

RAMPAGE

CALDER VALLEY
FELL RUNNERS

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EDITORIAL

Firstly I'd like to apologise for the late publication of the Rampage, once again the photocopiers playing up. (That's my story anyway).

I think we'll all find Gary's "novel" of the Bob Graham Round interesting and useful? Also an in depth explanation and breakdown of the Championship & Handicap system by Ian Hartman, all clever stuff.

Peter Regan.

COMING SOCIAL EVENTS

Sunday 12th August after the Wadsworth Fell Race, Rounders Match at the Popples Heptonstall, drinks later in the pub.

Saturday 25th August Club Quiz Night at The Robin Hood Cragg Vale see Mark Bramall-Pimlott for details.

With a will harder than diamond

Christopher Brasher on the trail of the Greatest of Them All.

IF YOU are invited to assist the Greatest of Them All it behoves you to make certain that you are at the right spot at the right time. Since the right spot was 2,500 feet up near the summit of the Stony Cove Pike and the right time was very early in the morning, Ken and I decided to 'bivvy' on the summit.

All might have been well if we had not lingered in the pub until chucking-out time, which is why the first rain of the night struck us as we hauled our rucksacks in the dark up the mountain. By the time we found a level patch for our two minuscule tents, it was lam and the rain was bouncing off our anoraks like a MacEnroe smash.

It was not a comfortable night. Ken could sit up in his tent but I was stuffed into a coffin-like envelope surrounded by wet clothes and wet boots.

But then the song of the lark startled the dull night and the

sun gave us life and by the time Bill O'Connor, photographer, author and mountaineer, reached us just after 6am, we were ready to go looking for the Greatest of Them All. He is now well over 50 and a grandfather, and he holds down two jobs — looking after 800 sheep on the fells above Wastwater and doing shift work at the Sellafield nuclear plant.

Those readers who have been with this column for 20 years or so will know that I speak about Joss Naylor, MBE, who has been the Greatest of Them All since that day in 1975 when he ran over 72 Lake District mountains inside 24 hours.

Now at the age of 54, Joss has a new idea: to cross from one side of the Lake District to the other in under 12 hours; from Pooley Bridge at the east end of Ullswater to Greendale, the farm house at the west end of Wasdale to which Joss and his wife Mary will retire.

The distance is a trifle under 50 miles and, since it involves traversing all the highest sum-

mits *en route*, Joss and his running mate son-in-law, Colin Dulson, would have to climb 16,000 feet (more than the height of Mont Blanc) and, what is even harder on the legs, descend the same height.

At about 7.30am, two hours after his dawn start, we spotted a stick-like figure emerging out of the mist, high up on Thornthwaite Crag and then he was with us, pausing only to drink a minute cup of Bovril before he headed down to the Kirkstone Pass.

Colin, aged 27, powerfully built and at the height of his strength, was with him and we marvelled at the contrast. There is nothing to Joss except bone and gristle. He stands 5ft 11ins tall and yet weighs only nine stone; there does not seem to be any muscle included and yet he can climb faster, descend more recklessly, for far longer, than any man of his time. Which is why we missed him at Dunmail Raise, the last of only two road crossings on the entire route.

So we drove as fast as safety

dictated into Borrowdale and up to Honister Pass. Then we traversed Grey Knotts and Brandreth until we came to Moses Trod, the path across the face of Great Gable which, supposedly, was used by a smuggler called Moses to carry illicit whisky into the heart of the Lakes.

And then we stood in the wind and rain waiting for him to hurtle off Great Gable. An hour later, cold and wet, we looked behind us and saw two yellow-jacketed, bare-legged figures climbing fast up Kirkfell and we knew that we had failed him.

We had what he and Colin needed — hot milk and an energy drink and Mars bars and chocolate — but there was no way we could catch them now. So we trudged back disconsolately through the rain and had our tea. We thought of him fighting the elements on that last hard section. Of course, being Joss, he made it. It took him 11 and a half hours and then he stood in the cold beck and scrubbed himself down.

'Everything was against us

today — the punishing wind and the rain and the sudden drop in temperature,' he said. 'It was cruel coming off Bowfell — the slabs were treacherous and you knew when you were going to go flat on your back. It was the cold that was eating up our energy. Given a good day it will be very enjoyable.'

That enjoyment is restricted to the over-fifties. The first dozen who can run the Joss Naylor Crossing in under 12 hours and raise at least £100 for Joss's favourite charity, the Multiple Sclerosis Society, will be presented with an engraved pewter tankard. And the first dozen over-sixties (I hope to be one) who cross in under 18 hours, also get a tankard.

I bet that none of us will be fit enough next day to work the early shift for seven and a half hours, and then to come home and walk the hills to see that this year's crop of lambs are keeping well. Joss can do it but then Joss has sinews stronger than any man-made substance and his will is harder than a diamond.



Joss Naylor leads his son-in-law Colin Dulson up Stony Cove Pike. Photograph by Bill O'Connor.

CALDER VALLEY FELL RUNNERS - 1990 CHAMPIONSHIP
Positions after 11 races

NAME	RACE											TOTAL POINTS
	1 (M)	2 (S)	3 (L)	4 (M)	5 (M)	6 (S)	7 (S)	8 (M)	9 (L)	10 (L)	11 (S)	
Duncan Thompson	30	30		30	30	30	30	30	29		(30)	239
Michael Banks	23	26	25	26	25	26	19	25		30	(19)	225
Ian Hartman	26	27	24	25	28	27	(23)	24			24	205
Keith Muntton	25	28		27	29	25		27	28			189
Graham Fry	17	19	22	20	19		9	21		27	15	169
Peter Regan	21			22	24	23		22		29		141
Steve Kirkbride		23		24		22	20	23		28		140
Chris Peart-Binns	22	25					28	29			18	122
Richard Crossland			29	28					30		28	115
Carl Greenwood		29					24	26			25	104
Andy Wimpenny	28		26				22	28				104
Jeff Winder	29		30	29								88
John Riley	19	22	23	21								85
Linda Hayles		15			15	12	7			26	9	84
Rod Sutcliffe			28		27	28						83
Andy Thompson				23		29	26					78
Roger Nuttall		18				13	8			25	10	74
Richard Kellett	24				26						23	73
Michael Burns		17			16	14	11				14	72
Mark Bramall-Pimlott						24	21				22	67
Jonathon Wilkinson		24					18				20	62
Irene Neville		16			14	11	6				13	60
Robin Skelton							29				26	55
Steve Cavell					22	19	14					55
Richard Benn					20	18	16					54
Graham Spencer					18	21	13					52
Allan Greenwood					17	16					16	49
Pete Round						20					27	47
Jeremy Wilkinson							25				21	46
Jimmy Sheard	18		21									39
Andy Auton		20									17	37
Trevor Redmond	20						17					37
Carol Haigh					21	15						36
Peter White		21					15					36
Simon Towler						17	12					29
Richard Rowlands											29	29
Jill Thistlethwaite				19			10					29
Graeme Woodward							27					27
Brian Horsley	27											27
Paul Frechette			27									27
John Walker					23							23
Dominic Rivron											12	12
Christopher Nuttall											11	11
Kevin Stephenson							5					5

CALDER VALLEY FELL RUNNERS - 1990 HANDICAP

Positions after 11 races

NAME	RACE											TOTAL POINTS
	1 (M)	2 (S)	3 (L)	4 (M)	5 (M)	6 (S)	7 (S)	8 (M)	9 (L)	10 (L)	11 (S)	
Ian Hartman	30	30	29	29	29	29	24	27			(23)	227
Duncan Thompson	24	28		25	22	24	20	25	29		(13)	197
Graham Fry	18	19	23	28	27		7	21		26	26	195
Michael Banks	18	19	23	27	21	19	(11)	26		27	15	195
Linda Hayles		26			30	25	26			29	30	166
Keith Munton	22	25		22	23	17		24	28			161
Steve Kirkbride		24		30		21	22	30		30		157
Peter Regan	23			24	20	20		23		28		138
Chris Peart-Binns	27	27					28	29			22	133
Michael Burns		19			18	28	27				27	119
John Riley	28	20	24	26								98
Carl Greenwood		29					16	28			20	93
Richard Crossland			30	21					30		12	93
Irene Neville		22			19	16	10				25	92
Roger Nuttall		21				15	6			25	19	86
Andy Wimpenny	21		26				9	22				78
Andy Thompson				23		30	23					76
Rod Sutcliffe			27		25	23						75
Richard Kellett	29				28						17	74
Jeff Winder	19		28	20								67
Graham Spencer					24	26	14					64
Mark Bramall-Pimlott						22	19				21	62
Allan Greenwood					18	14					28	60
Steve Cavell					26	18	15					59
Richard Benn					18	14	25					57
Simon Towler						27	29					56
Jonathon Wilkinson		23					8				14	45
Jimmy Sheard	20		25									45
Pete Round						14					29	43
Andy Auton		19									24	43
Robin Skelton							21				18	39
Trevor Redmond	25						13					38
Peter White		19					17					36
Jeremy Wilkinson							18				16	34
Carol Haigh					18	14						32
Jill Thistlethwaite				19			12					31
Graeme Woodward							30					30
Brian Horsley	26											26
Paul Frechette			23									23
John Walker					18							18
Richard Rowlands											11	11
Christopher Nuttall											11	11
Dominic Rivron											11	11
Kevin Stephenson							5					5

CALDER VALLEY FELL RUNNERS 1990 CHAMPIONSHIP

The Club Championship consists of 21 races and is open to all members of Calder Valley Fell Runners including second claim members. The best 10 results count towards the championship, but these must include at least three at each distance (short, medium and long).

The handicap results are based on the figures calculated by Mark Bramall-Pimlott from last years races and published in the last issue of Rampage. They have been calculated as follows:

- (1) Calculate the number of seconds that the runner is slower than the winning time.
- (2) Multiply the appropriate handicap (short, medium or long) by the race mileage to obtain the handicap for the race.
- (3) Subtract the figure obtained in (2) from that obtained in (1). If the result is negative the runner has improved on the handicap or if positive the run has been slower than the handicap.
- (4) The runner with the highest negative figure scores 30 points, the runner with the second highest negative figure scores 29 points and so on until the runner with the highest positive figures scores the lowest number of points.

For new members and those members who did not race last year and therefore do not have a handicap, handicaps have been calculated as follows:

(1) First race at each distance (short, medium and long)

Allocated one point less than the runner who has scored the lowest number of points; i.e. if there are ten runners with a handicap, they will score from 30 to 21 points and those runners without a handicap will score 20 points.

(2) Subsequent races at each distance (short, medium and long)

The handicap is based on previous races at the distance and is calculated by taking the average number of seconds per mile behind the winner and adjusting this figure by the average number of seconds behind the winner of all Calder Valley runners to take into account the length and difficulty of the race.

The remaining races for 1990 are as follows:

Date	Race	Category	Distance (miles)	Climb (feet)	Pre-entry requirement
July Wed 4th	Stoodley Pike	S	3.5	700	
Sat 21st	Ingleborough	M	7	2,000	
Aug Sat 4th	Moel Hebog	M	5.5	2,560	
Sat 11th	Downham	M	5.5	1,700	
Sept Sun 2nd	Shelf Moor	S	6	1,500	
Sat 22nd	Peris Horseshoe	L	18	8,400	
Sat 29th	Thieveley Pike	S	3.5	900	
Oct Sat 6th	Tour of Pendle	L	17	4,200	30th Sept
Sat 13th	Langdale	L	16	4,000	1st Oct
Nov Sat 10th	Shepherds Skylline	S	6	1,150	
Sun 18th	Roaches	L	15	3,700	

If you find any errors in any of the published results or have any queries, please phone me on Bradford 546549.

Ian Hartman

CALDER VALLEY FELL RUNNERS
1990 CHAMPIONSHIP RESULTS

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Pos.	Name	Time	Champ Points	Seconds after leader	Handicap	Difference	Handicap Points
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RACE 1: HALF TOUR OF PENDLE (BM 9m/1,800ft) - SATURDAY 17TH FEBRUARY

1.	Shaun Livesey	61.59					
19.	Duncan Thompson	68.07	30	368	540	-172	24
37.	Jeff Winder	71.33	29	574	288	+286	19
48.	Andy Wimpenny	72.55	28	656	594	+62	21
59.	Brian Horsley	74.39	27	760	990	-230	26
65.	Ian Hartman	75.18	26	799	1305	-506	30
71.	Keith Munton	76.02	25	843	801	+42	22
85.	Richard Kellett	76.56	24	897	1260	-363	29
97.	Michael Banks	77.39	23	940	-		18
109.	Chris Peart-Binns	79.02	22	1023	1323	-300	27
128.	Peter Regan	81.07	21	1148	1305	-157	23
156.	Trevor Redmond	83.40	20	1301	1485	-184	25
172.	John Riley	84.57	19	1378	1701	-323	28
216.	Jimmy Sheard	90.24	18	1705	1638	+67	20
224.	Graham Fry	91.52	17	1793	-		18

RACE 2: ILKLEY MOOR FELL RACE (AS 4.5m/1,150ft) - SUNDAY 25TH FEBRUARY

1.	Gary Devine	39.57					
9.	Duncan Thompson	42.27	30	150	225	-75	28
34.	Carl Greenwood	46.45	29	408	500	-92	29
40.	Keith Munton	47.15	28	438	378	+60	25
47.	Ian Hartman	48.04	27	487	644	-157	30
58.	Michael Banks	48.39	26	522	-		19
74.	Chris Peart-Binns	49.51	25	594	599	-5	27
87.	Jonathon Wilkinson	51.01	24	664	500	+164	23
92.	Steve Kirkbride	51.34	23	697	608	+89	24
100.	John Riley	52.09	22	732	423	+309	20
113.	Peter White	53.11	21	794	-		19
134.	Andy Auton	55.29	20	932	-		19
146.	Graham Fry	56.45	19	1008	-		19
164.	Roger Nuttall	60.37	18	1240	963	+277	21
169.	Michael Burns	61.10	17	1273	-		19
172.	Irene Neville	61.41	16	1304	1130	+174	22
181.	Linda Hayles	63.01	15	1384	1355	+29	26

RACE 3: EDALE SKYLINE FELL RACE (AL 21m/4,500ft) - SUNDAY 25TH MARCH

1.	Colin Donnelly	2.32.33					
41.	Jeff Winder	2.56.38	30	1445	1659	-214	28
88.	Richard Crossland	3.08.35	29	2162	3003	-841	30
91.	Rod Sutcliffe	3.09.12	28	2199	2100	+99	27
140.	Paul Frechette	3.18.01	27	2728	-		23
144.	Andy Wimpenny	3.18.54	26	2781	2352	+429	26
157.	Michael Banks	3.22.41	25	3008	-		23
165.	Ian Hartman	3.24.40	24	3127	3780	-653	29
277.	John Riley	3.54.02	23	4889	3339	+1550	24
285.	Graham Fry	3.58.26	22	5153	-		23
322.	Jimmy Sheard	4.23.09	21	6636	5922	+714	25

1990 CHAMPIONSHIP RESULTS (continued)

Pos.	Name	Time	Champ Points	Seconds after leader	Handicap	Difference	Handicap Point
RACE 4: ROSSENDALE FELLS RACE (BM 13m/2,700ft) - SUNDAY 15TH APRIL							
1.	Mike Prady	1.39.10					
10.	Duncan Thompson	1.43.43	30	273	780	-507	
14.	Jeff Winder	1.45.15	29	365	416	-51	
28.	Richard Crossland	1.49.25	28	615	871	-256	
61.	Keith Munton	1.53.14	27	844	1157	-313	
67.	Michael Banks	1.54.29	26	919	1573	-654	
79.	Ian Hartman	1.58.57	25	1187	1885	-698	
82.	Steve Kirkbride	1.59.35	24	1225	3302	-2077	
89.	Andy Thompson	2.01.26	23	1336	1664	-328	
104.	Peter Regan	2.03.50	22	1480	1885	-405	
123.	John Riley	2.09.52	21	1842	2457	-615	
139.	Graham Fry	2.14.32	20	2122	2808	-686	
156.	Jill Thistlethwaite	2.30.15	19	3065	2691	+374	

RACE 5: RAVENSTONES BROW FELL RACE (BM 10m/1,250ft) - SATURDAY 5TH MAY

1.	A. Eyre-Walker	66.22					
5.	Duncan Thompson	70.33	30	251	600	-349	
15.	Keith Munton	74.50	29	508	890	-382	
23.	Ian Hartman	77.10	28	648	1450	-802	
36.	Rod Sutcliffe	79.12	27	770	1250	-480	
40.	Richard Kellett	80.22	26	840	1400	-560	
45.	Michael Banks	80.48	25	866	1150	-284	
68.	Peter Regan	86.10	24	1188	1450	-262	
75.	John Walker	87.39	23	1277	-		
79.	Steve Cavell	89.22	22	1380	1890	-510	
82.	Carol Haigh	90.11	21	1429	-		
86.	Richard Benn	90.32	20	1450	-		
96.	Graham Fry	92.07	19	1545	2080	-535	
98.	Graham Spencer	92.17	18	1555	2020	-465	
102.	Allan Greenwood	92.31	17	1569	-		
123.	Michael Burns	96.05	16	1783	-		
132.	Linda Hayles	98.08	15	1906	3160	-1254	
149.	Irene Neville	111.02	14	2680	2640	+40	

RACE 6: SIMONS SEAT FELL RACE (AS 3.5m/1,300ft) - THURSDAY 10TH MAY

1.	Gary Devine	23.35					
15.	Duncan Thompson	26.35	30	180	175	+5	
58.	Andy Thompson	29.22	29	347	427	-80	
61.	Rod Sutcliffe	29.42	28	367	354	+13	
76.	Ian Hartman	31.02	27	447	501	-54	
77.	Michael Banks	31.04	26	449	350	+99	
80.	Keith Munton	31.19	25	464	294	+170	
82.	M Bramall-Pimlott	31.25	24	470	448	+22	
87.	Peter Regan	31.54	23	499	441	+58	
97.	Steve Kirkbride	32.24	22	529	473	+56	
103.	Graham Spencer	32.48	21	553	564	-11	
119.	Pete Pound	34.03	20	628	-		
122.	Steve Cavell	34.16	19	641	529	+112	
124.	Richard Benn	34.48	18	673	-		
135.	Simon Towler	36.04	17	749	788	-39	
140.	Allan Greenwood	37.31	16	836	-		
141.	Carol Haigh	37.35	15	840	-		
143.	Michael Burns	38.18	14	883	935	-52	
149.	Roger Nuttall	39.48	13	973	749	+224	
151.	Linda Hayles	41.05	12	1050	1054	-4	
154.	Irene Neville	41.11	11	1056	879	+177	

1990 CHAMPIONSHIP RESULTS (continued)

Pos.	Name	Time	Champ Points	Seconds after leader	Handicap	Difference	Handicap Points
RACE 7: BLACKSTONE EDGE RACE (AS 3.5m/1,200ft) - WEDNESDAY 16TH MAY							
1.	Mike Prady	27.47					
10.	Duncan Thompson	29.36	30	109	175	-66	20
35.	Robin Skelton	32.18	29	271	340	-69	21
40.	Chris Peart-Binns	32.31	28	284	466	-182	28
51.	Graeme Woodward	32.50	27	303	560	-257	30
57.	Andy Thompson	32.54	26	307	427	-120	23
64.	Jeremy Wilkinson	33.24	25	337	399	-62	18
70.	Carl Greenwood	33.36	24	349	389	-40	16
72.	Ian Hartman	33.41	23	354	501	-147	24
74.	Andy Wimpenny	33.44	22	357	287	+70	9
81.	M Bramall-Pimlott	34.10	21	383	448	-65	19
86.	Steve Kirkbride	34.18	20	391	473	-82	22
89.	Michael Banks	34.32	19	405	375	+30	11
103.	Jonathon Wilkinson	35.30	18	463	389	+74	6
106.	Trevor Redmond	35.37	17	470	480	-10	13
112.	Richard Benn	35.46	16	479	630	-151	25
118.	Peter White	36.09	15	502	563	-61	17
120.	Steve Cavell	36.14	14	507	529	-22	15
141.	Graham Spencer	36.58	13	551	564	-13	14
145.	Simon Towler	37.27	12	580	788	-208	29
NA.	Michael Burns	39.18	11	691	872	-181	27
187.	Jill Thistlethwaite	40.38	10	771	767	+4	12
189.	Graham Fry	41.10	9	803	728	+75	7
197.	Roger Nuttall	42.06	8	859	749	+110	6
198.	Linda Hayles	42.29	7	882	1054	-172	26
204.	Irene Neville	43.26	6	939	879	+60	10
215.	Kevin Stephenson	49.45	5	1318	-		5

RACE 8: FAIRFIELD HORSESHOE FELL RACE (AM 9m/3000ft) - SUNDAY 20TH MAY

1.	Robin Bergstrand	1.12.45					
76.	Duncan Thompson	1.26.05	30	800	540	+260	25
114.	Chris Peart-Binns	1.28.57	29	972	1323	-351	29
123.	Andy Wimpenny	1.29.14	28	989	594	+394	22
145.	Keith Munton	1.31.24	27	1119	801	+318	24
157.	Carl Greenwood	1.32.00	26	1155	1422	-267	28
181.	Michael Banks	1.33.37	25	1252	1089	+163	26
197.	Ian Hartman	1.34.56	24	1331	1305	+26	27
229.	Steve Kirkbride	1.37.48	23	1503	2286	-783	30
264.	Peter Regan	1.39.49	22	1624	1305	+319	23
386.	Graham Fry	2.01.28	21	2923	1863	+1060	21

RACE 9: ENNERDALE FELL RACE (AL 23m/7,500ft) - SATURDAY 9TH JUNE

1.	Colin Donnelly	3.31.16					
41.	Richard Crossland	4.18.23	30	2827	3289	-462	30
58.	Duncan Thompson	4.30.28	29	3552	2300	+1252	29
116.	Keith Munton	5.05.58	28	5682	2622	+3060	28
DNF.	Graham Fry						

RACE 10: HOLME MOSS FELL RACE (AL 16m/4,000ft) - SUNDAY 17TH JUNE

1.	Andy Styan	2.19.33					
31.	Michael Banks	2.48.34	30	1741	2176	-435	27
38.	Peter Regan	2.54.39	29	2106	2800	-694	28
41.	Steve Kirkbride	3.00.08	28	2435	5248	-2813	30
59.	Graham Fry	3.26.30	27	4017	3808	+209	26
65.	Linda Hayles	3.30.35	26	4262	6512	-2250	29
91.	Roger Nuttall	4.04.42	25	6309	4112	+2197	25

RESULTS. RESULTS. RESULTS.Ravenstones Fell Race 5.5.90

1st.	A. Eyre-Walker	Notts. Univ.	66.22.
5th.	D. Thompson	C.V.F.R.	70.33.
15th.	K. Munton	C.V.F.R.	74.50.
23rd.	I. Hartman	C.V.F.R.	77.10.
36th.	R. Sutcliffe	C.V.F.R.	79.12.
40th.	R. Kellet	C.V.F.R.	80.22.
46th.	M. Banks	C.V.F.R.	80.42.
68th.	P. Regan	C.V.F.R.	86.10.
75th.	J. Walker	C.V.F.R.	87.39.
79th.	S. Cavell	C.V.F.R.	89.22.
82nd.	C. Haigh	C.V.F.R.	90.11.
86th.	R. Benn	C.V.F.R.	90.32.
97th.	G. Fry	C.V.F.R.	92.07.
98th.	G. Spencer	C.V.F.R.	92.17.
102nd.	A. Greenwood	C.V.F.R.	92.31.
123rd.	M. Burns	C.V.F.R.	96.05.
132nd.	L. Hayles	C.V.F.R.	98.08.
149th.	I. Neville	C.V.F.R.	111.02.

156 Finishers.

Simons Seat Fell Race 10.5.90

1st.	G. Devine	Fudsey & Bamley	23.35.
58th.	A. Thompson	C.V.F.R.	29.22.
61st.	R. Sutcliffe	C.V.F.R.	29.42.
76th.	I. Hartman	C.V.F.R.	31.02.
77th.	M. Banks	C.V.F.R.	31.04.
80th.	K. Munton	C.V.F.R.	31.10.
82nd.	M. Bramhall-Pimlott	C.V.F.R.	31.25.
86th.	P. Regan	C.V.F.R.	31.45.
97th.	S. Kirkbride	C.V.F.R.	32.24.

Cont.....

11

103rd.	G. Spencer	C.V.F.R.	32.48.
119th.	P. Round	C.V.F.R.	34.03.
122nd.	S. Cavell	C.V.F.R.	34.16.
125th.	R. Bonn	C.V.F.R.	34.48.
135th.	S. Towler	C.V.F.R.	36.04.
140th.	A. Greenwood	C.V.F.R.	37.31.
141st.	C. Haigh	C.V.F.R.	37.35.
143rd.	M. Burns	C.V.F.R.	38.18.
149th.	R. Nuttall	C.V.F.R.	39.48.
151st.	L. Hayles	C.V.F.R.	41.05.
154th.	I. Neville	C.V.F.R.	41.19.

1st. for C.V.F.R in 15th place was D. Thompson 26.35.

167 finishers.

Belmont Winter Hill Fell Race 12.5.90.

1st.	C. Donnelly	ERYRI	31.48 rec.
8th.	D. Thompson	C.V.F.R.	34.44
43rd.	K. Munton	C.V.F.R.	38.53.
62nd.	J. Wilkinson	C.V.F.R.	39.58.

169 finishers

Skipton Fell Race 10.6.90.

WOMENS

1st.	K. Hill	Tipton Harriers	26.51.
23rd.	L. Neville	C.V.F.R.	35.07.
24th.	L. Hayles	C.V.F.R.	35.23.

MENS

1st.	N. Gates	Brighton & Hove	23.13.
16th.	R. Rowlands	C.V.F.R.	25.43.
101st.	J. Marshall	C.V.F.R.	30.53.

12.

cont.....

120th. M. Burns C.V.F.R. 33.48.

Holme Moss Fell Race 16.6.90.

1st.	A. Styan	Holmfirth	2.19.30.
31st.	M. Banks	C.V.F.R.	2.48.34.
38th.	P. Regan	C.V.F.R.	2.54.39.
41st.	S. Kirkbride	C.V.F.R.	3.00.08.
59th.	G. FRY	C.V.F.R.	3.26.00.
65th.	L. Hayles	C.V.F.R.	3.30.35.
91st.	R. Nuttall	C.V.F.R.	4.04.42.



CALDER VALLEY FELL RUNNERSTUESDAY NIGHT CLUB RUNS, SUMMER 1990

MEET AT MYTHOLMROYD COMMUNITY CENTRE, ready to run at 7.00 pm (or from the starting point at the time stated, if preferred)

<u>Date</u>	<u>Route</u>	<u>Details</u>
June 26	Pendle	From Lamb Inn, Newchurch-in-Pendle 7.40 pm
July 3	Mytholmroyd Fell Race Route	Or variations of it
10	Crow Hill/Warwick Falls	Sowerby and Cragg Vale
17	Stoodley Pike/Heptonstall	Old Route
24	Ridge Route	From Hardcastle Craggs 7.15 pm
31	Cragg Vale Heritage	
Aug 7	Pendle	From Lamb Inn, Newchurch-in-Pendle 6.30 pm
14	Luddenden Valley/Wainstalls	
21	Beacon Hill/Shibden	WITH HALIFAX HARRIERS. From North Bridge Leisure Centre 7.30 pm
28	Robin Hood Rocks	
Sept 4	Memorial Route	Pecket Well and Heptonstall
11	High Brown Knoll	
18	Warley	From Luddendenfoot (car park over canal, 7.10 pm)
25	Coiners Ten	Coiners seven, plus a loop



WANTED: COMPLETE LIST OF RACE START TIMES
CONTACT ROD SUTCLIFFE.

FOR SALE: MAPS, COMPASS, FELL RUNNING SHOES, TENT (SLIGHTLY DAMAGED),
BUM BAGS, AND RUCKSACK ANY REASONABLE OFFER ACCEPTED.
WILL SWAP FOR BABYWALKER.
CONTACT J. WINDER.

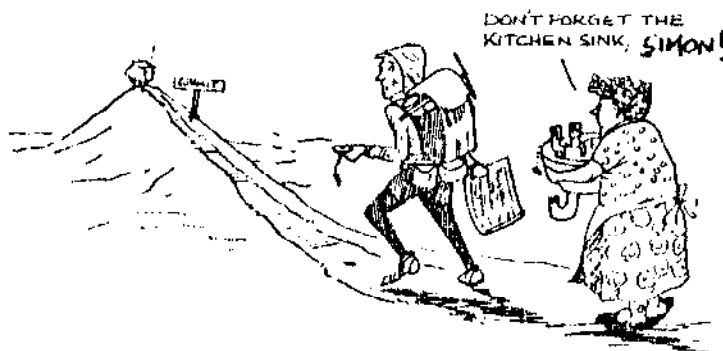
WANTED: COULD ANYONE WITHIN THE CLUB FURNISH ME WITH DETAILS OF THE PERFORMANCE
OF CHRIS PEART-BINNS AT THE FAIRFIELD HORSESHOE FELL RACE 1990. I HAVE
LOOKED IN THE LOCAL PRESS AND ASKED NUMEROUS MEMBERS OF THE FELL RUNNING
FRATERNITY BUT ANY DETAILS REGARDING CHRIS'S PERFORMANCE SEEMS TO BE A
WELL KEPT SECRET.

CONTACT IAN HARTMAN (CLUB STATISTICIAN).

FOR SALE: MAP, COMPASS(NEVER USED), WHISTLE (WELL USED), GORE TEX JACKET (GOOD FOR
POSING IN), FELL RUNNING SHOES: ANY REASONABLE OFFER ACCEPTED.
I AM WILLING TO SWAP FOR A GOOD NIGHTS SLEEP.
CONTACT RUSSELL ARKANDALE.

WANTED: ANY SUGGESTIONS FOR ACCURATELY MEASURING TRAINING ROUTES. MY PRESENT
METHOD ALWAYS SEEMS TO UNDERESTIMATE THE DISTANCE.
CONTACT ROD SUTCLIFFE (CLUB CAPTAIN).

FOR SALE: BULL WORKER AND WEIGHT TRAINING EQUIPMENT (ALL WELL USED) SALE DUE TO
CHANGE OF HOBBY TO FELL CRAWLING.
IF ANYONE IS WILLING TO TAKE THE JOB LOT I WILL THROW IN A HIGHLY
RELIABLE FORD ESCORT.
CONTACT MARK BRAMALL-PIMLETT.



RIPSTOP	FELL SUITS	£22 ¹⁵
"	JACKETS	£15
"	TROUSERS	£8
"	OVER-MITTS	£1.75

Made to Measure
Various Colours

Medium-Weight	Over-Mitts	£2.25
"	Gaiters	£5

ALSO REPAIRS TO TENTS

REPAIRS & ALTERATIONS
TO RUNNING CLOTHING

Contact — STEVE — HX 885485

A DAY IN THE HILLS WITH MATES.... AND A FOOL.

A few days ago a tall dark haired gentleman suggested that I write an article telling people about the Bob Graham and my experiences. As I really respect this person and feel that within the next two years he will go sub thirteen hours for a Bob Graham Round, I have decided to comply with his wishes. The fell running world has seen Jos Naylor come and go, the great Billy Bland remained center stage for many years, Kenny Stuart and John Wild dominated in the early 1980's and now Colin Donoley has dominance. But I believe that in the 1990's - shock waves will reverberate through fell running circles and the name; Reverend Nat Bramall-Pimlott will be whispered from the gutters:

In the early winter of 1989 after a really rough season I was fed up. Looking for something different to aim at, apart from championship races. Which I had had enough of, I decided upon having a go at a Bob Graham Round. Everyone in the club who achieved a successful round, Jeff, Rod, Paul, Paul, Pete White and Keith, had done so on a 6.00a.m. start anticlockwise. Not being happy about this way round I asked Billy Bland what he thought.

"If you'r going for a fast un clockwise is best, if ya just wanna get round tekin it easy, anticlockwise".

No intentions of a quick time were in my mind although Billy's views were obviously based on a lot of experience. I looked at the pro's and Con's. On the anticlockwise hand you had 5000ft of Scarfell, Helvellyn at night and the Skiddaw and Blencathra section, horror of horrors with knee deep heather, after sixty miles. On the clockhand it meant starting in the dark and Yewbarrow and Red Rike late on when a person could really suffer. For one reason or another I decided upon a clockwise attempt.

The best part of doing a Bob Graham, apart from running into touch Moot Hall, is learning the sections. From February to May 1990 I spent almost every weekend with Dave and Penny Yates learning and refining the route. The Skiddow section I found very boring apart from "knee wrecker ridge" or Halls Fell Ridge as it is more commonly known. The prospect of Mungnsedale common (the back of Blencathra) at night made me shudder.

Section two from Threlkeld to Dunmail Raise is a cracker. Apart from the long drag up Clough Head, the high ridge via Helvellyn, Nethermost and Bollywaggon is excellent with superb views. The dreaded Fairfield gives a sting in the tail but all in all not bad. Most of the early time was on these two sections. After three attempts over each one I decided to run them together, a distance of some 28/29 miles with 10/11 thousand feet of climb. I knew it would be good test of fitness at this stage plus it would enable me to check how long a rest was needed at Threlkeld. Unfortunately I ran well that day, rather too well and finished at Dunmail with a time of six hours sixteen minutes. This included a five minute rest at Threlkeld. I even felt as if I could have gone on. If I'd had to, I think!

Learning Dunmail to Wasdale was very difficult at first because of high wind,

hail, spindrift and mist. Dave and I found that a diagonal line up Steel Fell took 3 minutes off the route via the Fence which is steeper and longer. Grass and featureless marsh extend to High Kaise whereupon the Langdale plateau is viewed. The work really begins from Rosselt Pike, rock, rock and more rock. We found an interesting route up Baufell via a couple of grassy shelves and set off for Esk Pike. More rock saw Great End and then unbelievable rock to Ill Crag, Broad Crag and Sca Fell's. The route up Sca Fell was a problem. Going anticlockwise you are fresher having done less mileage or climbing. On a clockwise circuit you are very tired. I decided for this reason to eliminate the worry of Broad Stand. I had been told of a route just before the col on Lards Kake which climbed steeply inbetween impressive rock outcrops. Wainwright's "Southern Fells" describes "West Wall traverse" in detail. I decided to have a look and was quite impressed. Only a three thousand foot descent to Wasdale and Emily would be there with refreshments.

Section Four on a clockwise circuit is a PIG! The angle of Yewbarrow is unbelievable even when fresh. What would it feel like after some forty eight miles? Red Pike is another eleven hundred feet, thus making from Wasdale a total of 2900ft of ascent in only $4\frac{1}{2}$ miles. What a start to a section! The old familiar peaks of Steeple, Pillar, Kirk Fell and the Gables make this section a drag even on it's own. I began to doubt the clockwise theory. This section was only explored twice.

From Honister you get grass, grass and more grass. What an excellent leg to finish with I thought. Even though from Robinson to Moot Hall Keswick must be about 8 miles, mostly flat and quite boring. Still, no competition really. Much better than Great Calva and Skiddaw at night!

The work was done and the team of helpers was sorted. I decided upon people who would keep me cheerful and going fairly steadily early on. The Wilkinson brothers for their navigational skills would do section 1 from Keswick to Threlkeld along with Graeme Woodward. Reverend Nathaniel Bramhall-Pimlott was to do section 2 with Pete Round. I knew they had been over the section a few times and Nat. was keen to give me a thrashing over it. From Dunmil matters became more serious. The section to Wasdale is the longest and has the most climbing. For this section I had two people who were already members of the Bob Graham Club. I felt they were notorious psycho's and would either push me, or "kill me off". Jeff and Rod were to help on this leg and probably over four as well, unless Jeff had to rush back for a nappy change! at Wasdale I was to be accompanied by Keith and Duncan. Choosing Keith was a good move as I reckon that he was the only one who would show me any compassion! The last leg over Dale Head would be a stagger on which Duncan and Keith would continue. anyone else who wanted to come along could do so.

The date was set, June 15th/16th, Midnight at Keswick. A full weeks rest, pasta, rice potato's, bread and as much assorted carbohydrate as I could eat. The back up team was self sufficient and Emily would see me at every road crossing point with at least twelve different food choices. I knew I needed to alternate between fast release foods and slow. For later on in the day eating would be a problem so liquid foods such as tinned

fruit, soya desserts, soya rice pudding and soya yogart would be essential. Plus liquid, as often as I could.

We drove up with Graeme and stopped for coffee. I couldn't really think about what I about to attempt so I simply wanted to remain as relaxed as possible. I felt good, but nervous. At Threlkeld we stopped. It was 11.20p.m and I walked the dog. The evening was crisp and very clear. Perfect conditions. I began to really look forward to the event.

At 11.30p.m we parked the car in Keswick. The car park was full of people ready for a midnight kick-off. Jonathon and Jerry Wilkinson were ready although Jon looked terrified. I simply felt excited. This was it! Too many people outside Moot Hall for a 12o'clock start meant a change of plan. The watches were synchronised and we set off at 11.57.

The pull up Skiddow passed without incident. I had instructed everyone to keep quiet about the time just check off on the card each summit as it was reached. Evidently the summit of Skiddow was crowded with sleeping bodies. I saw no-one. A good line off the top soon saw us in deep and rather unpleasant heather. Fancy coming across this after sixty odd miles! No Sir! Great Calva was O.K. although the descent was longer than I remember. And now for the infamous Mungrisdale Common. Words cannot express this heap of rubbish. Apparently there is a summit but, "I must confess" to use Nat Pimlott's phrase, I haven't found it. Boring, marshy, tedious and awful. Jon had a bonk, Graeme was on a high and I was bored. The descent from Blencathra was excellent in improving light. I felt strong and relaxed. Threlkeld was reached, soup and coffee were taken, the reccsac was given to Pete and we were off on section two.

Nat. was off like hell and needed a good bollocking to keep him in check. Clough Head was reached in thirty odd minutes and I was feeling fine. aylight made the ridge scenery superb. We ran some of Great Dodd and jogged for most of the ridge. Nat. shot off to get me some water from a stream he'd found near Grinsedale tarn. Pete and I took the steep descent by the wall slowly. Nat. claimed the stream had dried up and descended 200ft to the tarn. Pete found the stream 100yds further on. We filled the bottles for the drag up Fairfield. I was now feeling sick and ready for a rest. Nat. never caught us up and Pete shouted "Now" to him as I touched the top. Seat Sandal was O.K. and we got a good line off to Dunmail where we found Jeff still in bed! Rod looked as though he had just arrived, to be honest I was surprised to see him at all. and Laurie Morse from Halifax Harriers. A longer stop for food and liquid and then off up Steel Fell. A good job Laurie was ready because the other two were still farting about! I had a schedule to keep to so off we went. I knew the others would soon catch up.

Jeff ran twenty yards in front picking out the best lines. Sometimes I followed, other times I just kept to what I thought. It worked quite well and as the sun began to shine on the way to Rossett Pike I decided upon a small rest at the top. The crux of the section was to come. From Bowfell onwards... rock, lots of it. Jeff took us up

via the Flat Slabs. The route was rocky but O.k. From there I relaxed and really enjoyed the run over the other peaks to Wasdale. The West Wall traverse paved quick and easy. As it turned out lots of people were coming down Broad Stand and we would have had a long wait anyway. A half hour descent, a leg battering experience, beautiful scenery and the prospect of a twenty minutes rest bucked up my spirits.

At Wasdale Emily nagged successfully until I managed to force some food in. The only worry was that the back-up, Duncan and Keith, were missing. Rod looked especially "pissed off". If they didn't show up him and Jeff would have to continue. Luckily they arrived as we set off up Yewbarrow. The next few miles were sheer misery for me. I withdrew into my own little world and tried hard to think pleasant thoughts. It wasn't easy with Jeff and Duncan plodding on ahead! Thank God for Keith, he really kept me sane, talking when I needed him to and keeping quiet when he knew he should. Jeff and Rod stopped before Steeple leaving Duncan, Keith and myself to trudge onwards....forever onwards....forever onwards. My feet and knees were beginning to bother me and I had to shorten my stride. It felt pathetic but I knew if Great Gable was reached the Bob Graham Round would be conquered. Pillar and Kirk Fell were tough but thanks to some Melon surprise from Mr Munton they came and went without much incident. At the foot of Gable Duncan presented me with a satsuma and a nectarine. They tasted absolutely delicious and helped me on my way. From Gable Summit we chatted to Green Gable and I looked forward to Honister Pass and the rest.

Arriving at Honister was a superb feeling. The only thing that nearly spoilt it was catching my hands on a barbed wire fence attempting to get to the car, Emily and food. Nine minutes rest was taken, a camera was collected and Jes Wilkinson, Graeme, Duncan and Keith followed me up Dale Head. Keith soon got in front and pushed the pace. Suddenly he seemed to have the bit between his teeth and really set into the hill, or so it felt to me anyway. Uphill was still O.K. but descending was beginning to hurt. Hindscarth was easy, the climb up Robinson soon over and Graeme took a photo at the summit cairn. I remember stating that I wasn't going to run all the way back and Duncan bluntly replied, "Oh yes you are". They seemed to know that I could give more than I wanted to or was doing. The long, long run via tracks, roads farm fields and woods seemed endless. I did walk once, we all did, on a tiny rise in the road towards Little Tarn. Once in the woods I began to think about success. It was certain that a successful attempt was on the cards although I had no idea how fast. The back up team were sensing the finish and pushing on too hard for my liking. I told them what I thought! On the road towards Partinscale my spirit lifted and so did the pace. It wasn't quick by any means but it was quicker than the previous 70 miles. Soon I was on the main Keswick road with the Moot Hall only 400 metres away. Duncan came sprinting past and Graeme ran on with the camera. Keith shouted, "Go on Gary lad!" and I increased the pace again. Emily was running towards the Moot Hall and Pete and Nat Dimlott-Brambells appeared from a nearby pub. What a relief! The door of the Moot Hall was touched and the watches stopped. My time of 18 hours and 28 minutes was much faster than I had planned. I was simply glad it was all over.

The champagne was opened and a couple of gulps were taken. I was now a member of the Bob Graham Club.

My thanks to the following people who helped and encouraged me to achieve Dave and Penny Yates who took me up to the Lakes almost every weekend in February, March, April and May. Emily for her confidence and road support, and my back-up team on the hills:- Jonathan and Jerry Wilkinson, Graeme Woodward, Pete Round and Mark (Rev. Nat) Pimlott-Bramballs, Jeff Winder, Rod Sutcliffe and Laurie Morse and finally Duncan and Keith. Special thanks to Keith for showing compassion. Thanks lads and lasses, see you on the hills when it's your turn! Soon I hope!

G.A. WEBB

CLOCKWISE CIRCUIT BOB GRAHAM ROUND 15th/16th JUNE 90.

START KESWICK 11.57p.m

1. Skiddow- 1.06 2. Great Calva- 1.48 3. Blencathra- 2.53 arrive Threlkeld- 3.20
- leave Threlkeld- 3.28. 4. Clough Head- 4.01 5. Great Dodd- 4.30
6. Watson Dodd- 4.37 7. Stybarrow Dodd- 4.45 8. Raise- 4.59 9. White Side 5.05
10. Laver Man- 5.16 11. Helvellyn- 5.21 12. Nethermost Pike-5.31
13. Dollywaggon Pike- 5.38. 14. Fairfield- 6.09 15. Seat Sandal- 6.29
- Arrive Dunmail- 6.42a.m. Leave Dunmail- 7.00a.m. 16. Steel Fell- 7.16
17. Calf Crag- 7.33 18. High Raise- 8.00 19. Sergeant Man- 8.05 20. Thurnac Knott- 8.17
21. Harrison Stickle- 8.25 22. Pike O'Stickle- 8.34 23. Rossett Pike- 9.08
24. Bowfell- 9.40 25. Esk Pike- 9.56 26. Great End- 10.15
27. Ill Crag- 10.26 28. Broad Crag- 10.33 29. Scafell Pike- 10.43
30. Scafell- 11.08 Arrive Wasdale 11.37 Leave Wasdale 11.58. 31. Yewbarrow 12.38
32. Red Pike- 13.17 33. Steeple- 13.34 34. Pillar- 13.58
35. Kirk Fell- 14.45 36. Great Gable- 15.18 37. Green Gable- 15.28
38. Brandreth- 15.43 39. Grey Knotts- 15.51 Arrive Honister Pass-16.03
- Leave Honister Pass- 16.12 40. Dale Head- 16.40 41. Hindscarth- 16.55
42. Robinson- 17.15.

ARRIVE KESWICK 18.25p.m

Running Time = 17 hours 32 minutes.

Rest Time = 56 minutes.

Total Time Taken= 18 hours 28 minutes.

RACES JULY/AUGUST.

- Sun. July 1st. Cairngorm Uphill Race. AM. 2.30p.m 7m/3000'.
- Sun. July 1st. Bradda Fell Race. AL. 1.30p.m 15m/4000'.
- Sun. July 1st. Black Hill Race. BS. 3.00p.m 4m/700'.
- Sun. July 1st. Skiddaw Fell Race. AM. 2.30p.m 9m/2700'.
- Tue. July 3rd. Hope Wakes Fell Race. BS. 7.30p.m 4m/650'.
- Wed. July 4th. Scaho Hill Race. BS. 7.45p.m 3m/750'.
- Wed. July 4th. Stoodley Pike Fell Race. BS. 7.30p.m. 3.5m/700'.
- Sat. July 7th. Guto Nyth Bran. BS. 6.00p.m. 6.5m/1300'.
- Sat. July 7th. Moel Y Parc. BM. 1.00p.m. 10m/2700'.
- Sat. July 7th. Moffat Weavers Chase. AL. 11.00a.m. 18m/5000'.
- Sat. July 7th. Trans Fan Race. AL. 12.00noon. 21m/8100'.
- Sat. July 7th. West Highland Way. 3.00a.m 95m/8300'.
- Sat/Sun July 7th. & 8th. Saunders Lakeland Mountain Marathon.
- Sun. July 8th. Peakers Stroll. N. 9.30a.m walkers/ 11.30a.m runners. 25m/4000'.
- Mon. July 9th. Hathersage Gala Fell Race. BS. 7.30p.m. 3m/380'.
- Tue. July 10th Heathcliff & Cathy Canter. CS. 7.15p.m. 6.5m/800'.
- Wed. July 11th Danefield Fell Race. N 7.30p.m. 4.5m/800'.
- Sat. July 14th. Baildon Carnival Fell Race. N. 2.00p.m. 4m/??.
- Sat. July 14th. Mytholmroyd Fell Race. BM. 11.00a.m. 7m/1350'.
- Sat. July 14th. Thurlstone Chase. CS. 3.15p.m. 4.25m/400'.
- Sat. July 14th. Wasdale Fell Race. AL. 11.00a.m. 21m/9000'.
- Sun July 15th. Bootle Black Combe Fell Race. AS. 2.00p.m 5.5m/1900'.
- Sun. July 15th. Peak Forest Fell Race. CS, 11.15a.m 6m/650'.
- Sun. July 15th. Wharnton Dash. AS. 3.00p.m. 2m/600'.
- Tue. July 17th. Beacon to Beacon AS. 7.00p.m. 3.25m/800'.
- Wed. July 18th. Bamford Carnival Fell Race. CS. 7.30p.m. 3.75m/600'.
- Wed. July 18th. Cowpe Hill Race. BS. 7.30p.m. 5m/800'.
- Wed. July 18th. Greeba Fell Race. AM. 7.00p.m. 9m/2500'.

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- Sat. July 21st. David Shepherd Gamaig Hill Race. AM. 3.00p.m. 4.5m/2500'.
- Sat. July 21st. Slieve Donard. AM. 2.00p.m. 7m/2900'.
- Sat. July 21st. Ingleborough Fell Race. AM. 3.00p.m. 7m/2000'.
- Sat. July 21st. Kinniside Fell Race. AM. 1.30p.m. 9m/3000'.
- Wed. July 25th. Widdop Fell Race. AM. 1.00p.m. 7m/850'.
- Sat. July 28th. Half Nevis Race. AM. 3.00p.m. 6m/2200'.
- Sat. July 28th. Snowdon Race. AM. 2.00p.m. 10m/3200'.
- Sat. July 28th. Turnslack Fell Race. AM. 2.30p.m. 8m/2000'.
- Sun. July 29th. Meal An T'Suidhe. AM. 12.00noon 3.5m/1500'.
- Mon. July 30th. Cow Hill Race. AS. 7.00p.m. 2m/900'.
- Wed. Aug 1st. Sheepstones Relay. 7.00p.m. 3 by 3m/1000'.
- Sat. Aug 4th. Borrowdale Fell Race. AL. 11.00a.m. 17m/6500'.
- Sat. Aug 4th. Moel Hebog. AM. 2.00p.m. 5.5m/2560'.
- Sat. Aug 4th. Tegau Fell Race. EM. 2.30p.m. 6.5m/1100'.
- Sun. Aug 5th. Angus Munnos. AL. 11.00a.m. 18m/5500'.
- Sun. Aug 5th. Latrigg Fell Race. AS. 3.00p.m. 3m/950'.
- Wed. Aug 8th. Braewall Fell Race. ES. 7.30p.m. 4.5m/750'.
- Sat. Aug 11th. Buttermere Horse Shoe Fell Race. AL. 10.00a.m. 20m/8000'.
- Sat. Aug 11th. Downham Fell Race. AM. 2.30p.m. 5.5m/1700'.
- Sat. Aug 11th. Melbreak Two Tops Fell Race. AS. 11.00a.m. 4m/1400'.
- Sat. Aug 11th. Moel Tryfan. BS. 2.00p.m. 5m/1000'.
- Sun. Aug 12th. Barnardswick Weets Fell Race. CS. 11.00a.m. 6m/800'.
- Sun. Aug 12th. Categill Fell Race. AS. 12.00noon. 4m/1500'.
- Sun. Aug. 12th. Wadsworth Village Fell Race. BS. 3.00p.m. 4.5m/800'.
- Wed. Aug 15th. Caerketton Hill Race. AS. 7.30p.m. 2m/800'.
- Wed. Aug 15th. Musbury Heights Fell Race. BS. 7.00p.m. 5.5m/1000'.
- Wed. Aug 15th. Up The Nab Race. CS. 7.30p.m. 4.5m/750'.
- Thur. Aug 16th. Ramsey Gala. AS. 7.30p.m. 3.5m/1750'.
- Sat. Aug 18th. Green Bell Fell Race. EM. 3.00p.m. 6m/1300'.

Cont.....

- Sat. Aug. 18th. Slieve Gallion Braes. CM. 2.00p.m. 12m/1500'.
Sat. AUG. 18th. Witches Clough Fell Race. AS. 12.30p.m. 4m/1100'.
Sun. Aug. 19th. Gunson Knott Fell Race. AM. 3.00p.m. 5m/2200'.
Sun. Aug. 19th. Moel Y Gest. AS. 11.00a.m. 3.75m/1500'.
Sun. Aug. 19th. Sedbergh Hill Race. AL. 12.00noon. 14m/6000'.
Tue. Aug. 21st. Lords Seat Race. BS. 7.00p.m. 5.5m/1000'.
Wed. Aug. 22nd. Herod Farm Hill Race. AS. 7.00p.m. 3.5m/1150'.
Thur. Aug. 23rd. Grisedale Grind. AS 7.00p.m. 4m/1600'.
Sat. Aug. 25th. Burnsall Classic Fell Race. AS. 5.00p.m. 1.5m/900'.
Sat. Aug. 25th. Cross Keys Fell Race. Relay. 1.00p.m. 2 by 3m
Sat. Aug. 25th. Mount Skip Fell Race. BS. 3.10p.m. 4.5m/1000'.
Sat. Aug. 25th. Pendleton Fell Race. AS. 3.00p.m. 5m/1500'.
Sat. Aug. 25th. Wrekin Fell Race. AS. 2.00p.m. 5.5m/1700'.
Sun. Aug. 26th. Cnicht. AS. 11.00a.m. 4.5m/1850'.
Sun. Aug 26th. Eston Nab Fell Race. CM. 2.3p.m. 8.5m/800'.
Sun. Aug. 26th. Laxey Glen Horseshoe Fell Race. AM. 2.00p.m. 12m/3200'.
Mon. aug. 27 Cilcain Mountain Race. AS. 1.00p.m. 3.75m/???.
Mon. Aug. 27th. Machen Mountain Race. BS. 3.00p.m. 5.5m/1000'.

