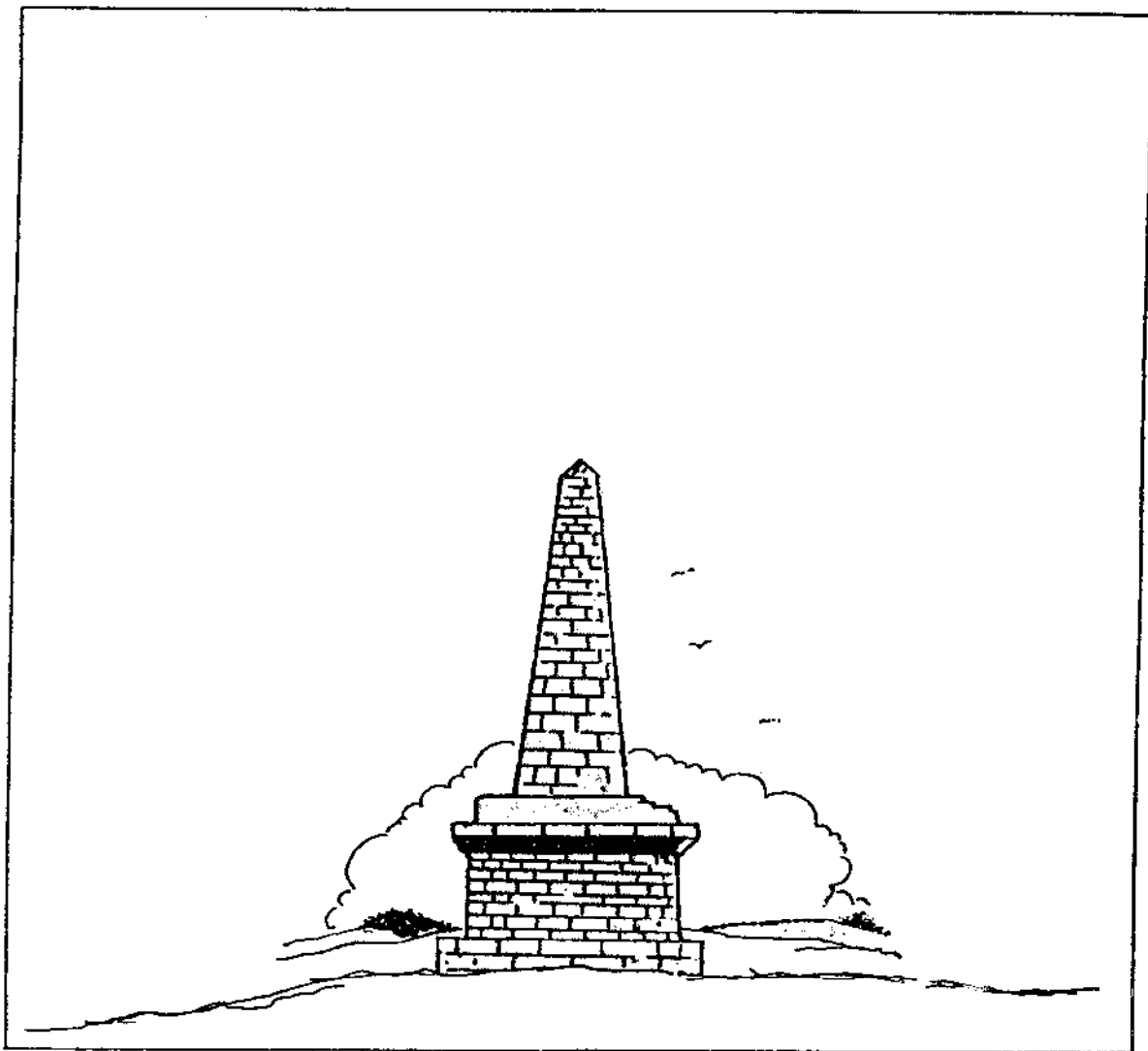


No.19

Dec'90

Steve Kirkbride



RAMPAGE

CALDER VALLEY
FELL RUNNERS

COMMITTEE MEMBERS

AS ELECTED AT THE A.G.M. 6th NOVEMBER 1990.

Chairperson	Jill Thistlethwaite	Hx 884756
Secretary	Andy Thompson	Bfd 676133
Treasurer	Alistair Sowden	HX 884860
Club Captain	Gary Webb	HB 842713
Membership Secretary	Richard Kellett	Hx 202923
Social Secretary	Pete Regan	Hx 355243
Publicity Officer	Duncan Thompson	NL 63559
Junior Officer	Jeff Winder	Hx 883600
Club Statistician	Ian Hartman	Bfd 546549
Auditor	Russell Arrendale	Hx 883510
Rampage Editor	Pete Horne	Hx 205547

Club subs. remain at £6.00 which includes associate membership of Mytholmroyd Community Centre. Due on 1st January 1991, please pay Richard as soon as possible and save him the hassle of chasing you up. Remember, if you are not a paid up member your races will not qualify for the Championship's and you may not be eligible to run for the club in relays.

MARSHALLS REQUIRED BOULSWORTH HILL 12th JANUARY

Duncan needs 8 to 10 marshalls to volunteer to help at the Boulsworth Hill race on Saturday the 12th of January. If you're available please let him know in good time.

EDITORIAL

Welcome to my first Rampage since being appointed editor at the A.G.M. I see my job as being to collate information of interest to members and to hound people into submitting articles, race reports, or anything else for publication, so please contact me if you have any ideas or contributions for future issues.

Congratulations to Duncan, Linda and Ian on their Championship and Handicap wins. In 1991 it is intended to have awards for the first three in the Championship plus ladies and Vets trophy's. Full details of the 1991 Championship races will appear in the next Rampage due out in January. If you have any contributions for publication in that issue please let me have them as early in the new year as possible.

There was much talk about training at the recent committee meeting and it was agreed to revert to our original 'pack running' policy on Tuesday evenings although Gary expressed concern that it must not lead to too much easy running with the thought of saving yourself until the leaders come back. I wish to remind the leaders that pack running can only work if the man at the front is prepared to turn back.

Most Thursday evenings, at 6.30 pm from Mytholmroyd, Gary is organising speed sessions. These may not be held prior to an important race the following weekend so check the noticeboard or contact Gary if you're not sure.

Saturdays 1pm and Sundays 9.30am there will be training on the fells, usually from Mytholmroyd but it is anticipated that other venues will be used, for example to recce sections of the Rossendale Way Relay. Details will be on the notice board or contact Andy Thompson, Richard Kellett, Pete Regan, Jeff Winder or Gary who will be 'in the know' about weekend runs.

'A BIT OF A DO'

Pete Regan is organising a social gathering on the Friday evening before Christmas. Watch the notice board or ask Pete for further details.

WADSWORTH TROG

20 mile

4500 feet

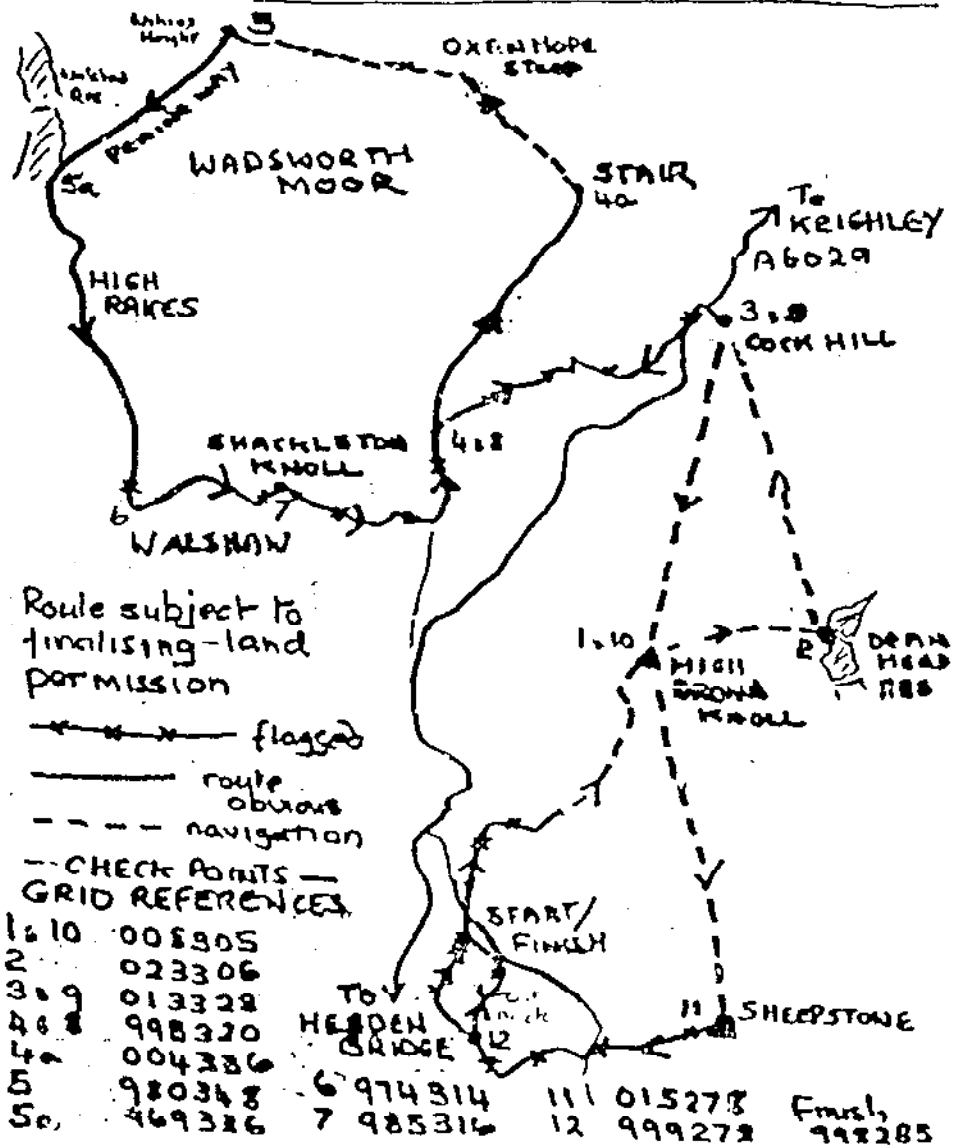
(not 16 mile 4000 ft as stated in Up and Over)

23rd February 1991 10am start from Old Town Cricket Club GR 98

PRE-ENTRY ONLY by 9th February £3 including refreshments

THE RACE WILL TAKE PLACE OVER ROUGH MOORLAND ON THE NORTH SIDE OF HEDDEN BRIDGE AND THE ROUTE COULD BE EXTREMELY DIFFICULT IN ADVERSE WEATHER CONDITIONS. NAVIGATIONAL SKILLS ARE REQUIRED THROUGH SOME SECTIONS, AS INDICATED ON THE SKETCH MAP WILL BE FOR ROUTE OBVIOUS. LANDOWNER'S HAVE GIVEN PERMISSION FOR THE DAY OF THE RACE AND HAVE PARTICULARLY REQUESTED NO PRE RACE ACCESS

Use Map OS 1:25000 South Pennines



ENTRIES TO BERNARD PIERCE, 7 OLD TOWN HALL COTTAGES, HEDDEN BRIDGE, W YORKS HX7 8SP

Cheques payable to Wadsworth Trog accompanied by a 9" X 4" stamped addressed envelope.

Name
Address

Club

MALE Over 40 Over 50

tick appropriate boxes

FEMALE Over 40

I accept that the organisers shall not be liable for any injury or illness to my person as a result of my taking part. SIGNED

DATE

CALDER VALLEY FELL RUNNERS 1990 HANDICAP

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)	12 (M)	13 (M)	14 (M)	15 (S)	16 (L)	17 (S)	18 (L)	19 (L)	20 (S)	21 (L)	
Ian Hartman	30	30	29	29	29	29	(24)	(27)			(23)	30		29	25		24		(24)	(23)	284	
Linda Hayles		26			30	(25)	26			29	30	28		28			(24)	(20)	29	29	29	284
Steve Kirkbride		24		30		21	22	30		30	(29)		30				(16)	30	30	(16)	30	277
Graham Fry	(19)	(20)	(24)	28	27		(9)	(21)		(26)	26	27		29	30	(23)	(23)	28	26	25	27	273
Duncan Thompson	25	28		26	(22)	24	(21)	25	29		(14)	(22)		26	27	27		27	(24)	(19)		264
Chris Peart-Binns	28	27					27	29			22	25				28	28			(22)	28	242
Michael Banks	(19)	20	(24)	27	21	(19)	(12)	26		27	(16)				25	24		26		21	25	242
Andy Thompson				24		30	23					21		25			18	19	20	18		198
Michael Burns		(20)			18	28	28				27						(25)	17	27	27	24	196
Irene Neville		22			19	16	(11)				25			22			17	18	16		26	181
Richard Kellett	29				28						18	23		27			21	25				171
Keith Munton	23	25		23	23	17		24	28			(19)										163
Peter Regan	24			25	20	20		23		28											13	153
Mark Bramall-Pimlott					22	20					21	30			28	30						151
Graeme Woodward						30										29	30	29		28		146
Rod Sutcliffe			27		25	23											27	21	17			140
Jeremy Wilkinson							19				17			23	26		22		28	(12)		135
Richard Crossland			30	22					30		13								19	15		129
Carl Greenwood		29					(17)	28			20						26			17		120
Pete Round						14					29						29	17	25			114
Richard Benn					18	14	25					26								23		106
Steve Cavell					26	18	16					24								20		104
Andy Wimpenny	22		26				10	22					24									104
Jonathon Wilkinson		23					(8)				15				24		19		18			99
Paul Frechette			24													26		22	23			95
Roger Nuttall		21				15	(7)			25	19						15					95
Peter Horne											20								23	21	22	86
Allan Greenwood					18	14					28										26	86
Jeff Winder	20		28	21																11		80
Peter White		20					18															75
Graham Spencer					24	26	15									20	17					65
Carol Greenwood					18	14														30		62
Andy Auton		20									24	18										62
Trevor Redmond	26						14															62
Simon Towler						27	29												22			56
Jill Thistlethwaite				20			13													14		47
Jimmy Sheard	21		25																			46
Dennis Gildea																				10	20	30
Chris Godridge																				10	20	30
Brian Horsley	27																					27
David Goldie						6					18											24
Steve Skelton																					21	21
Howard Holmes												18										18
John Walker				18																		18
Richard Rowlands											12											12
Christopher Nuttall											12											12

Accompanying this Rampage is a questionnaire on the club championship. Please return this questionnaire to or Gary Webb or Ian Hartman as soon as possible and at the latest by 8th January 1991 to help Gary formulate the 1991 championship.

CALDER VALLEY FELL RUNNERS
1990 CHAMPIONSHIP RESULTS

Pos.	Name	Time	Champ Points	Seconds after leader	Handicap	Handicap Difference	Handicap Points
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RACE 11: STOODLEY PIKE FELL RACE (BS 3.5m/700ft) - WEDNESDAY 4TH JULY

1.	Mark Rice	17.22					
11.	Duncan Thompson	18.34	30	72	175	-103	14
18.	Richard Rowlands	19.28	29	126	-		12
27.	Richard Crossland	20.08	28	166	224	-58	13
29.	Peter Round	20.12	27	170	585	-415	29
33.	Robin Skelton	20.21		179	340	-161	
36.	Carl Greenwood	20.43	26	201	389	-188	20
43.	Ian Hartman	20.59	25	217	501	-284	23
49.	Richard Kellett	21.11	24	229	389	-160	18
52.	M Bramall-Pimlott	21.17	23	235	448	-213	21
54.	Jeremy Wilkinson	21.22	22	240	399	-159	17
56.	Jonathon Wilkinson	21.24	21	242	389	-147	15
57.	Michael Banks	21.29	20	247	403	-156	16
58.	Chris Peart-Binns	21.30	19	248	466	-218	22
85.	Andy Auton	23.00	18	338	669	-331	24
103.	Allan Greenwood	24.06	17	404	791	-387	28
116.	Graham Fry	24.31	16	429	788	-359	26
133.	Michael Burns	25.20	15	478	851	-373	27
136.	Irene Neville	26.13	14	531	879	-348	25
142.	Dominic Rivron	26.35		553	-		
147.	Christopher Nuttall	26.59	13	577	-		12
149.	Roger Nuttall	27.03	12	581	749	-168	19
150.	Linda Hayles	27.06	11	584	1054	-470	30

RACE 12: INGLEBOROUGH FELL RACE (AM 7m/2,000ft) - SATURDAY 21ST JULY

1.	Wilf Brindle	47.27					
14.	Duncan Thompson	51.30	30	243	420	-177	22
70.	Howard Holmes	57.21	29	594	-		18
77.	Chris Peart-Binns	58.02	28	635	1029	-394	25
83.	Keith Munton	58.14	27	647	623	+24	19
101.	Richard Kellett	59.10	26	703	980	-277	23
116.	Andy Thompson	60.14	25	767	896	-129	21
143.	Ashley Bevan	62.03		876	-		
146.	Peter Horne	62.19	24	892	959	-67	20
151.	Richard Benn	62.37	23	910	1358	-448	26
157.	M Bramall-Pimlott	63.08	22	941	1911	-970	30
171.	Steve Cavell	63.56	21	989	1323	-334	24
178.	Andy Auton	64.13	20	1006	-		18
184.	Steve Kirkbride	64.35	19	1028	1778	-750	29
210.	Graham Fry	66.08	18	1121	1610	-489	27
288.	Linda Hayles	75.18	17	1671	2212	-541	28
307.	David Goldie	82.34	16	2107	-		18

RACE 13: MOEL HEBOG FELL RACE (AM 5.5m/2,560ft) - SATURDAY 4TH AUGUST

1.	Dafydd Roberts	46.03					
39.	Ian Hartman	60.42	30	879	798	+81	30

Pos.	Name	Time	Champ Points	Seconds after leader	Handicap Difference	Handicap Points
RACE 14: DOWNHAM FELL RACE (AM 5.5m/1,700ft) - SATURDAY 11TH AUGUST						
1.	William Brindle	42.01				
6.	Duncan Thompson	44.48	30	167	330	-163
47.	Andy Wimpenny	49.01	29	420	363	+57
77.	Jeremy Wilkinson	51.05	28	544	402	+142
81.	Richard Kellett	51.51	27	590	770	-180
83.	Andy Thompson	52.01	26	600	704	-104
85.	Robin Skelton	52.14		613	424	+189
117.	Steve Kirkbride	54.56	25	775	1397	-622
119.	Graham Fry	55.04	24	783	1254	-471
124.	John Marshall	55.57		836	809	+27
185.	Dominic Rivron	64.03		1322	-	
192.	Linda Hayles	67.42	23	1541	1738	-197
196.	Irene Neville	74.55	22	1974	1452	+522

RACE 15: SHELF MOOR FELL RACE (AS 6m/1,500ft) - SUNDAY 2ND SEPTEMBER

1.	Andy Trigg	42.07				
4.	Duncan Thompson	44.16	30	129	300	-171
53.	M Bramall-Pimlott	50.47	29	520	768	-248
57.	Ian Hartman	51.10	28	543	858	-315
60.	Jeremy Wilkinson	51.17	27	550	684	-134
72.	Michael Banks	52.09	26	602	726	-124
77.	Jonathon Wilkinson	52.27	25	620	666	-46
106.	Graham Fry	55.52	24	825	1290	-465

RACE 16: PERIS HORSESHOE (AL 18m/8,400ft) - SATURDAY 22ND SEPTEMBER

1.	Colin Donnelly	3.25.17				
18.	Duncan Thompson	4.10.23	30	2706	1800	+906
35.	Paul Frechette	4.30.13	29	3896	2214	+1682
40.	Chris Peart-Binns	4.31.41	28	3984	3420	+564
44.	Graeme Woodward	4.33.45	27	4108	3852	+256
55.	M Bramall-Pimlott	4.43.21	26	4684	5634	-950
60.	Michael Banks	4.46.05	25	4848	2538	+2310
63.	Ian Hartman	4.48.14	24	4977	3240	+1737
97.	Graham Fry	5.54.01	23	8924	4698	+4226

RACE 17: THIEVELEY PIKE RACE (AS 3.5m/900ft) - SATURDAY 29TH SEPTEMBER

1.	Robin Bergstrand	24.31				
64.	Robin Skelton	28.56		265	340	-75
65.	Jurgen Burnard	28.57		266	-	
70.	Peter Round	29.13	30	282	501	-219
77.	Graeme Woodward	29.40	29	309	560	-251
86.	Rod Sutcliffe	30.00	28	329	354	-25
113.	Carl Greenwood	31.12	27	401	389	+12
126.	Jeremy Wilkinson	31.49	26	438	399	+39
127.	Chris Peart-Binns	31.50	25	439	466	-27
135.	Richard Kellett	32.13	24	462	389	+73
149.	Jonathon Wilkinson	32.49	23	498	389	+109
162.	Andy Thompson	33.32	22	541	427	+114
185.	Steve Kirkbride	34.33	21	602	473	+129
199.	Peter White	35.20	20	649	564	+85
225.	Graham Fry	36.47	19	736	703	+33
243.	Michael Burns	38.30	18	839	823	+16
268.	Irene Neville	41.15	17	1004	879	+125
276.	Linda Hayles	42.37	16	1086	1054	+32
277.	Roger Nuttall	43.08	15	1117	749	+368

Pos.	Name	Time	Champ Points	Seconds after leader	Handicap	Handicap Difference	Handicap Points
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RACE 18: TOUR OF PENDLE (AL 17m/4,200ft) - SATURDAY 6TH OCTOBER

1.	Colin Valentine	2.16.41					
11.	Duncan Thompson	2.29.16	30	755	1700	-945	27
25.	Graeme Woodward	2.38.40	29	1319	3638	-2319	29
29.	Peter Round	2.41.11	28	1470	-		17
30.	Rod Sutcliffe	2.41.13	27	1472	1700	-228	21
40.	Peter Horne	2.43.48	26	1627	2159	-532	23
49.	Paul Frechette	2.47.57	25	1876	2227	-351	22
59.	Michael Banks	2.51.31	24	2090	2703	-613	26
66.	Richard Kellett	2.54.57	23	2296	2873	-577	25
70.	Ian Hartman	2.58.27	22	2506	3060	-554	24
78.	Andy Thompson	3.02.23	21	2742	2584	+158	19
86.	Steve Kirkbride	3.05.41	20	2940	5576	-2636	30
110.	Graham Fry	3.17.53	19	3672	5321	-1649	28
141.	Peter White	3.29.29	18	4368	-		17
147.	Michael Burns	3.37.14	17	4833	-		17
164.	Dominic Rivron	4.10.14		6813	-		
165.	Irene Neville	4.11.40	16	6899	5780	+1119	18
167.	Linda Hayles	4.11.48	15	6907	6919	-12	20

RACE 19: LANGDALE (AL 16m/4,000ft) - SATURDAY 13TH OCTOBER

1.	Gavin Bland	2.05.04					
35.	Duncan Thompson	2.25.51	30	1247	1600	-353	24
46.	Peter Round	2.30.24	29	1520	2048	-528	25
81.	Peter Horne	2.40.00	28	2096	2032	+64	21
88.	Paul Frechette	2.40.33	27	2129	2208	-79	23
112.	Richard Crossland	2.45.02	26	2398	2288	+110	19
117.	Jeremy Wilkinson	2.45.26	25	2422	3456	-1034	28
122.	Rod Sutcliffe	2.46.35	24	2491	1600	+891	17
129.	Andy Thompson	2.47.11	23	2527	2432	+95	20
143.	Jonathon Wilkinson	2.49.00	22	2636	2400	+236	18
188.	Tim Wilkinson	2.56.26		3082	2304	+778	
209.	Trevor Redmond	3.02.22	21	3438	3408	+30	22
220.	Steve Kirkbride	3.05.04	20	3600	5248	-1648	30
278.	Graham Fry	3.15.56	19	4252	4800	-548	26
296.	Michael Burns	3.20.23	18	4519	5216	-697	27
341.	Linda Hayles	3.35.37	17	5433	6512	-1079	29
370.	Irene Neville	4.20.14	16	8110	5440	+2670	16

CHAMPFAX CHAMPFAX CHAMPFAX CHAMPFAX CHAMPFAX CHAMPFAX CHAMPFAX CHAMPFAX CHAMPFAX

Graham Fry competed in the most races (19 including a dnf at Ennerdale), followed by Duncan Thompson (16), Mick Banks (15), Ian Hartman (15), Steve Kirkbride (13) and Linda Hayles (13).

Blackstone Edge was the short race which had the most runners from Calder Valley (26) and Shelf Moor had the fewest (7). In the medium races, Ravenstones Brow had 17 runners and Moel Hebog only 1. The most popular long race was Tour of Pendle (17) and the least popular, Ennerdale (4). The average number of Calder Valley runners were 19 in short races, 12 in medium races, 11 in long races and 14, overall.

In the Paris Horseshoe, each runner was on average over 22 minutes slower than their handicap, the equivalent of nearly 75 seconds per mile. At Stoodley Pike, each runner was on average over 4 minutes faster, or about 70 seconds per mile.

Pos.	Name	Time	Champ Points	Seconds after leader	Handicap	Difference	Handicap Points
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RACE 20: SHEPHERDS SKYLINE (BS 6m/1,150ft) - SATURDAY 10TH NOVEMBER

1.	Bashir Hussain	40.37					
8.	Duncan Thompson	42.48	30	131	300	-169	19
20.	Jeff Winder	44.33	29	236	186	+50	11
NA.	Richard Crossland	45.37	28	300	384	-84	15
51.	Graeme Woodward	48.03	27	446	960	-514	28
61.	Robin Skelton	48.49		492	582	-90	
65.	Carl Greenwood	49.12	26	515	666	-151	17
66.	Michael Banks	49.13	25	516	750	-234	21
71.	Chris Peart-Binns	49.37	24	540	798	-258	22
74.	Ian Hartman	49.44	23	547	858	-311	24
77.	Andy Thompson	50.09	22	572	732	-160	18
111.	Jeremy Wilkinson	51.53	21	676	684	-8	12
121.	Chris Godridge	52.26	20	709	-		10
122.	Dennis Gildea	52.27	19	710	-		10
125.	Steve Cavell	52.31	18	714	906	-192	20
127.	Steve Kirkbride	52.33	17	716	810	-94	16
128.	Peter Regan	52.41	16	724	756	-32	13
132.	Richard Benn	52.55	15	738	1002	-264	23
147.	Carol Greenwood	54.14	14	817	1368	-551	30
156.	Graham Fry	55.12	13	875	1206	-331	25
163.	Allan Greenwood	55.36	12	899	1236	-337	26
193.	Michael Burns	58.09	11	1052	1404	-352	27
227.	Jill Thistlethwaite	61.32	10	1255	1314	-59	14
232.	Linda Hayles	62.06	9	1289	1806	-517	29
DNF	Irene Neville						

RACE 21: ROACHES (AL 15m/3,700ft) - SUNDAY 18TH NOVEMBER

1.	John Taylor	1.51.48					
42.	Chris Peart-Binns	2.17.23	30	1535	2850	-1315	28
43.	Peter Horne	2.17.30	29	1542	1905	-363	22
46.	Steve Skelton	2.18.19	28	1591	735	+856	21
63.	Michael Banks	2.22.28	27	1840	2400	-560	25
100.	Ian Hartman	2.29.15	26	2247	2700	-453	23
130.	Chris Godridge	2.34.17	25	2549	-		
148.	Steve Kirkbride	2.38.50	24	2822	4920	-2098	30
185.	Graham Fry	2.45.18	23	3210	4425	-1215	27
237.	Michael Burns	2.59.30	22	4062	4605	-543	24
249.	Dennis Gildea	3.05.57	21	4449	-		20
250.	Dominic Rivron	3.06.37		4489	6630	-2141	
253.	Irene Neville	3.07.10	20	4522	5100	-578	26
256.	Linda Hayles	3.10.10	19	4702	6105	-1403	29

1991 HANDICAPS 1991 HANDICAPS 1991 HANDICAPS 1991 HANDICAPS 1991

I am currently calculating (!!!!) the handicaps for 1991. These will be posted on the notice board at the Community Centre and will appear in the next edition of Rampage.

Field & Fell Fixtures

M.C. = Marked Course O.R. = Obvious Route
 N.S. = Navigational Skills L.K. = Local Knowledge
 E.O.D. = Entry On Day
 Refr = Tea, Soup, Roll etc included (where known about)

December

- 2** Shrops 'AM' Cardington Cracker Hill 10m/2600' from Cardington Village, Nr. Church Stretton. 11.00hrs. £2 E.O.D. Over 16. Tel: P. Raichiff 0952 598066. M.C.
- 2** Lancs 'CM' Bolton-By-Bowland 8m/900' from village hall, Bolton-By-Bowland, Nr. Clitheme. 11.00hrs. £1.50 E.O.D. Over 15. Tel: R. Dewhurst 02007 634. M.C.
- 9** W. Yorks 'Relay' Calderdale Way Relay 50m/6000' from Clay House Park, West Vale Nr. Halifax. 08.00hrs. Over 18. LIMIT 90 TEAMS. £25 per team of 2 by Nov 26th to A. Wimpenny, 11 Cross Hill, Greetland, Halifax, W. Yorks, HX4 8JU. Tel: 0422 379542. N.S.
- 23** Scot New El-Brim-ick Dash 3m/700' from S. Kirkhilo, Aberdeen (GR-NJ/847110). 11.00hrs. £1 EOD. Tel: E. Rennie — 0224 582262.
- 26** Lancs 'BS' Whinberry Naze Dash 4 1/2m/750' from Marl Pits Sports Centre, Rawtenstall. 11.30hrs. £1.50 EOD. Over 14. Details G. Wright, 16 Park Road, Waterfoot, Rossendale, BB4 9BW. M.C. Fancy Dress Prizes.
- 27** Cumbria 'AS' Wansfell 3m 1500' from Salvation Hotel, Ambleside. 12.00hrs. £1.50 EOD. Over 17. Also U11-U17 Races. 11.15hrs. Details N. Lanagan, 7 Hodgson Terrace, The Hill, Millom, Cumbria. O.R.
- 27** N. East 'BS' Guisborough Woods Hill 5 1/2m 1000' from Belmgate, Guisborough. 12.00hrs. £1.50 EOD. Over 18. Also 14-17 years, 11.30hrs. Tel: D.E. Parry 0642 324069. M.C.
- 29** S. Yorks New Round Rotherham Run 48 miles mostly off-road from TRM S&S Club, Brnsworth (SK 413900). 21.00.00.07.00 and 08.00.05.00 by 12th December. £6.00 on day. Details and Entries to Henry Marston, 43 Broom Road, Rotherham, S60 2SW. NS + LK + MC.
Water alternative for fell runners.

January 1991

- 1** Cumbria BM' Nine Standards 8m 1800' from the Market Square, Kirkby Stephen. 12.00hrs. £2 EOD. Over 16. Tel: P.N. Denby 07683 71671. Partially M.C. N.S. Refr.
- 2** Scot 'AS' Greenmantle Dash 2m 600' from Broughton Brewery, Broughton. 12.00hrs. £1 EOD. Tel: F. Smith 08994 345. O.R.
- 5** Stafford 'CM' Chase Trig Point 15m 1500' from Blue Hill Car Park, 5m South of Stafford (G.R. 973000). 11.30hrs. Over 18. £2.50 by Jan 2nd to R. Dav. 7 Brean Road, Stafford. ST17 0PA. Tel: 0785 661637. N.S. Refr.
- W. Yorks
13 'AMF' Blue Pig Hill 8m 2600' from Mytholmroyd Community Centre. 12.00hrs. Over 16. £2 EOD. Tel: D. Yates 0422 863213. (Daytime Only). M.C.
- 12** Lancs 'BM' Bouisworth Hill 6 1/2m 1200' from Herders Arms, Laneslaw Bridge, nr Colne. 12.00hrs. Over 15. £1.50 EOD. Tel: 0282 63559. (after 17.00hrs) M.C.
- 26** W. Yorks 'BS' Stanbury 6 1/2m 1100' from Penstone Hill Car Park, Nr. Haworth, Kenghley. 11.30hrs. £1 EOD. Over 16. Also junior race (The "Quarry Race"), u 16. 2 1/2m 10.10hrs. 50p. Tel: D. Woodhead 0535 669100. M.C.

CLUB HANDICAP

Saturday 26th January 1991

1pm

Stubbs Field
 Mytholmroyd.

Due to the new fencing at the side of Daisy Bank which would cause problems in the descent, when in theory we should all be close together, the start/finish has been moved to Stubbs Field and will follow the route as used in the last descent of the Calder Valley Fell Race. The remainder of the route will be as before; over Erringden Moor to the ruin, Dicks Lane, around Stoodley Pike and back. Ian Hartman will be calculating the handicaps based on this years form (no, he won't win this one as well 'cos he is'nt running). The usual de-brief will be held in the Shoulder of Mutton.

ROSSENDALE WAY RELAY

The club will again be entering a team in the Rossendale Way Relay in February. If you are interested in running let Gary know, there may be enough interest to enter two teams.

IDEAS FOR A BETTER BRITAIN : WEBBO

Pete Horne asked me to write an article for Rampage about the job of Club Captain, training, and the importance, or otherwise, of relays. I don't want to send people to sleep so I'll be as brief as possible. Sorry Pete, you'll just have to fill up the next edition with other material!

Firstly can I stress that from my point of view the job of Club Captain should be about listening to the ideas of others as well as trying to persuade everyone that they should be doing as I say!! A balanced approach is what is needed. Already the Calderdale Way Relay is proving to be a headache. The decision to use Shepherds Skyline, and a trial over leg four of the CW to finalise the 'A' team places met with resistance from some of the members who pointed out that organising transport might be difficult for some people. A trial over a local course therefore seemed to be the answer but, with many people injured, the problem of having such a system of selection for relays in the future still raises many questions. Hopefully next year the selection of teams for the three main relays, namely Ian Hodgson, F. R. A. and C. W. and perhaps even the Bob Graham relay will be sorted out well in advance so that people know where they stand.

I apologise for my non participation in Tuesday's training sessions recently. Not a good example to set the club I know but blame Jeff! Something to do with knee injuries and Karrimors!! I will return.

Secondly the question of training methods rears it's ugly head. Basically I will put up on the board a suggested training schedule based on my own ideas. The principle of distance during the winter months should be adhered to as far as possible but it needs very careful structuring. Tough training sessions should be on Tuesdays and Thursdays with higher mileage on the Fells at weekends. If anyone has real problems with getting in a high mileage, e.g. 50/60 miles plus, don't worry. Instead of giving up, consideration could be given to an alternative week system. I used this last year and had my best ever season. One week I would run eighty miles and the next, thirty five to forty. On the low mileage week I would run faster with hill reps and Fartlek included. Whatever you do don't get stale. Variety is essential but get into

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the habit of hard sessions on Tuesdays and Thursdays with higher mileage on weekends, possibly up to thirty miles if you can manage it.

On this issue of training I would like to see everyone following some form of training programme and not simply running, "how you feel". If we are ever to improve as a club we need to train correctly and consistently. Commitment is another issue. I would like to think that everyone in the club was committed to improving individually, and therefore pushing up the standards of the club. Very few of us have reached our full potential yet so lets really make a big effort to do so.

Lastly on the subject of relays, I believe that team events are important to bring together club members and to make people work for each other. Relays need not be elitist and provide a good long term aim or focal point for the club.

Competition to get into such a team should be fierce and should be encouraged. So if you haven't already done so, give me any ideas you have about any of the aforementioned, sort out a training schedule for yourself and stick to it, and, most importantly, have an overall aim for next season.

HAPPY TRAINING!!!

GARY

EXCLUSIVE INTERVIEW WITH WINNER OF CLUB CHAMPIONSHIP, DUNCAN THOMPSON

Right, go and put the kettle on and make a brew. You will need one to wade through this lot with. Blame Pete Horne for that - he said make it as long as possible - fill a few pages!!

Q. How long have you been fell running and what first attracted you to the Sport?

A. I first started fell running in 1984 with that years Darwen Moors Fell Race being my first Fell Race. For that reason I always go back to this far from Classic (its more of a cross country race with a few hills) race. Prior to that I had trained on the fells occasionally. The real transition from road to fell happened towards the end of 1985 when I moved to Nelson (nice and hilly!) from Preston (boring and flat).

Q. Which do you consider was your best championship race in 1990 and why?

A. I consider the Ravenstone Brow race to be my best championship race this year. On a very hot day (2½ mins. slower than last year), I ran strongly from the top of the waterfall climb to move up from 10th to finish 5th. I was completely wiped out the day after (Darwen Moors Race) through de-hydration.

Q. What was the highlight of your season?

A. I suppose the main highlight of 1990 was my first and only win on the fells when I won the inaugural Coiners Fell Race. I was also very pleased with my 22nd out of 292 position at Borrowdale. This is to date my best solo performance in a long Lakeland race.

Q. Which is your favourite fell race and why?

A. My favourite race? Well I suppose I have three really. The Chew Valley Skyline has always been a favourite of mine. I don't know if this is because its the first "proper" race of a new season, or

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whether I just have an affinity for peat bogs. The Bowland Fiendsdale race is in my opinion a classic fell race. Apart from 200 yards at the start there is no road and after that very little in the way of tracks or paths, just open fell and loads of route choice. My third choice is Ennerdale. Of all the lakes races this is the best.

Q. Would you wish to see any changes in the Championship?

A. No. I think the current system is far superior to the old percentage system we used to use. I think the number of races is about right, giving the chance to catch up should you miss a few races through injury or work. I would like to see a few of the "standards" such as Tour of Pendle and Thievely Pike replaced with new races such as Bowland Fiendsdale and Witches Clough. These are only examples not personal preference.

Q. What does your average weekly training consist of, i.e. m.p.w., speed work, distance?

A. My mileage for a week will average about 45 miles in Summer and 55 through the Winter. The majority of my training is done off road either on fell or cross country. I do not do any speedwork as such except for the occasional fartlek session. Most of my short runs (seven miles or less) I try and run as hard and as near to race pace as possible. Long runs are treated with a little less urgency. I always try to run as much or all of every climb I encounter while training.

Q. Do you have any special diet?

A. No special diet, I will eat just about anything. On race days I usually have toast and pate or cheese about 2½ hours before the race. I will usually have a high carbo meal the night before a long race. Pasta is the favourite here. I very seldom drink the night before a race. If I do it is only 2 or 3 pints.

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Q. You appear to be very consistent throughout the year, how do you manage to remain injury free?

I do get the usual aches, twinges and twists that are all part of the game, but usually a day or two of light training or a couple of days rest gets rid of these. I do in general seem to avoid serious injury, having only had two long term injuries in my six years on the fells. I don't know if this is just because I am lucky or if it is down to seldom running any distance on the roads, I did suffer from shin splints when I ran the roads all the time. At the end of the F.R.A. relay we could have a free massage if we wished. The masseur kept hitting problem points in my legs and the way he described them it sounded as though I was lucky to be standing up let alone running!

Q. What are your fell running ambitions for 1991?

A. In 1991 I would like to defend my championship. This will be tough with Gary having completed his sabbatical and Jeff having found a new lease of life with the onset of fatherhood and philosan. Also some of the young lads at the club are beginning to emerge as a force to be reckoned with. I also intend doing more long races especially ones that I haven't done before such as Buttermere Horseshoe and Royal Dockray. I would also like to complete the Pennine Way. I am doing this in stages in both directions at the same time. So far I have only done about 70 miles so theres a long way to go yet. I would also like to see the club compete at full strength in all available relays as I believe that through these we can all improve our own performances together.

RESULTS

Modder Valley Fell Race 8.9.90 5m/700'

1st	S. Livesey	32.35
7th	D. Thompson	35.43
34th	R. Skelton	39.38
35th	J. Burnard	39.45
81	A. Greenwood	44.45
91	C. Greenwood	45.22

Great Shunner Fell Race 15/9/90 13km/1500'

1st	Gary Webb	1.04.00
2nd	D. Thompson	1.04.16
7th	R. Skelton	1.12.14
9th	J. Burnard	1.12.32
23	D. Goldie	1.17.13
34	A. Sowden	1.32.55

This was the first running of the Great Shunner race which I understand was run as part of the Moorcock Show near Hawes. Gary and Duncan fought for first place and were ably backed by Robin to take 1st team prize for C.V.F.R's. Congratulations to the winning team, I'm sure we could win many more team prizes if our top runners turned out together more often. Commiserations to Dave Goldie who also held a very high placing until going off course. Ed.

F.R.A. Relay Championship EDALE Saturday 20th October 1990

1st	Pudsey & Bramley 'A'	3.43.44
7th	C.V.F.R. 'A'	4.17.23
12th	C.V.F.R. 'B'	4.37.35

25 teams completed the course

Another good team result, the Clayton 'A' team only finished 1½ min. in front of our 'B' team. If we carry out our 1991 objective of preparing for relays in a more organised fashion we should see even better results next year.

The 1991 Championship is to be organised by Bingley in the Yorkshire Dales so we should have ample opportunity to reccé the course.

BLACK LANE ENDS FELL RACE 5m/1000' 4.11.90

1st	P. Sneard	Pudsey	30.28
49th	Chris Peart-Birns		36.37
64	Robin Skelton		37.39
93	Steve Cavell		40.27
105	Dennis Gildea		41.11
108	Chris Godridge		41.27
121	Carol Greenwood		42.05
122	Alan Greenwood		43.03

183 finishers

ROMBALDS MOOR FELL RACE 5m/800' 18.11.90

1st	Alan Wnalley	Pudsey	31.05
13th	Duncan Thompson		35.55
38	Dick Crossland		35.57
84	J. Wilkinson		38.15
87	Andy Thompson		38.19
127	Carol Greenwood		40.32
133	Steve Cavell		40.53
154	Alan Greenwood		43.00

KARRIMOR INTERNATIONAL MOUNTAIN MARATHON 27th/28th October 1990

This years K.I.M.M. was held in the Rannoch Forest/Glen Lyon area. Our club had twenty runners in the various classes all of whom were rewarded for their efforts with memories of pain, suffering and even the occasional high point. I will never forget seeing Gary and Jeff finishing and realising that even they suffer. The results of the event are not yet available but the full shocking truth behind the event is revealed elsewhere in this issue (that's assuming Graeme, Stuart and Jeff have kept their promise).

I was very pleased when I discovered that this years K.I.M.M. was to take place in Scotland. I had spent the summer hols doing a grand tour of the highlands, so I had some idea of what was in store. Pete Mason, my partner, had agreed to have another try after our disappointment at being 'timed out' halfway round on the second day last year. Training had gone pretty well, with a gradual build up of long Sunday runs - physically we were ready. Hopefully last years gales would not repeat themselves.

We set off on Friday morning, arriving at the forestry commission campsite at Kilvrecht by mid afternoon. A beautiful setting and a good flat site not far from the toilets, what more could we ask for? Next, plenty of Pete's excellent home cooking (I've got to say that otherwise he won't do it again) to stoke up for the following days excursions. We spotted Jimmy Sheard, Mark Bramall-Kimlott, Pete Horn and Richard Kellett having a chin wag about whether it was true that moss really did grow only on the north side of tree trunks. I think the boy scouts have a lot to answer for in that respect, as Jimmy and Mark will vouch for after day ones' navigation cock-up (wrong mountain).

After an awful nights kip on a half inflated lilo, I was glad to get started. The actual start was about $\frac{3}{4}$ Km south of the campsite. After marking off the map co-ordinates we set off at a steady pace up the forest track and out on to the peat hags, and a good steady pull up to the first control at Meall Droilshean. One down, four to go - and the weather was quite reasonable, for Scotland that is! The second leg was about 10 Km long after we had done a detour to avoid unnecessary climbing. It also involved a rather hairy crossing of a raging torrent, with a gaelic name which I still can't decipher, even with a map in front of me! Leg 2 was an up and downer, where we called in at Meall a Phuill, where I managed a superb belly flop, winding myself and collecting a very sore elbow. Being a true FELL RUNNER I writhed about on the ground sobbing uncontrollably, until Pete stuck the boot in and 'encouraged' me to continue. The control was at the top of Meall Nan Alehean which had involved more peat haggling. Navigationally leg 3 was easy, but the descent down to Loch au Duimn was a real thigh trembler - the views making it worth the pain. We snatched a drink and a choccy bar at the bottom before the ascent for control 4.

The tension was beginning to mount now as the last control and overnight camp beckoned. The last leg involved some decision making. Once we had reached the top ridge, should we carry on further up and take in the Monroe called Stuchd an Lochan, or take the lower contouring route. We decided to go for the Monroe, but the weather was cold and blowing a force '10'. The last control and campsite were by the side of a lochan below the ridge. There was no way down unless we followed the ridge and climbed down at its end, or we could take the suicide route down a vertical cliff! The temptation of the short route proved too much for me, and I took the plunge. At the first available ghyll I unpacked my patent Karrimor hand-sliding kit, strapped myself in, launched off, and gently glided into the finish. Seriously though folks, we scrambled down safely, causing a few raised eyebrows at the campsite. Pete offered to have me certified when we got back, but I pleaded temporary loss of marbles.

What a fabulous place for an overnight camp at about 2,500 feet! Unfortunately the weather only allowed fleeting glimpses of the glen below. In the morning a major repair was performed on one of Pete's heels, and then, after packing up we were ready for the off. The start was shrouded in mist as we were set off in a mini-massed start. Pete enquired if I was prepared to be first to the control description sheets, held by a heavenly kagooled wee lassie halfway up the first ascent. I naturally obliged him, arriving a close second behind someone else with the same idea, but Petes plan to knacker me for the rest of the day had most definitely worked!

Navigation on day 2 was hardly necessary as a substantial 'crocodile' had formed, and ensued for most of the day. Contouring along the side of Glen Lyon we managed to pull back quite a few places. The hardest part of the day was the climb from the bottom of the glen up to near the summit of Carn Gorm on an out of bounds Monroe. The final descent seemed endless over yet more peat hags and heather, then back into Rannoch forest.

Finally, a friendly run in with a couple of lads from Burnley, and we were at the finish. A good sense of achievement at a job well done prevailed on the journey home.

Pete and I have both had injury problems since, but we would still do it again, hence our entry to the Saunders next summer.

Stewart Gardner

EXCLUSIVE INTERVIEW WITH JOINT WINNER OF CLUB HANDICAP, IAN HARTMAN

EDITOR: Now that you have reached the pinnacle of your career, what next?

IAN HARTMAN: I'll probably fall off the pinnacle and break my thumb again.

ED: What do you consider was your best championship race of the 1990 season?

IH: Ennerdale - I managed to be elsewhere that day.

ED: What would you do if Phyllosan was added to the AAA's banned substances list?

IH: I'd buy a job lot of Grecian 2000.

ED: Have you any tips you can pass on to younger runners like me?

IH: Pass (me).

ED: Do you think it would be beneficial if all C.V.F.R's had two legs in relay races or should elite runners like Jeff hop?

IH: I didn't think you'd noticed my prosthesis (Ed: artificial leg).

ED: Do you see the present handicap system continuing or will it alter so others besides yourself can understand it?

IH: Who says that I can understand it?

ED: What are your ambitions for the 1991 season (do not reply, "Just to be happy")?

IH: To understand the handicap system.

ED: How do you think that the present state of the Conservative Government will affect fell running in the coming season?

IH: I have HURD that there is to be a MAJOR improvement, that's HOWE. Following the announcement that Ladies Over 65 championship is to be sponsored by Gordon' Gin, it is rumoured that Dennis insisted that Mrs. T. should resign as P.M. to concentrate on winning this award.