

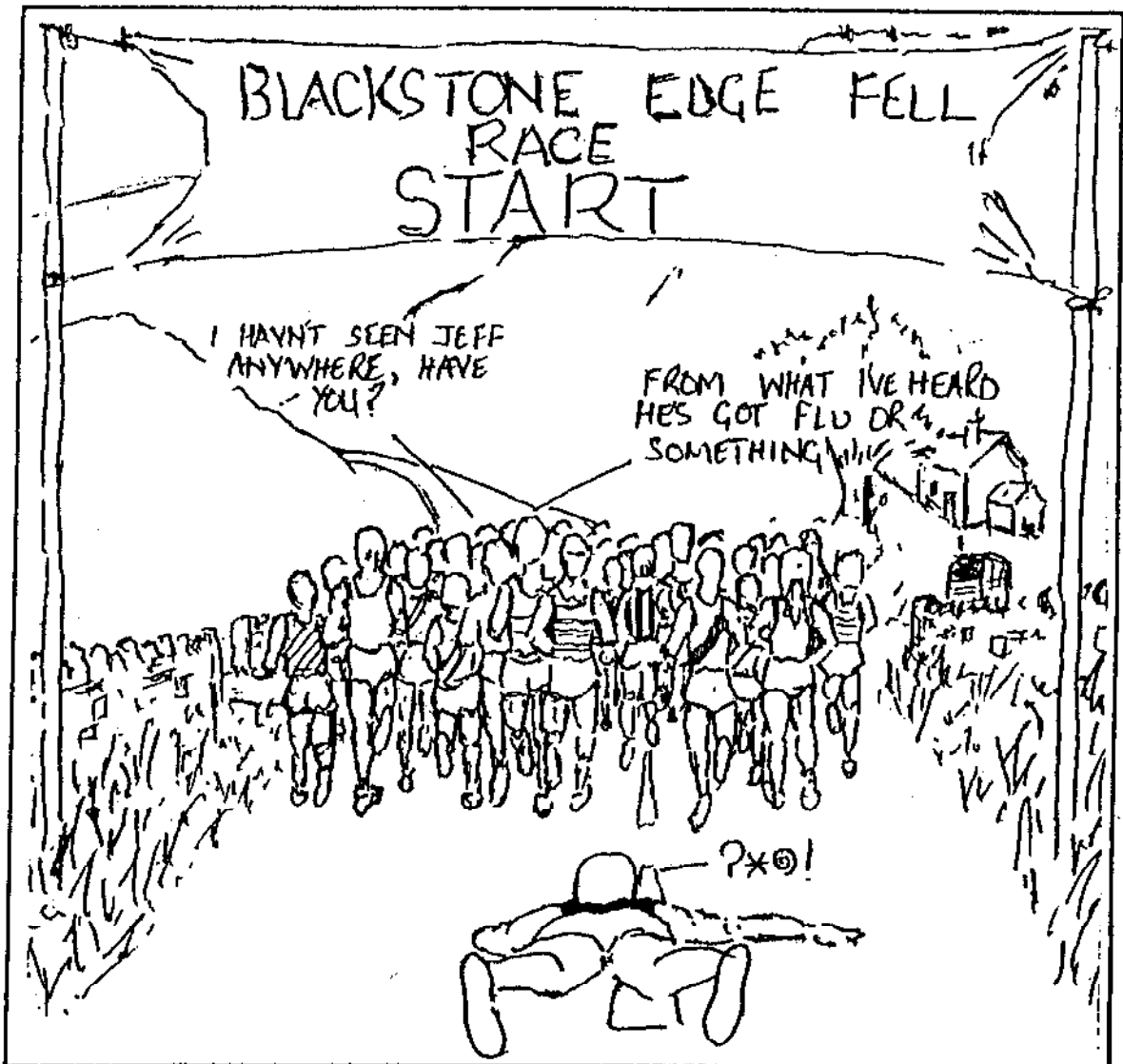


# RAMPAGE

CALDER VALLEY  
FELL RUNNERS

Issue No 2

July 1987



ARTWORK: Richard Rowlands

TWIT OF THE MONTH COMPETITION Pete Round

Sorry Pete, but after seeing this, Jeff won't partner you in the Karrimor after all!

EDITORIAL

So, RAMPAGE is a series after all! Thanks to those contributors who've made no. 2 possible. If you haven't done anything yet, then put your pen to paper for a race report, snippet, classified ad, letter or juicy piece of gossip. It will all be welcome, especially since your editor (fig 1) is not yet back on the fells.

There are 3 club races coming up over the next 6 weeks - the Widdop Fell Race, Sheepstones Relay and the Mount Skip Fell Race. If you can help with any of them please let the organisers know.

We're well into the season now and the Club Championship is shaping up. Don't forget to let Simon Pierce have race results if you can get them. More Social Events are planned also, the next one being at Heptonstall on Sat 15 August. Barring the usual sort of weather we get up there it should be a good day.

RAMPAGE 3 is due in September. We're looking for a model (Must have a large pair of horns!)

Fig 1

RAMROD?

COMMITTEE

Chairman	Rhys Kift	883634
Secretary	Dave Yates	-
Treasurer	Brian Horsley	Bradford 600651
Club Captain/Fixt Sec	Jeff Winder	883600
Publicity Officer	John Riley	882855
Social Secretary	Russell Arrandale	883510
Membership Secretary	Tim Daniel	Dewsbury 465105 (ext 480)

Other Club Officials

Newsletter Editor	Rod Sutcliffe	845438
Youth Section	Gary Webb	842713
Club Statistician	Simon Pierce	842240

\* \* \* \* \*

100 Miles is a bloody long waySNOWDONIA 100

7.30 am I awoke to the sound of rain on the caravan roof and thought - 'I must be out of my mind!' The thought of being out in the Snowdonia hills for 28-30 hours in the rain wasn't very appealing. Anyway here it was, my third 100 mile event, I'd been shaking all week at the thought of all that pain.

9.15 am Registered at the start and saw all the old faces, there were a few good lads about, approximately 450 starters of which about 150 were runners.

10.00 am We're off, still raining slightly. I decided to keep a very steady pace thinking, 'It's a bloody long way is this.' Saw Paul Frechette briefly but he was off into the distance.

11.00 am I had teamed up with Tim Birch and Roger Devy and we reached the first check point before the marshalls! Anyway decided to bash on to the next checkpoint.

1.0 pm Ran into Aber and the weather is a lot better - going very well.

4.00 pm Approaching Ogwen and I can see the valley and the checkpoint ahead. We're back in the mountains again and the weather is worse. We've done about 30 miles and I'm beginning to feel it a bit. We can see the route ahead over Tryfan and it looks bad.

6.00 pm The weather has cleared up and it's a superb evening as we approach Nantmor on the way to Beddgelert.

7.30 pm I'm feeling a bit knackered now we've done 47 miles and we've just had a difficult section through Beddgelert forest with a lot of climbing. I could have done with a rest here but Tim and Roger are off straight away. We've been running on our own for hours but we can see a group ahead who appear to be struggling and we are gradually catching them up.

9.30 pm After what seems like ages we drop off the tops into Porthmadoc where there is breakfast (!) at the checkpoint. This is the first time I've run into the meal stop in daylight, we're going really well, but it's hurting.



REYS WINS IDIOT AWARD  
FOR SNOWDONIA 100

10.00 pm Porthmadoc 55.7 miles. Egg, bacon, sausage and beans here, a change of socks and Lifa top, and I feel a bit better. Caught Paul Frechette up at this checkpoint and I feel encouraged.

10.30 pm Leave checkpoint in the dark to tackle tough section to Harlech. We've collected a few more runners and there's about 8 or 9 of us including Paul who has decided to join us.

2.00 am We're struggling up a steep, difficult climb called Roman Steps, and we've covered about 75 miles.

3.30 am It's just coming light and I can see the lights of the checkpoint but they're not getting any nearer. I'm knee deep in bog and struggling through marsh to reach the checkpoint. There's a welcome cup of tea here - great people these checkpoint marshals.

5.00 am Approximately 82 miles and we've caught some more runners and I was surprised to see one was Gerry Orchard. They try to hang on to us but gradually drop off. A couple of the other lads have dropped off as well - we're going well and maintaining a good pace despite difficult conditions.

7.30 am Ran into Dolwyddelan checkpoint (90 miles) after a long hard descent and we're all feeling it now, stiffening up after the slightest stop. It's a lovely morning, the dawn with the sun over the mountains was tremendous.

8.30 am The last few miles to the finish are very difficult with hard steep climbs. There are just 6 of us now and Tim is really suffering.

10.00 am Descending on forestry roads and can see Llanrwst in the distance. Apart from sore feet I'm feeling OK. The last couple of miles to the finish

seem to go on for ever but here we are, 10.23 am and we've done it! We've finished in 16th place and I'm feeling really chuffed.

\* \* \* \* \*

# RAMIFICATIONS

## BOB GRAHAM ROUND

Congratulations to Paul Daly who completed the Round in 23 hours 03 minutes on 20 June in a Halifax Harriers attempt together with Keith Midgley and the evergreen (!) Pete White (again!).

Meanwhile the Calder Valley attempt on the 72 miles/42 peaks challenge is all set to start at 6.00 am on 18 July. You should know the fate of Rhys Kift, John Riley and Steve Skelton by the time you read this.

\* \* \* \* \*

## CULTURE CLUB

THERE WAS A YOUNG CALDER RAM  
WHO RAN A LOT FASTER THAN CRAM  
THE CROWD WAS AMAZED  
WHEN PAST THEM HE BLAZED  
WITH HIS BRACES CAUGHT UP ON A TRAM.



BRAM HORSLEY

\* \* \* \* \*

## NEW TACTICS ON THE FELLS

At the Blacktone Edge Fell Race on the evening of 20 May, I witnessed the most extraordinary new race tactics. I was standing some 3 rows back from the start. As the gun fired, I noticed Brent Brindle disappear to the floor. Not to be outdone and always willing to try new tactics, Jeff Winder joined him. They both curled up in a ball and set off. Rolling down the hill being chased by some 2 to 300 other runners. I was about to join them when I found I was moving faster on 2 feet. I overtook Jeff who was now playing leap frog much to the surprise of the onlookers. The next time I saw him he resembled a large Walsh sole running up the hill.

I have followed many of Jeff's tips and tactics but will be giving this one the boot.

Trevor Redmond

## TUESDAY NIGHT RUNS

These are now well established and very popular. Each evening there is a short, a medium and a long run. The routes for each week are predetermined and are displayed on the notice board in the Community Centre. You should aim to arrive by 6.50 pm for a 7 pm start.

Remember that they are Pack Runs and nobody should be left behind. The front runners should turn round at intervals and run back to the last runner, unless the group agrees otherwise.



# CHAMPIONSHIPS

## ENGLISH/BRITISH

### CHAMPIONSHIP POINTS TO DATE

RACE	G. WEBB	G. WINDER	T. DANIEL
EDALE	22	20	
ENNERDALE	12	11	5
SEDBERGH			
MOFFAT			
KENTMERE	20	6	
BLAKE	17		
SCAFELL PIKE			
BEN LOMOND	14		
MOEL HEBOG			
BLISCO			
SADDLEWORTH	?	?	?
BURNSALL			
Y BARN			
ENGLISH	71	37	5
BRITISH	26	11	5



## CALDER VALLEY

### CLUB CHAMPIONSHIP POSITIONS AFTER 6 RACES

KENTMERE, THREE PEAKS, BLACKSTONE EDGE, PENYGHENT, FAIRFIELD, ENNERDALE  
(FULL RESULTS OF SADDLEWORTH NOT AVAILABLE)

NAME	TOTAL RACES	AVERAGE POINTS PER RACE	POSITION BASED ON AVERAGE/RACE	
1 J. WINDER	454	5	91	1 B. SCHOFIELD
2 T. DANIEL	345	4	86	2 G. WEBB
3 G. WEBB	285	3	95	3 J. WINDER
4 R. CROSSLAND	231	3	77	4 T. DANIEL
5 S. SKELTON	228	3	76	5 R. CLARE
6 B. HORSLEY	228	3	76	6 S. PARSONS
7 R. SOWDEN	227	4	57	7 R. ROWLANDS
8 B. HORNE	225	5	45	8 R. CROSSLAND
9 P. ROUND	206	3	69	9 S. SKELTON
10 J. RILEY	197	5	39	10 B. HORSLEY
11 R. NORCLIFFE	190	3	63	11 P. ROUND
12 S. PIERCE	156	3	52	12 R. NORCLIFFE
13 R. KELLETT	148	3	49	13 A. THOMPSON
14 R. ARRANDALE	126	3	42	14 R. SOWDEN
15 P. REGAN	113	3	38	15 S. PIERCE
16 J. SHEARD	106	4	26	16 R. KELLETT
17 B. SCHOFIELD	96	1	96	17 B. HORNE
18 S. KIRKBRIDE	90	3	30	18 R. ARRANDALE
19 R. CLARE	85	1	85	19 J. RILEY
20 S. PARSONS	81	1	81	20 P. REGAN
21 R. ROWLANDS	80	1	80	21 R. KIFT
22 M. FLEETWOOD	76	4	19	22 S. KIRKBRIDE
23 A. THOMPSON	59	1	59	23 B. BLAMIRES
24 B. BLAMIRES	55	2	27	24 T. REDMOND
25 T. REDMOND	54	2	27	25 J. SHEARD
26 S. TOWLER	44	2	22	26 S. TOWLER
27 R. KIFT	34	1	34	27 M. FLEETWOOD
28 D. YATES	33	3	11	28 D. YATES
29 G. RIDGEWAY	10	1	10	29 G. RIDGEWAY
30 J. THISTLETHWAITE	7	1	7	30 J. THISTLETHWAITE

KINDER DOWNFALL  
26 April 1987    10 miles/2150'

9	G Webb	1.08.03
33	S Skelton	1.12.37
35	R Crossland	1.12.55
39	R Clare	1.13.35
70	R Sowden	1.17.06
107	R Norcliffe	1.19.51
184	S Pierce	1.25.34
227	T Redmond	1.30.38
302	S Towler	1.40.52

OTLEY CHEVIN  
3 June 1987    3 miles/1000'

34	R Rowlands	19.47
38	R Crosslands	19.51
40	P Round	19.56
50	S Pierce	20.25
58	R Sowden	20.45
73	R Kellet	21.16
109 P	Regan	22.24
129	S Kirkbride	23.04
137	T Redmond	23.11.
160	S Towler	24.10
162	J Sheard	24.10

PENYGHENT  
6 June 1987    5 miles/1500'

5	G Webb	48.54
45	P Round	56.10
59	S Pierce	57.38
75	R Kellet	58.52
85	R Horne	60.01
89	P Regan	60.56
95	J Sheard	62.05
101	M Fleetwood	63.19
104	S Kirkbride	63.29
110	S Towler	64.30

ENNERDALE  
13 June 1987    23 miles/7500'

19	G Webb	3.51.00
20	J Winder	3.51.18
26	T Daniel	3.54.51
60	R Crossland	4.18.20
68	R Skelton	4.20.18
119	R Sowden	4.53.57
151	J Riley	5.21.25
166	D Yates	5.34.08
167	M Fleetwood	5.34.18

FIVE CLOUGHS  
27 June 1987    8.75 miles/2000'

23	S Pierce	86.59
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WASDALE    21 miles/9000'  
(provisional)

9	G Webb
10	J Winder
29	T Daniel

MYTHOLMROYD FELL RACE (HHAC)  
11 July 1987    7 miles/1350'

14	R Rowlands	53.26
20	S Skelton	54.31
23	S Pierce	55.34
30	B Horsley	56.35
54	A Sowden	60.51
64	S Kirkbride	62.37
89	B Blamires	67.35
90	G Ridgeway	67.37
102	J Thistlethwaite	70.44

S T O P   P R E S S  
BOB GRAHAM ROUND

I'm sorry to say that the attempt was not successful - we were beaten by the weather. Bob suffered a leg injury and decided to take it easy after the Scafells but did manage to bag all summits to Dunmail Raise where he called it a do. Rhys suffering from a "lacerated groin" (Tims description) had had enough by Dunmail and was glad to pack in. Steve also packed in at Dunmail muttering that he was shagged!! Gary decided to carry on with Paul F. and Pete Round assisting but despite a gallant attempt failed on Watson Dodd to find their way in atrocious conditions and made their way to Threlkeld by road to surprise everybody waiting by turning up from behind!

Many thanks to all those who helped - on the fells - Jeff, Tim, Graeme, Pete, Paul, Broad Stand - the intrepid Dave Yates, Russ, Jimmy, Richard K, and road-side support - Gayle, and especially Margaret who worked like a Trojan in bloody awful conditions. Never mind there's always next time!

*Rhys.*

HEPTONSTALL SOCIAL

Sunday 16 August. Meet at Rod Sutcliffe's (3 High Court, Slack Top - opposite the chapel) after the Wadsworth Fell Race. 5.00 pm rounders on Popples Common. 7.00 pm White Lion, Heptonstall, Bar Snacks and Pub Games.

\* \* \* \* \*

OTHER SOCIAL EVENTS

The evening at Hamilton's on 25 June was possibly enjoyed by all. (I didn't go!)

A Pre-Xmas night out is being planned for early December - possibly at the Spinning Wheel, Littleborough. If you've any better ideas, tell Russell.

\* \* \* \* \*

KARRIMOR MOUNTAIN MARATHON

This is on 24/25 October in North Wales. Mike Fleetwood is looking for a partner for the B Class. Anyone else who is thinking of doing it, but has not got a partner, please put your name, preferred class and telephone number on the list on the notice board in the Community Centre.

IT'S NOT TO BE MISSED!

BORROWDALE WEEKEND

Jeff is organising a trip for the weekend 31 July - 2 August. Transport will be coordinated and there will be camping at Castle Rigg Campsite, Keswick. If interested please let Jeff know. (883600)

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RACE RESULTS

If anyone has race results of Saddleworth, Kinder Trog, Buckden Pike, Skiddaw, Mount Famine or any other races not so far published, please PASS THEM ON TO SIMON PIERCE.

CHEW VALLEY SKYLINE

1 March 1987 13 miles/2000'

Finishers - 511 men, 26 ladies

1	M Patterson	DPFR	1.48.38
2	R Ashworth	Ross	1.48.39
3	W Bland	Kes'k	1.48.41
8	G Webb	Calder	1.53.52
79	R Crossland	Calder	2.11.52
134	B Horsley	Calder	2.16.24
203	J Winder	Calder	2.23.10
216	J Riley	Calder	2.24.43
283	R Kift	Calder	2.30.50
367	P Regan	Calder	2.43.04
380	R Kellet	Calder	2.44.45
382	R Horne	Calder	2.45.08
385	R Arrandale	Calder	2.45.18
390	T Redmond	Calder	2.45.59

WARDLE SKYLINE

11 April 1987 7 miles/1000'

20	J Winder	Calder	47.45
67	R Norcliffe	Calder	51.15
92	R Sowden	Calder	52.49
95	S Pierce	Calder	52.59
126	J Riley	Calder	55.25

RIVINGTON PIKE

18 April 1987 3.25 miles/700'

94	S Pierce	20.44
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MICROGRAM

# ENNERDALE

## A SUNDAY FUN RUN

'So this is the Ennerdale!' The 5 words slipped confidently from the bright cherry-red lips of the tall, slightly fair but notably handsome, brave, warm-hearted young man. Officials, spectators and fellow competitors stepped aside as one to let the new legend of fell running have space enough to receive the reverence that he so obviously and naturally commanded. A defiant, yet sharp click of the metacarpals echoed the length of the grand, glaciated valley and brought forth from the adoring crowd 2 minions by the names of Bland and Naylor. Instructions were not necessary, instinct and respect had tutored these two.

Bland buckled the bum-bag whilst Naylor proffered the customary packet of mint-cake. From Naylor's eyes, one resembling Blackbeck Tarn, the other the deep blue of Ennerdale itself, came a solitary tear, his rock-like bottom lip slightly quivered, or was it just the breeze? 'Good luck, Mike,' whispered Naylor, 'take care of yourself. It's dangerous but the record is on.'

(Get on with it! - Ed)

It was at this point, halfway up Great Borne that I was brought back to reality and it suddenly dawned on me that the record was most definitely not on! It was also around this same time that my legs started to swear at me. Leg language is quite remarkable really. It consists of one syllable and has only one word in its vocabulary - PAIN!

A suspicious thought slowly entered my head. Had I gone round the wrong way? Was I near the end? The marshall asking for the first of many numbered bread-bag sealers seemed to contradict this theory.

'Only another 21 miles to go,' he said with great encouragement. This statement I decided was akin to someone being offered an aspirin 30 seconds before encountering the guillotine.

Anyway, at least I'd made the ridge and Bland was not in sight. By the time I got to Red Pike and checkpoint 2, I couldn't help speculating that Bland & Co might have got lost despite the perfect conditions. I decided not to query the marshall about this latest theory - being retired for reasons of insanity has embarrassing overtones.



I can't write a race report without mentioning my (if I say so myself) superb research into possible routes. Not only was I carrying notes on the best (?) routes, I'd also learnt them and committed them to memory. I'd run the race in my mind a thousand times. So why was it then that I still found myself slogging my guts out going up High Crag when there was no need? The only consolation was that in the near vicinity quite a few others had prepared equally as well. Fortunately Bland was not one of them and as I descended dramatically down a scree slope to Scarth Gap, he was still not in sight - I might have lost 15 minutes but my luck was still in.

Checkpoint 3 - Blackbeck Tarn. I was secretly worried about this Haystacks checkpoint. There are 3 tarns on Wainwright's favourite mountain. I didn't want to be greedy. I only required one! Please God let me get the right one. Actually Blackbeck Tarn was easily identifiable. All it needed was Blackpool Tower and the scene would have been complete.



Amidst tangled legs, limbs and other anatomical parts I wended my weary way to the tarn. I promptly remembered Jeff's advice of '... refill water bottles and drink a pint.' Strange, I didn't really feel like a pint, besides, there wasn't a hint of Tetleys anywhere.

Refuelled and raring to go, it was off to Green Gable. To be honest I found this leg a bit boring. The scenery of course was quite stunning and my own pace gave me plenty of opportunity to appreciate it.

Green Gable summit came and went. To liven things up a bit, I considered popping up to Great Gable but gave this up as a bad idea deciding to save it for Wasdale - ambitious eh! Anyway I didn't want to get too over-confident and let Bland through!

Leaving Green Gable seemed simple enough: drop down to Windy Gap: then picj round Great Gable - traversing I believe is the technical term for all you novices. On my way down though, I couldn't help noticing that a new descent had been pioneered - 'The Lemming Route'. Some people had actually thrown themselves over the summit edge and were nimbly picking their way down a scree slope. Obviously they'd heard about world overpopulation and had decided to do the noble thing. Luckily Bland was not among them - I'd hate jto have a hollow victory!

The approach to Kirk Fell began to concern me - surely there had been an organisational error. I rechecked my route plan; the answer remained the same, I had to go up it.

Actually it wasn't as bad as it seemed. In fact I reached the summit a little more quickly than I had anticipated. In fact I was so fast that I'd obviously beaten the marshals as they were nowhere to be seen.

It was perhaps about ¼ of an hour later and the visit to 2 other Kirk Fell summits that I realised something was amiss.

It was also at this time that Dave managed to catch me up. There was no doubt about it, Bland was obviously having a real bummer of a race! Still, 2 Calder Valley lads finishing ahead of him would be a reasonable achievement.

I'd heard malicious rumours about the Kirk Fell descent. I decided to approach it with courage, conviction and stealth. Just as I tip-toed to the edge, Dave rushed past without so much as a 'Bonjou' or 'Geronimo'. It was obvious to me that he'd taken out life (or death!) membership with the 'Lemming Brigade'.

## MYTHOLMROYD COMMUNITY & LEISURE CENTRE



### SPORTS FACILITIES OPEN 7 DAYS A WEEK:-

Squash - Badminton - Multi-Gym - Table Tennis  
Netball - Tennis - 5-A-Side Football - Volley  
Ball - Roller Skating.

Or relax in our Sauna, Solarium or Sports Bar.  
Open to both members and visitors.

### FUNCTION ROOMS AVAILABLE FOR:-

Weddings - 21st. Birthdays - Works Parties etc.  
Licensed Bars - Separate lounge available for  
meetings etc.

Karate - Modern Sequence Dancing - Whist Drive - Ladies Keep Fit - Over 60  
Ballet - Youth Club - Playgroup - Scouts - Dog Training - Antique Fair etc

**For further information please telephone Halifax 883023**

With a quick prayer and a gulp, I plunged after him. It's true you know, your life does flash before your eyes. Would Bland have the same courage I missed?

I'm not much into supernatural phenomena or extra-testicle beings or even the spiritual side of life, but I swear I saw an angel of mercy holding up a sign bearing the message, 'This way you stupid bugger!' The result was the avoidance of a nasty 15-20 foot drop.

At this point in the proceedings an update on how the body was functioning is in order. Quite simply, it wasn't. Someone had mentioned that there was a youth hostel at Black Sails. My body had heard this and was doing its utmost to persuademe to stay the night. We then had the peculiar sight of my head definitely heading in one direction and my legs twisting round in another. It wasn't quite a fully-fledged 'bonk' but it was a bit more than a pretend.

The appearance of Pete Round in the distance was hailed by Dave as an encouraging sign. I took it a bit more seriously than that and promised various Gods that I would subscribe to their particular religion if it wasn't a mirage.

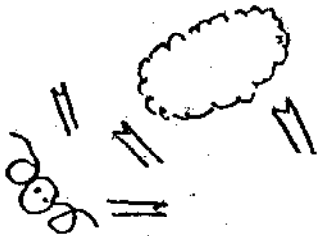


RAMBONK

Pete, of course was playing silly buggers and was doing an extremely good impression of a fully-laden pack-horse. On a request for water I expected him to offer every possible type of spring/spa water available. With all the multi-coloured, multi-shaped feed bottles, he was more equiped for the Tour de France than a Fell Race.

Pillar was next and surprisingly presented no problems at all, in fact Pete, Dave and myself managed to sprint up it without a breather and debated in a lively fashion the importance of aestheticism in relation to the origins of the universe! Actually, when I say 'spirited' I mean staggered and we stopped for several 'breathers' and the only words spoken were about royalty, someone called King Hill ..... I think.

The summit of Pillar saw me raise Pete to the same status as that reserved for only the most revered deities. I'm sure Dave will agree on this. Personally speaking, this gentle afternoon stroll was beginning to make me perspire and feel slightly peckish. Before you could say 'Vegan', Pete pulled out a block of marzipan, without all those nasty additives I might add. Actually it was supposed to have been given to Gary some miles back, but with amazing foresight and even more compassion Pete forgot to pass it on.



RAMPARTS

Totally replenished we set off for Haycock, albeit at a slightly reduced pace from our normal sprint.

Feet are wonderful things and in actual fact are totally independent of the rest of the body and even have their own intelligence. This is of course proved by the 'headless chicken' experiment whereupon the said

creature will continue to dash around in all directions (rather like me and Dave on the Kentmere) its movement obviously being controlled by the feet.

By the time we left Haycock the rest of my body was definitely sharing the

same reservations as my feet. By mutual agreement of feet, body and brain and the coincidental emergence of the ascent to Iron Crag, a compromise was reached. The feet would slow down, the body would follow suit whilst the brain would only think about telling them both to speed up when we all hit a descent.

By no means the highest peak in Lakeland, Crag Fell was nonetheless greeted with the same exhilaration as would befit the conqueror of Everest; the final checkpoint followed by nothing but descent. Morale was peaking higher than Pillar and Kirk Fell put together. I'd like to say that the descent was easy, and indeed in topographical terms it was, but now my knees decided to be as vindictive and malicious as my feet. At this stage every step hurt but both Dave and myself were determined to beat six hours. At this point I was quite willing to extend it to six days.

Amazingly, the final run-in actually saw us both increase our speed and pick up a few places. The very end though produced a dilemma; over the bridge and run an extra hundred yards but keep dry or through the river. It was no competition really. With a spritely leap I too joined the Lemming Brigade of Fell Runners. What's more, I even picked up a couple of places.

I haven't received the official results yet but on the unofficial list Bland was ahead of me. Don't be deceived though, I think the organisers decided to list competitors in alphabetical order! Actually I'm not too sure what happened to him, we waited by the finish for a while to applaud him in but there was no sign. Not to worry, I'm sure he'll have another go next year. I've heard he's that type of character.

Once again though, and on behalf of all the Calder Valley runners, I'd like to thank Jill, George and especially Pete for the excellent back up en route.

It was a tremendous day and it's a superb event. The finisher's certificate now sits proudly in its frame at home - I wonder if Bland finally got one?

Mike Fleetwood

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# CLASSIFIED ADS

FOR SALE 1 pair crutches, hardly used, adapted for fell running. Genuine reason for sale. Tel: King Cross Surgery.

SLIMMING AIDS I can work wonders for you - it really works - you will look like a refugee in days. Ring Dewsbury Hosptial and ask for Dr Daniel.

CONDOM Holds 2 pints water. Ideal for Karrimor. Only used once. Unwanted gift. Apply Bar at Community Centre.

GREEN VEST Luminous. Ideal for night events. Makes other runners puke. Only needs washing. Ring Rhys (before sunset and after Panorama).

FOR SALE Approx 10 m<sup>2</sup> of turf. Only laid on once. Tuesday evenings - ask for Russ.

FORD CORTINA ESTATE 1977 Vintage. Only 1 owner (West Yorks Police). 196 000 miles genuine. Keys behind bar. If you can get off the car park it's yours. MOT cheap.

PERSONAL Fit male (23) vegetarian, wishes to meet lady runner, preferably sub 3.30 Three Peaks, for mutual comfort and long talks about running and/or nut cutlets.

FOR HIRE Hill - ideal for running up. Can be adapted for running down. Ring BT and ask for Jeff.

LOST Half way up Fairfield. Bum-bag full of Kendal Mint Cake. Owner also still lost. Reward - free Group 4 burglar alarm.

ONE DAY COURSE in dry stone walling. Also how to eat a Mars Bar whilst running up hill. Contact Steve 'Bonker' Parsons.

\* \* \* \* \*

# CLUB RACES - COMING SOON!

## WIDDOP FELL RACE (6 miles/1100')

Wednesday, 29 July 7.15 pm  
Start: Pack Horse Inn (The Ridge), Widdop Rd, Hebden Bridge. £1 on the day (teams free).  
Organiser: John Riley 882855

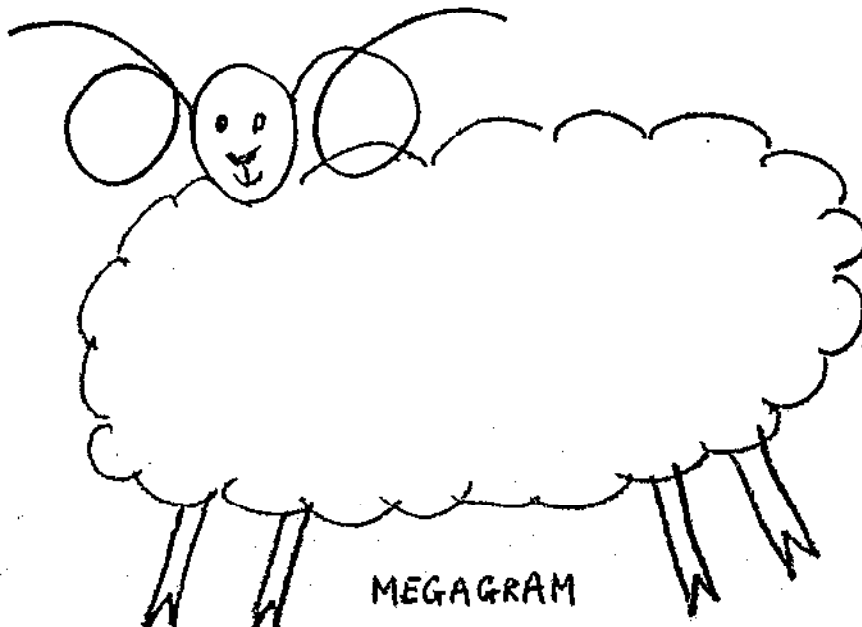
## SHEEPSTONES THREE LEG RELAY (3 x 3 miles/1000')

Wednesday, 5 August 7 pm.  
Start: Gala Field, Burnley Rd, Mytholmroyd. £3 per team - on the day only.  
Organiser: Jeff Winder 883600

## MOUNT SKIP FELL RACE (4 miles/1000')

Saturday, 29 August 3 pm.  
Start: Gala Field, Burnley Rd, Mytholmroyd. £1 on the day (teams free).  
Organiser: Rod Sutcliffe 845438 NB: Mytholmroyd Gala starts with procession at 1.30 pm.

\* \* \* \* \*



# RACE PREVIEW - BORROWDALE

BORROWDALE (17 miles/6500')

## Check points

1	Bessy Boot	259125	<u>Start and finish Rosthwaite 259148</u>
2	Esk House Shelter	235083	
3	Scafell Pike	216073	<u>Harvey's Scafell Map</u>
4	Great Gable	211104	
5	Honister Pass	225136	
6	Dale Head	223154	

This race is one of my favourites. It was my introduction to the long Lakeland fells races and I must admit, came as a bit of a shock. It is not as severe as Wasdale or Ennerdale, but is still a tough race in its own right, with every possible type of running within the 17 miles.

The first section to Esk House shelter is without doubt the hinge to a good run or a bad one. If you get it right it is easy, but stray off course in the mist and twenty minutes can be lost at a glance. This section is definitely worth a look at. This year we should be in for a good day as the last 3 have been terrible.

THE RACE The start is obvious - just follow everyone else to wall corner at Stone-thwaite 263136. From here it is a diagonal route up through the woods to a large re-entrant (gully) at the top. The gully is obvious and quite steep. From the top go straight forwards following the stream, which takes a sharp right turn, bearing 250°. The stream is in a flatish valley, with a narrow valley running out, between big crags on your left and steepish grassy slopes on the right. After 150 metres the start of 3 gullies leading off to the left are met. Each gully is around 50 yds apart, at the start of the third, a rock on top of a large flat rock is seen. This is Bessy Boot, with a steepish small climb to the top. (Note: there is not a trig point on top of Bessy Boot, just a cal'n).



KILLOGRAM

Drop off Bessy Boot via the path to 'Tarn at Leaves'. Follow the path at the side of the tarn. From here it gets tricky. The best way is to climb and contour round to Dovenest Crag, bearing tarn side 168°. If you get it right a sheep trail path is met. This path will lead you right round the crag onto another. At the crag the path becomes rocky and screey. Keep to the top of the scree, gaining round to the right. Once round and off the scree path a sheep trail path is again met, leading off at 200°. Keep on this path and bearing for around 1 km, where a large flat bog is met. Keep on the bearing straight through the bog, until two streams with red bankings are met.

The ground climbs out from here. A bearing of 230° is required climbing slightly to the left. Look straight ahead. If you have got it right, an unusual rock formation which looks like 3 figures is seen, about 6' high. Aim for this, where a sheep trail path is met which leads you right round to Pinnacle Field. This is a sharp rock re-entrant with a stream running through. Keep on the path which leads you past High House Tarn, picking up the main path off Glaramara.

There are a few knolls off to your right here. Keep left or you go up and down for nothing.

Follow the path to Allen Crag 600 m. Climb up for around 60 m then look to your right. Three small crags around 12' high can be seen. Aim to the far right one. A sheep trail path will lead you right round Allen Crag. Stick to the foot of the crag at the far side, then up to the shelter. From here there is a large path leading you right to Scafell Pike. If it is misty keep in rough bearing of 248° to get you over Broad Crag.

At the foot of Broad Crag before you climb Scafell look off to your right to the scree slope. This leads to the corridor route to Styhead Tarn. Up and down Scafell the same way and drop off as mentioned on scree run.

The corridor route is farther down than you expect and it is easy to go right too soon. A largish path denotes you are correct. Follow round to the right. This leads to Styhead.

There is no easy way I know up Great Gable and off. Just dig in and follow scree path off Gable bearing 56° down to Windy Gap.

When coming off Green Gable, stick 20m to the left of path. This is a good grassy run to tarns at the foot of Brandreth. Contour round Brandreth to the right in rough bearing north. An old fence of posts is met. Follow this until the tarns are seen at the foot of Grey Knott. Drop off to left on bearing 22°.

This will lead to a grassy spur run to Honister. Follow the fence up Dale Head. The bearing off Dale Head to the tarn is 102° with a path all the way home.

It may be faster to trace your path back down Dale Head for 100 m, then bear off at 94° where a path is met. This is a longer run off but a lot better under foot and not as steep. It depends how tired you are.

Water is not usually a problem as we hope to have back up at both Esk Hause and Styhead, with additional help at Honister Road crossing.

Most of us will be camping at Castle Rigg Campsite, Keswick, so let's make it a good club weekend with a good old drink Saturday.

Jeff Winder

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BATRAM

DATE	CAT	RACE	DIS/HT	ENTRY
Jul 25 Sat	BM	Turnslack	8m/1200'	OD
* 26 Sun	AL	Glossop	22m/4200'	PE/OD
29 Wed	-	Widdop	6m/1100'	OD
* Aug 1 Sat	AL	Borrowdale	17m/6500'	OD
5 Wed	-	Sheepstones Relay	3m/1000'	OD
			(x3 legs)	
8 Sat	AL	Buttermere Horseshoe	20m/8000'	25 July
* 8 Sat	AM	Downham	5.5m/1200'	OD
16 Sun	BS	Wadsworth	4m/800'	OD
! * 22 Sat	AS	Burnsall Classic	1.5m/900'	11 Aug
! * 23 Sun	AL	Sedburg Hill	14m/6000'	OD
29 Sat	-	Mount Skip	4m/1000'	OD
Sep 3 Thu	BS	Hades Hill	5m/1200'	PE/OD
5 Sat	BM	Jack Bloor (Ilkley Moor)	7.5m/1150'	OD
			3.5m/850'	
5 Sat	AM	Ben Nevis	10m/4400'	CLOSED
12 Sat	-	Hodder Valley	5m/700'	OD
12 Sat	BL	Stretton Skyline	20m/4200'	PE/OD
19 Sat	AL	Three Shires	13m/4000'	OD
19 Sat	BS	Lantern Pike	5m/1050'	OD
			(U/16)2m/500'	
* 26 Sat	AS	Thievelly Pike	3.5m/900'	OD
			(U/15)2m/500'	
! 26 Sat	AM	Scafell Pike	5m/3000'	OD
Oct 3 Sat	AL	Tour of Pendle	17m/4200'	30 Sep
	BM	Half Tour of Pendle	9m/1800'	30 Sep
10 Oct	AL	Langdale Horseshoe (plus junior races)	16m/4000'	26 Sep
11 Sun	AS	Butter Crag	1.5m/900'	OD
18 Sun	BM	Meltham Cop Hill Race (plus junior races)	7m/900'	PE/OD
18 Sun	BL	Three Towers	20m/2500'	10 Oct
Nov 1 Sun	CS	Black Lane Ends (Colne)	5m/1000'	OD
		Junior race	2m/350'	
7 Sat		Shepherds Skyline, Todmorden	6m/1150'	PE/OD
		Junior race	2.5m	
	OD	Entry on the day		
	PE	Pre-entry available		
	*	Club Championship Race		
	!	English Championship Race		

FOR COMPLETE LIST SEE FRA FIXTURE LIST

#### OTHER EVENTS

Jul 25/26	CV	Pennine Way Relay	269m	-
Sep 5/6	W	Bullock Smithy Hike	56m/7000'	PE only
6 Sun	W	Horbury Hike	21m	PE/OD
13 Sun	O	Ordnance Survey Lakes Mountain Race	20m/7000'	31 July
13 Sun	W	Footloose Heritage Walk (Mytholmroyd)	26m	PE only
19/20	O	Mourne Mountain Marathon	45/50m	31 Aug
Oct 24/25	O	Karrimor Mountain Marathon (Wales)	70/60/50km	18 Sep
			40km/score	
Nov 8	O	Copeland Chase	12m/3000'	5 Nov
			6m/2000'	
	O	Long orienteering type event		
	W	Walking event (see LDWA calendar)		
	CV	Calder Valley Club run		