



RAMPAGE

ISSUE
18

CALDER VALLEY
FELL RUNNERS

SEPT.
90



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. (0422) 63559
Membership Secretary	:- Richard Kellet	Tel No. (0422) 202923
Junior Officer	:- Richard Kellet	Tel No. (0422) 202923
Social Secretary	:- Mark Bramall-Pimlott	Tel No. (0422) 843574
Rampage Editor	:- Peter Regan _____	Tel No. (0422) 355243

A good turn out for the Ben Nevis ensured an enjoyable weekend was had by all. I think.

Please don't forget the A.G.M. 6th November

There's further details inside.

Pete Regan

ROCK AND RUN.

Having done Spamm and encouraged by Rhys, we thought we were capable of attempting the Rock and Run.

Once committed we set off to Scotland Friday tea - time, where unfortunately we arrived too late for registration, so off we went to the bunk house to get a good nights sleep ready for morning.

Dawn was breaking as we forced ourselves out of bed, and dashed down to get our maps as we had been told that it would take at least an hour to mark the routes. This we did over a hurried breakfast at the bunk house.

On arrival at what we thought was the start, we discovered we had a 40 minute walk up the mountainside to the actual start. We arrived 8 minutes late.

Still undaunted we set off to the first ridge and then onto the first control which was so easy to spot after Rhys' Flags on Spamm. We couldn't believe it.

Confidence growing we set off to the next mountain where Linda decided its easier to descend on her bum, though if we had had some ski's it would be easier still as we were now in snow.

After this control we set off to contour round the mountain for our next checkpoint and then onto the last one of the day just 100yards from base camp. There we put up the tent got the stove going and sat back to wait for the others.

Graham and Mark came in first, got their tent up, only to discover that they hadn't been to the last control. Peter and Richard arrived later on followed by Rod and Paul.

A good day had been had by all.

The following morning some lads next door were cooking bacon and eggs for breakfast (it was agony) though not for Linda of course. We had to make do with porridge. It was a mass start at 8.30a.m. What a sight, everybody going in different directions. We had to wade across a stream first (good start to the day) but we found all the controls easily, even though we had some precarious sections to cover.

We arrived back at the start having had a great weekend and decided to have a go at the Karrimor, only this time we'll do a harder class.

IRENE.

CLUB HANDICAP CHAMPIONSHIP 1991.

To help Ian Hartman give everybody a fair handicap next year (or to prevent Steve Kirkbride having enough time to play in the Holme Moss mud for 5 minutes and still win by 2 hours). Would all members please complete and return the following questionnaire. If you do not wish to spoil your Rampage mark your answers down on the back of a blank cheque (signed)- Good handicap then guaranteed.

1. How do you rate your running ability - marks out of 10?
2. Why do you run?
3. Have you ever voted tory?
4. The night before an important race do you:-
 - a. Spend the evening quietly at home and go to bed early.
 - b. Go out and have 8 or 10 pints and a curry.
 - c. Face up and down all night glancing at the clock and biting your nails.
 - d. Flick Back through old Rampages to see if Jeff has ever done a step by step guide to the race.
5. If you could travel back in time, to which period and where would you go?
6. Which of the following categories do you fall into?
 - a. Failed road runner.
 - b. Enthusiastic hobbyist.
 - c. Ignorant git.
7. List any interesting injuries or diseases you may have had.
8. Does your diet mainly consist of:-
 - a. A healthy balanced diet.
 - b. Roots, Grass and Herbs.
 - c. Guinness and fish and chips.
9. Upon your arrival at the start of a race are you encouraged to see at least 200 other runners- no chance of getting lost today - or would you prefer something more low key?
10. I have saved the hardest Questions until last, please answer these honestly (no sending one in with Tim Daniels name on).
 - a. Name:-

cont.....

b. Age:-

c. Sex:- (No smart answers such as "yes please" or "only on Thursdays").

Thankyou for your cooperation. Now its up to Ian - If he does the handicapping properly we should all go up for the award together.

A. G. M.

The AGM will be held on 6 November 1990 at 8.00pm (sharp!) in the Gloucester Room, MCC. A new committee will be elected and any gripes etc may be aired. The meeting will be preceded by a short 40 minute run starting at 7.00pm.

Be there!

OTHER NEWS:

There's a real possibility that the bar facilities at the Community Centre may not be available for much longer. Losses are being made and although there is some cash in hand, it's all ear-marked against roof and other repairs. The Community Centre provides us all with a home, showers and changing facilities amongst other things. There's a friendly atmosphere and we've always found that the staff are always willing to help us. If the bar does close, then what's next on the list? You may find that it's only the "thin end of the edge".

So why not give something back in return? I know we've said it before, but even if we all had at least one drink in the bar each week before going to the Shoulder, it would help. It's your Community Centre so let's try and keep it that way.

Russ



THE BEN NEVIS CAPTION COMPETITION

PLEASE SEND IN CAPTIONS FOR THE PHOTOS* ON THE OPPOSITE PAGE
THE FIRST PRIZE WILL BE A FRAMED PHOTOGRAPH WITH THE WINNING CAPTION
THE SECOND PRIZE WILL BE ENTRY TO NEXT YEARS RACE. (FOR A NOMINAL FEE
OF APPROX. £7.00)

Hot air – or winds of change?

IT has long been known that, because of the frequency with which they break wind, sheep have been pumping methane into the atmosphere in prodigious quantities.

Now we are told not only that cows do the same but that health

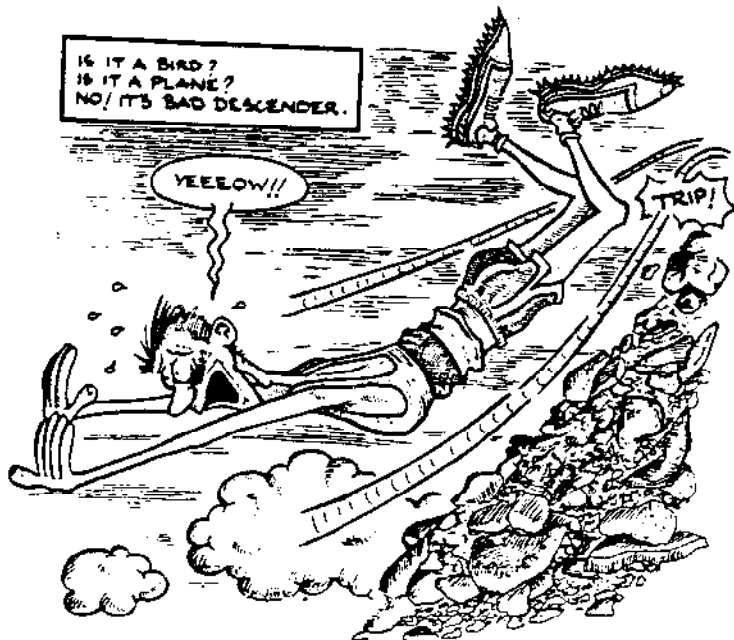
food fanatics and vegetarians, through their increased consumption of lentils, brown rice, beans and other roughage, may also be helping blow a hole in the earth's ozone layer.

Isn't it a sobering thought for muesli munchers that breaking wind even in private could now be regarded as an offence

against humanity? What can be done about it? It is being suggested that cows might have to be fitted with some sort of bag to catch the gas. Could the same thing happen to humans?

Might the day yet come when tartan trousers are not the only thing an Auchtermuchty laddie wears under his kilt?

DOES THIS GIVE NEW MEANING TO CARRYING A BUM BAG?



SHEEPSTONES RELAY

1.8.90

1.	Pudsey & Bramley	71.10	G.Devine
			A. Whalley
			R.Pallister
3.	C.V.F.R.	76.23	R.Rowlands
			D.Thompson
			J.Winder
9.	"	83.32	B.Clare
			R.Sutcliffe
			B.Horsley
23.	"	90.28	A.Greenwood
			C.P.Binns
			G.Woodward
26.	"	91.59	T.Wilkinson
			J. "
			J. "
29.	"	93.36	G.Fry
			J.Dutson
			A.Wimpenny
38.	" 2nd Ladies	104.56	C.Haigh
			J.Thistlethwaite
			I.Neville



Heathcliff and Cathy Canter 10.7.90

1st.	C. Donnelly	ERYRI	37.09rec.
12th.	D. Thompson	C.V.F.R.	40.44
38th.	S. Skelton	C.V.F.R.	44.15
73rd.	P. Regan	C.V.F.R.	47.27
85th.	A. Auton	C.V.F.R.	48.54
117th.	M. Burns	C.V.F.R.	53.47
122nd.	J. Smith	C.V.F.R.	54.31
129th.	L. Hayles	C.V.F.R.	56.32
130th.	R. Nuttall	C.V.F.R.	56.34

147 finishers

Ingleborough 21.7.90.

1st.	W. Brindle	Horwich	47.27
14th.	D. Thompson	C.V.F.R.	51.30
70th.	H. Holmes	C.V.F.R.	57.21
77th.	O. Peart- Binns	C.V.F.R.	58.02
83rd.	K. Munton	C.V.F.R.	58.14
101st.	R. Kellett	C.V.F.R.	59.10
116th.	A. Thompson	C.V.F.R.	60.14
143rd.	A. Bevan	C.V.F.R.	62.03
146th.	P. Horne	C.V.F.R.	62.19
151st.	R. Benn	C.V.F.R.	62.37
157th.	M. Bramall- Pimlott	C.V.F.R.	63.08
171st.	S. Cavell	C.V.F.R.	63.56
178th.	A. Auton	C.V.F.R.	64.13
184th.	S. Kirkbride	C.V.F.R.	64.35
210th.	G. Fry	C.V.F.R.	66.08
288th.	L. Hayles	C.V.F.R.	75.18
307th.	D. Goldie	C.V.F.R.	82.34

318 finishers

Results

Coiners Seven 20.6.90

1st.	D. Thompson	C.V.F.R.	57.15	
2nd.	R. Rowlands	C.V.F.R.	57.31	
3rd.	A. Bowden	C.V.F.R.	58.00	
6th.	R. Skelton	C.V.F.R.	59.26	
9th.	D. Goldie	C.V.F.R.	62.25	
10th.	C. Peart-Binns	C.V.F.R.	63.11	
11th.	R. Kellett	C.V.F.R.	63.15	
12th.	G. Woodward	C.V.F.R.	64.01	
14th.	A. Thompson	C.V.F.R.	64.18	
15th.	S. Cavell	C.V.F.R.	64.58	
22nd.	G. Spencer	C.V.F.R.	68.09	
24th.	R. Benn	C.V.F.R.	68.31	
31st.	G. Fry	C.V.F.R.	72.19	
33rd.	J. Thistlethwaite	C.V.F.R.	74.14	1st Lady
38th.	J. Smith	C.V.F.R.	75.46	
44th.	R. Nuttall	C.V.F.R.	78.21	
45th.	D. Rivron	C.V.F.R.	79.26	

64 Finished

Juniors

1st.	Jon Smith	C.V.F.R.	30.14	
2nd	G. Bailey	C.V.F.R.	34.04	
3rd	C. Nuttall	C.V.F.R.	35.55	
4th.	A.G. Moore		37.43	girl
5th.	K. Bowdon	C.V.F.R.	39.02	
6th.	C. Whitten	C.V.F.R.	50.40	
7th.	S. Nuttall	C.V.F.R.	58.15	

7 Finishers.

Wadsworth 11.8.90.

1st.	A. Culeen	Hallam	23.40
8th.	A. Bowden	C.V.F.R. (Jnr.)	29.12
12th.	R. Rowlands	C.V.F.R.	25.30
20th.	D. Goldie	C.V.F.R.	26.13
23rd.	D. Thompson	C.V.F.R.	26.35
29th.	R. Sutcliffe	C.V.F.R.	27.14
32nd.	R. Skelton	C.V.F.R.	27.28
36th.	C. Peart- Binns	C.V.f.R	27.40
37th.	A. Bevan	C.V.F.R.	27.41
38th.	J. Smith	C.V.F.R.	27.42
41st.	C. Greenwood	C.V.F.R.	27.91
46th.	J. Wilkinson	C.V.F.R.	28.08
56th.	H. Holmes	C.V.F.R.	28.97
70th.	L. Parry	C.V.F.R.	30.18
96th.	I. Powell	C.V.F.R.	32.59
97th.	J. Riley	C.V.F.R.	33.09
100th.	C. Nuttall	C.V.F.R.	33.57
109th.	R. Nuttall	C.V.F.R.	33.57
123rd.	L. Hayles	C.V.F.R.	33.17
139th.	R. Skelton	C.V.F.R.	41.59
142nd.	S. Nuttall	C.V.F.R.	43.50

146 finishers

Witches Clough

1st.	A. Peace	Bingley	31.55
7th.	D. Thompson	C.V.F.R.	33.59
103rd.	J. Marshall	C.V.F.R.	43.14

167 runners

Juniors 12 to 14 year olds.

1st.	J. Smith	C.V.F.R.	19.26
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23 runners

Turnslack 28.7.90

1st.	B. Ashworth	Rossendale	1.00.15
32nd.	D. Thompson	C.V.F.R.	1.07.09
57th.	R. Skelton	C.V.F.R.	1.11.23
60th.	I. Hartman	C.V.F.R.	1.11.49
74th.	J. Burnard	C.V.F.R.	1.13.25
112th.	P. Horne	C.V.F.R.	1.18.28
165th.	R. Nuttall	C.V.F.R.	1.35.57

175 finishers

Downham 11.8.90

1st.	W. Brindle	C.V.F.R.	42.01
6th.	D. Thompson	C.V.F.R.	44.48
41st.	A. Wimpenny	C.V.F.R.	49.01
77th.	J. Wilkinson	C.V.F.R.	51.05
81st.	R. Kellejt	C.V.F.R.	51.51
83rd.	A. Thompson	C.V.F.R.	52.01
85th.	R. Skelton	C.V.F.R.	52.14
117th.	S. Kirkbride	C.V.F.R.	54.56
119th.	G. Fry	C.V.F.R.	55.04
124th.	J. Marshall	C.V.F.R.	55.57
185th.	D. Rivron	C.V.F.R.	1.04.03
192nd.	L. Hayles	C.V.F.R.	1.07.42
196th.	I. Neville	C.V.F.R.	1.14.55

197 finishers

STOP PRESS

F.R.A PRESENTATION DINNER, MOAT HOUSE HOTEL, BLACKBURN.

SATURDAY 10th NOVEMBER

£11 per person MENU & FURTHER DETAILS

AVAILABLE FROM DUNCAN THOMPSON TEL.0282 63559

Sedburgh 19.8.90

1st.	K. Anderson	Ambleside	2.07.33
55th.	M. Bramal - Pimlott	C.V.F.R.	2.43.07
73rd.	P. Horne	C.V.F.R.	2.47.27
106th.	S. Kirkbride	C.V.F.R.	2.53.37
108th.	I. Hartman	C.V.F.R.	2.53.47
129th.	T. Redman	C.V.F.R.	2.57.20
132nd.	R. Benn	C.V.F.R.	2.58.50
153rd.	S. Cavell	C.V.F.R.	3.19.30
162nd.	G. Spencer	C.V.F.R.	3.28.36
164th.	C. Greenwood	C.V.F.R.	3.32.25

209 starters.

Borrowdale 4.8.90

1st;	M. Rigby	Ambleside	2.40.07
17.	J. Winder	C.V.F.R.	3.09.25
22.	D. Thompson	C.V.F.R.	3.14.30
25.	R. Crossland	C.V.F.R.	3.15.56
69.	A. Wimpenny	C.V.F.R.	3.38.02
98.	M. Bramall-Pimlott	C.V.F.R.	3.46.54
124.	Jon Wilkinson	C.V.F.R.	3.55.47
127.	Jerry Wilkinson	C.V.F.R.	3.56.13
156.	P. Horne	C.V.F.R.	4.05.40
171.	S. Kirkbride	C.V.F.R.	4.11.05

R. Sutcliffe ; Times and positions

M. Burns ; not known.

I. Neville ;

SHELF MOOR 2"9.90

1. A.Trigg	Glossopdale	42.07
4. D.Thompson	C.V.F.R	44.16
53. M.B.Pimlott	"	50.47
57. I.Hartman	"	51.10
60.Jez Wilkinson	"	51.17
72.M.Banks	"	52.09
77.John Wilkinson	"	52.27
106. G.Fry	"	55.52

BEN NEVIS

1.9.90

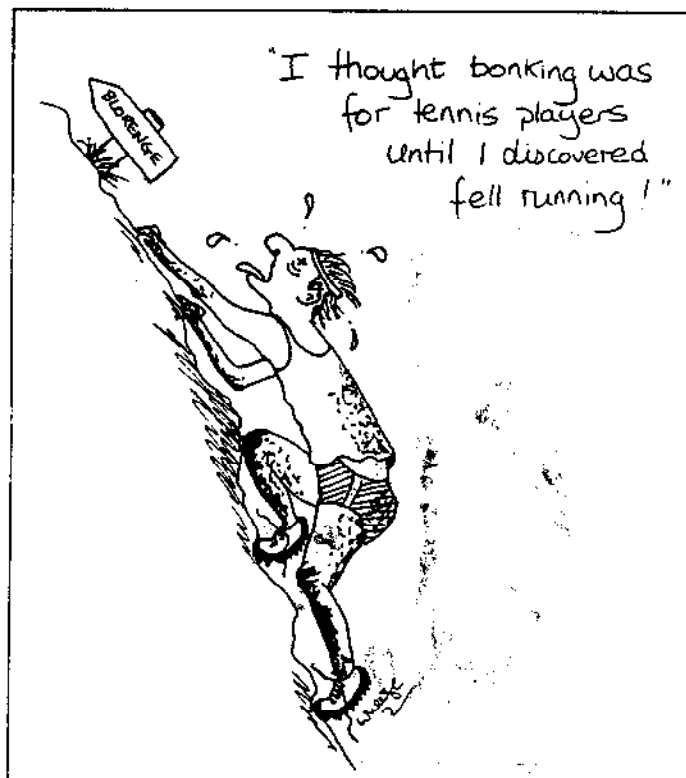
1. A.Rigby	Ambleside	1.26.08
37.R.Rowlands	C.V.F.R	1.43.45
71.B.Clare	"	1.49.07
96.B.Horsley	"	1.52.14
103.C.Jones	"	1.53.33
121.G.Woodward	"	1.56.20
135.P.Horne	"	1.58.09
181.T.Redmond	"	2.03.13
196.R.Kellet	"	2.04.35
217.P.Regan	"	2.06.38
233.A.Thompson	"	2.09.22
238.R.Benn	"	2.11.11
259.A.Greenwood	"	2.14.29
274.S.Towler	"	2.18.22
332.M.Burns	"	2.32.08
344.A.Sowden	"	2.36.32
354.I.Neville	"	2.40.27
357.L.Hayles	"	2.41.53

RACES SEPTEMBER/ OCTOBER/ NOVEMBER.

- Sat. 1st. Sept. Ben Nevis Race. AM. 2.00p.m 10m/4400'.
- Sat. 1st. Sept. Jack Bloor Races. BM. 2.30p.m 7.5m/1150'.
- Sun. 2nd. Sept. Shelf Moor Race. AS. 2.00p.m. 6m/1500'.
- Wed. 5th. Sept. Combs Fell Race. AS. 7.00p.m. 3m/950'.
- Thur. 6th. Sept. Hades Hill Race BS. 6.45p.m 5m/1200'.
- Sat. 8th. Sept. Hodder Valley Fell Race. CS. 3.00p.m. 5m/700'.
- Sun. 9th. Sept. Birds Eye Handicap. AL. 8.00a.m. 27m/7000'.
- Sun. 9th. Sept. Llangorse Loop. AM. 12.00noon. 5.5m/1900'.
- Sun. 9th. Sept. Ordanance Survey Lakes Mountain Race O. 9.00a.m. 20m/7000'.
- Sun. 9th. Sept. Stretton Skyline. AL. 12.00noon. 20m/4500'.
- Fri/Sun. 14/16th. Sept. FRA Course Elterwater.
- Sat. 15th Sept. Elidir Race. AM. 12.30p.m. 5m/2500'.
- Sat. 15th. Sept. Lantern Pike Fell Race. BS. 3.00p.m. 5m/1050'.
- Sat. 15th. Sept. Simonside Fell Race. BM. 2.45p.m. 6.25m/1200'.
- Sat. 15th. Sept. Three Shires Fell Race. AL. 11.00a.m. 13m/4000'.
- Sun. 16th. Sept. Dalehead Fell Race. AM. 2.00p.m 4.5m/2210'.
- Sat. 22nd. Sept. Peris Horseshoe Fell Race. AL. 11.00a.m. 18m/8400'.
- Sat. 22nd. Sept. Scafell Pike Race. AM. 1.00p.m. 5m/3000'.
- Sun. 23rd. Sept. Blake Fell. AM. 11.00a.m. 7m/2150'.
- Sun. 23rd. Sept. Sandstone Trail Race. CM. 10.00a.m. 16.5m/1750'.
- Sat. 29th. Sept. Black Mountains. AL. 12.00 noon. 17m/5200'.
- Sat. 29th. Sept. Commedagh-Donard Horseshoe. AM. 2.00p.m. 7m/3100'.
- Sat. 29th. Sept. Thievely Pike Race. AS. 3.00p.m. 3.5m/900'.
- Thur. 4th. Oct. End to End Race. BM. 2.30p.m. 7m/1900'.
- Sat. 6th. Oct. Tour of Pendle. AL. 11.00a.m. 17m/4200'.
- Sun. 7th. Oct. Butter Crag Race. AS. 2.00p.m 1.5m/900'.
- Sun. 7th. Oct. Ian Hodgson Mountain Relay. 10.00a.m. 25m/8500'.
- Sun. 7th. Oct. Pentland Skyline Hill Race. AL. 11.00a.m. 16m/6200'.
- Sat. 13th Oct. Langdale Horseshoe Fell Race. AL. 11.00a.m. 16m/4000'.
- Sat. 13th. Oct. Llyn y fan AM. 12.00 noon 5.5m/2000'.
- Sun. 14th. Oct. Breidden Hills Race. AM. 11.00a.m. 10m/2300'.

cont.....

- Sun. 14th. Sept. Kirkbymoore Fell Race. EM. 11.30a.m. 8m/1600'.
Sun. 21st. Oct. Three Towers Race. BL. 12.00 noon. 20m/2500'.
Sat/Sun. 27/28th. Oct. Karrimor International Mountain Marathon.
Sun. 28th Oct. Gale Fell Race. CS. 11.30a.m. 4.5m/900'.
Sun. 4th. Nov. Black Lane Ends Fell Race. CS. 11.30a.m. 5m/1000'.
Sun. 4th. Nov. Ffordd Y Bryniad. EM. 10.30a.m. 9m/2000'.
Sun. 4th. Nov. Loggerheads Country Park Fell Race. AM. 11.00a.m. 10m/2800'.
Sat. 10th. Nov. Dunnerdale Fell Race. AS. 12.00 noon. 5m/1800'.
Sat. 10th. Nov. Shepherds Skyline Fell Race. BS. 1.45p.m. 6m/1150'.
Sat. 10th. Nov. Tinto Hill Race. AS. 2.00p.m. 4.5m/1500'.
Sun. 11th. Nov. Cumberland Chase. O. 10.00a.m. 10m/3000' & 5m/1500'.
Sun. 18th. Nov. Roaches Race. AL. 11.30a.m. 15m/3700'.
Sun. 25th. Nov. Winter Hill Fell Race. AM. 11.00a.m. 11m/2700'.
-



Ramblers win new rights on pathways

By Robert Bedlow

TOUGH measures to force farmers and landowners to identify and keep open rights of way will open thousands of miles of country to ramblers and riders from next Monday.

Sir Derek Barber, chairman of the Countryside Commission, said yesterday that local authorities are to be given powers to ensure public footpaths and bridle paths on farmland are kept clear.

If farmers and landowners fail to restore paths ploughed over or otherwise disturbed, councils will do the work and send them the bill. They could also face fines of up to £400.

Sir Derek said: "The 17.5 million people who regularly walk in the countryside should have fewer complaints about not being able to cross, or even find, a footpath because it is hidden by crops."

The measures under the Rights of Way Act 1990 also require farmers to mark rights of way clearly.

Farmers will have to make

sure a path can be clearly seen and that a width of three feet is kept clear for a footpath across a field and more than six feet for a bridlepath.

Baroness Trumpington, Agriculture Minister, said the new Act would let farmers "farm without fear of prosecution if they respect the rights of others."

"The law governing rights of way across farm land has been a source of much confusion, not to say an irritation."

Sir Simon Gourlay, president of the National Farmers' Union said: "It will help remove misunderstandings which have caused friction between farmers and walkers."

A survey by the Commission shows that 17 per cent of paths were unusable because of crops or ploughing.

Sir Derek said: "With the co-operation of all landowners, even more of the 140,000-mile network will be accessible to the public."

Mr J.H. Sheard,
54 Kershaw Cresc,
Luddendenfoot,
HALIFAX



TO ALL MEMBERS PLEASE ACCEPT THIS
INVITATION TO THE ANNUAL CLUB DINNER
AND DANCE, BOOKED ON BEHALF OF THE
CLUB AT THE CROWN HOTEL HALIFAX

THE CROWN HOTEL IS ONE OF HALIFAX'S
NEWEST HOTELS AND OFFERS AN
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PLEASE RETURN THE COMPLETED
MEMBE TO ME ASAP WITH A POST
DATED CHEQUE FOR £13.50 PER HEAD
AND CHEQUES DATED 1ST DEC 1990 TO CUFR.
TO CONFIRM A BOOKING

NOTE EACH MEMBER IS ALLOWED ONE GUEST.

FOR MORE INFORMATION

Ring Jim HX 884764.