



RAMPAGE

CALDER VALLEY
FELL RUNNERS

THE TOUGH OF THE TRACK



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

.....REMINDER.....REMINDER.....REMINDER.....REMINDER.....REMINDER.....

Those of you who hav'nt paid your 1991 club sub's; shame on you, they were due on the 1st of January. Please pay Richard Kellett as soon as possible and save the club the expense of having to send out individual reminders.

CALDER VALLEY FELL RACE 11am Sunday 10th March 1991

If you are available to help please let Jeff know in good time so he can plan the marshalling, timekeeping etc. well in advance.

BOB GRAHAM ATTEMPTS 1991

Andy Wimpenny is planning to do the Bob Granam, probably on the weekend of 8th/9th of June and the Wilkinson brothers two weeks later. They will be requiring back-up, pacers etc so please let it be known if you are available to assist.

SHOWERS

Please note that the cost of showers at the Community Centre is now 30 pence (is this to subsidize the bar).

EDITORIAL

First of all I wish to thank all those who have contributed articles for Rampage, with special thanks to Mrs Nuttall for help with the typing.

It was intended to distribute this edition at the beginning of February when the photocopier was due to be available again. Unfortunately it's taken longer to repair than was anticipated and I'm once again having to 'phone round trying to get bit run off here, there and everywhere. At the time of writing I still don't know when all the copying will be done and I apologise if some of the material is out of date.

However I'm confident that our own photocopier will be ready for action before the next issue is due out in early April. Don't hesitate to contact me if you have an idea for an article, or cartoon, or anything else. I'm going to be nagging everybody so please start thinking about your contribution. I would particularly appreciate race reports, if I'm not at the race myself why not let me have all the C.V. results together with a short report. Andy Thompson did the cartoon on the cover (with a little help from his hero Aif Tupper - some of you older members will have recognised the style) in return for a colour photo of himself in action at Boulsworth Hill; just think you may also qualify for a photo of Andy if you submit an article.

It's been a rough winter so far, whatever happened to the greenhouse effect, there has'nt been any evidence of global warming in Hipperholme. There continues to be a good turn out at Mytnolmroyd on Tuesday evenings with several new faces in the bunch. Its good to see such enthusiasm for the adventures that lay ahead in the coming season, hearing talk of the Trog, the Hobble, and all the other epic's that are being planned really kindles the flame.

I'm sure I speak for many in thanking Jim for organising the dinner at the Imperial Crown Hotel, an excellent venue which I suggest we should consider using again next year.

In memory of A.Wainwright, I sign off with this extract from his book, 'A Pennine Journey' (1958)

'Enthusiasm grips a mans imagination, drives him on and on, and the hardships and discomforts of his way are nought. Enthusiasm feeds on itself. The enthusiast tingles with life and, while he yet lives, dwells with the gods'.

MORE PRATTLE :

I'm trying to compile a fully updated membership list including address' and 'phone numbers to publish in the next Rampage. I'ts intended to put it onto a word processor so that in future it can easily be updated. If you've changed your address, telephone number, or name recently, make sure Richard knows.

If you have any news items, results etc. concerning our juniors, please let Jeff know, he's preparing 'Lampage', which should be a regular feature in Rampage.

Andy Thompson has sent off for entry forms for the 'Ben'. Don't do a Donnelly, enter early, it's first come, first served and there's a limit of 500.

Remember you're supposed to wear club colours in relays and club championship races. Vests and T-shirts are available from Alistair who always has a stock in his car at Tuesday evening training.

If you are intending to run the Buttermere Sailbeck just send off your money, name, club etc., there is no official entry form (or use one of the standard entry forms produced by Bod and available on the notice board at the Community Centre; there may be a copy in this rampage if it ever gets published).

This year there will be awards for the first three in the open club championship, first place in the nandicap, first vet, and a new trophy for the first woman kindly donated by Carol and Allan. I'm told that a junior award has yet to be decided upon - sounds like bull-.... to me.

Thursday evening speed sessions continue, Mytholmroyd, 6.50pm, contact Gary for further details.

Did you know that in addition to the F.R.A. we are affiliated to the Halifax & District Cross-Country Assn., the Yorkshire C-C Assn. and have group membership of the Youth Hostels Association which I understand means that you can take others that are not members of C.V.F.R. along with you to stay at hostels, contact Graeme for further details. We have also previously been members of the Northern Counties Athletics Assn. but no one appears to know why so we hav'nt paid the subs this year.

RACES AND TRAINING

I would like to thank everyone who participated in the Calderdale Way Relay. We certainly had the usual last minute snags but on the whole things seemed to go quite well. The "A" Team finished a creditable tenth and that with two key runners having to pull out with Flu at the last moment. The "B" Team finished in the top thirty as compared with the fifties last year, thus proving that our middle order is certainly improving. The "C" Team result is unknown as I write this as I have not yet received a copy of the results.

I have entered one team for the Rossendale Way Relay on 10th February but if there is enough interest I can enter another one. The problems is reccying the course. I hope to take a group over to Rossendale on Saturday 19th January in the afternoon and again on the 2nd February. If anyone is interested ring me and arrange transport. My number is 842713. On the subject of relays, could anyone who still owes money for the C. W. please pay up as soon as possible. I do not see why anyone should have to continually harass people for cash. Also I am still trying to contact P. Skelton from Keswick to get Calder Valley invited to take part in the Bob Graham Relay. Fingers crossed and if you're interested let me know!

My choice of Championship races is now on the Board in the Community Centre. I will endeavour to make a list and take photocopies so that everyone can have a copy. I apologise if the races don't suit everyone but that's how it goes. The shorts and mediums include some local races, some classics and some new races. I think that it is easily possible to do three from each category without really having to travel far. Can I recommend Gategill and Feindsdale for those who haven't done either before.

The long races were chosen purposely to begin later in the season to give everyone a fair chance to build up the stamina. The severity of the races selected is justified in that if you're going to travel and do a long one you might as well do a classic!

....continued....

In the case of pre-entry races I have sent off for entry forms for each race. Also "Bod" has very kindly done some general race application forms which are in the Community Centre in the folders provided. Make sure you get the entries off early.

Training sessions continue on Tuesday very much as they always have. I am trying to get people to pack run and it seems to be reasonably effective. What I suggest for this to work effectively is that the front person decides to pick up the pace for a certain length of time. The others either follow or let him go, preferably the former. When he/she has had enough then they return to the back of the group. The, now leader does not have to back track. Instead I suggest he/she continues for a while before re-grouping. This makes the session a bit like Fartlek and should extend people. On the hills I think you should work hard and not pack run until the top is reached thus giving a long hard climb each time. Pack running on the flat seems to make more sense with re-grouping at the top of the hills. The 6.30 p. m. Thursday session is frequented by Rod, Andy Wimpenny, Graeme and lately Chris Peart-Binns. The session is either mile reps, hard hill reps, fartlek, or steady, strength building reps. If anyone wants to try the session you are welcome.

Keep up the hard work and if you want any advice about training ask Jeff, Rod or myself and then divide it by two!

Cheers,

GARY.

Rumour is that C.V.F.R. will get an invitation to run the Bob Granam Relay but the date may clash with a club championship race.

Rumour is that if you don't get picked for the B.G. relay, 50 points are up for grabs in a short race at the end of August.

1991

 CALDER VALLEY FELL RUNNERS CHAMPIONSHIP RACES

MARCH	25	Sat 11am	FIENDSDALE	Ent by 14/3	MEDIUM
APRIL	7	Sun 1pm	KENTMERE (E)	E.O.D.	MEDIUM
	13	Sat 2pm	WARDLE SKYLINE	E.O.D.	MEDIUM
MAY	12	Sun 1pm	BUTTERMERE SAILBECK	Ent by 5/5	MEDIUM
	18	Sat 3pm	SIMONS SEAT (E)	Ent by 11/5	SHORT
JUNE	1	Sat 11.30am	DUDDON VALLEY	E.O.D.	LONG
	15	Sat 2.30pm	BUCKDEN PIKE	E.O.D.	SHORT
JULY	3	Wed 7.30pm	STOODLEY PIKE	E.O.D.	SHORT
	13	Sat 11am	WASDALE	Ent by 6/7	LONG
	27	Sat 2.30pm	TURNSLACK	E.O.D.	MEDIUM
AUG.	5	Sat 11am	BORROWDALE (E) (B)	E.O.D.	LONG
	11	Sun 12 noon	GATEGILL	E.O.D.	SHORT
	18	Sun 12 noon	SEDBERGH HILLS	E.O.D.	LONG
	31	Sat 1pm	DUFTON PIKE	E.O.D.	SHORT
SEPT.	7	Sat 2pm	BEN NEVIS	Ent by 31/7	MEDIUM
	21	Sat 11am	PERIS HORSESHOE	E.O.D.	LONG
	28	Sat 3pm	THIEVELY PIKE (E) (B)	E.O.D.	SHORT
OCT.	12	Sat 11am	LANGDALE HORSESHOE (E)	Ent by 1/10	LONG
NOV.	9	Sat 1.45pm	SHEPHERDS SKYLINE	E.O.D.	SHORT
	17	Sun 11.30am	ROACHES	E.O.D.	LONG
DEC.	1	Sun 11am	CARDINGTON CRACKER	E.O.D.	MEDIUM

(E) denotes English Championship Race

(B) denotes British Championship Race

Gary will be obtaining entry forms for all the pre-entry races, enter early to avoid disappointment

WADSWORTH TROG - THE BEAST

Introduction

2 or 3 years ago Bernard Pierce conceived the idea of a long category A race around Hebden Bridge. It has finally come to fruition as the Wadsworth Trog. He has managed to implicate me in it but I am not responsible! All credit is due to him.

To maintain the landowners goodwill, he has asked people not to recce before the day but Andrew Wimpenny and I had a sneaky look for the purpose of this up to the minute specially commissioned report.

I can tell you that on a beautiful, cool, sunny winter's day, with a light covering of fresh crisp snow underfoot, the trog is a magnificent run but I warn you - with soft underfoot conditions and bad weather, it will definitely be a BEAST!

CHECK POINTS

start	001284	Westfield
1	009304	High Brown Knoll Trig Pt
2	021307	Dam - Higher Dean Head Res.
3	014329	Cock Hill (NE of Radio Stn)
4	995320	New Barn, Haworth Old Road
4a	004338	Top of Stairs - wall corner
5	980348	Pennine Way
5a	969336	Walshaw Res. Gate LHS track
6	975314	Walshaw
7	985316	Shackleton Knoll
8	995320	New Barn, Haworth Old Road
9	014329	Cock Hill (NE of Radio Stn)
10	009304	High Brown Knoll Trig Pt.
11	015278	Sheepstones Trig Pt
12	998277	Bridge - Nutclough Sandy gate
Finish	998205	Old Town Cricket Club

High Brown Knoll

The race starts with a loop from the road at Westfield (adjacent to the Wadsworth Fell Race start). Down the road 200 m, right at Club Houses and down the track to the bridge in the valley. From here it returns up through the fields back to Old Town up the lane (as on the Wadsworth Gala Race route), turn right up the track to the Calderdale Way.

The best route up to Deerstones Edge from here is to climb up the small bank then turn diagonally left until you reach the grassy track. Turn left on to the track to the wall corner. 75m after the wall corner bear right up the sunken path on to the top of the Edge. Follow this northwards, passing 3 very large piles of stones and noticing the cairn, ahead and to the right. The path bears right and then left, at which point you should bear right off the path on a bearing of 20 degrees. Look for the tip of the stone pillar on the skyline and the gully to its left, head for the top of the gully and when you reach it the trig point is 20m away to the right. In the mist you should cross the gully lower down and be able to follow it up.

Dean Head Res.

Bearing of 80 degrees will then take you down, well to the left of the stone pillar. If visible, aim for the left of the large mast on the distant skyline, crossing the culvert half way down the hill. This was iced over, but we didn't risk it. The bearing should take you to a bridge over the culvert and there is another one 200m further to the right. Continue down heading for the middle of the small wood on the opposite side of the valley and keeping 50m to the left of the wall, which is on your right, you will come down the dam between the 2 reservoirs.

Cock Hill

Go northwards along the edge of the reservoir to the far side of the deep valley. You can take a bearing straight to Cock Hill here, but it is easier to run up the right side of the valley, gradually climbing through the flattened heather to the bend in the culvert at the top. The culvert is jumpable here but there is a bridge. Then run due north on a bearing to the checkpoint. In clear weather you will soon see the radio mast and fence around the station. Bear slightly to the right of this.

Top of Stairs

The route is flagged from Cock Hill down to Howarth Old Road. It takes you across the Keighley Road and down a path, crossing the stream to the left at about 800m, (where the telegraph poles cross to the far side of the stream and back again). The route follows the footpath posts from here, contouring round the hill, over the gate and then diagonally down to the left through the marshes to the New Barn on Howarth Old Road. From here turn right down the road and up to Top of Stairs.

Walshaw

Next section's route is straight forward and fast. Turn left off the track along the wall, climbing slightly for 1 km to the end of the wall. Then bear slightly left and follow the ditch which takes you 1.5 km to the Pennine Way. Turn left down the Pennine Way for another 1.5 km to Walshaw Dene Reservoirs. Continue on the track which bears left up through a gate and then climbs steadily on a good path over Wadsworth Moor and down into Walshaw. There are several gates as you approach Walshaw hamlet.

Cock Hill again

Turn left and go up through the gate to the left from Walshaw, through the fields and up the hill with the wall on your left to the gate at the top. Go through the gate and the route is flagged from here the short climb up to Shackleton Knoll, then sharply right back down the ruined "COPPY", Lumb Folds, back up to Howarth Old Road. Turn left along the road 700m and then right again at the new barn up the flagged route to the Cock Hill checkpoint just beyond the radio station.

High Brown Knoll again

The next 2 sections will be very tricky in the mist and great caution is needed since you will be pretty tired by now. In clear weather head for Whinney Stone on the skyline over flat but rough, lussocky, peaty terrain. In mist the bearing of 200 degrees should get you there. From here bear slightly left (190 degrees) and with luck you will find the path which will take you back to the trig point at High Brown Knoll.

Sheep Stones Edge

From here run down hill on a bearing of 165 degrees, again over rough tussocks, to the disused shaft beside the large mound. From here a path takes you to Sheep Stones Edge, but don't forget to bear right onto the Edge after 600m, otherwise you will end up at Gurn Milk Joan and Crow Hill, as we did. From the trig point at Sheep Stones Edge the route is flagged down along tracks to the bridge over Nutclough once more and back up again to the finish at Old Town.

This is 20 miles and 4,500ft and you will certainly know it by this stage!

Rod Sutcliffe

SIERRE ZINAL 1991

Graeme has got one copy of an application form for the Sierre Zinal race in Switzerland which he's happy to photocopy for anybody who's interested. When he's worked out the exchange rate he'll tell you out it's around £12.00 out for that you get lots of refreshments, gear transport to finish, free meal(s), free jazzband, free beer!!! medal (well the first ½ mile is on the road), and entry to the local swimming pool. It's a great event, running just beneath the Weisshorn and within spitting distance of the Ratternorn.

A few are interested already and we are thinking of doing a block booking through the club. For full details ask Graeme - if he's not on holiday.

PUT YOUR HANDS IN YOUR POCKETS ! (even Dick!)

I'm going to raise money for the local heart and lungs centre: Killingbeck Hospital, Leeds. I'm looking for sponsorship for every 5000' peak I get to in one day. The attempt will be made in July (or possibly May) in the Glen Shiel and Affric area of the Western Highlands in Scotland, based from Shiel Bridge camp site. Any offers of help, support or more importantly sponsorship would be greatly appreciated.

Graeme

Social Events 1991

Listed below are some ideas for forthcoming social events, the dates are only a rough guide and can be changed if need be. Anyone with any suggestions or ideas about these or any future events please let me know.

MARCH 21st. Ten Pin Bowling Leeds, further details in this edition of Rampage.

APRIL

} Quiz Night on either Friday or Saturday, the Mount Skip has been suggested as a possible venue.

MAY }

JUNE } A day trip or weekend away

JULY } lets have some suggestions on this one.

AUGUST } Car Rally to start at the M.C.C. car park

SEPT. } and finish at the Shoulder of Mutton.

OCT. } Horse race night

NOV. } Will probably be held at the M.C.C.

Exact dates and more specific details will be published nearer the time of the event.

P. REGAN.

TEN PIN BOWLING EVENING

THERE WILL BE A TEN PIN BOWLING EVENING, TO BE HELD AT THE MERRION SUPERBOWL IN LEEDS.

FOR THOSE WHO ARE INTRESTED AND TO HELP WITH BOOKING A 1.50 DEPOSIT BY THE 1st MARCH PLEASE DON'T WORRY IF YOU HAVE"NT PLAYED BEFORE, I"VE ONLY PLAYED ONCE, AND I"M SURE THERE MUST BE AN EXPERT SOMEWHERE IN THE CLUB.

THE PROPOSED DATE WILL BE THURSDAY 21st MARCH 8.45p.m
FULL ADMISSION 2.90 including SHOES.

MEET AT SUPERBOWL AT 8.30p.m.

ANYBODY WANTING TO GO ALONG PLEASE FILL IN THE FORM BELOW, AND RETURN TO PETE REGAN WITH NUMBERS AND DEPOSIT.

NAME _____

NUMBER GOING _____

DEPOSIT _____

THANKS HOPE TO SEE YOU ON THE NIGHT

CALDERDALE WAY RELAY

Sunday 6th January 1991

ULTS.....RESULTS.....RESULTS.....RESULTS.....RESULTS

	LEG ONE	LEG TWO	LEG THREE	LEG FOUR	LEG FIVE	LEG SIX
1 Pud & Brian A	1.17.45(2)	2.18.55(2)	2.56.26(2)	3.57.29(1)	4.49.22(1)	5.55.50(1)
leg time	1.17.45(2)	1.00.50(2)	37.51(6)	1.01.03(1)	51.55(1)	1.04.26(1)
	A.Walley	K.Gaunt	B.Stephenson	J.Maitland	P.Stephenson	M.Falgate
	P.Sneard	G.Kirkbright	I.Powden	C.Devine	P.Dacuss	R.Pallister
10 Calder Vail	1.28.57(20)	2.55.25(14)	3.15.06(15)	4.21.28(10)	5.17.08(10)	6.51.58(10)
leg time	1.28.57(20)	1.06.46(17)	39.43(16)	1.06.22(5)	55.43(8)	1.14.30(15)
	R.Butcliffe	E.Horsley	R.Skelton	D.Thompson	S.Clare	R.Crossland
	J.Winder	M.Banks	C.Peart-Birns	G.Webb	K.Munton	S.Skelton
29 Calder Vail	1.55.59(55)	2.45.36(29)	3.24.28(26)	4.43.47(29)	5.42.51(30)	7.03.47(29)
leg time	1.55.59(55)	1.07.37(24)	40.52(21)	1.19.19(32)	1.02.54(36)	1.17.56(35)
	G.Woodward	I.Hartman	J.Bernard	J.Wilkinson	P.Regan	A.Thompson
	S.Greenwood	D.Gildea	S.Godridge	J.Wilkinson	J.Kirkcristie	H.Kellett
60 Calder Vail	1.50.34(60)	2.11.21(61)	4.05.28(62)	5.59.49(70)	6.47.57(67)	8.10.16(65)
leg time	1.50.34(60)	1.20.47(61)	52.07(11)	1.56.21(71)	1.08.05(77)	1.22.19(49)
	G.Fleetwood	R.Kift	S.Towler	A.Greenwood	K.Bent	S.Cavell
	H.Hollies	S.Fry	R.Nuttall	S.Greenwood	T.Keenan	G.Spencer

Gleaning through the results sheet I've noticed some familiar names running (sic) for rather less familiar clubs. Without mentioning too many names there's a N.B-Pimlott teamed with A...Stuer (who's also rumoured to be a J.V. member) in the Queensbury H.S. team who finished 79th overall. There's also my own big brother, 'Lombor', doing 1.45.5 for 82nd position on leg two for Wignouse H.S. what does H.S. stand for?.....
 ...hastebest strikers?.....haveeen. Stuffed?.....suggestions please in a sealed envelope, anonymity assured.

Several last minute changes but all three teams managed to improve their previous years positions. Perhaps the best overall improvement was by our E team who came up from 93rd in 1989 to finish 27th.

I won't try to pick out individual performances as being more worthy of note than others in this team event but I wonder what Steve Skelton's reaction was when he arrived home on the Saturday evening after running the 19 mile Chase Trig. Point Race to be informed that he was running this one with Dick the following day.

KARRIMOR INTERNATIONAL MOUNTAIN MARATHON

Rannoch Forest/Glen Lyon
27th/28th October 1990

<u>Elite Class</u> 95 started 65 finished	<u>1st day</u>	<u>2nd day</u>	<u>Total</u>
1st Phillip Clark Graham Huddleston	6.37.41 (6)	6.10.18	12.47.59
18 Jeff Winder Gary Webb	7.45.52 (25)	5.21.00	15.16.07
57 Rod Sutcliffe Paul Frechette	8.37.10 (59)	8.06.46	16.43.56
45 Steve Skelton Paul Cleary	9.14.17 (71)	7.55.29	17.09.46
- Graeme Woodward Pete Round	8.43.07 (63)	DNF (full excuses given elsewhere in this issue)	

A Class 188 teams started, 147 finished

1st Mark Seddon John Britton	5.05.00 (1)	5.16.43	10.21.43
72 Jonathan Wilkinson Tim Wilkinson	7.16.05 (95)	6.33.22	13.51.27
89 Stewart Gardner Pete Mason	7.41.50 (113)	6.42.05	14.23.55
101 Jeremy Wilkinson Ian Macnas	7.23.57 (102)	7.23.18	14.46.55
133 Jim Sheard Mark Bramall-Pimlott	9.03.21 (164)	7.31.33	16.34.54

B Class 332 teams started, 280 finished

1st Willy Robbins Jon Nash	4.59.59 (1)	3.36.47	8.36.46
111 Pete Horne Richard Kellett	7.13.25 (160)	4.20.44	11.34.09

C1 Class 230 teams started, 205 finished

1st Andrew Crever David Finch	3.19.25 (1)	3.26.16	6.45.41
128 Linda Hayles Irene Reville	5.45.55 (143)	4.49.56	10.35.49

SCORE Class 329 teams started, 321 finished

1st Gereld Ornard Ian Jones	450 pts.	310 pts.	760 pts.
77 Rhys Kift John Riley	330 pts.	140 pts.	470 pts.
86 Graeme Fry Anthony Bay	290 pts.	170 pts.	460 pts.

A better turn out for the club than some local club championship races, which, when the commitment in time, money, pain and misery are considered must tell us something (my wife says it tells her something anyway).

It's interesting to note that all our teams improved their positions on the second day, perhaps we should lobby Karrimor to extend the competition to 3 or even 4 days.

Rumour is that Jimmy and Mark improved dramatically once they found out that it's the red end of the needle that points north. ED.

SULTS.....RESULTS.....RESULTS.....RESULTS.....RES

<u>Boulsworth Hill Fell Race</u>		<u>6.5m/1200'</u>	
1st	Gary Devine	Pudsey & Bramley	48.54
8th	Duncan Thompson	C.V.F.R.	51.38
35th	Dick Crossland	"	55.10
52	Graeme Woodward		57.40
54	Ian Hartman (vet)		58.13
63	Kieth Hanton (vet)		58.55
64	Jon Wilkinson		58.57
70	Andy Thompson		59.19
81	Richard Kellett		59.52
83	Mick Banks		59.56
104	Pete Regan		61.51
111	Carol Greenwood		62.27
112	Jez Wilkinson		62.40
127	Steve Cavell		64.06
132	Steve Kirkbridge (vet)		65.06
136	Bod (vet)		65.39
146	Alan Greenwood		67.28
155	Grahame Fry (vet)		68.16
157	Mike Fleetwood		68.47

January the 12th saw the first of our promotions this year. Though not in the Calder Valley the Boulsworth Hill Fell Race is organized by our Lancashire branch, both of 'em, and is thereby a club race.

A cool dry day with a slight breeze on the top greeted the record field of 223 competitors. This figure was swollen by 18 members of the Calder Valley, seventeen men and one lady.

After opening up an 80 yard lead on the outward run Gary Devine of P&B missed the turn up the main climb onto Boulsworth Hill. After realizing his error he cut across and rejoined the race in 9th position.

By the top of the climb he had re-asserted his superiority and went on to win by 31 seconds.

His winning time of 48.54 was 1.21 outside his own course record set in 1988.

First Calder Valley runner back was Duncan in 8th position which he says proves it pays to know the way to go if the flags have blown off overnight.

A special mention for Richard Kellett who at the bottom of the first field gallantly threw himself in the mud (must be his rugby training) so that everyone else could keep their shoes clean.

STUC A CHROIN MINIBUS

I'm organising a minibus to the Stuc a Chroin race (15M/5000') on Bank Holiday weekend (3rd, 4th, 5th May). Its in Central Scotland just North of the Trossachs (just South of KIMM 90!!!).

The Bus will leave MCC on Friday at 6.00 p.m. and can possibly pick up en route, going via some beaches on Sunday and arriving back Monday night.

All you need to do is to complete the slip below with £10.00 deposit and get it back to me.

FIRST COME, FIRST SERVED!

GRAEME

.....

NAME :

PHONE NUMBER :

£10.00 DEPOSIT PAYABLE TO C. V. F. R.

CALDER VALLEY FELL RUNNERS ANNUAL HANDICAP

Saturday 26th January 1991

On a sunny but cold day, ideal for running except for being a little hard underfoot, 26 members contested the annual handicap over a new course from Stubbins Field to Stoodley Pike and back.

Jill had a superb run to win the shield and bottle of champers kindly donated by the Shoulder of Mutton. Pete Regan was about 200 yards adrift in 2nd place, while Graham Fry pipped Pete White by less than 20 seconds for 3rd place and also the veterans trophy.

The fastest time was set by Gary, nearly a minute quicker than Richard Rowlands; Steve Houghton was a further 2 minutes slower and Graeme Woodward set the 4th fastest time. Rod lived up to his reputation, arriving at the start 2 minutes after Gary had started and set off 7 minutes later than his own start time.

Many thanks to everybody who helped to make this event a success: Mick Banks for assisting with flagging the course, timekeeping and producing the results; Robin Skelton for directing runners to the start; Irene Neville, Gary Webb and David Goldie for collecting the flags; and not forgetting the runners, particularly Duncan, Keith and Bod who had also raced at Stanbury earlier in the day.

Full Results

Pos'n		Time	Handicap	Actual Time	Actual Pos'n
1.	Jill Thistlethwaite	52.28	6.30	45.58	21
2.	Peter Regan	53.04	12.00	41.04	8=
3.	Graham Fry	53.19	9.30	43.49	17
4.	Peter White	53.37	9.30	44.07	18
5.	Steve Houghton	54.14	16.00	38.14	3
6.	Steve Kirkbride	54.18	11.30	42.48	14
7.	Chris Godridge	54.27	13.00	41.27	10
8.	Richard Rowlands	54.32	18.30	36.02	2
9.	Richard Kellett	54.52	14.30	40.22	6
10.	Roger Nuttall	55.02	4.30	50.32	24
11.	Graeme Woodward	55.03	15.30	39.33	4
12.	Gary Webb	55.19	20.00	35.19	1
13.	Chris Peart-Binns	55.34	14.30	41.04	8=
14.	Dennis Gildea	55.34	13.00	42.34	13
15.	Carl Greenwood	55.59	15.30	40.29	7
16.	Steve Cavell	56.24	11.30	44.54	19
17.	Michael Burns	56.28	7.30	48.58	23
18.	Andy Thompson	56.35	14.30	42.05	12
19.	Trevor Redmond	57.04	12.00	45.04	20
20.	Mark Bramall-Pimlott	57.43	14.30	43.13	15
21.	Linda Hayles	57.49	4.00	53.49	26
22.	Keith Munton	58.22	15.00	43.22	16
23.	Graham Spencer	58.25	11.30	46.55	22
24.	Duncan Thompson	58.52	19.00	39.52	5
25.	John Riley	63.42	11.30	52.12	25
26.	Rod Sutcliffe	64.04	22.30	41.34	11

WELSH WATER'S RESERVOIR RELAY

I am organising one or more teams to compete in this event run over seven stages in the Brecon Beacons on Easter Monday 1st April. We would travel down on Easter Sunday and return on Tuesday morning - free accommodation is available before and after the race. If you are interested, please contact me.

Ian Hartman.

For further details, see club notice board.

CALDER VALLEY FELL RUNNERS CHAMPIONSHIP
Handicaps for 1991

A separate handicap for short, medium and long races has been calculated for each club member based on performances in races in 1990. For each race, the winner's time has been subtracted from the member's time and this figure has been divided by the race distance in miles. The handicap figures shown below are the average number of seconds per mile by which the member is slower than the winner's time. A few adjustments have been made to correct anomalies. If a member has not raced at a particular distance, the handicap has been estimated from performances in races at other distances. Handicaps have not been calculated for members who did not race in 1990.

For each championship race in 1991, each runner's handicap will be multiplied by the race distance in miles and this will be subtracted from the actual race time to give a corrected time on which the handicap points will be based.

Name	Short	Med.	Long	Name	Short	Med.	Long
Mark Anderton				Russell Arrandale			
Andy Auton	144	144	220	David Ayling			
Michael Banks	102	97	130	Richard Benn	145	139	220
Alex Bowden				Kieran Bowden			
Mike Bowden				Mark Bramall-Pimlott97	116		126
Jurgen Burnard	76	110	150	Michael Burns	213	178	279
Steve Cavell	143	139	220	Paul Charnley			
Bob Clare				Avril Coward			
Richard Crossland	49	47	110	Linda Daly			
Paul Daly				Paul Frechette	80	80	120
Graham Fry	173	192	238	Stewart Gardner			
Tim Gauntlett				Dennis Gildea	118	130	200
Roger Gill				Chris Godridge	118	130	170
David Goldie	62	90	130	Allan Greenwood	165	157	230
Carl Greenwood	89	90	130	Carol Greenwood	164	143	215
Ian Hartman	96	104	148	Linda Hayles	256	227	333
Howard Holmes	92	85	115	Bob Horne			
Peter Horne	100	110	110	Brian Horsley	84	84	118
Greg Houghton	66	70	90	Steve Houghton	110	120	125
Chris Jones				Rhys Kift			
Richard Kellett	99	96	135	Steve Kirkbride	140	131	184
John Marshall	146	142	220	Peter Mason	100	110	150
Keith Munton	92	83	110	Irene Neville	261	240	356
Christopher Nuttall	165	200	300	Roger Nuttall	258	220	294
Stephen Parsons				Stephen Nuttall			
Chris Peart-Binns	100	105	110	Bernard Pierce			
Kay Pierce				Ian Powell			
Mark Powell				Trevor Redmond	134	145	215
Peter Regan	129	133	152	George Ridgway			
John Riley	144	146	233	Dominic Rivron	158	200	320
Pete Round	74	75	91	Richard Rowlands	36	44	68
Jimmy Sheard	160	182	316	Robin Skelton	73	100	140
Steve Skelton	66	80	106	Jon Smith			
Alistair Sowden				Graham Spencer	144	156	220
Rod Sutcliffe	80	77	114	Jill Thistlethwaite	213	236	320
Andy Thompson	107	106	160	Duncan Thompson	29	39	64
Simon Towler	170	160	240	Chris Vaughan			
John Walker	135	128	180	Gary Webb	20	30	45
Peter White	169	160	257	Jeremy Wilkinson	100	99	151
Jonathon Wilkinson	118	125	165	Tim Wilkinson	125	135	193
Andy Wimpenny	86	88	114	Jeff Winder	39	43	69
Graeme Woodward	81	100	104				

TEN PIN BOWLING EVENING

THERE WILL BE A TEN PIN BOWLING EVENING, TO BE HELD AT
THE MERRION SUPERBOWL IN LEEDS.

FOR THOSE WHO ARE INTRESTED AND TO HELP WITH BOOKING A
1.50 DEPOSIT BY THE 1st MARCH PLEASE
DON'T WORRY IF YOU HAVE'NT PLAYED BEFORE, I'VE ONLY
PLAYED ONCE, AND I'M SURE THERE MUST BE AN EXPERT
SOMEWHERE IN THE CLUB.

THE PROPOSED DATE WILL BE THURSDAY 21st MARCH 8.45p.m
FULL ADMISSION 2.90 including SHOES.

MEET AT SUPERBOWL AT 8.30p.m.

ANYBODY WANTING TO GO ALONG PLEASE FILL IN THE FORM
BELOW, AND RETURN TO PETE REGAN WITH NUMBERS AND
DEPOSIT.

NAME _____

NUMBER GOING _____

DEPOSIT _____

THANKS HOPE TO SEE YOU ON THE NIGHT

Fell Fixtures

OD - Entries accepted on day
PE - Pre-entry required

FEBRUARY

3	Sunday	Benson Knott	OD	CS	2.30pm	5m/900'
10	Sun	Rossendale Way Relay	PE		45m in six legs	
16	Sat	Half Tour of Pendle	OD	BM	11am	9m/1800'
17	Sun	Cloud Nine Hill Race	OD	CM	11am	8 $\frac{1}{2}$ m/950'
17	Sun	Tigger T'Higger Tor Race	OD	BM	11am	9 $\frac{1}{2}$ m/1400'
23	Sat	Titterstone Clee Race	OD	AS	11.45am	2 $\frac{1}{2}$ m/750'
23	Sat	Wadsworth Trog	PE	AL	10am	20m/4500'
24	Sun	Long Myrd Valleys	OD	AM	11.30am	10m/4000'

MARCH

2	Sat	Moel Y Ci	OD	AS	11am	2 $\frac{1}{2}$ m/800'
2	Sat	Mynydd Maen Traverse	OD	BE	3pm	7 $\frac{1}{2}$ m/1700'
3	Sun	Ilkley Moor	OD	AS	11.30am	4 $\frac{1}{2}$ m/1150'
3	Sun	New Chew Two	PE	O.	9am	2 courses
10	Sun	Calder Valley	OD	AL	11am	14 $\frac{1}{2}$ /3600'
16	Sat	Haworth Hobbie	PE	BL	8am	35m/4400'
16	Sat	Ian Roberts Memorial Relay	PE		Teams of 4	Fell&Road
17	Sun	Black Combe	OD	AM	11am	10m/3000'
23	Sat	* Fiensdale	PE	AM	11am	9m/2600'
24	Sun	Edale Skyline	OD	AL	10.30am	21m/4500'
30	Sat	Manx mountain Marathon	PE	AL	9.15am	50m/8000'
30	Sat	Rivington Pike	OD	AS	3pm	5 $\frac{1}{2}$ m/1100'
31	Sun	Rossendale Fells	OD	BM	11.30am	15m/2700'

APRIL

6	Sat	Pendle	OD	AS	2pm	4 $\frac{1}{2}$ m/1500'
7	Sun	* Kentmere Horseshoe	OD	AM	1pm	12m/3500'
13	Sat	Grisedale Grind	OD	AS	2pm	4m/1600'
13	Sat	* Wardle Skyline	OD	CM	2pm	7m/1000'
20	Sat	Mickledon Straddle	PE	N	11am	8m/1150'
20	Sat	Moelwyn Peaks	OD	AM	2pm	9 $\frac{1}{2}$ m/2500'
21	Sun	Kinder Downfall	PE	AM	11.30am	10m/2150'
27	Sat	Mynydd Mawr	OD	AS	Noon	4m/1300'
27	Sat	Shining Tor Race	OD	AS	1.30pm	6 $\frac{1}{2}$ m/1900'
28	Sun	Three Peaks	PE	AL	10am	25 $\frac{1}{2}$ m/4500'

* indicates club championship race, make sure you enter Fiensdale early, it has a limit of 160.

OTHER EVENTS

- 1st March 11pm HighPeak Marathon. 40 mile classic bog-trot around the Derwent watershed route for teams of four.
- 24th March, Elland Walk, 25m.
- 6th April, Blubberhouses Moor, 25m. LDWA event
- 13th April, Calderdale Hike, 35m/4000'
- 27th April, Hebden Valleys Heritage Walk, 17m/5000'
- 5th May, Todmorden Boundary Walk, 22m.
- 11/12th May, Fellsman Hike, 60m. I have some entry forms if you want one
- ED.

ALFRED WAINWRIGHT

THE end of an era comes with the death of AW — the Lakeland scene has lost a number of its classic writers and illustrators in recent years and Wainwright was the most enigmatic.

His most enduring work will doubtless be his seven-volume *Pictorial Guide to the Lakeland Fells*, which sold over a million copies. Over 50 books have appeared under Wainwright's name since 1955, ranging from meticulous pen and ink compilations to full colour typeset volumes.

Shyness kept him from the limelight at first, then he freely admitted to being anti-social and lived almost as a recluse.

Home conditions for the young Wainwright were poor, but no worse than many others in Blackburn. His intelligence and willingness to work soon improved his lot. In 1930 he discovered the Lakeland Fells and by 1941 he secured work and a home in Kendal — accepting a drop in salary to be near the fells.

His career in accountancy ended when he retired as borough treasurer of Kendal in 1970. Work at the office always came first and the guides were penned in the evenings. After retirement and remarriage he was able to devote a substantial amount of time to writing and drawing.

The *Lakeland Fells* volumes were published from 1955 to 1966. AW financed and published the first copies himself, and then the *Westmorland Gazette* took over publication.

There has been criticism that the guides were never updated, but Wainwright was at pains to point out in the beginning that they were written purely for pleasure. He planned to browse through the guides in his old age, but friends urged him to publish. Ironically, failing eyesight prevented him from making a final perusal of his work.

Critics have also claimed that AW drew too many people to the fells and caused erosion problems. If anything, the guides have helped to spread the load and possibly arrived just in time. With increased leisure, mobility and interest in outdoor activity, it is likely that far too many people

Alfred Wainwright MBE, author of the famous Lakeland guide books, died in Kendal on Sunday, January 20, aged 84.



would have been concentrated on the established pathways. Wainwright's guides encouraged walkers to explore the more unfrequented corners of the region.

It's impossible to guess how many people are 'ticking off' Wainwright's 214 Lakeland Fells. AW frowned on this approach, but many walkers have risen to the challenge of covering them all. I made a visit to them all within a year, then later backpacked over the lot of them within a month. That's the value of the guides — they encourage walkers to spread themselves thinly and use a variety of routes.

Wainwright penned *A Coast to Coast Walk* to show how easily a long distance walk could be planned and executed. Although he advised readers to adapt the route, many simply followed slavishly in the master's footsteps. The route has inevitably be-

come *THE Coast to Coast Walk* and there has been a call for it to be officially recognised as 'Wainwright's Way'.

The story behind the Lakeland guides was told in *Fellwanderer* — a book which provided the first real insights into the author's very private life. *Ex-Fellwanderer* was published to celebrate AW's 80th birthday and offered a more in-depth peep at his character, including his bleak outlook on the human condition.

In the *Sketchbook* series he dealt with specific regions such as the Yorkshire Dales, mountain groups such as in North Wales, or river systems such as the Ribble and Wyre, though I feel these later works lacked the same detail and depth.

Many of the areas were visited by AW with the help of his second wife — Betty. She had a car and could drive —

something which Wainwright never attempted to master.

AW's various radio and television appearances were due to "harrassment" by the BBC and a reaction to people speaking about him "as though compiling an obituary". One series followed another and, though he gained many admirers, he seemed to remain a closet character and spoke very few words. Coffee-table volumes were published in recent years, with AW's words typeset and the matter of illustrations delegated to other hands.

In *Ex-Fellwanderer* he knew that his end was near, but a lack of faith prevented him contemplating a "pictorial guide to heaven". He drew comfort from the fact that his substantial royalties had firmly established an animal sanctuary near Kendal. Throughout AW's guides a deep concern for animal welfare shines forth, which the vast majority of his readers will share.

In these days of hi-tech gear it's amusing to leaf through AW's writings and find references to worn out suits and plastic macs — marks of individuality that refused to be ridiculed or suppressed. He was never one for any kind of gadgetry, which included compasses. Cautionary advice is generated by various authorities, but AW's simple statement "watch where you are putting your feet" speaks volumes and crystallises the matter of mountain safety succinctly.

He asked for his ashes to be scattered on his beloved Haystacks. At the end of *Fellwanderer* he says: "And if you, dear reader, should get a bit of grit in your boot as you are crossing Haystacks in the years to come, please treat it with respect. It might be me".

Ex-Fellwanderer ends: "So I will sign off by wishing all my readers many more happy wanderings on Lakeland's glorious fells in the years ahead, and hoping that, when they are there, they will think kindly of me sometimes".

Paddy Dillon

● Exhibitions of Wainwright's work can be viewed at Abbot Hall, Kendal, and Brantwood, near Coniston.