.13 | 31.38 |
| 3. | Andrew Peace | Bingley | 1. | 23.25 | 8.16 | 31.41 |
| 4. | Gary Devine | P & B | 3. | 23.40 | 8.12 | 31.52 |
| 5. | Graham Huddleston | Clayton | 4. | 23.40 | 8.34 | 32.14 |
| 6. | Duncan Hughes | Hebog | 7. | 24.20 | 8.18 | 32.38 |
| 7. | Gary Wilkinson | Clayton | 11. | 24.37 | 8.06 | 32.43 |
| 8. | Shaun Livesey | Rosendale | 6. | 24.20 | 8.25 | 32.45 |
| 9. | Emlyn Roberts | Eryri | 13. | 24.50 | 7.57 | 32.47 |
| 10. | Gavin Bland (1st Junior) | Keswick | 14. | 25.00 | 8.00 | 33.00 |
| 13. | David Spedding (1st Vet) | Keswick | 9. | 24.30 | 8.48 | 33.18 |
| 66. | Tricia Calder (1st Lady) | ESPLC | 74. | 29.00 | 9.15 | 38.15 |
| 103. | Ian Hartman | Calder Valley | 113. | 31.51 | 10.48 | 42.39 |

LLANBEDR TO BLAENAVON (14m/4,500ft) - SUNDAY 8TH APRIL 1990

A point to point course from Llanbedr village (550ft) with 3 climbs, Crug Mawr (1805ft), the easiest, Sugar Loaf (1955ft) and finally the hardest, the notorious Bloreng (1833ft), finishing at Blaenavon Leisure Centre (1400ft). The Bloreng is made harder by being preceded by a long road section through Abergavenny. Colin Donnelly's winning time was three minutes slower than the record set by Jack Maitland in 1986 when this was a British Championship race. Other runners times were no doubt affected by the excellent ale consumed in "The Star" in Talybont following the previous day's race. 89 started the race; there were 84 finishers.

| Pos. | Name | Crug Mawr | | Sugar Loaf | | Bloreng | | Final Time |
|------|---------------------------|-----------|-------|------------|-------|---------|---------|------------|
| | | Pos. | Time | Pos. | Time | Pos. | Time | |
| 1. | Colin Donnelly | 1. | 21.55 | 4. | 55.01 | 1. | 1.40.40 | 1.53.55 |
| 2. | Keith Anderson | 2. | 22.35 | 2. | 54.58 | 4. | 1.43.50 | 1.56.54 |
| 3. | Emlyn Roberts | 5. | 23.15 | 3. | 55.00 | 2. | 1.42.33 | 1.56.59 |
| 4. | Mark Rigby | 3. | 22.36 | 1. | 54.57 | 3. | 1.42.35 | 1.57.25 |
| 5. | Gary Devine | 7. | 23.48 | 5. | 55.02 | 5. | 1.45.40 | 2.00.10 |
| 6. | Allan Whalley | 11. | 24.52 | 11. | 58.00 | 7. | 1.49.22 | 2.03.32 |
| 16. | Les Williams (1st Vet) | 17. | 25.27 | 19. | 61.00 | 16. | 1.56.37 | 2.11.49 |
| 29. | Steve Skelton | 36. | 27.00 | 29. | 63.00 | 32. | 2.04.08 | 2.19.14 |
| 42. | Ian Hartman | 63. | 29.00 | 52. | 69.00 | 43. | 2.08.58 | 2.25.03 |
| 61. | Annie Capp (1st Lady) | 69. | 30.00 | 68. | 75.00 | 64. | 2.20.18 | 2.35.40 |

RESULTS.

CALDER VALLEY FELL RACE 11.3.90.

| | | | |
|--------|----------------|----------|----------|
| 1st. | G. Devine | P&B. | 1.56.23. |
| 18th. | R. Rowlands | C.V.F.R. | 2.12.17. |
| 50th. | B. Horsley | C.V.F.R. | 2.23.48. |
| 58th. | K. Munton | C.V.F.R. | 2.25.37. |
| 103rd. | J. Wilkinson | C.V.F.R. | 2.40.06. |
| 115th. | Jess Wilkinson | C.V.F.R. | 2.42.46. |
| 142nd. | G. Fry | C.V.F.R. | 2.51.46. |

14 Miles AL.

CALDER VALLEY JUNIOR FELL RACE 11.3.90.

| | | | |
|-------|-------------|-----------|--------|
| 1st. | W. Styan | Holmfirth | 20.53. |
| 3rd. | A. Bowden | C.V.F.R. | 21.04. |
| 5th. | F. Charnroy | C.V.F.R. | 21.36. |
| 7th. | J. Smith | C.V.F.R. | 23.15. |
| 8th. | C. Jones | C.V.F.R. | 23.25. |
| 9th. | R. Skelton | C.V.F.R. | 23.37. |
| 10th. | I. Powell | C.V.F.R. | 24.39. |
| 14th. | L. Parry | C.V.F.R. | 25.42. |

3 Miles,

Edale Skyline Fell Race 25.3.90

| | | | | |
|--------|--------------|----------|----------|-------------|
| 1st. | O. Donnelly | Eryri | 2.32.33 | New Record. |
| 41st. | J. Winder | C.V.F.R. | 2.56.38. | |
| 88th. | N. Crossland | C.V.F.R. | 3.08.35. | |
| 91st. | R. Sutcliffe | C.V.F.R. | 3.09.12. | |
| 165th. | I. Hartman | C.V.F.R. | 3.24.40. | |
| 277th. | J. Riley | C.V.F.R. | 3.54.02. | |
| 322nd. | J. Sheard | C.V.F.R. | 4.32.09. | |

21 Miles AL.

Fendle Hill Fell Race 7.4.90

| | | | |
|--------|---------------------|------------------|--------|
| 1st. | M. Crewe | Bingley Harriers | 31.19. |
| 23rd. | D. Thompson | C.V.F.R. | 34.03. |
| 37th. | J. Greenwood | Rx. Harriers | 34.57. |
| 102nd. | G. Woodward | C.V.F.R. | 37.55. |
| 127th. | K. Munton | C.V.F.R. | 38.52. |
| 143rd. | J. Wilkson | C.V.F.R. | 30.20. |
| 169th. | M..Bramhall-Pimlott | C.V.F.R. | 40.32. |
| 206th. | G. Spencer | C.V.F.R. | 41.41. |

Pendle Hill Fell Race cont.....

| | | | |
|--------|--------------|----------|--------|
| 220th. | J. Marshall | C.V.F.R. | 42.15. |
| 224th. | S. Cavell | C.V.F.R. | 42.22. |
| 240th. | A. Greenwood | C.V.F.R. | 43.22. |
| 292nd. | C. Haigh | C.V.F.R. | 47.00. |
| 293rd. | M. Burns | C.V.F.R. | 47.00. |
| 303rd. | R. Nuttall | C.V.F.R. | 47.46. |
| 309th. | I. Neville | C.V.F.R. | 48.20. |
| 313th. | L. Hayles | C.V.F.R. | 48.57. |

4½ Miles AS. 355 Finished.

Rosendale Fell Race 15.4.90.

| | | | |
|--------|-------------------|-------------|----------|
| 1st. | M. Prady | Glossopdale | 1.39.10. |
| 10th. | D. Thompson | C.V.F.R. | 1.43.43. |
| 14th. | J. Winder | C.V.F.R. | 1.45.16. |
| 28th. | D. Crossland | C.V.F.R. | 1.49.25. |
| 61st. | K. Munton | C.V.F.R. | 1.53.14. |
| 67th. | M. Banks | C.V.F.R. | 1.54.29. |
| 79th. | I. Hartman | C.V.F.R. | 1.58.57. |
| 82nd. | S. Kirkbride | C.V.F.R. | 1.59.35. |
| 89th. | A. Thompson | C.V.F.R. | 2.01.26. |
| 104th. | P. Regan | C.V.F.R. | 2.03.50. |
| 123rd. | J. Riley | C.V.F.R. | 2.09.52. |
| 139th. | G. Fry | C.V.F.R. | 2.14.42. |
| 156th. | J. Thistlethwaite | C.V.F.R. | 2.30.15. |

2nd Team C.V.F.R.

13 Miles BL.

P.S. Would the B***** who has my map of the Scottish West Highlands please return it as I can't do the Rock and Run without it!!!!

Graham Woodward.