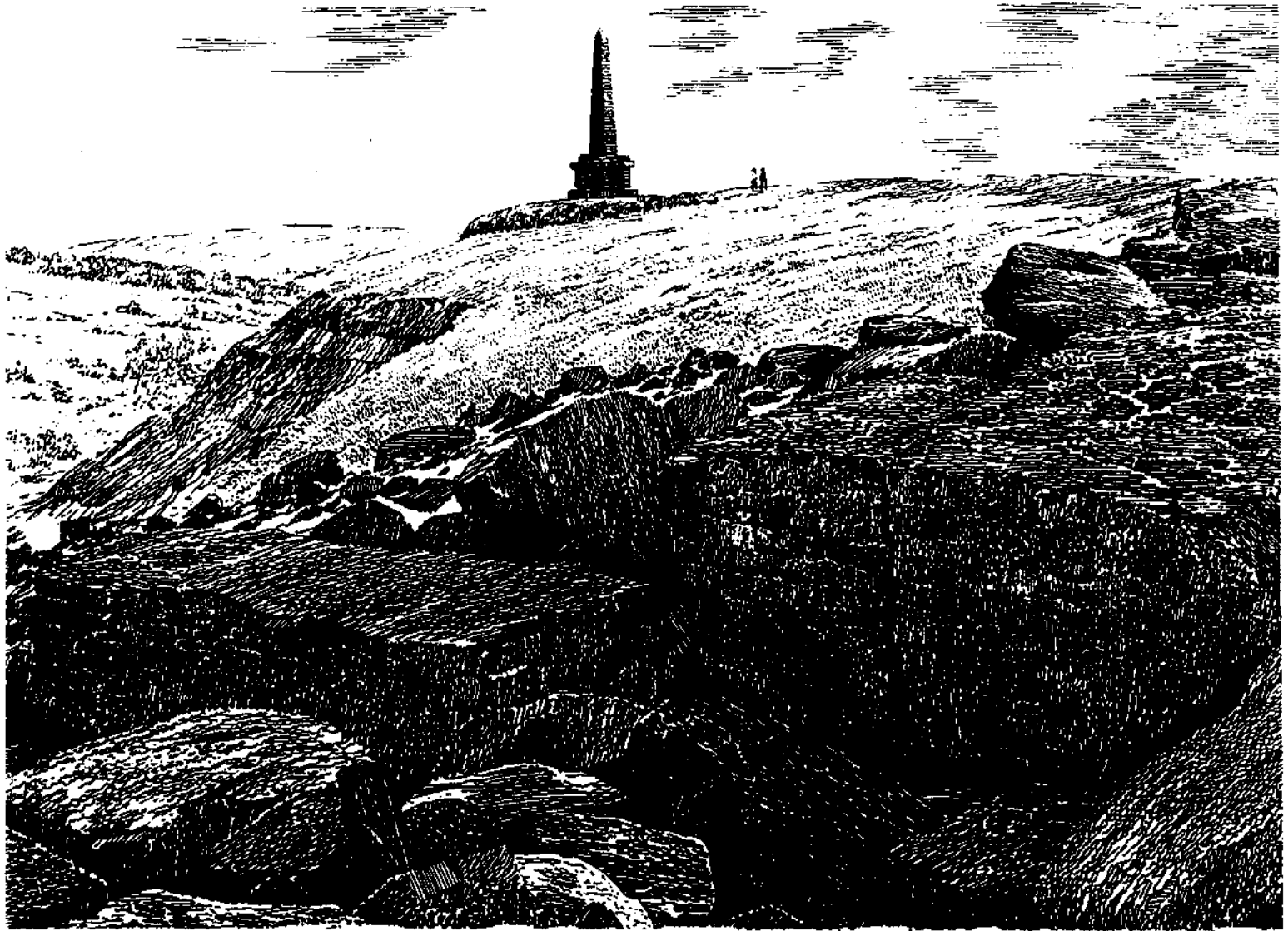




# RAMPAGE

CALDER VALLEY  
FELL RUNNERS



Gritstone Landscape

*Outcrops of gritstone occur frequently on the Pennines, often as a scattering of boulders, sometimes forming escarpments high enough to attract rockclimbers. Also known as millstone grit it is the native building material of most of the Pennine country.*

*The illustration is of the approach to Stoodley Pike, above the Calder Valley. The tower, 120 feet high, and built of massive blocks of gritstone, was erected to commemorate the Peace of Ghent and the abdication of Napoleon in 1814.*



COMMITTEE 1991-92.....

CHAIRMAN.....	Rod Sutcliffe.....	0422-380896
SECRETARY.....	Andy Thompson.....	0274-676133
TREASURER.....	Alistair Sowden.....	0422-884860
CLUB CAPTAIN.....	Gary Webb.....	0422-842713
MEMBERSHIP SEC.....	Richard Kellett.....	0422- 202923
PUBLICITY.....	Duncan Thompson.....	0282-613559
JUNIORS.....	Alan Greenwood.....	0274-393101
STATISTICIAN.....	Ian Hartman.....	0274-546549
RACE CO ORDINATORS....	Irene Neville & Linda Hayles.....	0422-368955 0422-342808
RAMPAGE EDITOR.....	Pete Horne.....	0422-205547

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## **EDITOR'S RAM BLINGS.....**

Because the 1992 Annual General Meeting is due to be held shortly I have included a copy of the C.V.F.R. Constitution and a list a list of job descriptions for the various committee posts (produced by Russ Arrendale when he was Club Sec. a few years back). Both these documents are four or five years old now but I thought they would provide food for thought prior to the forthcoming AGM which is on -

Tuesday 10th November, 1992, 8.30pm

GLOUCESTER ROOM, MYTHOLMROYD COMMUNITY CENTRE

All members are urged to attend and any nominations for committee should go to Andy Thompson (0274-676133)

I've been struggling to publish the required number of Rampage's this year and feel that it's time new blood was injected into our mag. so this will probably be my final issue. Thank you to everyone who has helped me over the last few years, either by submitting articles, helping with typing, copying and distribution etc.

Pete Horne

CALDER VALLEY FELL RUNNERS

ANNUAL GENERAL MEETING

Tuesday 10th November, 1992, 8.30 pm

GLOUCESTER ROOM, MYTHOLMROYD COMMUNITY CENTRE

Nominations for committee to Andy Thompson please (0274-676133)



# CAPTAIN WEBB'S COMMENTS ....

## REMINDER OF RELAY SELECTION POLICY

Relays entered -	Ian Hodgson	4th October	Could only get 2 teams in.
	F.R.A. Relay	18th October	2 or 3 teams in
	Calderdale Way	13th December	Idea to enter 4 teams

With the first two relays above, involving 8 people per team in one and five or six in the other, it is very difficult to let many members of the club run. We either have social teams or attempt to do well. I wish we could get more teams in the relay events but this seems doubtful. The race selection committee which consists of committee members, team captains and the club captain will approve/choose any relay teams in these two limited relays. Where there are more runners, notably the Calderdale Way on 13th of December, the process is as follows :-

1. How many teams? Committee have decided that 4 teams will be entered.
2. Trial races for selection? Great Shunner Fell Sept 19th  
Shepnerds Skyline Nov 14th
3. Selection committee to have discretion to pick teams as they think best. Their decision is final.

C.W. Aim - To pick the best 48 runners for the four teams, matching equally in pairs, best suited to the particular leg on the particular day.

Gary

TO: THE EDITOR

MOUNT SKIP FELL RACE - 29 AUGUST 1992

I appreciate that my views are well known to some, but I thought I would still have a moan nonetheless.

The support given by members at this year's race was, at best, conspicuous by its absence and, at worst, an absolute disgrace. Some ran, some helped, but where were the rest of you? Rod got by of course but it was close. If the club are to continue to organise fell races, then it needs many more willing volunteers. Surely, it is not asking much to help out at 4 races a year, or is it?

One of the problems this year was due to the Pendleton race being chosen as a Club Championship race. Why did this happen? Surely there are other local races in the calendar to choose from that don't clash with one of our races. I am told that when it was realised that the championship race clashed with the Mount Skip race, no objections were raised. So what! The committee should still not have allowed this to happen. It can be bad enough trying to get people to help at all, without spreading the resources so thinly that what should be a smooth running event, turns out to be a bit of a rush in the end.

In spite of these problems, the race was a success (80 seniors, 7 juniors) and all thanks must go to Rod. Next year though, how about a bit more common sense? No championship races to clash with our 4 club events and more help from the silent majority.

Russ

RUSS

CALDER VALLEY FELL RUNNERS

ANNUAL GENERAL MEETING

Tuesday 10th November, 1992, 8:30 pm

GLOUCESTER ROOM, MYTHOLMROYD COMMUNITY CENTRE

Nominations for committee to Andy Thompson please (0274-676133)

ANNUAL DINNER

Saturday 30th January, 1993

WALLIS SIMPSON'S, HORTON STREET, HALIFAX

Tickets available from Pete Regan (0422-355243)

ANNUAL CLUB HANDICAP RACE

M.C.C. to Stoodley Pike and back,

6 miles, 1000 ft.

Saturday 30th January, 1993, 1.00 pm

MYTHOLMROYD COMMUNITY CENTRE

Representations/Bribes to Ian Hartman (0274-546549)

M.C.C. QUIZ NIGHT

Friday 2nd October, 8.00 pm

MYTHOLMROYD COMMUNITY CENTRE

If you would like to be part of a C.V.F.R. team  
please let Russell Arrandale know (0422-883510)

EX-FELLRUNNER.

I am writing this while sitting by the shores of Coniston Water. This morning I set off to amble around the Langdale Horseshoe at what I self-mockingly liked to think of as 'training pace'. As I ascended Stickle Gill, the sun on my back, the sweat ran from me but as soon as I reached the tarn a breeze from the east first fanned me and then assisted me up the back of Pavey Ark.

At Thunacar Knott I saw a line of four runners making consciously determined progress towards Harrison Stickle, something in their bearing suggesting a camel train days from the next watering-hole. I slowed my pace (which meant stopping) and was half watching them, half thinking what a wonderful day it was, when I was disturbed by a shout:

"Hey! Hello! Bob! I'm doing the Bob Graham."

I studied the moving line. There was a familiarity now about the gait of the last camel: that lurching, powerful-thighed mesomorph, partly disguised by a peaked cap, was the person responsible for my taking up fellrunning almost six years ago, the man who must at least share the responsibility for the rapid degeneration of my body - the lumbago, the strained and torn ligaments, the cartilage operation, the pulled tendons, the successive bouts of flu and bronchitis which had all combined to prevent me being British Fellrunner of the Year. Yes, it was he: Trevor 'Rocky' Redmond.

I stumbled alongside, recognising his companions as Bob, Linda and Mark, and was quickly acquainted with the details of the previous ten hours. They seemed to be going well; in fact Trevor's speed was faster than his downhill finishing sprint in the Chew Valley used to be. I stayed with them for a couple of hours before leaving them at Bowfell to hobble back to the ODG by way of Crinkle Crag and Blisco.

Now, as I sip my Earl Grey and look over the lake towards the Old Man (more about Rees later), I can recollect my first meeting with Trevor in the autumn of 1986. We were quite close neighbours and had seen each other jogging around the local footpaths when one day he asked me if I was interested in fellrunning, suggesting that I might consider joining Halifax Harriers, which had a fellrunning section who trained from Mytholmroyd.

It was some months before I met Trevor again and during that time I acted on his advice and joined the Harriers, although I continued to train alone.

Sunday, 11th. January, 1987 was balls-achingly cold. I went into the fields for a short run and was returning through the last few hundred yards of frozen meadow when the steaming figure of Trevor emerged from a wooded path. I asked him how far and how fast he was thinking of going and, reassured, joined him for my first training session with a proper fellrunner.

As we climbed the gentle slopes of Wynteredge on our way to Coley I took the first opportunity to tell Trevor that I'd done as he suggested and joined the Harriers. I awaited his approval and hoped that he might pass on to me some of the lessons he'd learnt through his long experience of running and competing on the fells: after all, here was a man who'd completed the legendary Three Peaks Race. However, his response was a quiet chuckle and a comment that was devastating to a man who'd parted with several pounds in the belief that he was joining an organisation of fellrunners: "Oh, we've all left Halifax and started our own club in Mytholmroyd - Calder Valley Fell

Runners. We've got great vests - red and white hoops."

"Oh," I muttered when I had recovered a little of my composure. "Red and white hoops. Sounds great."

Throughout the run, during which I managed to keep up with Trevor, who obviously cut down his pace in deference to me, details of the club emerged. I was assured I'd be welcome on training runs, even though I was a Halifax Harrier. They often ran up to Stoodley Pike by way of the rather pleasant sounding Daisy Bank.

The following Saturday a notice in the Halifax Courier invited anyone interested in fellrunning to ring John Riley of Calder Valley Fell Runners. I did so. He was encouraging, particularly when I mentioned my fear that I would be left behind. "Oh no," he protested. "We do pack runs." I didn't know what a pack run was but pretended to be reassured.

Sunday morning, nine o'clock. I drove into the Mytholmroyd Community Centre car park. Half a dozen people of various ages were running on the spot or performing muscle-stretching cavortions. They looked slim, fit, most of them young. I parked the car a little distance from them, slowly climbed out and shambled across in a manner intended to make obvious the fact that I was a man who had already reached the foothills of decrepitude. I approached the only runner who was obviously older than me.

"Excuse me, is this Calder Valley Fell Runners?"

"It is. My name's Rees."

"I spoke to John Riley. He said to come along."

"Are you a fellrunner?"

"No, not really. I tried one or two last year, but didn't do very well."

"Which ones?"

I mentioned the races, slurring my words in case he had copies of the results in his car.

"Oh, a long distance man. Hey Russ, come and meet Bob. He's a long distance man."

"Hello Russ. I'm not a long distance man."

We were then interrupted, rather aggressively I thought, by an earnest looking gentleman in tights who started speaking without looking to see whether anyone was listening and who obviously didn't care what other conversations were taking place. "Up Daisy Bank, across the moor to the ruin, along to the Pennine Way..." and then the words began to fall out at an incoherent speed until he concluded by barking, "Right! Slow group, off you go. We'll come after you in ten minutes."

I fell in with Rees and Russell. "That's Jeff," said Rees in answer to my unspoken question as we jogged along the road, under the railway bridge and along to what I had imagined as a gentle gallop: Daisy Bank. Abruptly, conversation was replaced by heavy breathing and my companions slowly pulled ahead through the drifting snow. They waited at the top and we ambled together across Erringden Moor towards the ruin where we were overtaken by the fast group, whose only communication was via Jeff who shouted, "Hurry up! You'll never get fit training at that pace."

Past the ruin we joined the Pennine Way and sauntered down towards the valley bottom. When we reached the canal one of our group of about half a dozen said he'd been over-training and thought he'd better go back to Mytholmroyd along the tow-path. "Okay, see you then Jimmy," said Rees. "Bloody wimp," muttered Russell.

We followed the Pennine Way up and over the Blackshaw road to Jack Bridge, up again until we dropped down to Gibson Mill, along the Craggs and up through

the woods towards Pecket Well. What was to become familiar training ground was, on this occasion, a re-discovery of an area I hadn't been over for more than twenty years. However, the exhilaration brought on by the landscape and the deep snow gave way to a growing fatigue. It was at this point that Russell surged ahead of Rees and myself, disdaining the gradient and the slippery cobbles above Kitling Bridge. He waited at the main road, breathing deeply but evenly, exuding the confidence of an athlete in the prime of life.

"You were going strongly there," said Rees.

"Aye, I'm going to have a good year."

Up to the top of the valley and around Midgley Moor Russell was obviously straining at the leash, but he happily fell back with we older men and the pace was manageable until we dropped down to Mytholmroyd, when my thighs rebelled at the change of gradient.

I arrived back at the community centre twenty yards behind my companions. Jeff, showered and powdered, was on his way home. However, as club captain, he left us with a few parting words of encouragement:

"Where the bloody hell have you lot been?"

Bob Horne.

TO: THE EDITOR

BOB GRAHAM ROUND - JULY 1992

On July 24th I set off from Keswick to attempt the Bob Graham Round. Much to my delight I managed to complete the 42 peaks in 22hrs 26mins.

I would like this opportunity to thank all concerned, especially the back up team.

At Wasdale the weather conditions were horrendous, the lads who went from Wasdale to Honister and then to Keswick deserve medals for the first class job, thanks again.

Back up: Allan Jones, Trev Redmond

Keswick to Threlkeld: Jez Wilkinson, Andy Wimpenny

Threlkeld to Dunmail: Mark Bramall-Pimlott, John Riley, Graeme Woodward

Dunmail to Wasdale: Jamie Smith, Jeff Winder, Andy Thompson

Wasdale to Honister: Jeff Winder, Duncan Thompson, Kieth Munton

Honister to Keswick: Duncan Thompson, Kieth Munton

Brian Horsley

Overheard in the pub after the Pendleton race:-

Duncan : Do you sell Helicopter flavour crisps?  
Bar-maid : No, sorry but we only sell plain.

# Up & Down -the race is run!

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London SE13 7EH.  
Tel: 081-852 1457

Dear Subscriber/Reader:

With great regret and sorrow, Up & Down has now run its course so to speak, and descended to the finish line. Recently as you know its stability has been somewhat shaky, and a final decision wasn't an easy one. But I as the Editor find that with a full time job, other commitments and doing the magazine there just isn't enough time in the day.

I apologise profusely for the recent renewal notice saying the magazine was to continue, but it was hoped that with new printers, better assembly and your continued support the magazine could survive. The magazine doesn't break even, and has made a loss since its birth two years ago. In fact for my part all the time, effort and enthusiasm has been given freely including the use of our own photos. This has possibly been the reason why the magazine has continued to now and also of course that the contributors have received minimum payment if any.

You have to call it a day sometime, and now that time has come while the magazine is remembered for its high standard and coverage of these beloved fells. Hopefully the magazine has brought some interesting ideas to light within its pages and given the readership value for money. I for one am sorry this situation has had to be resolved with the magazine's termination.

Yours in sport,

Dave Woodhead

## A note from the publisher:

Dear All:

In the end the heart can only rule the head so long. It's been an outstanding two years but the two bugbears of money - the cumulative deficit is several thousand pounds - and time make it just not viable to go on.

My great thanks to Dave - it's been fantastic working with him - and of course Eileen too. And thanks also to our regular contributors like Dennis Quinlan, Bill Smith, Denise Park, Ewen Rennie, Suse Coon, Simon Blease, Eilir Evans, Brian Ervine, Richie Stevenson, Steve Bateson, Peter Hartley,

Steve Hughes and everybody else, not forgetting of course Soff & Geoff at the Fellternative.

We'll be sending a general letter round shortly with details of subscription refunds. Meanwhile any new or renewed subscriptions currently being received are not being cashed and will be returned shortly.

Thanks all, and see you on the fell, or more likely if you're orienteers, in the forest!

Ned Paul



When Pete Horne mentioned a day in Wales a few months back, I thought it would be a good day out on the fells and a usefull few hours training. Pete told me the previous Tuesday what he had in mind, but I still do not think it had sunk in (40 odd miles 20,000 feet of climbing).

When Pete picked me up at 5. 45 am he seemed a bit down. We had planned to take two cars so we could do the '3000' end to end. Our party was now down to myself, Mick Banks and Pete Horne. Andy Thompsons knees let him down, Jamie Smiths ankle showed sudden deterioration and finally Jeff (moggin-on) Winder didnt quite realise our plans in Wales and had babysitter-itous, so we were down to one car. Mick reckoned it would be difficult with just one car but on our journey down we made various plans.

Our route and logistic plans were eventually decided because Pete had not visited Snowden Cafe summit and he had heard good reports of the standard of the pots of tea. We therefore set off from Pen-y-Pass Youth Hostel at 8. 40 am, climbing Crib Goch first where Mick made a fair impersonation of a limpet on the impressive ridge between Crib Goch and Crib-y-Ddysgl, however once he felt safe again he did a quick impersonation of Linford Christie. Snowden Summit soon came upon us but not into view as the mist spoilt the views, however the tea was very welcome, and after refreshment we headed back down the pyg track at race pace.

Back at the car park we had lunch and headed hot foot for Lynn Ogwen. We arrived impressed by the two ranges of mountains either side. The Carneddau is normally the final range on a linear route, but as Mick thought we may not make all 15 summits, the Carneddau first would give us a better chance.

We pressed on or as Pete constantly encouraged us to Mog-on (he comes from the Jeff Winder school of fell running). After a steep climb which seemed to go on forever we started ticking off the summits. The last one of the seven on this range (Foel-fras) soon arrived. From this summit we would normally have had a steady run down to Aber, however as we had left the Glyder range to last, we now had to run all the way back to Ogwen. However we cheered ourselves up by promising a stop and a pot of tea or two from the cafe.

Mick said there was a easier decent down to Ogwen without going over the Dafydd. By this time we had drunk all our water and were feeling rather 'dry'. The decent was a pleasant grassy one which I began to enjoy, Pete followed closely behind but Mick did a first refusal on the final decent, he had a bought of cramp and needed coaxing down by the promise of a cool stream we had found. Soon replenished we set off back to Lynn Ogwen.

Arriving tired we sat down to our pots of tea and thought anxiously about the final range, by this time it was 4. 30 pm. We promised to set off again by 5 pm.

Finally after refreshments and stocking up with food and water we started reluctantly, the long climb up Tryfan ( an impressive rocky peak). Mick unfortunately began to struggle halfway up the ascent and because time would be fairly tight to complete before dark, Mick decided to call it a day, we had valued his experience of the Welsh peaks and it was a shame he had to drop out at this stage.

However me and Pete pressed on and once the peak of Trefan had been reached, the peaks of Glyder Fach and Fawr (both these tops are impressive rock tops especially in the gathering gloom) quickly followed.

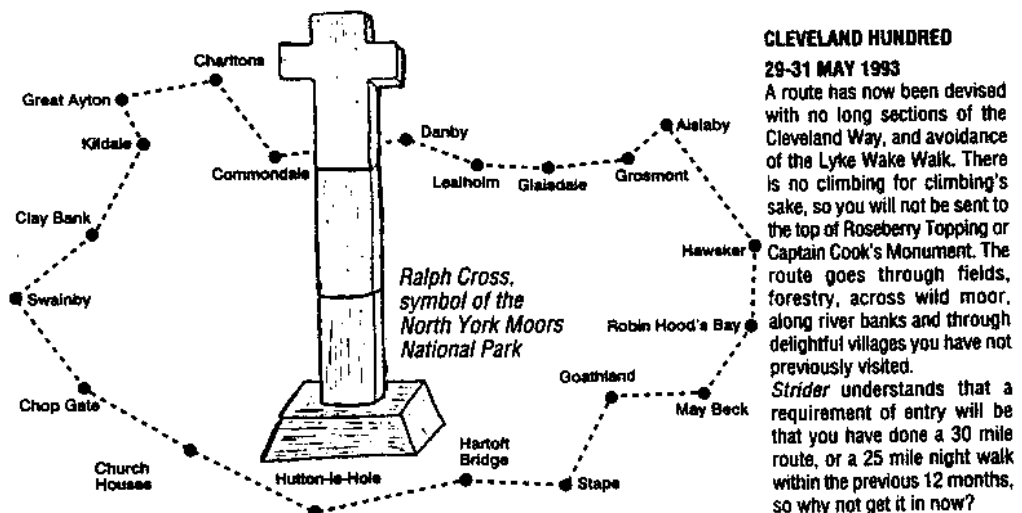
Weatherwise this was certainly the worst part of the day, the mist had descended and it was quite cool, however only two peaks to go and the full round would be achieved, something I had not expected at the start of the day.

We had to take a compass bearing to find our way up to Y Garn but once on the right route again the climb was not too bad and now on to Elidir Fawr. This peak is quite a distance, especially at the end of a long day but we had made good time on this section so far and so with the finish in sight, we managed a good Jeff Rogin-on pace. Pete could not understand why I felt so good after 10½ hours when I am always so knackered on our various two-day marathons, neither could I really! Elidir Fawr eventually arrived and we celebrated with my final piece of fruit cake.

Now we had to make our way back to Lynn Ogwen before dark. We had spotted a good way down on our way round to Elidir Fawr and so it turned out we soon lost most of our height and contoured back towards Lynn Ogwen. We finally arrived back at 9. 10 pm just as dusk fell, a long but very satisfying day. Mick welcomed us and offered to drive Pete's car back, Pete did not object as he was on duty at 5 am the following day!

Our route is certainly not the usual one but proved a very good challenge.

RICHARD KELLETT



Dear Rampage,  
 I am currently in the process of restoring an old pair of Walsh fell running shoes and I was wondering if any of your readers might have any old spares which they no longer require, in particular, 2 good uppers and a couple of studded soles.  
 Yours, S.K. Flint  
 York

**the trail running**  
association



## INFORMATION

The Trail Runners Association was formed on the 1st March 1991, by a group of runners and race organisers.

It was felt that the sport was coming under a lot of external pressure to be organised, and rather than have some heavy structure imposed on us by another sporting group we decided to organise ourselves on a fairly informal basis, with the minimum of bureaucracy. We intend to retain the great comradeship that exists in the sport.

A Trail Race takes place over tracks, trails, bridleways, paths lanes, grassland and (for short distances) even over roads: multi-terrain, ideally over a defined right of way with the majority off-road and often in areas of great scenic appeal. Many Trail Races, big and small, long and short, already exist throughout Britain: we want to encourage people to organise and participate in more events by publicising them and therefore popularising the sport. Entry to all races is open to all comers (although previous experience, purely in the interest of safety, may be necessary on longer or more remote races).

The annual membership of £5.00 is the same for both runners and race organisers: we intend to issue 2 and ultimately 3 newsletters annually with details of coming events and reports of past events, to introduce a 'grading' system for races indicating the level of support offered, and to make a Code of Conduct available to help race organisers.

Races will be published free for organisers with membership, although block adverts will cost more.

A temporary committee was elected until an AGM can be held, possibly on the eve of the South Downs Way 80 Miler on 28th June 1991.

As you will appreciate, these are early days for the TRA and a simple constitution is being prepared for proposal at the AGM. Meanwhile the more members we can muster, and the initial response has been good, the more representative we will be. We hope you will join the association and help us to preserve and promote trail running.

### Chairman

Harry Townsend  
6 Manor Road  
East Grinstead  
Sussex

Tel: 0342 322508

### Secretary

Geoff Worsley  
8 Wye Grove  
Buxton  
Derbyshire  
SK17 9LA

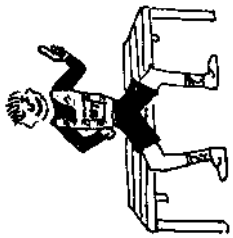
Tel: 0298 25382

### Membership Secretary

Richard Pountney  
173 Ditchling Road  
Brighton  
East Sussex  
BN1 6JB

Tel: 0273 55936

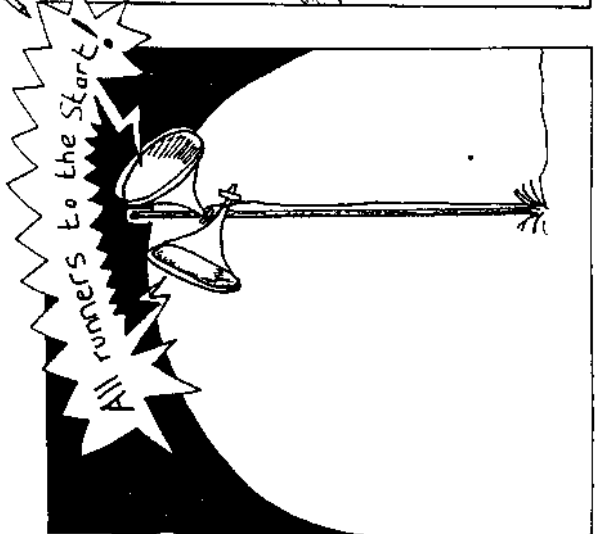
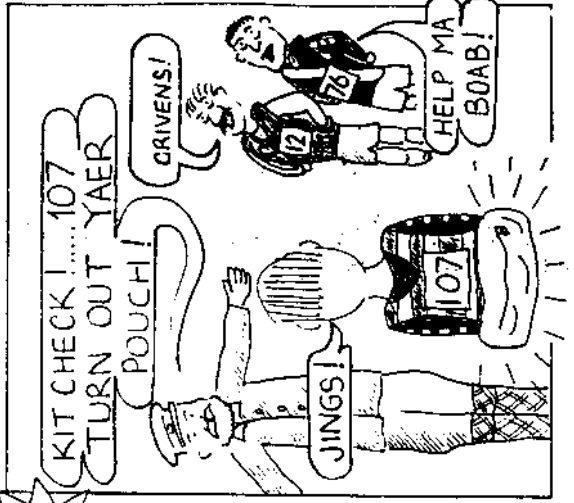
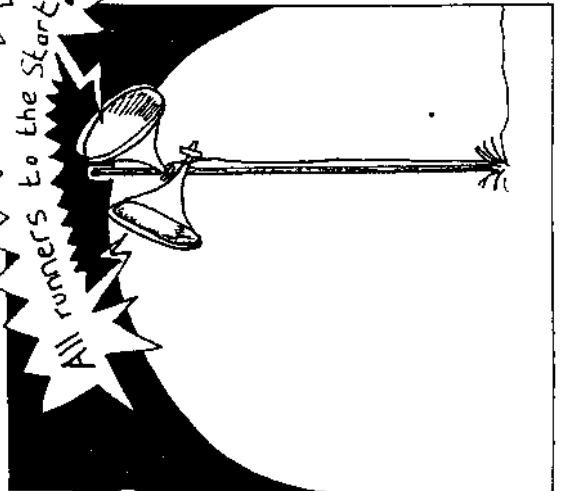
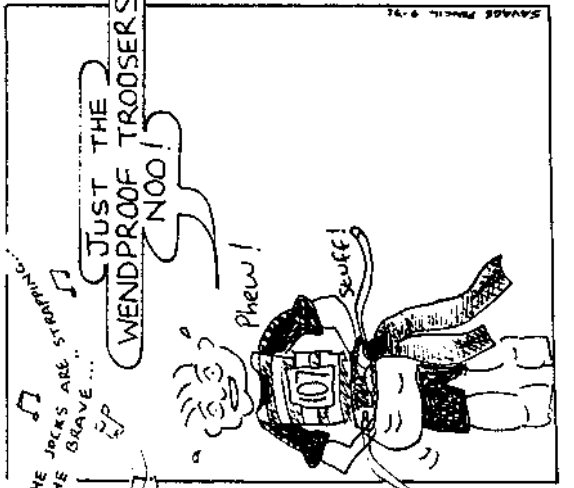
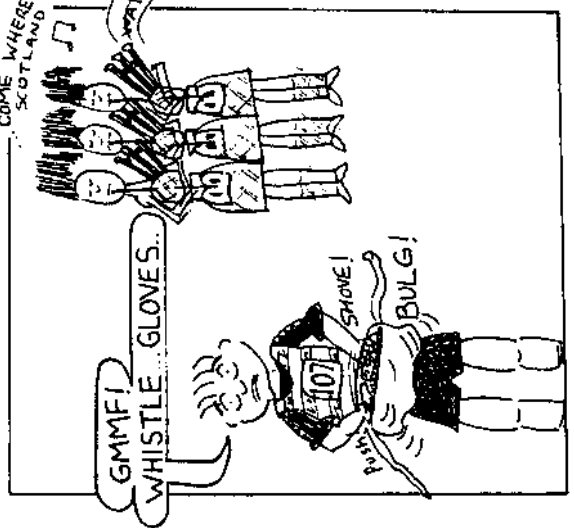
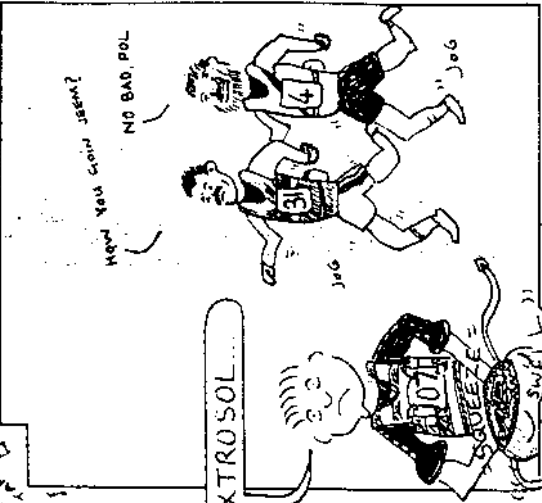
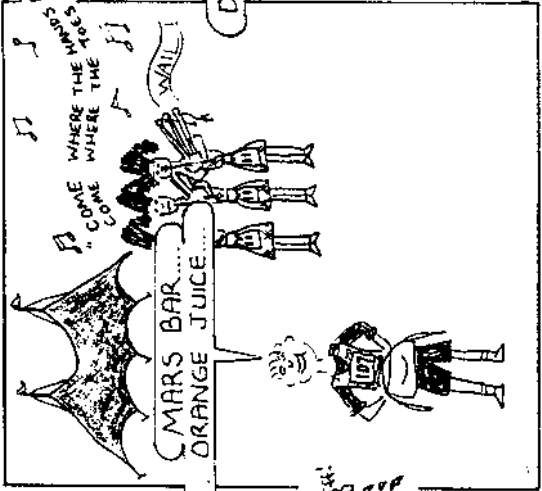
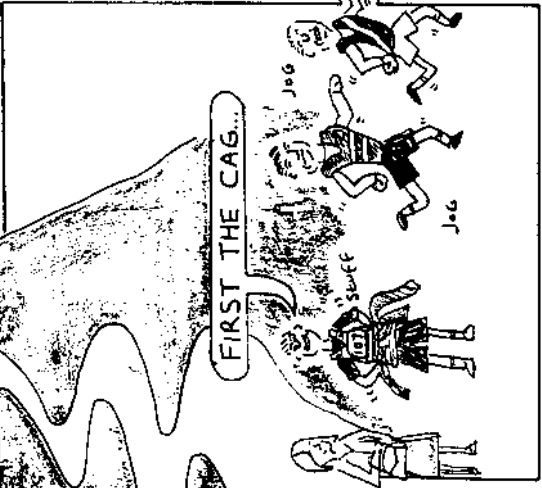
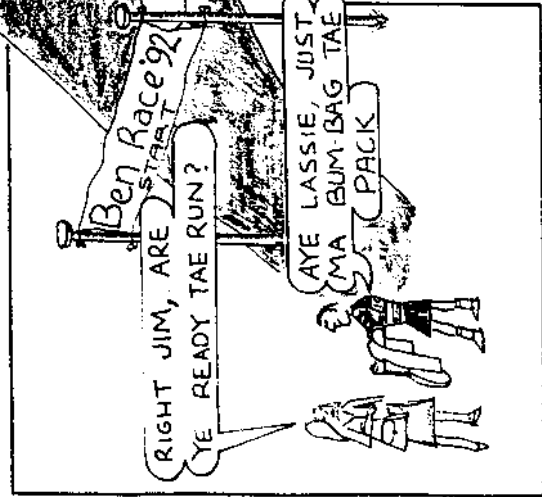
**For membership forms contact Richard Pountney at the above address, please send a stamped addressed envelope.**

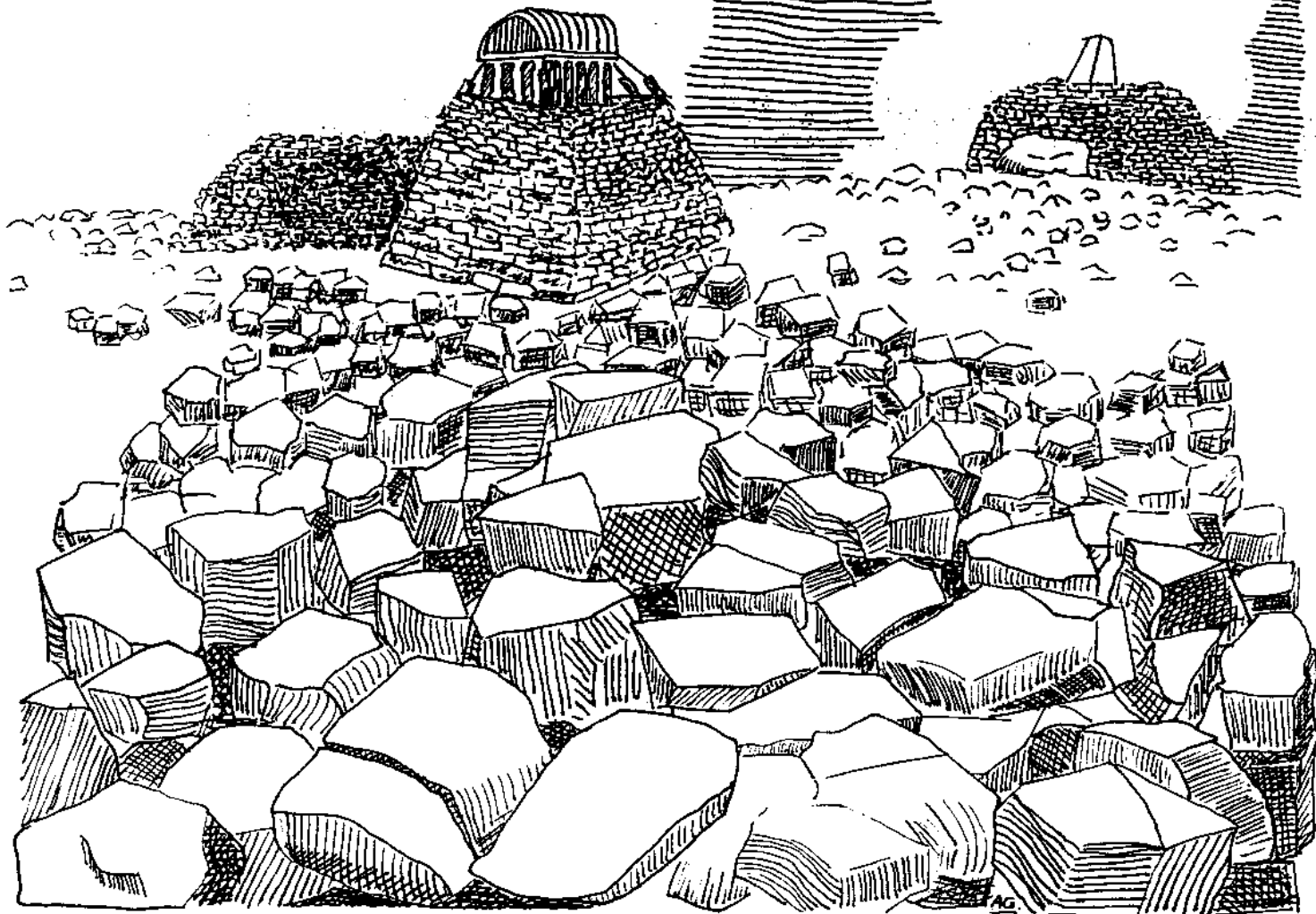


# OORJIMMI

SCOTCH MIST

200000 "KIT & CONDRUM".





The summit of Ben Nevis by A.G.

The ruin illustrated is that of the meteorological observatory which was built in 1883 to collect data over a period of sunspot activity and it was closed down in 1904. For a time after that it was run as a hotel before the proprietor gave up the unequal struggle. Nevertheless, the records which were collected during its period of operation are of great interest to walkers, rock climbers and runners alike, indeed to all those who aspire to climb the Ben.

They record that there is often a cloud-cap on the summit when the rest of the sky is clear with the result that the average sunshine recorded per day is about two hours and the annual rainfall is 157 inches. Permanent winter snowfalls commence in October and the summit is usually clear of melting snow by July. (There were patches of frozen snow to be seen in crevices between stones on the day of this years race, Sept 5th)

However, the most important factor which affects everybody on the mountain is the wind and it is the combination of wind and cold which is so deadly. The summit area has an average annual total of 261 gales, many reaching hurricane force, but of course, the majority of these occur during the winter period.

Nevertheless, at any day of the year, when the town of Fort William is bathed in warm sunshine, the conditions on the Ben can be arctic. Wrap up well!!

Allan G.

BOB GRAHAM ROUND 12/13 JUNE 1992

At the end of May this year Brian Horsley told me that he was going to back Linda and Irene on the first leg of the B. G. Round in June and asked me if I fancied going along as it would be a "good training run". I jokingly said if I'm to set off at twelve o'clock and run through the night, and if I feel O.K at Dunmail then I'll keep going, little did I know what was to follow.

Brian had been training all year with some good long races as he was to attempt the round himself later in the year.

My own training consisted of the Wadsworth Trog- Three Peaks- Blackstone Edge and the Coiners, 10K road race in which I won a teeshirt for being in the first 100, I think I was 93rd. Ever since I started fell running I used to shiver everytime someone mentioned the B.G. Round and what it entailed as I found it bad enough on a Sunday morning training run on the Pecket Well "15" where more than once after a couple of hours I had bonked and had to stagger back to the community centre unable to get off the toilet, go for a pint, or eat anything for the fear of being sick so who knows what it would be like to run for anything up to 24hrs.

As the story goes to attempt the B.G. Round one must go up to the Lakes every weekend and recce a section for upto six hours, do every long race on the calender the previous year and do upto 100 miles per week through the winter.

I had done the Round with a few members of the club about three years ago as a social event, camping at the end of each section near a local pub and generally having a good time, this took 3 days! All the way round we were saying I don't know how they do this in 24 hrs.

Back to the preparations and with a week to go I mentioned my intentions to just a few people as not to put pressure on myself and asked for advice from B.G. members.

I handed Russell a plastic bag with a change of clothes in it and said "will you take this with you to Keswick" as he was backing Linda and Irene on the last leg. Russell's face lit up as he said "are you havin a go you bugger". I said "you never know Russ".

As the date drew closer I went shopping and spent a fortune and as my wife Elizabeth remarked "the larders never been as full" and my daughter Harriet kept stealing my rice pudding cartons.

An hour before I was due to be picked up Jeff came to see me to see how I was doing I said I might attempt to back myself up all the way as I had not made any arrangements for that. I packed my rucksack thinking I had enough food etc. Jeff took one look at it and tipped it on the floor saying "you dont need this you don't need that. thats far too heavy" etc. What you need is a box full of pasta for the roadside sections. I didn't have any. When Elizabeth arrived home I shot out to the shop and bought some which she prepared with Tuna salad etc. With minutes to spare.

Soon we were off and when we arrived at Dunmail in the car I decided I had better stash some food in the central reservation to collect at rest time later.

We arrived at the campsite at Castlerigg and met Irene who was a bundle of nerves "come and have a drink with us" we said but she wanted to rest in the tent. Brian, Andy Thompson and myself had a pint of Guinness before we set off for Irene and down to the Keswick Moot Hall.

A full moon, tense atmosphere, calm conditions We met up with Linda and I mentioned that I was to attempt the round if I felt O.K. and she seemed pleased I was coming along.

Jez Wilkinson was to be our navigator on leg one and as the clock struck twelve we were off at a nice easy pace with Skiddaw reached in 1.22 amongst stunning views of Keswick off to Calva and we hit a snag with us missing the path upto the summit which cost us a fair amount of time, on the climb over Mungrisdale Common Irene became ill and with her pacer Andy she dropped back, as we reached Blencathra the dawn was just breaking and we made good time down "knee wrecker ridge" to Threkheld where Pete White and Rhys were waiting with cups of tea etc. after eight minutes we continued up Clough Head with Pete while Rhys waited for Irene and Andy. Linda set a strong pace and I drifted off the rear stuffing myself with dried fruit, oranges etc. We were quickly across the Dodds and Helvelyn, dropping down to Grisdale tarn it was starting to get really warm. Brian headed to Dunmail to let the back up know we were on our way. The climb up to Fairfield was horrendous and I was glad to turn round and descend to Seat Sandal where I passed Linda down to Dunmail for a rest. I changed my shoes and socks while Brian and other back up people searched for my food stash but could not find it and I thought someone had stolen it but it turned up. Linda arrived and didn't want to hang about so I opened the pasta box stuffed a load in and we set off up Steel fell with only eight minutes rest again. This time Bod was to be our pacer while Mark B. Pimlott waited for Irene. I had made the decision to carry on as I felt O.K. and there was no turning back as my transport home vanished with Brian and Andy going home to bed. Bod was doing a great job as on the horizon Mark appeared telling us Irene had withdrawn, we now had a pacer each and with it turning out to be the hottest day of the year, water supply was to prove crucial. Mark kept drifting off to fill the water bottles doing a great job. Going across the Sticklethorpe who should we bump into but my old mate Bob Horne who was delighted to accompany us across to Bowfell. We filled our water bottles up from the spring there and it was like nectar, at Scafell Pike it was like Blackpool with climbers like flies clinging to the rocks. My feet were very sore by now across the rocky sections as the competitors in the Ennerdale will testify who suffered with blisters. Reaching Broad Stand we had assistance of climbers with a rope which saved us time up to Scafell touch the cairn and we looked across to Yewbarrow and the range beyond. I decided I wanted a good rest at Wasdale so set off on my own leaving Linda and Bob. I chose a terrible line and ended up in the scree knocking and bumping my very sore feet. I ended up on the footpath and lost a lot of time. Minutes later

I bumped into Pete and Jackie White who escorted me down to the car Pete said it was still on if we're out of here for 4 o'clock it was now 3.45. Jackie threw me on the floor and when I tried to get up she threw me down again soaking me in water. Pete set about my feet and did a marvellous job patching them up with plasters and pads then Paul Frechette mixed some pain killers up which I took. I got the box of pasta out and gulped some more down. My feet felt great by now the only other pain was at the back of both knees. As we set off up Yewbarrow the painkillers were working and I felt strong. Rod Sutcliffe joined us and told us that Linda was retiring, now I had three pacers and Rod was like a mobile supermarket never leaving my side and handing me food and water at every opportunity. Paul supplied the light hearted moments with tales and jokes to pass the time and Pete was doing a fine job pathfinding. Up to Gt. Gable and Pete said we were well on schedule my tail was really up now and we picked up the pace and headed for Honister. Rod shot off in front to tell the back up we were on our way down to the youth hostel car park and there was Russ and Tony Bradley and Tony Flint warming up all that Russ could say was "you bugger your going to do it". Rhys's wife Margaret was doing a fine job with refreshments but I didn't want to hang about now taking only a four minute stop. I headed up Dale Head with Russel, TonyF, Tony B, and once again Rod. At the top of Dale Head I was feeling the cold as The wind was getting up, and who should produce some leggings none other than Rod. As we headed for Robinson I could see the lights of Keswick in the distance but still a long way to go, the lads picked a great path down Robinson and informed me that Rhys was waiting to show us a short cut to Keswick from Little London. We picked Rhys up and he shot into the lead the pace really told on me like the last two miles of a marathon. I had to stop and walk a little but Rhys in no uncertain terms told me it was still a long way to go and I had to keep going I was feeling low now and all sorts of thoughts were going through my mind, would I cramp up? Would I make it for twelve o'clock, I just put my head down and hoped for the best through the woods and it was pitch black and finally across the metal bridge into Keswick High St. there was Pete White who joined in the pack as I turned the corner and saw the Moot Hall. I sprinted up the street to touch the door greeted by dozens of well wishers from various B.G back up crews of the day "What a feeling".

I felt O.K. as I walked to the car with Russ, Rod, Tony F., and Tony B. We had to go drop Tony Flint off to pick his car up at Honister, He was to drive Rod and Russ home I was going with Tony Bradley. On the way through Borrowdale I began to feel sick, Tony had to stop the car the first of six steps. I thought I was going to die as it was coming out of both ends. I don't know what was going through Tony's mind but I said if I die at least I've done it and will have an obituary. I managed to fall asleep and I woke up going through Halifax town centre.

Finally home and I staggered into the house I didn't know whether I wanted to shave or shampoo. I decided to have a bath it was 4 o'clock in the morning. I fell asleep in the bath and woke up in freezing cold water. I climbed out and got into



bed forgetting to dry myself, Elizabeth wasn't very pleased so I left and went into the spare bed.

A few hours later I woke up with legs like Douglas Bader. A knock at the door and it was Jeff come to congratulate me he brought a cardboard Crown and medal he had made and presented it to me, it read "Sir Bob" and if Jeff had gone to so much trouble I knew I must have done something special.

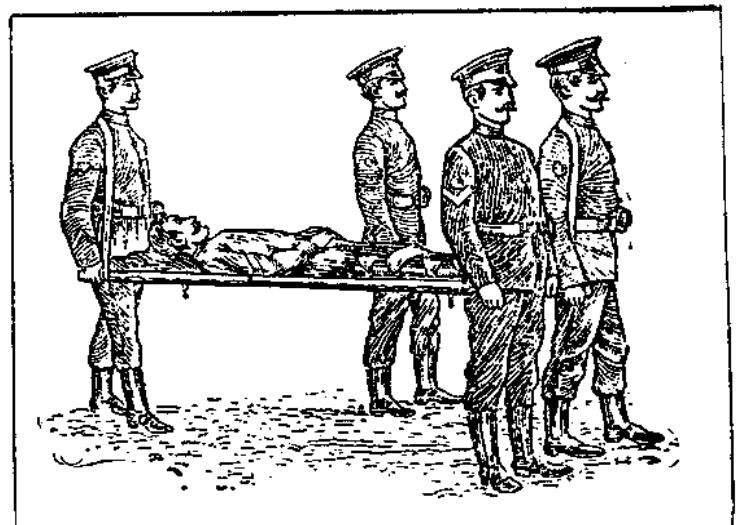
If nothing else it will spur many 'also rans' like myself to do it which must be good for the club as the Nike logo says 'JUST DO IT'.

I would like to thank the following people who without their assistance the round would not have been possible. Linda and Irene, Brian Horsley, Andy Thompson, Jez Wilkinson, Pete and Jackie White, Rhys and Margaret Kift and family, Bod, Mark Bramall-Pimlot, Paul Frrechette, Rod Sutcliffe, Russell Arrandale Tony Flint, Tony Bradley and Elizabeth and Harriet for putting up with the aches and pains before and afterwards also anyone who gave me advice in any way.

TREVOR REDMOND

For the record my time was 23hrs. 35mins.  
Total rest time 35 minutes.

Ian Hartman at Ben Nevis - Photo's by Peat Hardley.



CALDER VALLEY FELL RUNNERS 1992 CHAMPIONSHIP

## Race Results (continued)

Results for races 1-10 in previous issue of Rampage (Races 6,7 &amp; 9 corrected)

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
<u>RACE 6: KINDER DOWNHILL FELL RACE (AM 10m/2,150ft) - SUNDAY 26th APRIL</u>								
1.	Tim Parr	1.09.19						
10.	Gary Webb	1.11.54	40			4.20	1.07.34	32
11.	Steve Houghton	1.12.10	39			12.50	59.20	37
22.	Steve Skelton	1.15.54	38			13.20	1.02.34	35
24.	Duncan Thompson	1.16.14	37			12.20	1.03.54	34
27.	Andy Wimpenny	1.16.27	36			10.20	1.06.07	33
28.	Rob Skelton	1.17.21	35			19.00	58.21	38
58.	Rod Sutcliffe	1.20.54	34	20		18.30	1.02.24	36
87.	Ian Hartman	1.23.15	33	19		25.00	58.15	39
109.	Jez Wilkinson	1.25.30	32			30.10	55.20	40
232.	Karen Darke	1.41.18	31		10	-	-	31

<u>RACE 7: CONISTON FELL RACE (AM 9m/3,500ft) - SATURDAY 2nd MAY</u>								
1.	Keith Anderson	1.05.22						
72.	Paul Cleary	1.20.30	40			-	-	31
81.	Jeff Winder	1.21.39	39	20		8.42	1.12.57	34
102.	Steve Skelton	1.23.43	38			12.00	1.11.43	37
149.	Andy Thompson	1.27.21	37			20.42	1.06.39	39
150.	Brian Horsley	1.27.29	36	19		18.00	1.09.29	38
172.	Chris Godridge	1.29.58	35			17.33	1.12.25	35
188.	Richard Kellett	1.31.45	34			19.39	1.12.06	36
200.	Jez Wilkinson	1.32.37	33			27.09	1.05.28	40
233.	Mick Banks	1.35.59	32			20.51	1.15.08	32
257.	Barry Price	1.37.53	31	18		-	-	31
258.	Denis Gildea	1.38.05	30	17		23.06	1.14.59	33
269.	Geoff Bell	1.39.22	29			-	-	31

<u>RACE 9: BLACKSTONE EDGE FELL RACE (AS 3.5m/1,200ft) - WEDNESDAY 20th MAY</u>								
1.	Shaun Livesey	28.02						
10.	Gary Webb	29.55	40			1.38	28.17	31
11.	Richard Rowlands	29.57	39			-	-	22
20.	Duncan Thompson	31.27	38			3.44	27.43	35
27.	Jeff Winder	31.46	37	20		3.06	28.40	29
28.	Steve Houghton	31.52	36			3.51	28.01	34
32.	Rob Skelton	32.17	35			4.09	28.08	33
34.	Rod Sutcliffe	32.30	34	19		5.08	27.22	38
37.	Pete Round	32.46	33			5.15	27.31	36
39.	Carl Greenwood	32.52	32			5.57	26.55	39
47.	Leahn Parry	33.26	31			-	-	22
51.	Andy Thompson	33.35	30			6.08	27.27	37
55.	Denis Gildea	33.49	29			7.18	26.31	40
69.	Pete Horne	34.51	28	18		6.39	28.12	32
73.	Ian Hartman	35.04	27	17		6.01	29.03	28
84.	Mick Banks	35.44	26			6.36	29.08	26
91.	Graeme Woodward	36.02	25			4.54	31.08	23
99.	Chris Peart-Binns	36.29	24			5.22	31.07	24
101.	Tony Bradley	36.32	23			7.28	29.04	27
108.	Eddie Procter	37.09	22	16		8.45	28.24	30
113.	Trevor Redmond	37.48	21			7.39	30.09	25
115.	Alan Jones	37.52	20	15		-	-	22
149?	Pete White	341.05	19	14		-	-	22

CALDER VALLEY FELL RUNNERS 1992 CHAMPIONSHIP

## Race Results (continued)

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
<u>RACE 11: STOODLEY PIKE FELL RACE (BS 3.5m/700ft) - WEDNESDAY 1st JULY</u>								
1.	Andy Peace	17.09						
14.	Gary Webb	19.05	40			1.38	17.27	22
27.	Rob Skelton	19.51	39			4.09	15.42	30
33.	Pete Round	20.04	38			5.15	14.49	35
49.	Carl Greenwood	20.39	37			5.57	14.42	36
55.	Brian Horsley	21.00	36	20		5.12	15.48	29
65.	Denis Gildea	21.16	35			7.18	13.58	38
79.	Rod Sutcliffe	21.38	34	19		5.08	16.30	24
83.	Richard Kellett	21.45	33			5.19	16.26	27
85.	Stewart Gardner	21.47	32			5.19	16.28	26
87.	Andy Thompson	21.49	31			6.08	15.41	31
91.	Gerry Symes	21.54	30	18		-	-	19
97.	Mick Banks	22.04	29			6.36	15.28	33
99.	Chris Godridge	22.09	28			5.12	16.57	23
101.	Jez Wilkinson	22.11	27			8.21	13.50	39
108.	Ian Hartman	22.18	26	17		6.01	16.17	28
116.	Geoff Bell	22.26	25	16		-	-	19
117.	Graeme Woodward	22.27	24			4.54	17.33	21
130.	Bob Horne	22.54	23	15		-	-	19
132.	Steve Cavell	22.54	22			8.21	14.33	37
136.	Leahn Parry	23.00	21			-	-	19
140.	Tony Bradley	23.00	20			7.28	15.32	32
146.	Tony Flint	23.16	19	14		-	-	19
148.	John Marshall	23.18	18			-	-	19
163.	Alan Jones	23.55	17	13		-	-	19
170.	Eddie Procter	24.08	16	12		8.45	15.23	34
174.	Graham Spencer	24.14	15			7.46	16.28	26
203.	Pete White	25.34	14	11		-	-	19
229.	Linda Hayles	26.43	13	10	10	13.11	13.32	40
230.	N Crossdell	26.43	12	9		-	-	19
257.	Christopher Nuttall	28.27	11			9.10	19.17	20

RACE 12: MYTHOLMROYD FELL RACE (CM 7m/1,350ft) - SATURDAY 11th JULY

1.	Dave Cartridge	48.01						
6.	Gary Webb	49.59	40			3.02	46.57	24
7.	Richard Rowlands	50.24	39			3.23	47.01	23
13.	Duncan Thompson	51.27	38			8.38	42.49	29
24.	Jeff Winder	53.48	37	20		6.46	47.02	22
30.	Rob Skelton	55.10	36			13.18	41.52	32
34.	Denis Gildea	55.58	35			17.58	38.00	36
35.	Brian Horsley	56.18	34	19		14.00	42.18	31
36.	Carl Greenwood	56.25	33			18.40	37.45	37
42.	Richard Kellett	57.44	32			15.17	42.27	30
48.	Pete Horne	58.01	31	18		14.28	43.33	27
50.	Steve Cavell	58.07	30			24.37	33.30	40
54.	Jez Wilkinson	58.38	29			21.07	37.31	38
56.	Ian Hartman	58.59	28	17		17.30	41.29	33
57.	Gerry Symes	59.05	27	16		-	-	20
58.	Andy Thompson	59.16	26			16.06	43.10	28
62.	Geoff Bell	59.27	25	15		-	-	20
65.	Paul Frechette	59.46	24	14		-	-	20
68.	Mick Banks	60.25	23			16.13	44.12	26
74.	Tony Bradley	61.05	22			-	-	20
79.	Chris Peart-Binns	62.03	21			16.48	45.15	25
89.	Bob Horne	63.21	20	13		-	-	20
92.	Eddie Procter	63.52	19	12		15.45	48.07	21
96.	Alan Jones	64.13	18	11		-	-	20

CALDER VALLEY FELL RUNNERS 1992 CHAMPIONSHIP

## Race Results (continued)

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
RACE 12: MYTHOLMROYD FELL RACE (CM 7m/1,350ft) - SATURDAY 11th JULY (continued)								
98.	Graham Spencer	64.15	17			23.20	40.55	35
101.	Pete White	64.30	16	10		-	-	20
118.	Grahame Fry	67.29	15	9		26.01	41.28	34
120.	Neil Croasdell	68.17	14	8		-	-	20
127.	Linda Hayles	69.52	13	7	10	33.08	36.44	39
146.	Helen Taylor	79.35	12		9	-	-	20

RACE 13: BORROWDALE FELL RACE (AL 17m/6,500ft) - SATURDAY 1st AUGUST								
1.	Gavin Bland	2.43.33						
31.	Paul Cleary	3.25.56	40			27.29	2.58.27	38
41.	Jeff Coulson	3.29.48	39	20		-	-	29
47.	Rod Sutcliffe	3.31.32	38	19		36.50	2.54.42	39
60.	Steve Houghton	3.38.05	37			29.11	3.08.54	36
104.	Andy Wimpenny	3.54.32	36			39.06	3.15.26	35
137.	Greg Houghton	4.06.53	35	18		37.41	3.29.12	31
181.	Chris Peart-Binns	4.18.04	34			51.17	3.26.47	32
183.	John Riley	4.18.53	33	17		85.00	2.53.53	40
188.	Russell Arrandale	4.19.49	32			-	-	29
204.	M Bramall-Pimlott	4.25.43	31			37.24	3.48.19	30
220.	Steve Cavell	4.29.40	30			82.10	3.07.30	37
235.	Geoff Bell	4.35.18	29	16		-	-	29
272.	Eddie Procter	4.47.53	28	15		83.52	3.24.01	33
303.	Tony Flint	5.05.32	27	14		-	-	29
304.	Tony Bradley	5.06.09	26			-	-	29
308.	Linda Hayles	5.07.21	25	13		107.40	3.19.41	34
309.	Neil Croasdell	5.10.35	24	12		-	-	29
dnf	Graham Spencer							

RACE 14: SEDBERGH HILLS RACE (AL 14m/6,000ft) - SUNDAY 16th AUGUST								
1.	John Taylor	2.02.49						
13.	Steve Houghton	2.17.24	40			24.02	1.53.22	32
20.	Gary Webb	2.19.19	39			9.20	2.09.59	24
22.	Duncan Thompson	2.20.48	38			23.20	1.57.28	30
29.	Andy Wimpenny	2.23.01	37			32.12	1.50.49	33
35.	Jeff Winder	2.25.19	36	20		18.12	2.07.07	25
48.	Rod Sutcliffe	2.29.51	35	19		30.20	1.59.31	29
59.	Greg Houghton	2.31.56	34	18		31.02	2.00.54	27
80.	Denis Gildea	2.37.08	33			53.26	1.43.42	37
83.	Paul Frechette	2.37.54	32	17		-	-	22
98.	Brian Horsley	2.41.20	31	16		35.00	2.06.20	26
101.	Ian Hartman	2.42.21	30	15		48.18	1.54.03	31
104.	Richard Kellett	2.42.49	29			56.00	1.46.49	35
129.	Steve Cavell	2.48.45	28			67.40	1.41.05	40
144.	John Riley	2.52.02	27	14		70.00	1.42.02	39
150.	Graham Spencer	2.54.21	26			70.42	1.43.39	38
162.	Geoff Bell	2.57.27	25	13		-	-	22
169.	Eddie Procter	2.58.23	24	12		69.04	1.49.19	34
182.	Alan Jones	3.02.08	23	11		-	-	22
183.	Stewart Gardner	3.02.29	22			-	-	22
196.	Trevor Redmond	3.07.19	21			66.58	2.00.21	28
208.	Linda Hayles	3.12.45	20	10	10	88.40	1.44.05	36
209.	Neil Croasdell	3.12.45	19	9		-	-	22
241.	Irene Neville	3.56.40	18	8	9	98.42	2.17.58	23

CALDER VALLEY FELL RUNNERS 1992 CHAMPIONSHIP

## Race Results (continued)

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
<u>RACE 15: WREKIN FELL RACE (AS 5.5m/1,700ft) - SATURDAY 22nd AUGUST</u>								
1.	Mark Kinch	37.01						
26.	Steve Houghton	41.15	40			6.03(363)	35.12	40
106.	Neil Croasdell	51.22	39	20		-(-)	-	38
141.	Linda Hayles	58.59	38	19	10	20.43(1243)	38.16	39

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
<u>RACE 16: PENDLETON FELL RACE (AS 5m/1,500ft) - SATURDAY 29th AUGUST</u>								
1.	Gary Devine	32.57						
8.	Gary Webb	34.43	40			2.20	32.23	32
11.	Duncan Thompson	35.50	39			5.20	30.30	36
15.	Steve Houghton	36.06	38			5.30	30.36	35
23.	Andy Wimpenny	37.07	37			5.50	31.17	34
48.	Carol Greenwood	38.52	36		10	9.15	29.37	40
67.	Richard Kellett	40.25	35			7.35	32.50	31
75.	Mick Banks	41.00	34			9.25	31.35	33
98.	John Riley	43.07	33	20		13.15	29.52	38
144.	Allan Greenwood	47.50	32			14.05	33.45	30
149.	Linda Hayles	48.50	31	19	9	18.50	30.00	37
150.	Neil Croasdell	48.50	30	18		-	-	29
157.	Irene Neville	50.41	29	17	8	20.50	29.51	39
dnf.	Geoff Bell							

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
<u>RACE 17: BEN NEVIS RACE (AM 10m/4,400ft) - SATURDAY 5th SEPTEMBER</u>								
1.	Gavin Bland	1.27.02						
14.	Gary Webb	1.37.27	40			4.20	1.33.07	35
24.	Richard Rowlands	1.41.35	39			4.50	1.36.45	30
64.	Rob Skelton	1.50.53	38			19.00	1.31.53	36
72.	Rod Sutcliffe	1.52.20	37	20		18.30	1.33.50	34
77.	Greg Houghton	1.53.25	36	19		18.20	1.35.05	32
78.	Carol Greenwood	1.53.25	35		10	24.50	1.28.35	37
92.	Brian Horsley	1.56.07	34	18		20.00	1.36.07	31
109.	Graeme Woodward	1.57.48	33			20.40	1.37.08	29
125.	Jurgen Bernard	2.00.42	32			-	-	22
129.	Richard Kellett	2.00.54	31			21.50	1.39.04	28
167.	Russell Arrandale	2.05.40	30			68.20	57.20	40
173.	Trevor Redmond	2.06.36	29			31.40	1.34.56	33
204.	Jez Wilkinson	2.10.53	28			30.10	1.40.43	27
208.	John Riley	2.11.11	27	17		48.20	1.22.51	39
215.	Denis Gildea	2.12.36	26			25.40	1.46.56	25
233.	Alan Jones	2.15.32	25	16		-	-	22
249.	Tony Bradley	2.17.56	24			-	-	22
252.	Tony Flint	2.18.17	23	15		-	-	22
262.	Simon Towler	2.20.07	22			-	-	22
294.	Neil Croasdell	2.28.13	21	14		-	-	22
295.	Linda Hayles	2.28.23	20	13	9	47.20	1.41.03	26
302.	Allan Greenwood	2.30.30	19			36.00	1.54.30	24
317.	Irene Neville	2.37.11	18	12	8	69.20	1.27.51	38
337.	Jimmy Sheard	2.46.38	17			-	-	22
349.	Ian Hartman	3.01.21	16	11		25.00	2.36.21	23

CALDER VALLEY FELL RUNNERS 1992 CHAMPIONSHIP

## Race Results (continued)

Pos.	Name	Time	Champ pts	Vet pts	Ladies pts	Handicap	Adjusted Time	Hcp pts
<u>RACE 18: GREAT SHUNNER FELL RACE (AM 9m/1,500ft) - SATURDAY 19th SEPTEMBER</u>								
1.	Ian Ferguson	1.04.01						
7.	Gary Webb	1.09.04	40			3.28	1.05.36	28
10.	Duncan Thompson	1.10.03	39			9.52	1.00.11	36
12.	Steve Houghton	1.10.11	38			10.16	59.55	37
13.	Carol Greenwood	1.12.41	37		10	19.52	52.49	39
16.	Andy Wimpenny	1.13.44	36			8.16	1.05.28	29
27.	Greg Houghton	1.15.39	35	20		14.40	1.00.59	35
30.	Rob Skelton	1.17.07	34			15.12	1.01.55	30
33.	Graeme Woodward	1.17.44	33			16.32	1.01.12	34
41.	Ian Hartman	1.19.07	32	19		20.00	59.07	38
43.	Mick Banks	1.20.14	31			18.32	1.01.42	31
47.	Gerry Symes	1.21.10	30	18		-	-	25
60.	Trevor Redmond	1.26.53	29			25.20	1.01.33	32
64.	John Riley	1.27.35	28	17		38.40	48.55	40
68.	Alan Jones	1.28.27	27	16		-	-	25
72.	Allan Greenwood	1.30.19	26			28.48	1.01.31	33
75.	Eddie Procter	1.31.34	25	15		18.00	1.13.34	27
94.	Grahame Fry	1.50.52	24	14		29.44	1.21.08	26

If you spot any errors or omissions, please let me know  
(Ian Hartman - 0274 546549)

PLEASE NOTE: Only members who have paid their 1992 subscriptions will be included in the final results and will be allocated handicaps for 1993 - so if you haven't yet paid, pay Richard Kellest before the A.G.M. - it's only £3.

REMAINING RACES:

RACE 19: PERIS HORSESHOE FELL RACE (AL 17m/7,500ft) - SATURDAY 26th SEPTEMBER

RACE 20: LANGDALE HORSESHOE FELL RACE (AL 16m/4,000ft) - SATURDAY 10th OCTOBER

RACE 21: SHEPHERD'S SKYLINE FELL RACE (BS 6m/1,150ft) - SATURDAY 14th NOVEMBER

RACE 22: WINTER HILL FELL RACE (AM 11m/2,700ft) - SUNDAY 22nd NOVEMBER

X-Country...X-Country...X-Country...

Yes folks it's that time of year again, when the terrain gets muddy and the course is flatter- of course i'm on about the Cross-Country season which gets underway on;  
October 3rd at Skipton Grammar School. (Open Meeting)

also; October 17th at Beckett's Park, Leeds. (W.Yorks League)

First race at Leeds is at 12:30 and there will be events for all age groups with races for both Men and Ladies. Entries will be taken on the day.









CURRENT NATIONAL CHAMPIONSHIP PLACINGSAFTER FIVE RACESENGLISH

Completed: Edale, Grisedale Grind, Coniston, Duddon, Turnslack.

To Come: Wrethen.

<u>Seniors</u>	<u>Races</u>	<u>Points</u>
1) Gavin Bland - Borrowdale	4	92
24) Gary Webb	2	27
64) Jeff Winder	1	7
67) Steve Houghton	1	6

Vets 0/40

1) Billy Bland - Borrowdale	4	80
7) Rod Sutcliffe	4	36
11) Jeff Winder	2	25
21) Jeff Coulson	1	15

Vets 0/50

1) Don Ashton - Blackburn	4	85
14) Barrie Price	1	17

Ladies

1) Jackie Smith - DPFR	4	29
8) Carol Greenwood	1	9

Teams

1) Clayton-Le-Moors	4	41
8) Calder Valley	3	14

BRITISH

Completed: Pen-y-Fan, Coniston, Dollar, Turnslack, Borrowdale.

To Come: Peris Horseshoe.

Vets 0/40

1) Bob Whitfield - Bingley	4	84
16) Rod Sutcliffe	3	28
) Jeff Coulson	1	15

**CRYPTIC CROSSWORD - SOLUTIONS**  
 ACROSS: 1 Affred the Great, 10 Cigar, 11 Discourse, 12 Mistle, 13 Water-  
 100, 15 Fair, 16 Perforated, 20 Highlander, 21 Nail, 23 Exercise, 26 Behind,  
 28 Reputable, 29 Rainy, 30 Hold everything.  
 DOWN: 2 Lightning, 3 Rarely, 4 Dodo, 5 Hosea, 6 Geometry, 7 Enrol, 8 The  
 good old days, 9 Scum of the earth, 14 Seen, 17 Feel, 18 Tradition, 19 Black  
 tie, 22 Death, 24 Expel, 25 Sabre, 27 Dewy.

ACROSS: 1 Bandleader, 7 Evil, 8 Nightcap, 10 Seville, 11 Hither, 13 Regular, 16 Love, 18 Loco,  
 19 Eternal, 22 Locate, 23 Deliver, 25 Disguise, 26 Puma, 27 Left-handed.  
 DOWN: 1 Bung-hole, 2 Negative, 3 Litter, 4 Alias, 5 Revival, 6 Title, 9 Perusal, 12 Rearmed,  
 14 Rosalind, 15 Bonehead, 17 Ethical, 20 Loggia, 21 Debut, 24 Riot.

**RESULTS.....RESULTS.....RESULTS.....RES**YORKSHIREMAN OFF-ROAD MARATHON13th September 1992

Following an 'Austrian' night out in August, Josephine's statement to the effect that "You and Tony have no chance of beating my Squidgy (Richard) and Tony Bradley," has been ringing in my ears ever since. With the gauntlet thrown, I can now say that the pain and suffering were well worth the effort .....if only to see Richards face following our resounding success over him and Tony. To rub salt into the wound even more, here are the results :-

27th	Tony Flint & Russ Arrandale	4.01.25
31st	Chris Peart-Binns & Dennis Gildea	4.04.10
32nd	Brian Horsley & Pete Regan	4.04.50
58th	Richard Kellett & Tony Bradley	4.15.05
45th	Alan Jones & Mick Banks	4.21.00
47th	Pete White & Paul Frechette	4.22.00
49th	Linda Hayles & Neil Croasdale	4.26.00
71st	Irene Deville & Jim Sheard	4.58.00

159 teams entered.

Now, it must be said that although it was'nt a Calder Valley team entry, the 1st Calder Valley man was Barry, the tax inspector from Aylesbury (partnered by A.W.Other, from (presumably) Aylesbury.).....a fact kindly pointed out to us by a grimacing Richard, after the event.

NB: If you detect some degree of satisfaction in this report, then you will be dead right!

Tony & Russ

Todder Valley Show Fell Race (Slaidburn) 12th Sept 1992

(5m/800')

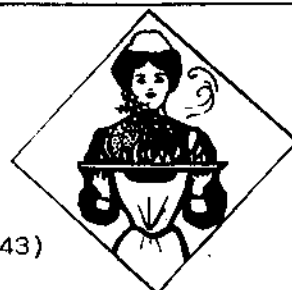
1st	Craig Watson	Clayton Le Moors	44;28
30	Carol Greenwood	C.V.F.R.	49;28 (1st Lady)
150	Allan Greenwood	"	55;01

ANNUAL DINNER

Saturday 30th January, 1993

WALLIS SIMPSON'S, HORTON STREET, HALIFAX

Tickets available from Pete Regan (0422-355243)



## Wadsworth Village Fair Fell Race

9th Aug 1992

(4 1/2m/800')

1st	Venny Stirrat	Halifax H.	23;12 (rec)
5	Richard Rowlands	C.V.F.R.	24;35
13	Andrew Wimpenny	C.V.F.R.	26;12
25	Carol Greenwood	C.V.F.R.	27;40
26	Rod Sutcliffe	C.V.F.R.	27;54
39	G Symes	C.V.F.R.	28;31
40	Chris Peart-Binns	C.V.F.R.	28;37
41	Liam Parry	C.V.F.R.	28;39 J
68	Trevor Redmond	C.V.F.R.	31;02
101	T Skelton	C.V.F.R.	37;55 J
107	D Comissar	C.V.F.R.	40;24
111	H Skelton	C.V.F.R.	50;35 J

## Pendleton Fell Race

29th Aug 1992

(3 1/2m/900')

1st	Gary Devine	Pudsey & B.	32;57
8	Gary Webb	C.V.F.R.	34;43
11	Duncan Thompson	"	35;50
15	Steve Houghton	"	36;06
23	Andrew wimpenny	"	37;07
43	Carol Greenwood	"	38;52(1st Lady)
67	Richard Kellett	"	40;25
75	Wick Banks	"	41;00
98	John Riley	"	43;07(23rd V/40)
144	Allan Greenwood	"	47;50
149	Linda Hayles	"	48;50
150	Neil Croasdale	"	48;50
157	Irene Neville	"	50;41

## Ben Nevis Race

5th Sept 1992

(10m/4400')

1st	Gavin Bland	Borrowdale F R	1.27;02
14	Gary Webb	C.V.F.R.	1.37;27
24	Richard Rowlands	"	1.41;35
64	Chris Godridge	"	1.50;53
72	Rod Sutcliffe	"	1.52;20
77	Greg Houton	"	1.53;25
78	Carol Greenwood	"	1.53;25 (1st Lady)
92	Brian Horsley	"	1.56;07
109	Greame Woodward	"	1.57;48
125		"	2.00;42
129	Richard Kellett	"	2.00;54
167	Russell Arrandale	"	2.05;40
173	Trevor Redmond	"	2.06;36
204	Jez Wilkinson	"	2.10;53
208	John Riley	"	2.11;11
215	Denis Gildea	"	2.12;36
249	Tony Bradley	"	2.17;56
252	Tony Flint	"	2.18;17
262	Simon Towler	"	2.20;07
294	Geoff Bell	"	2.28;13
295	Linda Hayles	"	2.28;23
302	Allan Greenwood	"	2.30;30
317	Irene Neville	"	2.37;11
337	James Sheard	"	2.46;38
349	Ian Hartman	"	3.01;21

CALDER VALLEY FELL RUNNERSJOB DESCRIPTIONS

Discussion document for amendment and/or adoption.

CHAIRMAN:

To chair and control all meetings.  
To present prizes and awards at club events, eg, annual dinner, races, socials etc.  
To maintain a high profile within the club generally.

SECRETARY:

Prepare and organise agenda for Committee Meetings.  
Keep accurate minutes, write up and distribute.  
Follow up all points arising where not specifically allocated.  
Liaise with AAA/FRA and other organising bodies.  
Ensure that all tasks are properly carried out by the jobholders.  
Assume responsibility for miscellaneous matters arising.

TREASURER:

Keep books and records up to date.  
Keep the club constantly informed of its own finances and any impending expenditure.  
Recommend level of club subscriptions.  
Negotiate and obtain club attire, subject to Committee approval.  
Liaise closely with event organisers (eg, races, socials etc).

CLUB CAPTAIN:

Organise winter and summer training schedules for Tuesday evenings. Advertise on notice-board.  
Motivate and encourage members.  
Select the club championship races.  
Encourage the participation in club events by all members (eg, races, relays and other team events).

PUBLICITY OFFICER:

Submit regular reports to the Halifax Evening Courier and Hebden Bridge Times on races and forthcoming attractions.  
Ensure that reports are kept for Rampage and/or the Club Statistician.  
Promote the club generally, albeit in a low key. Badger members to submit race reports and results where necessary.

## JOB DESCRIPTIONS CONT.

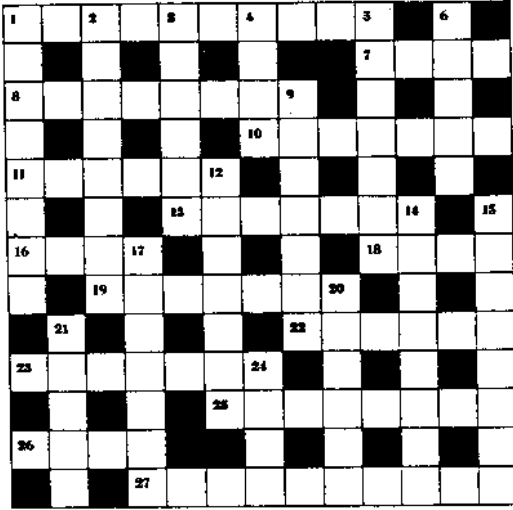
- MEMBERSHIP SECRETARY:** Encourage members to join the club.  
Collect subscriptions (sole responsibility).  
Liaise with M.C.C. over associate membership.  
Maintain correct and up to date membership lists.  
Ensure that lists are regularly distributed via Rampage (perhaps once or twice per year).  
Rampage editor must always have a current list.
- SOCIAL SECRETARY:** Organise socials on a regular basis, every 2 or 3 months.  
Constantly ask members what they want.  
Ensure as far as is possible, that all socials are self-financing.
- RAMPAGE EDITOR:** Lobby for articles, collect race reports, results etc.  
Attempt to issue 4 (min) - 6 (max) editions per annum, depending on contributions etc.  
Ensure that every club member receives a copy in the week of issue.  
Retain an up to date circulation list.
- JUNIOR SECRETARY:** Organise regular junior training sessions, requesting assistance as and when necessary from other members.  
Select the junior club championship races.  
Encourage juniors to train and race whilst retaining their enjoyment of the sport ..... ie, development.
- CLUB STATISTICIAN:** Collect all race reports.  
Continually update the championship tables.  
Prepare the handicap each year and maintain.

The points mentioned above are not exhaustive and should be considered in general terms only, in line with existing club policy where appropriate. The job descriptions will be amended and adopted as necessary at the next meeting on 11 January 1990. Please add or delete and return the list to the secretary before 11 January 1990.

*R. T. Arrandale*  
R T ARRANDALE

# CROSSWORDS

## QUICKIE CROSSWORD



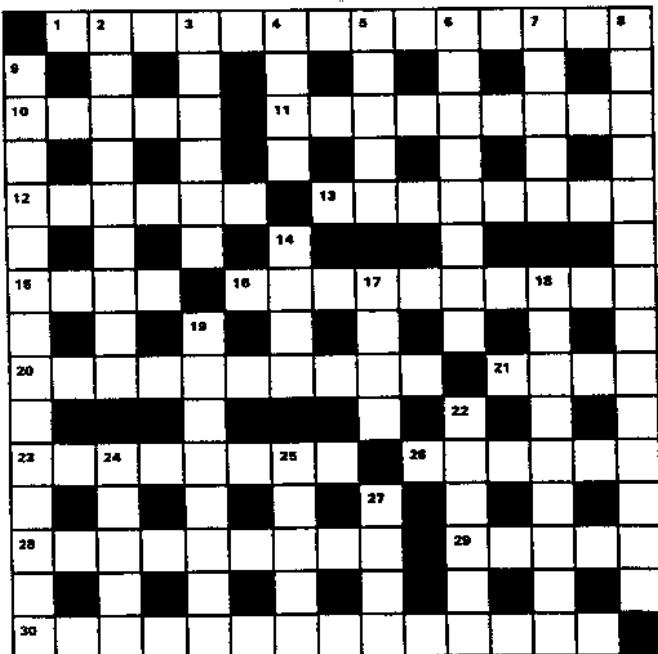
### ACROSS

- 1 Musical conductor (10)  
 7 Very bad (4)  
 8 Drink at bedtime (8)  
 10 Spanish city (7)  
 11 To this place (6)  
 13 Like clockwork (7)  
 16 Great affection (4)  
 18 Out of one's mind (4)  
 19 Never ending (7)  
 22 Set in position (6)  
 23 Carry to the buyer's home (7)  
 25 False appearance (8)  
 26 Mountain lion (4)  
 27 Having an unusual grip (4-6)

### DOWN

- 1 It might have a stopper in it (4-4)  
 2 A print can be made from it (8)  
 3 Paper dropped in the street (6)  
 4 One's sorry to say this (4)  
 5 New production of old play (7)  
 6 Right to possession (5)  
 9 Taking in what's written (7)  
 12 Given weapons again (7)  
 14 Female character in Shakespeare's As You Like It (8)  
 15 Stupid person (8)  
 17 According to correct professional principles (7)  
 20 Open arcade (6)  
 21 First public appearance (5)  
 24 Public disorder (4)

## CRYPTIC CROSSWORD



### ACROSS

- 1 Lager Father Ted brewed that the Danes didn't like (6,3,5)  
 10 Smoke coming back from the scene of a tragic accident (5)  
 11 Where there's dancing is sure to be unsuitable for talk (9)  
 12 Hard to say if it's spirit (6)  
 13 End of the line for fighting Frenchmen (8)  
 15 Just the place to have some fun (4)  
 16 Easily separated by a lot of punching (10)  
 20 Seeing the last of the English heralding a break for a Scot (10)  
 21 You're quite right to hit one on the head! (4)  
 23 Put to use in a school lesson (8)  
 26 Lack of straightness about the greeting that comes after (6)  
 28 Pure mismanagement by a board highly esteemed (9)  
 29 Change of air going to a city where it's wet (5)  
 30 Wait until it's all in your hands! (4,10)

### DOWN

- 2 Wild night in Heather's embrace that goes in a flash (9)  
 3 Not often you can depend on an artist (6)  
 4 Old bird to give a repeat performance (4)  
 5 Prophet writing article on stockings (5)  
 6 Grey tome being rewritten in a study (8)  
 7 Join right and left with one twist (5)  
 8 Time is past for their virtues to become apparent (3,4,3,4)  
 9 Not the best people to show a film world-wide? (4,2,3,5)  
 14 Interviewed and given notice (4)  
 17 Have a touch of emotion (4)  
 18 Do it in art nouveau form handed down (9)  
 19 Unusual bite about something missing in formal wear (5,3)  
 22 Last of the food - world shortage (6)  
 24 Thrown out a kiss for the wretched Peel to cherish (5)  
 25 One may get rattled when there's fighting talk (5)  
 27 Wendy loses a point going around looking wet (4)

A selection of

**FELL FIXTURES.....**

OD - Entries accepted on day  
 PE - Pre-entry only  
 CH - Club Championship race  
 LD - From L.D.W.A. handbook (further details from editor if req.)

OCTOBER 1992

3	Sat	Tour of Pendle	PE	AL	11am	17m/4200'
3	Sat	West Pennine Moors	OD	LD	8am	26m
3	Sat	Yelthorn Shepherds Meet	OD	BOFRA	1.30pm	
4	Sun	Ian Hodgson Relay	PE		10am	25m/8500'
4	Sun	Dog & Gun Race, Glusburn	OD	BOFRA	12noon	
10	Sat	CH Langdale horseshoe	PE	AL	11am	16m/4000'
10	Sat	Wasdale Head Show	OD	BOFRA	2pm	
11	Sun	Butter Craggs Race	OD	AS	12noon	1½m/900'
11	Sun	Kirbymoorside Fell Race	OD	BM	11.30am	8m/1600'
11	Sun	Bronteway point-to-point	PE	BOFRA	10am	
17	Sat	Wyrecock Challenge	OD	LD	10am	26m/Lancs
17	Sat	Buttermere Show	OD	BOFRA	1pm	
18	Sun	F.R.A. Relay (Threlkeld)	PE			
18	Sun	Four Rivers Canter (Lancs)	PE	LD	10.30am	23m
25	Sun	Gale Fell Race (Littlebro)	CD	CS	11.30am	4½m/900'
25	Sun	Malham Relay Races		BOFRA	10.30am	
31	Sat	Halloween-Happening	OD	LD	Slaidburn Y.H.	30 or 22m

NOVEMBER

1	Sun	Black Lane Ends Fell Race	OD	CS	11.30am	5m/1000'
1	Sun	Loggerheads Country F.R.	OD	AM	11am	10m/2800'
1	Sun	Todmorden Cyruthon	PE		11am	4K/34K/4K
7	Sat	Dunnerdale Fell Race	OD	AS	12noon	5m/1800'
7	Sat	Walna Sca Shepherds Meet	OD	BOFRA	2pm	
7	Sat	Withins Skyline	OD		11.30am	7½m/1000'
14	Sat	CH Shepherds Skyline	OD	BS	1.45pm	6m/1150'
15	Sun	Roaches Fell Race	OD	BS	11.30am	15m/3700'
15	Sun	Rombalds Moor Fell Race	OD	BS	12noon	5m/800'
21/22	Sa/Su	Real Ale Amble (Mid Wales)	PE	LD		25m per day
22	Sun	CH Winter Hill Fell Race	PE	AM	11am	11m/2700'
22	Sun	Rivock Edge Run	OD		11am	10m/1500'
28	Sat	Giraffe Walk (Lancs/Cumbr)	PE	LD		25m

DECEMBER

5	Sat	Tim's Trail (Yorks Wolds)	PE	LD	9am	20m
6	Sun	Bolton by Bowland F.R.	OD	CM	11am	8m/800'
6	Sun	Cardington Cracker	OD	AM	11am	10m/2600'
13	Sun	Calderdale Way Relay	PE		8am	50m/6000'
20	Sun	Up & Down the Stoop	OD		11.30am	5½m/800'
20	Sun	Rowbothams Round Rother'm	PE		8am	48m/1700'
26	Sat	Whinberry Naze Dash	OD	BS	11.30am	4½m/750'

ANNUAL CLUB HANDICAP RACE

M.C.C. to Stoodley Pike and back,  
 6 miles, 1000 ft.

Saturday 30th January, 1993, 1.00 pm

MYTHOLMROYD COMMUNITY CENTRE

Representations/Bribes to Ian Hartman (0274-546549)